



NDB No. 07269

BUTCHER BOY MEATS, INC., Turkey Franks

| 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 | 5.542                                 |            | 0                     | MC         | 9   |                 | 3.104     |           |           |
| Fatty acids, total polyunsaturated.....g | 5.046                                 |            | 0                     | MC         | 9   |                 | 2.826     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 104                                   |            | 0                     | MC         | 9   |                 | 58        |           |           |
| 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 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07921**  
**Bacon and beef sticks**

| 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 | 21.900                                |            | 1                     | A          | 1   |                 | 6.132     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.690                                 |            | 0                     | BFZN       | 4   |                 | 0.473     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 15.400                                |            | 0                     | BFZN       | 4   |                 | 4.312     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.300                                 |            | 1                     | A          | 1   |                 | 1.204     |           |           |
| 18:2 undifferentiated.....g              | 2.870                                 |            | 0                     | BFZN       | 4   |                 | 0.804     |           |           |
| 18:3 undifferentiated.....g              | 0.330                                 |            | 0                     | BFZN       | 4   |                 | 0.092     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 102                                   |            | 1                     | A          | 1   |                 | 29        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.210                                 |            | 0                     | BFZN       | 4   |                 | 0.059     |           |           |
| Threonine.....g                          | 0.959                                 |            | 0                     | BFZN       | 4   |                 | 0.269     |           |           |
| Isoleucine.....g                         | 0.971                                 |            | 0                     | BFZN       | 4   |                 | 0.272     |           |           |
| Leucine.....g                            | 1.732                                 |            | 0                     | BFZN       | 4   |                 | 0.485     |           |           |
| Lysine.....g                             | 1.824                                 |            | 0                     | BFZN       | 4   |                 | 0.511     |           |           |
| Methionine.....g                         | 0.593                                 |            | 0                     | BFZN       | 4   |                 | 0.166     |           |           |
| Cystine.....g                            | 0.262                                 |            | 0                     | BFZN       | 4   |                 | 0.073     |           |           |
| Phenylalanine.....g                      | 0.868                                 |            | 0                     | BFZN       | 4   |                 | 0.243     |           |           |
| Tyrosine.....g                           | 0.710                                 |            | 0                     | BFZN       | 4   |                 | 0.199     |           |           |
| Valine.....g                             | 1.083                                 |            | 0                     | BFZN       | 4   |                 | 0.303     |           |           |
| Arginine.....g                           | 1.516                                 |            | 0                     | BFZN       | 4   |                 | 0.424     |           |           |
| Histidine.....g                          | 0.699                                 |            | 0                     | BFZN       | 4   |                 | 0.196     |           |           |
| Alanine.....g                            | 1.480                                 |            | 0                     | BFZN       | 4   |                 | 0.414     |           |           |
| Aspartic acid.....g                      | 2.073                                 |            | 0                     | BFZN       | 4   |                 | 0.580     |           |           |
| Glutamic acid.....g                      | 3.383                                 |            | 0                     | BFZN       | 4   |                 | 0.947     |           |           |
| Glycine.....g                            | 1.641                                 |            | 0                     | BFZN       | 4   |                 | 0.459     |           |           |
| Proline.....g                            | 1.188                                 |            | 0                     | BFZN       | 4   |                 | 0.333     |           |           |
| Serine.....g                             | 0.942                                 |            | 0                     | BFZN       | 4   |                 | 0.264     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28g: 1 oz

**NDB No. 07921**  
**Bacon and beef sticks**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07001**  
**Barbecue loaf, pork, beef**

| 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 | 4.140                                 |            | 0                     |            | 1   |                 | 1.174     | 0.952     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.350                                 | 0.033      | 5                     |            | 1   |                 | 0.099     | 0.081     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.800                                 | 0.491      | 5                     |            | 1   |                 | 1.077     | 0.874     |           |
| 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 | 0.810                                 |            | 0                     |            | 1   |                 | 0.230     | 0.186     |           |
| 18:2 undifferentiated.....g              | 0.720                                 | 0.056      | 5                     |            | 1   |                 | 0.204     | 0.166     |           |
| 18:3 undifferentiated.....g              | 0.090                                 | 0.015      | 5                     |            | 1   |                 | 0.026     | 0.021     |           |
| 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                       | 37                                    | 3.572      | 5                     |            | 1   |                 | 10        | 9         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.171                                 |            | 0                     |            | 4   |                 | 0.048     | 0.039     |           |
| Threonine.....g                          | 0.684                                 |            | 0                     |            | 4   |                 | 0.194     | 0.157     |           |
| Isoleucine.....g                         | 0.732                                 |            | 0                     |            | 4   |                 | 0.208     | 0.168     |           |
| Leucine.....g                            | 1.283                                 |            | 0                     |            | 4   |                 | 0.364     | 0.295     |           |
| Lysine.....g                             | 1.319                                 |            | 0                     |            | 4   |                 | 0.374     | 0.303     |           |
| Methionine.....g                         | 0.395                                 |            | 0                     |            | 4   |                 | 0.112     | 0.091     |           |
| Cystine.....g                            | 0.196                                 |            | 0                     |            | 4   |                 | 0.056     | 0.045     |           |
| Phenylalanine.....g                      | 0.640                                 |            | 0                     |            | 4   |                 | 0.181     | 0.147     |           |
| Tyrosine.....g                           | 0.539                                 |            | 0                     |            | 4   |                 | 0.153     | 0.124     |           |
| Valine.....g                             | 0.795                                 |            | 0                     |            | 4   |                 | 0.225     | 0.183     |           |
| Arginine.....g                           | 0.972                                 |            | 0                     |            | 4   |                 | 0.276     | 0.224     |           |
| Histidine.....g                          | 0.517                                 |            | 0                     |            | 4   |                 | 0.147     | 0.119     |           |
| Alanine.....g                            | 0.886                                 |            | 0                     |            | 4   |                 | 0.251     | 0.204     |           |
| Aspartic acid.....g                      | 1.399                                 |            | 0                     |            | 4   |                 | 0.397     | 0.322     |           |
| Glutamic acid.....g                      | 2.522                                 |            | 0                     |            | 4   |                 | 0.715     | 0.580     |           |
| Glycine.....g                            | 0.837                                 |            | 0                     |            | 4   |                 | 0.237     | 0.193     |           |
| Proline.....g                            | 0.914                                 |            | 0                     |            | 4   |                 | 0.259     | 0.210     |           |
| Serine.....g                             | 0.677                                 |            | 0                     |            | 4   |                 | 0.192     | 0.156     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice (5-7/8" x 3-1/2" x 1/16")

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07956**  
**Beef sausage, fresh, cooked**

| 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 | 12.639                                |            | 1                     | A          |   | 1               |           |           |           |
| 14:1.....g                               | 0.255                                 |            | 1                     | A          |   | 1               |           |           |           |
| 15:1.....g                               | 0.030                                 |            | 1                     | A          |   | 1               |           |           |           |
| 16:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          |   | 7               |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.202                                |            | 1                     | A          |   | 1               |           |           |           |
| 20:1.....g                               | 0.101                                 |            | 1                     | A          |   | 1               |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          |   | 7               |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.663                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:2 undifferentiated.....g              | 0.568                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0                     | A          |   | 1               |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.050                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          |   | 7               |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.000                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.045                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 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           | 1.440                                 |            | 1                     | A          |   | 1               |           |           |           |
| Cholesterol.....mg                       | 82                                    |            | 1                     | A          |   | 1               |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.118                                 |            | 1                     | A          |   | 1               |           |           |           |
| Threonine.....g                          | 0.805                                 |            | 1                     | A          |   | 1               |           |           |           |
| Isoleucine.....g                         | 0.864                                 |            | 1                     | A          |   | 1               |           |           |           |
| Leucine.....g                            | 1.492                                 |            | 1                     | A          |   | 1               |           |           |           |
| Lysine.....g                             | 1.607                                 |            | 1                     | A          |   | 1               |           |           |           |
| Methionine.....g                         | 0.408                                 |            | 1                     | A          |   | 1               |           |           |           |
| Cystine.....g                            | 0.208                                 |            | 1                     | A          |   | 1               |           |           |           |
| Phenylalanine.....g                      | 0.752                                 |            | 1                     | A          |   | 1               |           |           |           |
| Tyrosine.....g                           | 0.579                                 |            | 1                     | A          |   | 1               |           |           |           |
| Valine.....g                             | 0.989                                 |            | 1                     | A          |   | 1               |           |           |           |
| Arginine.....g                           | 1.209                                 |            | 1                     | A          |   | 1               |           |           |           |
| Histidine.....g                          | 0.653                                 |            | 1                     | A          |   | 1               |           |           |           |
| Alanine.....g                            | 1.257                                 |            | 1                     | A          |   | 1               |           |           |           |
| Aspartic acid.....g                      | 1.768                                 |            | 1                     | A          |   | 1               |           |           |           |
| Glutamic acid.....g                      | 2.986                                 |            | 1                     | A          |   | 1               |           |           |           |
| Glycine.....g                            | 1.280                                 |            | 1                     | A          |   | 1               |           |           |           |
| Proline.....g                            | 0.921                                 |            | 1                     | A          |   | 1               |           |           |           |
| Serine.....g                             | 0.770                                 |            | 1                     | A          |   | 1               |           |           |           |
| Hydroxyproline.....g                     | 0.283                                 |            | 1                     | A          |   | 1               |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          |   | 7               |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 15                                    |            | 1                     | A          |   | 1               |           |           |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Lycopene.....mcg                         | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Lutein + zeaxanthin.....mcg              | 11                                    |            | 1                     | A          |   | 1               |           |           |           |

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**NDB No. 07956**

**Beef sausage, fresh, cooked**

**Common Measures:**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07954**  
**Beef sausage, pre-cooked**

| 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 | 16.387                                |            | 1                     | A          |   | 1               |           |           |           |
| 14:1.....g                               | 0.316                                 |            | 1                     | A          |   | 1               |           |           |           |
| 15:1.....g                               | 0.000                                 |            | 1                     | A          |   | 1               |           |           |           |
| 16:1 undifferentiated.....g              | 1.271                                 |            | 1                     | A          |   | 1               |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 14.670                                |            | 1                     | A          |   | 1               |           |           |           |
| 20:1.....g                               | 0.130                                 |            | 1                     | A          |   | 1               |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          |   | 7               |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.879                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:2 undifferentiated.....g              | 0.773                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | A          |   | 1               |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          |   | 7               |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.040                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:3 undifferentiated.....g              | 0.040                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.040                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 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           | 2.420                                 |            | 1                     | A          |   | 1               |           |           |           |
| Cholesterol.....mg                       | 83                                    |            | 1                     | A          |   | 1               |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.097                                 |            | 1                     | A          |   | 1               |           |           |           |
| Threonine.....g                          | 0.585                                 |            | 1                     | A          |   | 1               |           |           |           |
| Isoleucine.....g                         | 0.609                                 |            | 1                     | A          |   | 1               |           |           |           |
| Leucine.....g                            | 1.089                                 |            | 1                     | A          |   | 1               |           |           |           |
| Lysine.....g                             | 1.141                                 |            | 1                     | A          |   | 1               |           |           |           |
| Methionine.....g                         | 0.260                                 |            | 1                     | A          |   | 1               |           |           |           |
| Cystine.....g                            | 0.146                                 |            | 1                     | A          |   | 1               |           |           |           |
| Phenylalanine.....g                      | 0.551                                 |            | 1                     | A          |   | 1               |           |           |           |
| Tyrosine.....g                           | 0.425                                 |            | 1                     | A          |   | 1               |           |           |           |
| Valine.....g                             | 0.725                                 |            | 1                     | A          |   | 1               |           |           |           |
| Arginine.....g                           | 0.940                                 |            | 1                     | A          |   | 1               |           |           |           |
| Histidine.....g                          | 0.466                                 |            | 1                     | A          |   | 1               |           |           |           |
| Alanine.....g                            | 0.984                                 |            | 1                     | A          |   | 1               |           |           |           |
| Aspartic acid.....g                      | 0.000                                 |            | 1                     | A          |   | 1               |           |           |           |
| Glutamic acid.....g                      | 2.229                                 |            | 1                     | A          |   | 1               |           |           |           |
| Glycine.....g                            | 1.161                                 |            | 1                     | A          |   | 1               |           |           |           |
| Proline.....g                            | 0.796                                 |            | 1                     | A          |   | 1               |           |           |           |
| Serine.....g                             | 0.590                                 |            | 1                     | A          |   | 1               |           |           |           |
| Hydroxyproline.....g                     | 0.323                                 |            | 1                     | A          |   | 1               |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          |   | 7               |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Lycopene.....mcg                         | 15                                    |            | 1                     | A          |   | 1               |           |           |           |
| Lutein + zeaxanthin.....mcg              | 11                                    |            | 1                     | A          |   | 1               |           |           |           |

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**NDB No. 07954**

**Beef sausage, pre-cooked**

**Common Measures:**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 43384**  
**Beef, bologna, reduced 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 | 13.299                                |            |                       |            | 4   |                 | 18.353    | 3.724     | 5.719     |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.562                                 |            |                       |            | 4   |                 | 2.156     | 0.437     | 0.672     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.736                                |            |                       |            | 4   |                 | 16.196    | 3.286     | 5.046     |
| 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 | 1.051                                 |            |                       |            | 4   |                 | 1.450     | 0.294     | 0.452     |
| 18:2 undifferentiated.....g              | 0.811                                 |            |                       |            | 4   |                 | 1.119     | 0.227     | 0.349     |
| 18:3 undifferentiated.....g              | 0.240                                 |            |                       |            | 4   |                 | 0.331     | 0.067     | 0.103     |
| 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   |                 | 77        | 16        | 24        |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |

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**Common Measures:**

- Measure 1 = 138g: 1 cup pieces
- Measure 2 = 28g: 1 slice, medium
- Measure 3 = 43g: 1 slice, thick

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 13348

Beef, cured, corned beef, canned

| 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 | 5.960                                 |            | 0                     |            | 1           |                 | 1.252   | 1.690     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.800                                 | 0.085      | 8                     |            | 1           |                 | 0.168   | 0.227     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 5.000                                 | 0.276      | 8                     |            | 1           |                 | 1.050   | 1.418     |           |
| 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 | 0.630                                 |            | 0                     |            | 1           |                 | 0.132   | 0.179     |           |
| 18:2 undifferentiated.....g              | 0.420                                 | 0.071      | 8                     |            | 1           |                 | 0.088   | 0.119     |           |
| 18:3 undifferentiated.....g              | 0.210                                 | 0.030      | 8                     |            | 1           |                 | 0.044   | 0.060     |           |
| 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                       | 86                                    | 3.497      | 8                     |            | 1           |                 | 18  | 24        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.247                                 |            | 0                     |            | 1           |                 | 0.052   | 0.070     |           |
| Threonine.....g                          | 1.023                                 |            | 0                     |            | 1           |                 | 0.215   | 0.290     |           |
| Isoleucine.....g                         | 1.170                                 |            | 0                     |            | 1           |                 | 0.246   | 0.332     |           |
| Leucine.....g                            | 1.990                                 |            | 0                     |            | 1           |                 | 0.418   | 0.564     |           |
| Lysine.....g                             | 2.076                                 |            | 0                     |            | 1           |                 | 0.436   | 0.589     |           |
| Methionine.....g                         | 0.629                                 |            | 0                     |            | 1           |                 | 0.132   | 0.178     |           |
| Cystine.....g                            | 0.347                                 |            | 0                     |            | 1           |                 | 0.073   | 0.098     |           |
| Phenylalanine.....g                      | 0.975                                 |            | 0                     |            | 1           |                 | 0.205   | 0.276     |           |
| Tyrosine.....g                           | 0.884                                 |            | 0                     |            | 1           |                 | 0.186   | 0.251     |           |
| Valine.....g                             | 1.192                                 |            | 0                     |            | 1           |                 | 0.250   | 0.338     |           |
| Arginine.....g                           | 1.673                                 |            | 0                     |            | 1           |                 | 0.351   | 0.474     |           |
| Histidine.....g                          | 0.863                                 |            | 0                     |            | 1           |                 | 0.181   | 0.245     |           |
| Alanine.....g                            | 1.951                                 |            | 0                     |            | 1           |                 | 0.410   | 0.553     |           |
| Aspartic acid.....g                      | 2.653                                 |            | 0                     |            | 1           |                 | 0.557   | 0.752     |           |
| Glutamic acid.....g                      | 4.413                                 |            | 0                     |            | 1           |                 | 0.927   | 1.251     |           |
| Glycine.....g                            | 2.263                                 |            | 0                     |            | 1           |                 | 0.475   | 0.642     |           |
| Proline.....g                            | 1.951                                 |            | 0                     |            | 1           |                 | 0.410   | 0.553     |           |
| Serine.....g                             | 1.092                                 |            | 0                     |            | 1           |                 | 0.229   | 0.310     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 21g: 1 slice (3/4 oz)

Measure 2 = 28.35g: 1 oz

**NDB No. 13348**

**Beef, cured, corned beef, canned**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 13350**  
**Beef, cured, 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 |
| 16:0.....g                               | 0.583                                 |            | 0                     | FLA        | 4   |                 | 0.163     |           |           |
| 17:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:0.....g                               | 0.296                                 |            | 0                     | FLA        | 4   |                 | 0.083     |           |           |
| 20:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.840                                 |            | 0                     | NC         | 4   |                 | 0.235     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.074                                 |            | 0                     | FLA        | 4   |                 | 0.021     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.766                                 |            | 0                     | FLA        | 4   |                 | 0.215     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.070                                 |            | 0                     | NC         | 4   |                 | 0.020     |           |           |
| 18:2 undifferentiated.....g              | 0.052                                 |            | 0                     | FLA        | 4   |                 | 0.015     |           |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                     | FLA        | 4   |                 | 0.003     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.008                                 |            | 0                     | FLA        | 4   |                 | 0.002     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 79                                    |            | 1                     | A          | 1   |                 | 22        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLA        | 4   |                 | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.351                                 |            | 0                     | FLA        | 4   |                 | 0.098     |           |           |
| Threonine.....g                          | 1.369                                 |            | 0                     | FLA        | 4   |                 | 0.383     |           |           |
| Isoleucine.....g                         | 1.409                                 |            | 0                     | FLA        | 4   |                 | 0.394     |           |           |
| Leucine.....g                            | 2.477                                 |            | 0                     | FLA        | 4   |                 | 0.694     |           |           |
| Lysine.....g                             | 2.607                                 |            | 0                     | FLA        | 4   |                 | 0.730     |           |           |
| Methionine.....g                         | 0.803                                 |            | 0                     | FLA        | 4   |                 | 0.225     |           |           |
| Cystine.....g                            | 0.351                                 |            | 0                     | FLA        | 4   |                 | 0.098     |           |           |
| Phenylalanine.....g                      | 1.223                                 |            | 0                     | FLA        | 4   |                 | 0.342     |           |           |
| Tyrosine.....g                           | 1.053                                 |            | 0                     | FLA        | 4   |                 | 0.295     |           |           |
| Valine.....g                             | 1.524                                 |            | 0                     | FLA        | 4   |                 | 0.427     |           |           |
| Arginine.....g                           | 1.981                                 |            | 0                     | FLA        | 4   |                 | 0.555     |           |           |
| Histidine.....g                          | 1.073                                 |            | 0                     | FLA        | 4   |                 | 0.300     |           |           |
| Alanine.....g                            | 1.890                                 |            | 0                     | FLA        | 4   |                 | 0.529     |           |           |
| Aspartic acid.....g                      | 2.864                                 |            | 0                     | FLA        | 4   |                 | 0.802     |           |           |
| Glutamic acid.....g                      | 4.709                                 |            | 0                     | FLA        | 4   |                 | 1.318     |           |           |
| Glycine.....g                            | 1.710                                 |            | 0                     | FLA        | 4   |                 | 0.479     |           |           |
| Proline.....g                            | 1.384                                 |            | 0                     | FLA        | 4   |                 | 0.388     |           |           |
| Serine.....g                             | 1.199                                 |            | 0                     | FLA        | 4   |                 | 0.336     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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.

**NDB No. 13350**  
**Beef, cured, dried**

**Common Measures:**

Measure 1 = 28g: 1 serving 10 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 13360**  
**Beef, cured, 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 |
| 16:0.....g                               | 0.599                                 |            | 0                     | FLA        | 4   |                 | 0.168     | 0.170     |           |
| 17:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:0.....g                               | 0.277                                 |            | 0                     | FLA        | 4   |                 | 0.078     | 0.079     |           |
| 20:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.840                                 |            | 0                     | NC         | 4   |                 | 0.235     | 0.238     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.086                                 |            | 0                     | FLA        | 4   |                 | 0.024     | 0.024     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.754                                 |            | 0                     | FLA        | 4   |                 | 0.211     | 0.214     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.070                                 |            | 0                     | NC         | 4   |                 | 0.020     | 0.020     |           |
| 18:2 undifferentiated.....g              | 0.053                                 |            | 0                     | FLA        | 4   |                 | 0.015     | 0.015     |           |
| 18:3 undifferentiated.....g              | 0.005                                 |            | 0                     | FLA        | 4   |                 | 0.001     | 0.001     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.012                                 |            | 0                     | FLA        | 4   |                 | 0.003     | 0.003     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 79                                    |            | 1                     | A          | 1   |                 | 22        | 22        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLA        | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.166                                 |            | 0                     | FLA        | 4   |                 | 0.047     | 0.047     |           |
| Threonine.....g                          | 1.010                                 |            | 0                     | FLA        | 4   |                 | 0.283     | 0.286     |           |
| Isoleucine.....g                         | 1.150                                 |            | 0                     | FLA        | 4   |                 | 0.322     | 0.326     |           |
| Leucine.....g                            | 2.010                                 |            | 0                     | FLA        | 4   |                 | 0.563     | 0.570     |           |
| Lysine.....g                             | 2.136                                 |            | 0                     | FLA        | 4   |                 | 0.598     | 0.605     |           |
| Methionine.....g                         | 0.658                                 |            | 0                     | FLA        | 4   |                 | 0.184     | 0.187     |           |
| Cystine.....g                            | 0.326                                 |            | 0                     | FLA        | 4   |                 | 0.091     | 0.092     |           |
| Phenylalanine.....g                      | 0.998                                 |            | 0                     | FLA        | 4   |                 | 0.280     | 0.283     |           |
| Tyrosine.....g                           | 0.805                                 |            | 0                     | FLA        | 4   |                 | 0.225     | 0.228     |           |
| Valine.....g                             | 1.254                                 |            | 0                     | FLA        | 4   |                 | 0.351     | 0.355     |           |
| Arginine.....g                           | 1.634                                 |            | 0                     | FLA        | 4   |                 | 0.458     | 0.463     |           |
| Histidine.....g                          | 0.807                                 |            | 0                     | FLA        | 4   |                 | 0.226     | 0.229     |           |
| Alanine.....g                            | 1.536                                 |            | 0                     | FLA        | 4   |                 | 0.430     | 0.436     |           |
| Aspartic acid.....g                      | 2.302                                 |            | 0                     | FLA        | 4   |                 | 0.645     | 0.653     |           |
| Glutamic acid.....g                      | 3.794                                 |            | 0                     | FLA        | 4   |                 | 1.062     | 1.076     |           |
| Glycine.....g                            | 1.539                                 |            | 0                     | FLA        | 4   |                 | 0.431     | 0.436     |           |
| Proline.....g                            | 1.205                                 |            | 0                     | FLA        | 4   |                 | 0.337     | 0.342     |           |
| Serine.....g                             | 0.996                                 |            | 0                     | FLA        | 4   |                 | 0.279     | 0.282     |           |
| Hydroxyproline.....g                     | 0.266                                 |            | 0                     | FLA        | 4   |                 | 0.074     | 0.075     |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | FLA        | 4   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | FLA        | 4   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLA        | 4   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | FLA        | 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.

**NDB No. 13360**

**Beef, cured, dried**

**Common Measures:**

Measure 1 = 28g: 1 serving 10 slices

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 13353

Beef, cured, luncheon meat, jellied

| 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 | 1.450                                 |            | 0                     |            | 4           |   | 0.406     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.220                                 |            | 0                     |            | 4           |   | 0.062     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.230                                 |            | 0                     |            | 4           |   | 0.344     |           |           |
| 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 | 0.170                                 |            | 0                     |            | 4           |   | 0.048     |           |           |
| 18:2 undifferentiated.....g              | 0.130                                 |            | 0                     |            | 4           |   | 0.036     |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 4           |   | 0.011     |           |           |
| 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                     |            | 4           |   | 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                       | 34                                    |            | 0                     |            | 4           |   | 10        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |   | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.137                                 |            | 0                     |            | 1           |   | 0.038     |           |           |
| Threonine.....g                          | 0.742                                 |            | 0                     |            | 1           |   | 0.208     |           |           |
| Isoleucine.....g                         | 0.714                                 |            | 0                     |            | 1           |   | 0.200     |           |           |
| Leucine.....g                            | 1.313                                 |            | 0                     |            | 1           |   | 0.368     |           |           |
| Lysine.....g                             | 1.459                                 |            | 0                     |            | 1           |   | 0.409     |           |           |
| Methionine.....g                         | 0.420                                 |            | 0                     |            | 1           |   | 0.118     |           |           |
| Cystine.....g                            | 0.198                                 |            | 0                     |            | 1           |   | 0.055     |           |           |
| Phenylalanine.....g                      | 0.672                                 |            | 0                     |            | 1           |   | 0.188     |           |           |
| Tyrosine.....g                           | 0.511                                 |            | 0                     |            | 1           |   | 0.143     |           |           |
| Valine.....g                             | 0.824                                 |            | 0                     |            | 1           |   | 0.231     |           |           |
| Arginine.....g                           | 1.316                                 |            | 0                     |            | 1           |   | 0.368     |           |           |
| Histidine.....g                          | 0.499                                 |            | 0                     |            | 1           |   | 0.140     |           |           |
| Alanine.....g                            | 1.307                                 |            | 0                     |            | 1           |   | 0.366     |           |           |
| Aspartic acid.....g                      | 1.617                                 |            | 0                     |            | 1           |   | 0.453     |           |           |
| Glutamic acid.....g                      | 2.627                                 |            | 0                     |            | 1           |   | 0.736     |           |           |
| Glycine.....g                            | 1.800                                 |            | 0                     |            | 1           |   | 0.504     |           |           |
| Proline.....g                            | 1.246                                 |            | 0                     |            | 1           |   | 0.349     |           |           |
| Serine.....g                             | 0.760                                 |            | 0                     |            | 1           |   | 0.213     |           |           |
| 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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 13355**  
**Beef, cured, pastrami**

| 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 | 14.470                                |            | 0                     |            | 1           |                 | 4.052   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.890                                 | 0.245      | 6                     |            | 1           |                 | 0.529   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 12.580                                | 0.591      | 6                     |            | 1           |                 | 3.522   |           |           |
| 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 | 0.990                                 |            | 0                     |            | 1           |                 | 0.277   |           |           |
| 18:2 undifferentiated.....g              | 0.790                                 | 0.092      | 6                     |            | 1           |                 | 0.221   |           |           |
| 18:3 undifferentiated.....g              | 0.200                                 | 0.049      | 6                     |            | 1           |                 | 0.056   |           |           |
| 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                       | 93                                    | 4.655      | 6                     |            | 1           |                 | 26  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.157                                 |            | 0                     |            | 1           |                 | 0.044   |           |           |
| Threonine.....g                          | 0.651                                 |            | 0                     |            | 1           |                 | 0.182   |           |           |
| Isoleucine.....g                         | 0.745                                 |            | 0                     |            | 1           |                 | 0.209   |           |           |
| Leucine.....g                            | 1.266                                 |            | 0                     |            | 1           |                 | 0.354   |           |           |
| Lysine.....g                             | 1.322                                 |            | 0                     |            | 1           |                 | 0.370   |           |           |
| Methionine.....g                         | 0.400                                 |            | 0                     |            | 1           |                 | 0.112   |           |           |
| Cystine.....g                            | 0.221                                 |            | 0                     |            | 1           |                 | 0.062   |           |           |
| Phenylalanine.....g                      | 0.621                                 |            | 0                     |            | 1           |                 | 0.174   |           |           |
| Tyrosine.....g                           | 0.563                                 |            | 0                     |            | 1           |                 | 0.158   |           |           |
| Valine.....g                             | 0.759                                 |            | 0                     |            | 1           |                 | 0.213   |           |           |
| Arginine.....g                           | 1.065                                 |            | 0                     |            | 1           |                 | 0.298   |           |           |
| Histidine.....g                          | 0.549                                 |            | 0                     |            | 1           |                 | 0.154   |           |           |
| Alanine.....g                            | 1.242                                 |            | 0                     |            | 1           |                 | 0.348   |           |           |
| Aspartic acid.....g                      | 1.689                                 |            | 0                     |            | 1           |                 | 0.473   |           |           |
| Glutamic acid.....g                      | 2.809                                 |            | 0                     |            | 1           |                 | 0.787   |           |           |
| Glycine.....g                            | 1.440                                 |            | 0                     |            | 1           |                 | 0.403   |           |           |
| Proline.....g                            | 1.242                                 |            | 0                     |            | 1           |                 | 0.348   |           |           |
| Serine.....g                             | 0.695                                 |            | 0                     |            | 1           |                 | 0.195   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28g: 1 slice (1 oz)

**NDB No. 13355**  
**Beef, cured, pastrami**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 13357

Beef, cured, sausage, cooked, smoked

| 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 | 12.970                                |            | 0                     |            | 1           |   | 5.577     | 3.677     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.530                                 | 0.100      | 5                     |            | 1           |   | 0.658     | 0.434     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.440                                | 0.300      | 5                     |            | 1           |   | 4.919     | 3.243     |           |
| 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 | 1.050                                 |            | 0                     |            | 1           |   | 0.452     | 0.298     |           |
| 18:2 undifferentiated.....g              | 0.960                                 | 0.138      | 5                     |            | 1           |   | 0.413     | 0.272     |           |
| 18:3 undifferentiated.....g              | 0.090                                 | 0.048      | 5                     |            | 1           |   | 0.039     | 0.026     |           |
| 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                       | 67                                    | 4.472      | 5                     |            | 1           |   | 29        | 19        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |   | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.129                                 |            | 0                     |            | 1           |   | 0.055     | 0.037     |           |
| Threonine.....g                          | 0.533                                 |            | 0                     |            | 1           |   | 0.229     | 0.151     |           |
| Isoleucine.....g                         | 0.609                                 |            | 0                     |            | 1           |   | 0.262     | 0.173     |           |
| Leucine.....g                            | 1.036                                 |            | 0                     |            | 1           |   | 0.445     | 0.294     |           |
| Lysine.....g                             | 1.081                                 |            | 0                     |            | 1           |   | 0.465     | 0.306     |           |
| Methionine.....g                         | 0.327                                 |            | 0                     |            | 1           |   | 0.141     | 0.093     |           |
| Cystine.....g                            | 0.181                                 |            | 0                     |            | 1           |   | 0.078     | 0.051     |           |
| Phenylalanine.....g                      | 0.508                                 |            | 0                     |            | 1           |   | 0.218     | 0.144     |           |
| Tyrosine.....g                           | 0.460                                 |            | 0                     |            | 1           |   | 0.198     | 0.130     |           |
| Valine.....g                             | 0.621                                 |            | 0                     |            | 1           |   | 0.267     | 0.176     |           |
| Arginine.....g                           | 0.871                                 |            | 0                     |            | 1           |   | 0.375     | 0.247     |           |
| Histidine.....g                          | 0.449                                 |            | 0                     |            | 1           |   | 0.193     | 0.127     |           |
| Alanine.....g                            | 1.016                                 |            | 0                     |            | 1           |   | 0.437     | 0.288     |           |
| Aspartic acid.....g                      | 1.381                                 |            | 0                     |            | 1           |   | 0.594     | 0.392     |           |
| Glutamic acid.....g                      | 2.298                                 |            | 0                     |            | 1           |   | 0.988     | 0.651     |           |
| Glycine.....g                            | 1.178                                 |            | 0                     |            | 1           |   | 0.507     | 0.334     |           |
| Proline.....g                            | 1.016                                 |            | 0                     |            | 1           |   | 0.437     | 0.288     |           |
| Serine.....g                             | 0.569                                 |            | 0                     |            | 1           |   | 0.245     | 0.161     |           |
| 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 = 43g: 1 sausage

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 13358**  
**Beef, cured, smoked, chopped beef**

| 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 | 1.830                                 |            | 0                     |            | 1           |   | 0.512     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.260                                 | 0.037      | 7                     |            | 1           |   | 0.073     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.570                                 | 0.124      | 7                     |            | 1           |   | 0.440     |           |           |
| 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 | 0.230                                 |            | 0                     |            | 1           |   | 0.064     |           |           |
| 18:2 undifferentiated.....g              | 0.190                                 | 0.037      | 7                     |            | 1           |   | 0.053     |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 | 0.017      | 7                     |            | 1           |   | 0.011     |           |           |
| 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                     |            | 4           |   | 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                       | 46                                    | 3.609      | 8                     |            | 1           |   | 13        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |   | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.165                                 |            | 0                     |            | 1           |   | 0.046     |           |           |
| Threonine.....g                          | 0.846                                 |            | 0                     |            | 1           |   | 0.237     |           |           |
| Isoleucine.....g                         | 0.827                                 |            | 0                     |            | 1           |   | 0.232     |           |           |
| Leucine.....g                            | 1.508                                 |            | 0                     |            | 1           |   | 0.422     |           |           |
| Lysine.....g                             | 1.647                                 |            | 0                     |            | 1           |   | 0.461     |           |           |
| Methionine.....g                         | 0.488                                 |            | 0                     |            | 1           |   | 0.137     |           |           |
| Cystine.....g                            | 0.239                                 |            | 0                     |            | 1           |   | 0.067     |           |           |
| Phenylalanine.....g                      | 0.756                                 |            | 0                     |            | 1           |   | 0.212     |           |           |
| Tyrosine.....g                           | 0.610                                 |            | 0                     |            | 1           |   | 0.171     |           |           |
| Valine.....g                             | 0.927                                 |            | 0                     |            | 1           |   | 0.260     |           |           |
| Arginine.....g                           | 1.363                                 |            | 0                     |            | 1           |   | 0.382     |           |           |
| Histidine.....g                          | 0.585                                 |            | 0                     |            | 1           |   | 0.164     |           |           |
| Alanine.....g                            | 1.334                                 |            | 0                     |            | 1           |   | 0.374     |           |           |
| Aspartic acid.....g                      | 1.793                                 |            | 0                     |            | 1           |   | 0.502     |           |           |
| Glutamic acid.....g                      | 2.910                                 |            | 0                     |            | 1           |   | 0.815     |           |           |
| Glycine.....g                            | 1.499                                 |            | 0                     |            | 1           |   | 0.420     |           |           |
| Proline.....g                            | 1.098                                 |            | 0                     |            | 1           |   | 0.307     |           |           |
| Serine.....g                             | 0.824                                 |            | 0                     |            | 1           |   | 0.231     |           |           |
| 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 = 28g: 1 slice (1 oz)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07003**  
**Beerwurst, beer salami, pork**

| 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 | 8.980                                 |            | 0                     |            | 1   |                 | 2.065     | 0.539     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.770                                 | 0.045      | 5                     |            | 1   |                 | 0.177     | 0.046     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.210                                 | 0.429      | 5                     |            | 1   |                 | 1.888     | 0.493     |           |
| 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 | 2.360                                 |            | 0                     |            | 1   |                 | 0.543     | 0.142     |           |
| 18:2 undifferentiated.....g              | 1.940                                 | 0.106      | 5                     |            | 1   |                 | 0.446     | 0.116     |           |
| 18:3 undifferentiated.....g              | 0.420                                 | 0.059      | 5                     |            | 1   |                 | 0.097     | 0.025     |           |
| 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                       | 59                                    | 4.734      | 4                     |            | 1   |                 | 14        | 4         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.112                                 |            | 1                     |            | 1   |                 | 0.026     | 0.007     |           |
| Threonine.....g                          | 0.565                                 |            | 1                     |            | 1   |                 | 0.130     | 0.034     |           |
| Isoleucine.....g                         | 0.485                                 |            | 1                     |            | 1   |                 | 0.112     | 0.029     |           |
| Leucine.....g                            | 0.943                                 |            | 1                     |            | 1   |                 | 0.217     | 0.057     |           |
| Lysine.....g                             | 1.032                                 |            | 1                     |            | 1   |                 | 0.237     | 0.062     |           |
| Methionine.....g                         | 0.355                                 |            | 1                     |            | 1   |                 | 0.082     | 0.021     |           |
| Cystine.....g                            | 0.107                                 |            | 1                     |            | 1   |                 | 0.025     | 0.006     |           |
| Phenylalanine.....g                      | 0.451                                 |            | 1                     |            | 1   |                 | 0.104     | 0.027     |           |
| Tyrosine.....g                           | 0.403                                 |            | 1                     |            | 1   |                 | 0.093     | 0.024     |           |
| Valine.....g                             | 0.510                                 |            | 1                     |            | 1   |                 | 0.117     | 0.031     |           |
| Arginine.....g                           | 0.809                                 |            | 1                     |            | 1   |                 | 0.186     | 0.049     |           |
| Histidine.....g                          | 0.419                                 |            | 1                     |            | 1   |                 | 0.096     | 0.025     |           |
| Alanine.....g                            | 0.770                                 |            | 1                     |            | 1   |                 | 0.177     | 0.046     |           |
| Aspartic acid.....g                      | 1.198                                 |            | 1                     |            | 1   |                 | 0.276     | 0.072     |           |
| Glutamic acid.....g                      | 2.141                                 |            | 1                     |            | 1   |                 | 0.492     | 0.128     |           |
| Glycine.....g                            | 0.781                                 |            | 1                     |            | 1   |                 | 0.180     | 0.047     |           |
| Proline.....g                            | 0.640                                 |            | 1                     |            | 1   |                 | 0.147     | 0.038     |           |
| Serine.....g                             | 0.569                                 |            | 1                     |            | 1   |                 | 0.131     | 0.034     |           |
| 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 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 6.0g: 1 slice (2-3/4" dia x 1/16")

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07002

Beerwurst, beer salami, pork and beef

| 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 | 10.105                                |            | 0                     | FLC        | 4           |   | 5.659     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.683                                 |            | 0                     | FLC        | 4           |   | 0.382     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 9.191                                 |            | 0                     | FLC        | 4           |   | 5.147     |           |           |
| 20:1.....g                               | 0.171                                 |            | 0                     | FLC        | 4           |   | 0.096     |           |           |
| 22:1 undifferentiated.....g              | 0.028                                 |            | 0                     | FLC        | 4           |   | 0.016     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.080                                 |            | 0                     | FLC        | 4           |   | 1.165     |           |           |
| 18:2 undifferentiated.....g              | 1.837                                 |            | 0                     | FLC        | 4           |   | 1.029     |           |           |
| 18:3 undifferentiated.....g              | 0.154                                 |            | 0                     | FLC        | 4           |   | 0.086     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLC        | 4           |   | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.065                                 |            | 0                     | FLC        | 4           |   | 0.036     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLC        | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLC        | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLC        | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 62                                    |            | 0                     | FLC        | 4           |   | 35        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | FLC        | 4           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | FLC        | 4           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLC        | 4           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 56g: 2 oz (1 slice)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07931**  
**Beerwurst, pork and beef**

| 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 | 10.105                                |            | 0                     | FLC        | 4   |                 | 5.659     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.683                                 |            | 0                     | FLC        | 4   |                 | 0.382     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 9.191                                 |            | 0                     | FLC        | 4   |                 | 5.147     |           |           |
| 20:1.....g                               | 0.171                                 |            | 0                     | FLC        | 4   |                 | 0.096     |           |           |
| 22:1 undifferentiated.....g              | 0.028                                 |            | 0                     | FLC        | 4   |                 | 0.016     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.080                                 |            | 0                     | FLC        | 4   |                 | 1.165     |           |           |
| 18:2 undifferentiated.....g              | 1.837                                 |            | 0                     | FLC        | 4   |                 | 1.029     |           |           |
| 18:3 undifferentiated.....g              | 0.154                                 |            | 0                     | FLC        | 4   |                 | 0.086     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.065                                 |            | 0                     | FLC        | 4   |                 | 0.036     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 62                                    |            | 0                     | FLC        | 4   |                 | 35        |           |           |
| Phytosterols.....mg                      | 3                                     |            |                       | FLM        | 4   |                 | 2         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.174                                 |            |                       | FLM        | 4   |                 | 0.097     |           |           |
| Threonine.....g                          | 0.668                                 |            |                       | FLM        | 4   |                 | 0.374     |           |           |
| Isoleucine.....g                         | 0.682                                 |            |                       | FLM        | 4   |                 | 0.382     |           |           |
| Leucine.....g                            | 1.202                                 |            |                       | FLM        | 4   |                 | 0.673     |           |           |
| Lysine.....g                             | 1.300                                 |            |                       | FLM        | 4   |                 | 0.728     |           |           |
| Methionine.....g                         | 0.387                                 |            |                       | FLM        | 4   |                 | 0.217     |           |           |
| Cystine.....g                            | 0.178                                 |            |                       | FLM        | 4   |                 | 0.100     |           |           |
| Phenylalanine.....g                      | 0.598                                 |            |                       | FLM        | 4   |                 | 0.335     |           |           |
| Tyrosine.....g                           | 0.507                                 |            |                       | FLM        | 4   |                 | 0.284     |           |           |
| Valine.....g                             | 0.769                                 |            |                       | FLM        | 4   |                 | 0.431     |           |           |
| Arginine.....g                           | 0.979                                 |            |                       | FLM        | 4   |                 | 0.548     |           |           |
| Histidine.....g                          | 0.537                                 |            |                       | FLM        | 4   |                 | 0.301     |           |           |
| Alanine.....g                            | 0.917                                 |            |                       | FLM        | 4   |                 | 0.514     |           |           |
| Aspartic acid.....g                      | 1.385                                 |            |                       | FLM        | 4   |                 | 0.775     |           |           |
| Glutamic acid.....g                      | 2.286                                 |            |                       | FLM        | 4   |                 | 1.280     |           |           |
| Glycine.....g                            | 0.880                                 |            |                       | FLM        | 4   |                 | 0.493     |           |           |
| Proline.....g                            | 0.702                                 |            |                       | FLM        | 4   |                 | 0.393     |           |           |
| Serine.....g                             | 0.602                                 |            |                       | FLM        | 4   |                 | 0.337     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | FLC        | 4   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | FLC        | 4   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLC        | 4   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 56g: 1 serving 2 oz

**NDB No. 07931**  
**Beerwurst, pork and beef**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)





Blood sausage

| 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                               | 8.300                                 |            | 0                     | MC         | 9   |                 | 2.075     |           |           |
| 17:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:0.....g                               | 4.410                                 |            | 0                     | MC         | 9   |                 | 1.103     |           |           |
| 20:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 15.900                                |            | 0                     | MC         | 9   |                 | 3.975     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.880                                 |            | 0                     | MC         | 9   |                 | 0.220     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 15.000                                |            | 0                     | MC         | 9   |                 | 3.750     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.460                                 |            | 0                     | MC         | 9   |                 | 0.865     |           |           |
| 18:2 undifferentiated.....g              | 3.200                                 |            | 0                     | MC         | 9   |                 | 0.800     |           |           |
| 18:3 undifferentiated.....g              | 0.260                                 |            | 0                     | MC         | 9   |                 | 0.065     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 120                                   |            | 0                     | MC         | 9   |                 | 30        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLM        | 4   |                 | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.180                                 |            | 0                     | MC         | 9   |                 | 0.045     |           |           |
| Threonine.....g                          | 0.570                                 |            | 0                     | MC         | 9   |                 | 0.143     |           |           |
| Isoleucine.....g                         | 0.320                                 |            | 0                     | MC         | 9   |                 | 0.080     |           |           |
| Leucine.....g                            | 1.390                                 |            | 0                     | MC         | 9   |                 | 0.348     |           |           |
| Lysine.....g                             | 1.050                                 |            | 0                     | MC         | 9   |                 | 0.263     |           |           |
| Methionine.....g                         | 0.200                                 |            | 0                     | MC         | 9   |                 | 0.050     |           |           |
| Cystine.....g                            | 0.180                                 |            | 0                     | MC         | 9   |                 | 0.045     |           |           |
| Phenylalanine.....g                      | 0.820                                 |            | 0                     | MC         | 9   |                 | 0.205     |           |           |
| Tyrosine.....g                           | 0.340                                 |            | 0                     | MC         | 9   |                 | 0.085     |           |           |
| Valine.....g                             | 1.020                                 |            | 0                     | MC         | 9   |                 | 0.255     |           |           |
| Arginine.....g                           | 0.680                                 |            | 0                     | MC         | 9   |                 | 0.170     |           |           |
| Histidine.....g                          | 0.710                                 |            | 0                     | MC         | 9   |                 | 0.178     |           |           |
| Alanine.....g                            | 1.050                                 |            | 0                     | MC         | 9   |                 | 0.263     |           |           |
| Aspartic acid.....g                      | 1.350                                 |            | 0                     | MC         | 9   |                 | 0.338     |           |           |
| Glutamic acid.....g                      | 2.120                                 |            | 0                     | MC         | 9   |                 | 0.530     |           |           |
| Glycine.....g                            | 0.910                                 |            | 0                     | MC         | 9   |                 | 0.228     |           |           |
| Proline.....g                            | 1.000                                 |            | 0                     | MC         | 9   |                 | 0.250     |           |           |
| Serine.....g                             | 0.680                                 |            | 0                     | MC         | 9   |                 | 0.170     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | MC         | 9   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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.

**NDB No. 07005**

**Blood sausage**

**Common Measures:**

Measure 1 = 25g: 1 slice

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07006**  
**Bockwurst, pork, veal, 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 |
| 16:0.....g                               | 6.059                                 |            | 0                     | FLM        | 4   |                 | 5.514     |           |           |
| 17:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:0.....g                               | 3.521                                 |            | 0                     | FLM        | 4   |                 | 3.204     |           |           |
| 20:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 13.194                                |            | 0                     | MC         | 9   |                 | 12.006    |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.885                                 |            | 0                     | FLM        | 4   |                 | 0.805     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.966                                |            | 0                     | FLM        | 4   |                 | 10.889    |           |           |
| 20:1.....g                               | 0.203                                 |            | 0                     | FLM        | 4   |                 | 0.185     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.328                                 |            | 0                     | MC         | 9   |                 | 2.119     |           |           |
| 18:2 undifferentiated.....g              | 2.406                                 |            | 0                     | FLM        | 4   |                 | 2.189     |           |           |
| 18:3 undifferentiated.....g              | 0.185                                 |            | 0                     | FLM        | 4   |                 | 0.169     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.063                                 |            | 0                     | FLM        | 4   |                 | 0.057     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 93                                    |            | 0                     | MC         | 9   |                 | 85        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLM        | 4   |                 | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.142                                 |            | 0                     | FLM        | 4   |                 | 0.130     |           |           |
| Threonine.....g                          | 0.559                                 |            | 0                     | FLM        | 4   |                 | 0.509     |           |           |
| Isoleucine.....g                         | 0.611                                 |            | 0                     | FLM        | 4   |                 | 0.556     |           |           |
| Leucine.....g                            | 1.010                                 |            | 0                     | FLM        | 4   |                 | 0.919     |           |           |
| Lysine.....g                             | 1.071                                 |            | 0                     | FLM        | 4   |                 | 0.975     |           |           |
| Methionine.....g                         | 0.310                                 |            | 0                     | FLM        | 4   |                 | 0.282     |           |           |
| Cystine.....g                            | 0.148                                 |            | 0                     | FLM        | 4   |                 | 0.135     |           |           |
| Phenylalanine.....g                      | 0.508                                 |            | 0                     | FLM        | 4   |                 | 0.462     |           |           |
| Tyrosine.....g                           | 0.423                                 |            | 0                     | FLM        | 4   |                 | 0.385     |           |           |
| Valine.....g                             | 0.694                                 |            | 0                     | FLM        | 4   |                 | 0.631     |           |           |
| Arginine.....g                           | 0.744                                 |            | 0                     | FLM        | 4   |                 | 0.677     |           |           |
| Histidine.....g                          | 0.470                                 |            | 0                     | FLM        | 4   |                 | 0.428     |           |           |
| Alanine.....g                            | 0.728                                 |            | 0                     | FLM        | 4   |                 | 0.663     |           |           |
| Aspartic acid.....g                      | 1.113                                 |            | 0                     | FLM        | 4   |                 | 1.013     |           |           |
| Glutamic acid.....g                      | 2.001                                 |            | 0                     | FLM        | 4   |                 | 1.821     |           |           |
| Glycine.....g                            | 0.610                                 |            | 0                     | FLM        | 4   |                 | 0.555     |           |           |
| Proline.....g                            | 0.542                                 |            | 0                     | FLM        | 4   |                 | 0.493     |           |           |
| Serine.....g                             | 0.499                                 |            | 0                     | FLM        | 4   |                 | 0.454     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | FLM        | 4   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | FLM        | 4   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLM        | 4   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 6                                     |            | 0                     | FLM        | 4   |                 | 5.154     |           |           |

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**NDB No. 07006**

**Bockwurst, pork, veal, raw**

**Common Measures:**

Measure 1 = 91g: 1 sausage

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07007**  
**Bologna, beef**

| 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 | 12.218                                |            | 2                     | A          | 1           |   | 3.421     |           |           |
| 14:1.....g                               | 0.239                                 |            | 2                     | A          | 1           |   | 0.067     |           |           |
| 15:1.....g                               | 0.000                                 |            | 2                     | A          | 1           |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 0.981                                 |            | 2                     | A          | 1           |   | 0.275     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 10.881                                |            | 2                     | A          | 1           |   | 3.047     |           |           |
| 20:1.....g                               | 0.118                                 |            | 2                     | A          | 1           |   | 0.033     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.776                                 |            | 2                     | A          | 1           |   | 0.217     |           |           |
| 18:2 undifferentiated.....g              | 0.666                                 |            | 2                     | A          | 1           |   | 0.186     |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | A          | 1           |   | 0.000     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 2                     | A          | 1           |   | 0.000     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       | 0.000                                 |            | 2                     | A          | 1           |   | 0.000     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 2                     | A          | 1           |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.030                                 |            | 2                     | A          | 1           |   | 0.008     |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           | 1.485                                 |            | 2                     | A          | 1           |   | 0.416     |           |           |
| Cholesterol.....mg                       | 56                                    |            | 2                     | A          | 1           |   | 16        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Threonine.....g                          |                                       |            |                       |            |             |   |           |           |           |
| Isoleucine.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Leucine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Lysine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Methionine.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Cystine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Phenylalanine.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Tyrosine.....g                           |                                       |            |                       |            |             |   |           |           |           |
| Valine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Arginine.....g                           |                                       |            |                       |            |             |   |           |           |           |
| Histidine.....g                          |                                       |            |                       |            |             |   |           |           |           |
| Alanine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Aspartic acid.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Glutamic acid.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Glycine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Proline.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Serine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Hydroxyproline.....g                     | 0.208                                 |            | 2                     | A          | 1           |   | 0.058     |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 2                     | A          | 1           |   | 3.130     |           |           |
| Carotene, alpha.....mcg                  | 6                                     |            | 2                     | A          | 1           |   | 1.565     |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 2                     | A          | 1           |   | 3.130     |           |           |
| Lycopene.....mcg                         | 11                                    |            | 2                     | A          | 1           |   | 3.130     |           |           |
| Lutein + zeaxanthin.....mcg              | 11                                    |            | 2                     | A          | 1           |   | 3.130     |           |           |

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:**



**NDB No. 07007**

**Bologna, beef**

Measure 1 = 28g: 1 serving 1 slice

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07008**  
**Bologna, beef and pork**

| 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 | 10.523                                |            | 0                     | FLM        | 4   |                 | 2.983     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.583                                 |            | 0                     | FLM        | 4   |                 | 0.165     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 9.626                                 |            | 0                     | FLM        | 4   |                 | 2.729     |           |           |
| 20:1.....g                               | 0.205                                 |            | 0                     | FLM        | 4   |                 | 0.058     |           |           |
| 22:1 undifferentiated.....g              | 0.109                                 |            | 0                     | FLM        | 4   |                 | 0.031     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.122                                 |            | 0                     | FLM        | 4   |                 | 0.318     |           |           |
| 18:2 undifferentiated.....g              | 1.011                                 |            | 0                     | FLM        | 4   |                 | 0.287     |           |           |
| 18:3 undifferentiated.....g              | 0.063                                 |            | 0                     | FLM        | 4   |                 | 0.018     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.048                                 |            | 0                     | FLM        | 4   |                 | 0.014     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 60                                    |            | 0                     | MC         | 9   |                 | 17        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 42129**  
**Bologna, beef and pork, 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 | 9.145                                 |            |                       |            | 4   |                 | 2.561     | 3.932     | 1.280     |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.943                                 |            |                       |            | 4   |                 | 0.264     | 0.405     | 0.132     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.202                                 |            |                       |            | 4   |                 | 2.297     | 3.527     | 1.148     |
| 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 | 1.639                                 |            |                       |            | 4   |                 | 0.459     | 0.705     | 0.229     |
| 18:2 undifferentiated.....g              | 1.359                                 |            |                       |            | 4   |                 | 0.381     | 0.584     | 0.190     |
| 18:3 undifferentiated.....g              | 0.280                                 |            |                       |            | 4   |                 | 0.078     | 0.120     | 0.039     |
| 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                       | 39                                    |            |                       |            | 12  |                 | 11        | 17        | 5         |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28g: 1 slice, medium
- Measure 2 = 43g: 1 slice, thick
- Measure 3 = 14.0g: 1 slice, thin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 42161**  
**Bologna, beef, 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 | 9.152                                 |            |                       |            | 4   |                 | 2.563     | 3.935     | 1.281     |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.088                                 |            |                       |            | 4   |                 | 0.305     | 0.468     | 0.152     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.065                                 |            |                       |            | 4   |                 | 2.258     | 3.468     | 1.129     |
| 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 | 0.723                                 |            |                       |            | 4   |                 | 0.202     | 0.311     | 0.101     |
| 18:2 undifferentiated.....g              | 0.564                                 |            |                       |            | 4   |                 | 0.158     | 0.243     | 0.079     |
| 18:3 undifferentiated.....g              | 0.159                                 |            |                       |            | 4   |                 | 0.045     | 0.068     | 0.022     |
| 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                       | 37                                    |            |                       |            | 12  |                 | 10        | 16        | 5         |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |

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**Common Measures:**

- Measure 1 = 28g: 1 slice, medium
- Measure 2 = 43g: 1 slice, thick
- Measure 3 = 14.0g: 1 slice, thin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





**NDB No. 07960**  
**Bologna, chicken, pork**

| 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 | 13.172                                |            | 1                     | A          | 1   |                 | 3.688     | 3.688     |           |
| 14:1.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 1.114                                 |            | 1                     | A          | 1   |                 | 0.312     | 0.312     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.825                                |            | 1                     | A          | 1   |                 | 3.311     | 3.311     |           |
| 20:1.....g                               | 0.233                                 |            | 1                     | A          | 1   |                 | 0.065     | 0.065     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.348                                 |            | 1                     | A          | 1   |                 | 1.217     | 1.217     |           |
| 18:2 undifferentiated.....g              | 3.872                                 |            | 1                     | A          | 1   |                 | 1.084     | 1.084     |           |
| 18:3 undifferentiated.....g              | 0.033                                 |            | 0                     | A          | 1   |                 | 0.009     | 0.009     |           |
| 18:3 n-6 c,c,c.....g                     | 0.033                                 |            | 1                     | A          | 1   |                 | 0.009     | 0.009     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.131                                 |            | 1                     | A          | 1   |                 | 0.037     | 0.037     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.107                                 |            | 1                     | A          | 1   |                 | 0.030     | 0.030     |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.283                                 |            | 1                     | A          | 1   |                 | 0.079     | 0.079     |           |
| Cholesterol.....mg                       | 87                                    |            | 1                     | A          | 1   |                 | 24        | 24        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.081                                 |            | 1                     | A          | 1   |                 | 0.023     | 0.023     |           |
| Threonine.....g                          | 0.401                                 |            | 1                     | A          | 1   |                 | 0.112     | 0.112     |           |
| Isoleucine.....g                         | 0.465                                 |            | 1                     | A          | 1   |                 | 0.130     | 0.130     |           |
| Leucine.....g                            | 0.775                                 |            | 1                     | A          | 1   |                 | 0.217     | 0.217     |           |
| Lysine.....g                             | 0.824                                 |            | 1                     | A          | 1   |                 | 0.231     | 0.231     |           |
| Methionine.....g                         | 0.216                                 |            | 1                     | A          | 1   |                 | 0.060     | 0.060     |           |
| Cystine.....g                            | 0.108                                 |            | 1                     | A          | 1   |                 | 0.030     | 0.030     |           |
| Phenylalanine.....g                      | 0.413                                 |            | 1                     | A          | 1   |                 | 0.116     | 0.116     |           |
| Tyrosine.....g                           | 0.323                                 |            | 1                     | A          | 1   |                 | 0.090     | 0.090     |           |
| Valine.....g                             | 0.527                                 |            | 1                     | A          | 1   |                 | 0.148     | 0.148     |           |
| Arginine.....g                           | 0.672                                 |            | 1                     | A          | 1   |                 | 0.188     | 0.188     |           |
| Histidine.....g                          | 0.315                                 |            | 1                     | A          | 1   |                 | 0.088     | 0.088     |           |
| Alanine.....g                            | 0.657                                 |            | 1                     | A          | 1   |                 | 0.184     | 0.184     |           |
| Aspartic acid.....g                      | 0.923                                 |            | 1                     | A          | 1   |                 | 0.258     | 0.258     |           |
| Glutamic acid.....g                      | 1.548                                 |            | 1                     | A          | 1   |                 | 0.433     | 0.433     |           |
| Glycine.....g                            | 0.704                                 |            | 1                     | A          | 1   |                 | 0.197     | 0.197     |           |
| Proline.....g                            | 0.505                                 |            | 1                     | A          | 1   |                 | 0.141     | 0.141     |           |
| Serine.....g                             | 0.397                                 |            | 1                     | A          | 1   |                 | 0.111     | 0.111     |           |
| Hydroxyproline.....g                     | 0.134                                 |            | 1                     | A          | 1   |                 | 0.038     | 0.038     |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 1                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 1                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 1                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Lycopene.....mcg                         | 11                                    |            | 1                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Lutein + zeaxanthin.....mcg              | 20                                    |            | 1                     | A          | 1   |                 | 5.488     | 5.488     |           |

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**NDB No. 07960**

**Bologna, chicken, pork**

**Common Measures:**

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07959**  
**Bologna, chicken, pork, beef**

| 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 | 9.698                                 | 0.396      | 3                     | A          | 1           |   | 2.715     | 2.715     |           |
| 14:1.....g                               | 0.036                                 | 0.001      | 3                     | A          | 1           |   | 0.010     | 0.010     |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 1.002                                 | 0.048      | 3                     | A          | 1           |   | 0.281     | 0.281     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 8.507                                 | 0.419      | 3                     | A          | 1           |   | 2.382     | 2.382     |           |
| 20:1.....g                               | 0.152                                 | 0.022      | 3                     | A          | 1           |   | 0.043     | 0.043     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.475                                 | 0.289      | 3                     | A          | 1           |   | 0.973     | 0.973     |           |
| 18:2 undifferentiated.....g              | 3.112                                 | 0.263      | 3                     | A          | 1           |   | 0.871     | 0.871     |           |
| 18:3 undifferentiated.....g              | 0.021                                 |            | 0                     | A          | 1           |   | 0.006     | 0.006     |           |
| 18:3 n-6 c,c,c.....g                     | 0.021                                 | 0.011      | 3                     | A          | 1           |   | 0.006     | 0.006     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.085                                 | 0.017      | 3                     | A          | 1           |   | 0.024     | 0.024     |           |
| 20:3 undifferentiated.....g              | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 | 0.003      | 3                     | A          | 1           |   | 0.025     | 0.025     |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.237                                 | 0.121      | 3                     | A          | 1           |   | 0.066     | 0.066     |           |
| Cholesterol.....mg                       | 83                                    | 3.753      | 3                     | A          | 1           |   | 23        | 23        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Threonine.....g                          |                                       |            |                       |            |             |   |           |           |           |
| Isoleucine.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Leucine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Lysine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Methionine.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Cystine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Phenylalanine.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Tyrosine.....g                           |                                       |            |                       |            |             |   |           |           |           |
| Valine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Arginine.....g                           |                                       |            |                       |            |             |   |           |           |           |
| Histidine.....g                          |                                       |            |                       |            |             |   |           |           |           |
| Alanine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Aspartic acid.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Glutamic acid.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Glycine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Proline.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Serine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Hydroxyproline.....g                     | 0.108                                 | 0.003      | 3                     | A          | 1           |   | 0.030     | 0.030     |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 11                                    | 0.000      | 3                     | A          | 1           |   | 3.130     | 3.130     |           |
| Carotene, alpha.....mcg                  | 11                                    | 0.000      | 3                     | A          | 1           |   | 3.130     | 3.130     |           |
| Cryptoxanthin, beta.....mcg              | 11                                    | 0.000      | 3                     | A          | 1           |   | 3.130     | 3.130     |           |
| Lycopene.....mcg                         | 11                                    | 0.000      | 3                     | A          | 1           |   | 3.130     | 3.130     |           |
| Lutein + zeaxanthin.....mcg              | 15                                    |            | 3                     | A          | 1           |   | 4.105     | 4.105     |           |

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:**

**NDB No. 07959**

**Bologna, chicken, pork, beef**

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07952**  
**Bologna, chicken, turkey, pork**

| 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 | 10.555                                |            | 2                     | A          | 1   |                 | 2.955     | 2.955     |           |
| 14:1.....g                               | 0.000                                 |            | 2                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 |            | 2                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.921                                 |            | 2                     | A          | 1   |                 | 0.258     | 0.258     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 9.444                                 |            | 2                     | A          | 1   |                 | 2.644     | 2.644     |           |
| 20:1.....g                               | 0.190                                 |            | 2                     | A          | 1   |                 | 0.053     | 0.053     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.672                                 |            | 2                     | A          | 1   |                 | 1.308     | 1.308     |           |
| 18:2 undifferentiated.....g              | 4.186                                 |            | 2                     | A          | 1   |                 | 1.172     | 1.172     |           |
| 18:3 undifferentiated.....g              | 0.032                                 |            | 0                     | A          | 1   |                 | 0.009     | 0.009     |           |
| 18:3 n-6 c,c,c.....g                     | 0.032                                 |            | 2                     | A          | 1   |                 | 0.009     | 0.009     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.101                                 |            | 2                     | A          | 1   |                 | 0.028     | 0.028     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 2                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.102                                 |            | 2                     | A          | 1   |                 | 0.029     | 0.029     |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.430                                 |            | 2                     | A          | 1   |                 | 0.120     | 0.120     |           |
| Cholesterol.....mg                       | 80                                    |            | 2                     | A          | 1   |                 | 22        | 22        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         |                                       |            |                       |            |   |                 |           |           |           |
| Threonine.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| Isoleucine.....g                         |                                       |            |                       |            |   |                 |           |           |           |
| Leucine.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| Lysine.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Methionine.....g                         |                                       |            |                       |            |   |                 |           |           |           |
| Cystine.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| Phenylalanine.....g                      |                                       |            |                       |            |   |                 |           |           |           |
| Tyrosine.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| Valine.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Arginine.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| Histidine.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| Alanine.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| Aspartic acid.....g                      |                                       |            |                       |            |   |                 |           |           |           |
| Glutamic acid.....g                      |                                       |            |                       |            |   |                 |           |           |           |
| Glycine.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| Proline.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| Serine.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Hydroxyproline.....g                     | 0.084                                 |            | 2                     | A          | 1   |                 | 0.024     | 0.024     |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 2                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 2                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 2                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Lycopene.....mcg                         | 11                                    |            | 2                     | A          | 1   |                 | 3.130     | 3.130     |           |
| Lutein + zeaxanthin.....mcg              | 7                                     |            | 2                     | A          | 1   |                 | 1.915     | 1.915     |           |

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:**

**NDB No. 07952**

**Bologna, chicken, turkey, pork**

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 slice

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07010**  
**Bologna, pork**

| 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 | 9.780                                 |            | 0                     |            | 1           |                 | 2.738   | 2.249     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.720                                 | 0.050      | 3                     |            | 1           |                 | 0.202   | 0.166     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 9.070                                 | 0.522      | 3                     |            | 1           |                 | 2.540   | 2.086     |           |
| 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 | 2.120                                 |            | 0                     |            | 1           |                 | 0.594   | 0.488     |           |
| 18:2 undifferentiated.....g              | 1.840                                 | 0.124      | 3                     |            | 1           |                 | 0.515   | 0.423     |           |
| 18:3 undifferentiated.....g              | 0.280                                 | 0.031      | 3                     |            | 1           |                 | 0.078   | 0.064     |           |
| 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                       | 59                                    | 3.528      | 3                     |            | 1           |                 | 17  | 14        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.149                                 |            | 0                     |            | 1           |                 | 0.042   | 0.034     |           |
| Threonine.....g                          | 0.641                                 |            | 0                     |            | 1           |                 | 0.179   | 0.147     |           |
| Isoleucine.....g                         | 0.663                                 |            | 0                     |            | 1           |                 | 0.186   | 0.152     |           |
| Leucine.....g                            | 1.168                                 |            | 0                     |            | 1           |                 | 0.327   | 0.269     |           |
| Lysine.....g                             | 1.204                                 |            | 0                     |            | 1           |                 | 0.337   | 0.277     |           |
| Methionine.....g                         | 0.412                                 |            | 0                     |            | 1           |                 | 0.115   | 0.095     |           |
| Cystine.....g                            | 0.171                                 |            | 0                     |            | 1           |                 | 0.048   | 0.039     |           |
| Phenylalanine.....g                      | 0.585                                 |            | 0                     |            | 1           |                 | 0.164   | 0.135     |           |
| Tyrosine.....g                           | 0.482                                 |            | 0                     |            | 1           |                 | 0.135   | 0.111     |           |
| Valine.....g                             | 0.737                                 |            | 0                     |            | 1           |                 | 0.206   | 0.170     |           |
| Arginine.....g                           | 1.004                                 |            | 0                     |            | 1           |                 | 0.281   | 0.231     |           |
| Histidine.....g                          | 0.482                                 |            | 0                     |            | 1           |                 | 0.135   | 0.111     |           |
| Alanine.....g                            | 0.979                                 |            | 0                     |            | 1           |                 | 0.274   | 0.225     |           |
| Aspartic acid.....g                      | 1.403                                 |            | 0                     |            | 1           |                 | 0.393   | 0.323     |           |
| Glutamic acid.....g                      | 2.296                                 |            | 0                     |            | 1           |                 | 0.643   | 0.528     |           |
| Glycine.....g                            | 1.077                                 |            | 0                     |            | 1           |                 | 0.302   | 0.248     |           |
| Proline.....g                            | 0.773                                 |            | 0                     |            | 1           |                 | 0.216   | 0.178     |           |
| Serine.....g                             | 0.634                                 |            | 0                     |            | 1           |                 | 0.178   | 0.146     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28g: 1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)  
 Measure 2 = 23g: 1 slice (4" dia x 1/8" thick)

**NDB No. 07010**  
**Bologna, pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07936**  
**Bologna, pork and turkey, lite**

| 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 | 7.548                                 |            | 0                     | MC         | 9   |                 | 4.227     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.517                                 |            |                       | FLM        | 4   |                 | 0.290     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.900                                 |            |                       | FLM        | 4   |                 | 3.864     |           |           |
| 20:1.....g                               | 0.124                                 |            |                       | FLM        | 4   |                 | 0.070     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | FLM        | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.051                                 |            | 0                     | MC         | 9   |                 | 1.709     |           |           |
| 18:2 undifferentiated.....g              | 2.786                                 |            |                       | FLM        | 4   |                 | 1.560     |           |           |
| 18:3 undifferentiated.....g              | 0.219                                 |            |                       | FLM        | 4   |                 | 0.122     |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | FLM        | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.037                                 |            |                       | FLM        | 4   |                 | 0.020     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       | FLM        | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.003                                 |            |                       | FLM        | 4   |                 | 0.002     |           |           |
| 22:6 n-3.....g                           | 0.003                                 |            |                       | FLM        | 4   |                 | 0.002     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 79                                    |            | 0                     | MC         | 9   |                 | 44        |           |           |
| Phytosterols.....mg                      | 0                                     |            |                       | FLM        | 4   |                 | 0         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.101                                 |            |                       | FLM        | 4   |                 | 0.056     |           |           |
| Threonine.....g                          | 0.357                                 |            |                       | FLM        | 4   |                 | 0.200     |           |           |
| Isoleucine.....g                         | 0.419                                 |            |                       | FLM        | 4   |                 | 0.234     |           |           |
| Leucine.....g                            | 0.714                                 |            |                       | FLM        | 4   |                 | 0.400     |           |           |
| Lysine.....g                             | 0.664                                 |            |                       | FLM        | 4   |                 | 0.372     |           |           |
| Methionine.....g                         | 0.217                                 |            |                       | FLM        | 4   |                 | 0.122     |           |           |
| Cystine.....g                            | 0.151                                 |            |                       | FLM        | 4   |                 | 0.085     |           |           |
| Phenylalanine.....g                      | 0.402                                 |            |                       | FLM        | 4   |                 | 0.225     |           |           |
| Tyrosine.....g                           | 0.303                                 |            |                       | FLM        | 4   |                 | 0.170     |           |           |
| Valine.....g                             | 0.470                                 |            |                       | FLM        | 4   |                 | 0.263     |           |           |
| Arginine.....g                           | 0.629                                 |            |                       | FLM        | 4   |                 | 0.352     |           |           |
| Histidine.....g                          | 0.236                                 |            |                       | FLM        | 4   |                 | 0.132     |           |           |
| Alanine.....g                            | 0.507                                 |            |                       | FLM        | 4   |                 | 0.284     |           |           |
| Aspartic acid.....g                      | 0.766                                 |            |                       | FLM        | 4   |                 | 0.429     |           |           |
| Glutamic acid.....g                      | 2.109                                 |            |                       | FLM        | 4   |                 | 1.181     |           |           |
| Glycine.....g                            | 0.461                                 |            |                       | FLM        | 4   |                 | 0.258     |           |           |
| Proline.....g                            | 0.610                                 |            |                       | FLM        | 4   |                 | 0.341     |           |           |
| Serine.....g                             | 0.430                                 |            |                       | FLM        | 4   |                 | 0.241     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 56g: 1 serving 2 oz

**NDB No. 07936**  
**Bologna, pork and turkey, lite**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07937**  
**Bologna, pork, turkey and beef**

| 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 | 12.789                                |            |                       | FLA        | 4           |   | 3.626     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.146                                 |            |                       | FLA        | 4           |   | 0.325     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.497                                |            |                       | FLA        | 4           |   | 3.259     |           |           |
| 20:1.....g                               | 0.144                                 |            |                       | FLA        | 4           |   | 0.041     |           |           |
| 22:1 undifferentiated.....g              | 0.001                                 |            |                       | FLA        | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.512                                 |            |                       | FLA        | 4           |   | 0.712     |           |           |
| 18:2 undifferentiated.....g              | 2.171                                 |            |                       | FLA        | 4           |   | 0.615     |           |           |
| 18:3 undifferentiated.....g              | 0.288                                 |            |                       | FLA        | 4           |   | 0.082     |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | FLA        | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.046                                 |            |                       | FLA        | 4           |   | 0.013     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       | FLA        | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.003                                 |            |                       | FLA        | 4           |   | 0.001     |           |           |
| 22:6 n-3.....g                           | 0.004                                 |            |                       | FLA        | 4           |   | 0.001     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 75                                    |            | 1                     | A          | 1           |   | 21        |           |           |
| Phytosterols.....mg                      | 0                                     |            |                       | FLA        | 4           |   | 0         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.126                                 |            |                       | FLA        | 4           |   | 0.036     |           |           |
| Threonine.....g                          | 0.509                                 |            |                       | FLA        | 4           |   | 0.144     |           |           |
| Isoleucine.....g                         | 0.540                                 |            |                       | FLA        | 4           |   | 0.153     |           |           |
| Leucine.....g                            | 0.937                                 |            |                       | FLA        | 4           |   | 0.266     |           |           |
| Lysine.....g                             | 1.024                                 |            |                       | FLA        | 4           |   | 0.290     |           |           |
| Methionine.....g                         | 0.298                                 |            |                       | FLA        | 4           |   | 0.085     |           |           |
| Cystine.....g                            | 0.135                                 |            |                       | FLA        | 4           |   | 0.038     |           |           |
| Phenylalanine.....g                      | 0.474                                 |            |                       | FLA        | 4           |   | 0.134     |           |           |
| Tyrosine.....g                           | 0.388                                 |            |                       | FLA        | 4           |   | 0.110     |           |           |
| Valine.....g                             | 0.614                                 |            |                       | FLA        | 4           |   | 0.174     |           |           |
| Arginine.....g                           | 0.908                                 |            |                       | FLA        | 4           |   | 0.258     |           |           |
| Histidine.....g                          | 0.361                                 |            |                       | FLA        | 4           |   | 0.102     |           |           |
| Alanine.....g                            | 0.724                                 |            |                       | FLA        | 4           |   | 0.205     |           |           |
| Aspartic acid.....g                      | 1.143                                 |            |                       | FLA        | 4           |   | 0.324     |           |           |
| Glutamic acid.....g                      | 1.889                                 |            |                       | FLA        | 4           |   | 0.536     |           |           |
| Glycine.....g                            | 0.664                                 |            |                       | FLA        | 4           |   | 0.188     |           |           |
| Proline.....g                            | 0.522                                 |            |                       | FLA        | 4           |   | 0.148     |           |           |
| Serine.....g                             | 0.493                                 |            |                       | FLA        | 4           |   | 0.140     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| 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 = 28.35g: 1 oz



**NDB No. 07937**

**Bologna, pork, turkey and beef**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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 | 6.836                                 |            | 0                     | NC         | 4   |                 | 1.914     | 31.035    |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.950                                 |            | 0                     | FLA        | 4   |                 | 0.266     | 4.312     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 5.747                                 |            | 0                     | FLA        | 4   |                 | 1.609     | 26.090    |           |
| 20:1.....g                               | 0.134                                 |            | 0                     | FLA        | 4   |                 | 0.038     | 0.609     |           |
| 22:1 undifferentiated.....g              | 0.006                                 |            | 0                     | FLA        | 4   |                 | 0.002     | 0.025     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.854                                 |            | 0                     | NC         | 4   |                 | 1.079     | 17.498    |           |
| 18:2 undifferentiated.....g              | 3.557                                 |            | 0                     | FLA        | 4   |                 | 0.996     | 16.147    |           |
| 18:3 undifferentiated.....g              | 0.200                                 |            | 0                     | FLA        | 4   |                 | 0.056     | 0.909     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.073                                 |            | 0                     | FLA        | 4   |                 | 0.021     | 0.333     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.012                                 |            | 0                     | FLA        | 4   |                 | 0.003     | 0.054     |           |
| 22:6 n-3.....g                           | 0.012                                 |            | 0                     | FLA        | 4   |                 | 0.003     | 0.054     |           |
| Fatty acids, total trans.....g           | 0.123                                 |            | 0                     | FLA        | 4   |                 | 0.034     | 0.558     |           |
| Cholesterol.....mg                       | 75                                    |            | 4                     | A          | 1   |                 | 21        | 342       |           |
| Phytosterols.....mg                      | 2                                     |            | 0                     | FLA        | 4   |                 | 0         | 8         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.129                                 |            | 0                     | FLA        | 4   |                 | 0.036     | 0.585     |           |
| Threonine.....g                          | 0.498                                 |            | 0                     | FLA        | 4   |                 | 0.139     | 2.260     |           |
| Isoleucine.....g                         | 0.569                                 |            | 0                     | FLA        | 4   |                 | 0.159     | 2.583     |           |
| Leucine.....g                            | 0.890                                 |            | 0                     | FLA        | 4   |                 | 0.249     | 4.039     |           |
| Lysine.....g                             | 1.019                                 |            | 0                     | FLA        | 4   |                 | 0.285     | 4.625     |           |
| Methionine.....g                         | 0.318                                 |            | 0                     | FLA        | 4   |                 | 0.089     | 1.444     |           |
| Cystine.....g                            | 0.137                                 |            | 0                     | FLA        | 4   |                 | 0.038     | 0.622     |           |
| Phenylalanine.....g                      | 0.457                                 |            | 0                     | FLA        | 4   |                 | 0.128     | 2.075     |           |
| Tyrosine.....g                           | 0.431                                 |            | 0                     | FLA        | 4   |                 | 0.121     | 1.958     |           |
| Valine.....g                             | 0.596                                 |            | 0                     | FLA        | 4   |                 | 0.167     | 2.706     |           |
| Arginine.....g                           | 0.835                                 |            | 0                     | FLA        | 4   |                 | 0.234     | 3.792     |           |
| Histidine.....g                          | 0.341                                 |            | 0                     | FLA        | 4   |                 | 0.095     | 1.548     |           |
| Alanine.....g                            | 0.741                                 |            | 0                     | FLA        | 4   |                 | 0.208     | 3.366     |           |
| Aspartic acid.....g                      | 1.102                                 |            | 0                     | FLA        | 4   |                 | 0.309     | 5.004     |           |
| Glutamic acid.....g                      | 1.915                                 |            | 0                     | FLA        | 4   |                 | 0.536     | 8.693     |           |
| Glycine.....g                            | 0.754                                 |            | 0                     | FLA        | 4   |                 | 0.211     | 3.423     |           |
| Proline.....g                            | 0.596                                 |            | 0                     | FLA        | 4   |                 | 0.167     | 2.706     |           |
| Serine.....g                             | 0.514                                 |            | 0                     | FLA        | 4   |                 | 0.144     | 2.335     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28g: 1 serving

Measure 2 = 454g: 1 package

**NDB No. 07011**  
**Bologna, turkey**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
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NDB No. 07922

Bratwurst, beef and pork, smoked

| 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 | 8.000                                 |            | 0                     | BFZN       | 4           |   | 5.280     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.660                                 |            | 0                     | BFZN       | 4           |   | 0.436     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 7.340                                 |            | 0                     | BFZN       | 4           |   | 4.844     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.580                                 |            | 0                     | BFZN       | 4           |   | 1.043     |           |           |
| 18:2 undifferentiated.....g              | 1.400                                 |            | 0                     | BFZN       | 4           |   | 0.924     |           |           |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0                     | BFZN       | 4           |   | 0.119     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 78                                    |            | 0                     | MC         | 9           |   | 52        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.107                                 |            | 0                     | BFZN       | 4           |   | 0.071     |           |           |
| Threonine.....g                          | 0.465                                 |            | 0                     | BFZN       | 4           |   | 0.307     |           |           |
| Isoleucine.....g                         | 0.485                                 |            | 0                     | BFZN       | 4           |   | 0.320     |           |           |
| Leucine.....g                            | 0.810                                 |            | 0                     | BFZN       | 4           |   | 0.535     |           |           |
| Lysine.....g                             | 0.903                                 |            | 0                     | BFZN       | 4           |   | 0.596     |           |           |
| Methionine.....g                         | 0.364                                 |            | 0                     | BFZN       | 4           |   | 0.240     |           |           |
| Cystine.....g                            | 0.105                                 |            | 0                     | BFZN       | 4           |   | 0.069     |           |           |
| Phenylalanine.....g                      | 0.405                                 |            | 0                     | BFZN       | 4           |   | 0.267     |           |           |
| Tyrosine.....g                           | 0.386                                 |            | 0                     | BFZN       | 4           |   | 0.255     |           |           |
| Valine.....g                             | 0.464                                 |            | 0                     | BFZN       | 4           |   | 0.306     |           |           |
| Arginine.....g                           | 0.765                                 |            | 0                     | BFZN       | 4           |   | 0.505     |           |           |
| Histidine.....g                          | 0.395                                 |            | 0                     | BFZN       | 4           |   | 0.261     |           |           |
| Alanine.....g                            | 0.774                                 |            | 0                     | BFZN       | 4           |   | 0.511     |           |           |
| Aspartic acid.....g                      | 1.136                                 |            | 0                     | BFZN       | 4           |   | 0.750     |           |           |
| Glutamic acid.....g                      | 1.994                                 |            | 0                     | BFZN       | 4           |   | 1.316     |           |           |
| Glycine.....g                            | 0.857                                 |            | 0                     | BFZN       | 4           |   | 0.566     |           |           |
| Proline.....g                            | 0.673                                 |            | 0                     | BFZN       | 4           |   | 0.444     |           |           |
| Serine.....g                             | 0.510                                 |            | 0                     | BFZN       | 4           |   | 0.337     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 66g: 1 serving 2.33 oz

**NDB No. 07922**

**Bratwurst, beef and pork, smoked**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07923**  
**Bratwurst, chicken, cooked**

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 70.28                                 |            | 0                     | MC         | 9   |                 | 59.04     |           |           |
| Energy.....kcal                          | 176                                   |            | 0                     | NC         | 4   |                 | 148       |           |           |
| Energy.....kj                            | 738                                   |            | 0                     | NC         | 4   |                 | 620       |           |           |
| Protein (N x 6.25).....g                 | 19.44                                 |            | 0                     | MC         | 9   |                 | 16.33     |           |           |
| Total lipid (fat).....g                  | 10.35                                 |            | 0                     | MC         | 9   |                 | 8.69      |           |           |
| Ash.....g                                | 0.88                                  |            | 0                     | MC         | 9   |                 | 0.74      |           |           |
| Carbohydrate, by difference.....g        | 0.00                                  |            | 0                     | MC         | 9   |                 | 0.00      |           |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | MC         | 9   |                 | 0.0       |           |           |
| Sugars, total.....g                      | 0.00                                  |            | 0                     | MC         | 9   |                 | 0.00      |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       | 11                                    |            | 0                     | MC         | 9   |                 | 10        |           |           |
| Iron, Fe.....mg                          | 0.87                                  |            | 0                     | MC         | 9   |                 | 0.73      |           |           |
| Magnesium, Mg.....mg                     | 23                                    |            | 0                     | MC         | 9   |                 | 19        |           |           |
| Phosphorus, P.....mg                     | 160                                   |            | 0                     | MC         | 9   |                 | 134       |           |           |
| Potassium, K.....mg                      | 211                                   |            | 0                     | MC         | 9   |                 | 177       |           |           |
| Sodium, Na.....mg                        | 72                                    |            | 0                     | MC         | 9   |                 | 60        |           |           |
| Zinc, Zn.....mg                          | 1.43                                  |            | 0                     | MC         | 9   |                 | 1.20      |           |           |
| Copper, Cu.....mg                        | 0.050                                 |            | 0                     | MC         | 9   |                 | 0.042     |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 2.0                                   |            | 0                     | MC         | 9   |                 | 1.7       |           |           |
| Thiamin.....mg                           | 0.067                                 |            | 0                     | MC         | 9   |                 | 0.056     |           |           |
| Riboflavin.....mg                        | 0.133                                 |            | 0                     | MC         | 9   |                 | 0.111     |           |           |
| Niacin.....mg                            | 7.551                                 |            | 0                     | MC         | 9   |                 | 6.343     |           |           |
| Pantothenic acid.....mg                  | 0.964                                 |            | 0                     | MC         | 9   |                 | 0.809     |           |           |
| Vitamin B-6.....mg                       | 0.385                                 |            | 0                     | MC         | 9   |                 | 0.323     |           |           |
| Folate, total.....mcg                    | 6                                     |            | 0                     | MC         | 9   |                 | 5         |           |           |
| Folic acid.....mcg                       | 0                                     |            | 0                     | NR         | 4   |                 | 0         |           |           |
| Folate, food.....mcg                     | 6                                     |            | 0                     | MC         | 9   |                 | 5         |           |           |
| Folate, DFE.....mcg_DFE                  | 6                                     |            | 0                     | NC         | 4   |                 | 5         |           |           |
| Vitamin B-12.....mcg                     | 0.34                                  |            | 0                     | MC         | 9   |                 | 0.28      |           |           |
| Vitamin A, IU.....IU                     | 101                                   |            | 0                     | MC         | 9   |                 | 85        |           |           |
| Vitamin A, RAE.....mcg_RAE               | 30                                    |            | 0                     | AS         | 1   |                 | 25        |           |           |
| Retinol.....mcg                          | 30                                    |            | 0                     | NR         | 4   |                 | 25        |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 10.231                                |            | 0                     | NC         | 4   |                 | 8.594     |           |           |
| Fatty acids, total monounsaturated.....g | 4.370                                 |            | 0                     | MC         | 9   |                 | 3.671     |           |           |
| Fatty acids, total polyunsaturated.....g | 2.080                                 |            | 0                     | MC         | 9   |                 | 1.747     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 0                     | MC         | 9   |                 | 59        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |



**NDB No. 07923**  
**Bratwurst, chicken, cooked**

| 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 | Measure 3 |
| 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 = 84g: 1 serving 2.96 oz

**Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 07924

Bratwurst, pork, beef and turkey, lite, smoked

| 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                     | BFZN       | 4           |                 | 4.729   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.795                                 |            | 0                     | BFZN       | 4           |                 | 0.525   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 6.330                                 |            | 0                     | BFZN       | 4           |                 | 4.177   |           |           |
| 20:1.....g                               | 0.040                                 |            | 0                     | BFZN       | 4           |                 | 0.026   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.846                                 |            | 0                     | BFZN       | 4           |                 | 0.558   |           |           |
| 18:2 undifferentiated.....g              | 0.640                                 |            | 0                     | BFZN       | 4           |                 | 0.423   |           |           |
| 18:3 undifferentiated.....g              | 0.186                                 |            | 0                     | BFZN       | 4           |                 | 0.123   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.018                                 |            | 0                     | BFZN       | 4           |                 | 0.012   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.001                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 56                                    |            | 0                     | MC         | 9           |                 | 37  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.145                                 |            | 0                     | BFZN       | 4           |                 | 0.096   |           |           |
| Threonine.....g                          | 0.565                                 |            | 0                     | BFZN       | 4           |                 | 0.373   |           |           |
| Isoleucine.....g                         | 0.613                                 |            | 0                     | BFZN       | 4           |                 | 0.405   |           |           |
| Leucine.....g                            | 1.044                                 |            | 0                     | BFZN       | 4           |                 | 0.689   |           |           |
| Lysine.....g                             | 1.092                                 |            | 0                     | BFZN       | 4           |                 | 0.721   |           |           |
| Methionine.....g                         | 0.334                                 |            | 0                     | BFZN       | 4           |                 | 0.220   |           |           |
| Cystine.....g                            | 0.155                                 |            | 0                     | BFZN       | 4           |                 | 0.103   |           |           |
| Phenylalanine.....g                      | 0.519                                 |            | 0                     | BFZN       | 4           |                 | 0.342   |           |           |
| Tyrosine.....g                           | 0.448                                 |            | 0                     | BFZN       | 4           |                 | 0.296   |           |           |
| Valine.....g                             | 0.661                                 |            | 0                     | BFZN       | 4           |                 | 0.436   |           |           |
| Arginine.....g                           | 0.855                                 |            | 0                     | BFZN       | 4           |                 | 0.564   |           |           |
| Histidine.....g                          | 0.426                                 |            | 0                     | BFZN       | 4           |                 | 0.281   |           |           |
| Alanine.....g                            | 0.804                                 |            | 0                     | BFZN       | 4           |                 | 0.530   |           |           |
| Aspartic acid.....g                      | 1.184                                 |            | 0                     | BFZN       | 4           |                 | 0.781   |           |           |
| Glutamic acid.....g                      | 2.036                                 |            | 0                     | BFZN       | 4           |                 | 1.344   |           |           |
| Glycine.....g                            | 0.814                                 |            | 0                     | BFZN       | 4           |                 | 0.537   |           |           |
| Proline.....g                            | 0.770                                 |            | 0                     | BFZN       | 4           |                 | 0.508   |           |           |
| Serine.....g                             | 0.562                                 |            | 0                     | BFZN       | 4           |                 | 0.371   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 66g: 1 serving 2.33 oz

**NDB No. 07924**

**Bratwurst, pork, beef and turkey, lite, smoked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07013**  
**Bratwurst, pork, cooked**

| 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 | 14.700                                |            | 1                     | A          | 1   |                 | 12.495    |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.815                                 |            | 0                     | FLA        | 4   |                 | 0.693     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 13.610                                |            | 0                     | FLA        | 4   |                 | 11.569    |           |           |
| 20:1.....g                               | 0.258                                 |            | 0                     | FLA        | 4   |                 | 0.219     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.640                                 |            | 1                     | A          | 1   |                 | 2.244     |           |           |
| 18:2 undifferentiated.....g              | 2.402                                 |            | 0                     | FLA        | 4   |                 | 2.041     |           |           |
| 18:3 undifferentiated.....g              | 0.115                                 |            | 0                     | FLA        | 4   |                 | 0.098     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.114                                 |            | 0                     | FLA        | 4   |                 | 0.097     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 74                                    |            | 1                     | JO         | 11  |                 | 62        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLA        | 4   |                 | 0         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.211                                 |            | 0                     | FLA        | 4   |                 | 0.180     |           |           |
| Threonine.....g                          | 0.761                                 |            | 0                     | FLA        | 4   |                 | 0.647     |           |           |
| Isoleucine.....g                         | 0.780                                 |            | 0                     | FLA        | 4   |                 | 0.663     |           |           |
| Leucine.....g                            | 1.338                                 |            | 0                     | FLA        | 4   |                 | 1.138     |           |           |
| Lysine.....g                             | 1.501                                 |            | 0                     | FLA        | 4   |                 | 1.276     |           |           |
| Methionine.....g                         | 0.441                                 |            | 0                     | FLA        | 4   |                 | 0.375     |           |           |
| Cystine.....g                            | 0.213                                 |            | 0                     | FLA        | 4   |                 | 0.181     |           |           |
| Phenylalanine.....g                      | 0.666                                 |            | 0                     | FLA        | 4   |                 | 0.566     |           |           |
| Tyrosine.....g                           | 0.580                                 |            | 0                     | FLA        | 4   |                 | 0.493     |           |           |
| Valine.....g                             | 0.905                                 |            | 0                     | FLA        | 4   |                 | 0.769     |           |           |
| Arginine.....g                           | 1.040                                 |            | 0                     | FLA        | 4   |                 | 0.884     |           |           |
| Histidine.....g                          | 0.665                                 |            | 0                     | FLA        | 4   |                 | 0.565     |           |           |
| Alanine.....g                            | 0.974                                 |            | 0                     | FLA        | 4   |                 | 0.828     |           |           |
| Aspartic acid.....g                      | 1.547                                 |            | 0                     | FLA        | 4   |                 | 1.315     |           |           |
| Glutamic acid.....g                      | 2.609                                 |            | 0                     | FLA        | 4   |                 | 2.217     |           |           |
| Glycine.....g                            | 0.801                                 |            | 0                     | FLA        | 4   |                 | 0.681     |           |           |
| Proline.....g                            | 0.676                                 |            | 0                     | FLA        | 4   |                 | 0.575     |           |           |
| Serine.....g                             | 0.690                                 |            | 0                     | FLA        | 4   |                 | 0.586     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 85g: 1 link cooked

**NDB No. 07013**  
**Bratwurst, pork, cooked**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)





**NDB No. 07910**  
**Bratwurst, veal, cooked**

| 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 | 13.000                                |            | 0                     | MC         | 9   |                 | 10.920    |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.448                                 |            | 0                     | BFSN       | 4   |                 | 0.376     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.427                                 |            | 0                     | BFSN       | 4   |                 | 2.878     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFSN       | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFSN       | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.614                                 |            | 0                     | MC         | 9   |                 | 1.356     |           |           |
| 18:2 undifferentiated.....g              | 0.587                                 |            | 0                     | BFSN       | 4   |                 | 0.493     |           |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0                     | BFSN       | 4   |                 | 0.059     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFSN       | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.126                                 |            | 0                     | BFSN       | 4   |                 | 0.106     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFSN       | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFSN       | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFSN       | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 79                                    |            | 0                     | MC         | 9   |                 | 66        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.142                                 |            | 0                     | MC         | 9   |                 | 0.119     |           |           |
| Threonine.....g                          | 0.611                                 |            | 0                     | MC         | 9   |                 | 0.513     |           |           |
| Isoleucine.....g                         | 0.689                                 |            | 0                     | MC         | 9   |                 | 0.579     |           |           |
| Leucine.....g                            | 1.113                                 |            | 0                     | MC         | 9   |                 | 0.935     |           |           |
| Lysine.....g                             | 1.153                                 |            | 0                     | MC         | 9   |                 | 0.968     |           |           |
| Methionine.....g                         | 0.327                                 |            | 0                     | MC         | 9   |                 | 0.274     |           |           |
| Cystine.....g                            | 0.158                                 |            | 0                     | MC         | 9   |                 | 0.133     |           |           |
| Phenylalanine.....g                      | 0.564                                 |            | 0                     | MC         | 9   |                 | 0.474     |           |           |
| Tyrosine.....g                           | 0.446                                 |            | 0                     | MC         | 9   |                 | 0.375     |           |           |
| Valine.....g                             | 0.773                                 |            | 0                     | MC         | 9   |                 | 0.650     |           |           |
| Arginine.....g                           | 0.823                                 |            | 0                     | MC         | 9   |                 | 0.691     |           |           |
| Histidine.....g                          | 0.508                                 |            | 0                     | MC         | 9   |                 | 0.427     |           |           |
| Alanine.....g                            | 0.832                                 |            | 0                     | MC         | 9   |                 | 0.699     |           |           |
| Aspartic acid.....g                      | 1.207                                 |            | 0                     | MC         | 9   |                 | 1.014     |           |           |
| Glutamic acid.....g                      | 2.213                                 |            | 0                     | MC         | 9   |                 | 1.859     |           |           |
| Glycine.....g                            | 0.719                                 |            | 0                     | MC         | 9   |                 | 0.604     |           |           |
| Proline.....g                            | 0.584                                 |            | 0                     | MC         | 9   |                 | 0.491     |           |           |
| Serine.....g                             | 0.524                                 |            | 0                     | MC         | 9   |                 | 0.440     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 84g: 1 serving 2.96 oz

**NDB No. 07910**  
**Bratwurst, veal, cooked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 07014

Braunschweiger (a liver sausage), pork

| 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 | 13.200                                |            | 1                     | A          | 1           |                 | 2.376   | 3.696     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.025                                 | 0.039      | 15                    |            | 1           |                 | 0.184   | 0.287     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 11.706                                | 0.200      | 15                    |            | 1           |                 | 2.107   | 3.278     |           |
| 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 | 2.870                                 |            | 1                     | A          | 1           |                 | 0.517   | 0.804     |           |
| 18:2 undifferentiated.....g              | 2.852                                 | 0.055      | 15                    |            | 1           |                 | 0.513   | 0.799     |           |
| 18:3 undifferentiated.....g              | 0.342                                 | 0.031      | 15                    |            | 1           |                 | 0.061   | 0.096     |           |
| 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                       | 180                                   |            | 1                     | A          | 1           |                 | 32  | 50        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.145                                 |            | 2                     |            | 1           |                 | 0.026   | 0.041     |           |
| Threonine.....g                          | 0.534                                 |            | 2                     |            | 1           |                 | 0.096   | 0.150     |           |
| Isoleucine.....g                         | 0.484                                 |            | 2                     |            | 1           |                 | 0.087   | 0.136     |           |
| Leucine.....g                            | 1.032                                 |            | 2                     |            | 1           |                 | 0.186   | 0.289     |           |
| Lysine.....g                             | 0.909                                 |            | 2                     |            | 1           |                 | 0.164   | 0.255     |           |
| Methionine.....g                         | 0.311                                 |            | 2                     |            | 1           |                 | 0.056   | 0.087     |           |
| Cystine.....g                            | 0.248                                 |            | 2                     |            | 1           |                 | 0.045   | 0.069     |           |
| Phenylalanine.....g                      | 0.553                                 |            | 2                     |            | 1           |                 | 0.100   | 0.155     |           |
| Tyrosine.....g                           | 0.430                                 |            | 2                     |            | 1           |                 | 0.077   | 0.120     |           |
| Valine.....g                             | 0.616                                 |            | 2                     |            | 1           |                 | 0.111   | 0.172     |           |
| Arginine.....g                           | 0.767                                 |            | 2                     |            | 1           |                 | 0.138   | 0.215     |           |
| Histidine.....g                          | 0.320                                 |            | 2                     |            | 1           |                 | 0.058   | 0.090     |           |
| Alanine.....g                            | 0.762                                 |            | 2                     |            | 1           |                 | 0.137   | 0.213     |           |
| Aspartic acid.....g                      | 1.125                                 |            | 2                     |            | 1           |                 | 0.203   | 0.315     |           |
| Glutamic acid.....g                      | 1.631                                 |            | 2                     |            | 1           |                 | 0.294   | 0.457     |           |
| Glycine.....g                            | 0.886                                 |            | 2                     |            | 1           |                 | 0.159   | 0.248     |           |
| Proline.....g                            | 0.767                                 |            | 2                     |            | 1           |                 | 0.138   | 0.215     |           |
| Serine.....g                             | 0.588                                 |            | 2                     |            | 1           |                 | 0.106   | 0.165     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

Measure 2 = 28g: 1 slice

**NDB No. 07014**

**Braunschweiger (a liver sausage), pork**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07015**  
**Brotwurst, pork, beef, link**

| 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 | 13.340                                |            | 0                     | MC         | 9           |                 | 9.338   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.040                                 |            | 0                     | MC         | 9           |                 | 0.728   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 12.300                                |            | 0                     | MC         | 9           |                 | 8.610   |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.830                                 |            | 0                     | MC         | 9           |                 | 1.981   |           |           |
| 18:2 undifferentiated.....g              | 2.540                                 |            | 0                     | MC         | 9           |                 | 1.778   |           |           |
| 18:3 undifferentiated.....g              | 0.290                                 |            | 0                     | MC         | 9           |                 | 0.203   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 63                                    |            | 0                     | MC         | 9           |                 | 44  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.130                                 |            | 0                     | MC         | 9           |                 | 0.091   |           |           |
| Threonine.....g                          | 0.600                                 |            | 0                     | MC         | 9           |                 | 0.420   |           |           |
| Isoleucine.....g                         | 0.610                                 |            | 0                     | MC         | 9           |                 | 0.427   |           |           |
| Leucine.....g                            | 1.080                                 |            | 0                     | MC         | 9           |                 | 0.756   |           |           |
| Lysine.....g                             | 1.140                                 |            | 0                     | MC         | 9           |                 | 0.798   |           |           |
| Methionine.....g                         | 0.370                                 |            | 0                     | MC         | 9           |                 | 0.259   |           |           |
| Cystine.....g                            | 0.160                                 |            | 0                     | MC         | 9           |                 | 0.112   |           |           |
| Phenylalanine.....g                      | 0.540                                 |            | 0                     | MC         | 9           |                 | 0.378   |           |           |
| Tyrosine.....g                           | 0.440                                 |            | 0                     | MC         | 9           |                 | 0.308   |           |           |
| Valine.....g                             | 0.680                                 |            | 0                     | MC         | 9           |                 | 0.476   |           |           |
| Arginine.....g                           | 0.950                                 |            | 0                     | MC         | 9           |                 | 0.665   |           |           |
| Histidine.....g                          | 0.440                                 |            | 0                     | MC         | 9           |                 | 0.308   |           |           |
| Alanine.....g                            | 0.930                                 |            | 0                     | MC         | 9           |                 | 0.651   |           |           |
| Aspartic acid.....g                      | 1.290                                 |            | 0                     | MC         | 9           |                 | 0.903   |           |           |
| Glutamic acid.....g                      | 2.110                                 |            | 0                     | MC         | 9           |                 | 1.477   |           |           |
| Glycine.....g                            | 1.030                                 |            | 0                     | MC         | 9           |                 | 0.721   |           |           |
| Proline.....g                            | 0.740                                 |            | 0                     | MC         | 9           |                 | 0.518   |           |           |
| Serine.....g                             | 0.590                                 |            | 0                     | MC         | 9           |                 | 0.413   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | MC         | 9           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 70g: 1 link

**NDB No. 07015**  
**Brotwurst, pork, beef, link**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07270**  
**CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed**

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                              | 69.10                                 | 0.293      | 9                     | A          | 1           |                 | 49.06   | 39.39     |           |
| Energy.....kcal                          | 142                                   |            | 0                     | MC         | 9           |                 | 101   | 81        |           |
| Energy.....kj                            | 594                                   |            |                       |            | 9           |                 | 422   | 339       |           |
| Protein.....g                            | 19.30                                 | 0.057      | 9                     | A          | 1           |                 | 13.70   | 11.00     |           |
| Total lipid (fat).....g                  | 6.80                                  | 0.267      | 9                     | A          | 1           |                 | 4.83  | 3.88      |           |
| Ash.....g                                | 3.80                                  | 0.080      | 9                     | A          | 1           |                 | 2.70  | 2.17      |           |
| Carbohydrate, by difference.....g        | 1.00                                  |            | 0                     | MC         | 9           |                 | 0.71  | 0.57      |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                      |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                       | 17                                    | 2.097      | 5                     | A          | 1           |                 | 12  | 10        |           |
| Iron, Fe.....mg                          | 2.40                                  | 0.077      | 9                     | A          | 1           |                 | 1.70  | 1.37      |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Potassium, K.....mg                      | 352                                   | 11.628     | 3                     | A          | 1           |                 | 250   | 201       |           |
| Sodium, Na.....mg                        | 1342                                  | 25.392     | 7                     | A          | 1           |                 | 953   | 765       |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |             |                 |   |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |             |                 |   |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg    |                                       |            |                       |            |             |                 |   |           |           |
| Thiamin.....mg                           | 0.090                                 |            | 1                     | A          | 1           |                 | 0.064   | 0.051     |           |
| Riboflavin.....mg                        | 0.240                                 | 0.011      | 8                     | A          | 1           |                 | 0.170   | 0.137     |           |
| Niacin.....mg                            | 4.200                                 | 0.134      | 8                     | A          | 1           |                 | 2.982   | 2.394     |           |
| Pantothenic acid.....mg                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-6.....mg                       |                                       |            |                       |            |             |                 |   |           |           |
| Folate, total.....mcg                    |                                       |            |                       |            |             |                 |   |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                       |            |             |                 |   |           |           |
| 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        |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g       | 2.800                                 |            | 2                     | A          | 1           |                 | 1.988   | 1.596     |           |
| Fatty acids, total monounsaturated.....g |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.300                                 |            | 2                     | A          | 1           |                 | 0.213   | 0.171     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 65                                    |            | 2                     | A          | 1           |                 | 46  | 37        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 71g: 1 package

Measure 2 = 57g: 1 serving 2 oz

**NDB No. 07270**

**CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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

**NDB No. 07272**  
**CARL BUDDIG, Smoked Sliced Beef**

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                              | 69.40                                 | 0.268      | 12                    | A          | 1           |                 | 39.56   | 49.27     |           |
| Energy.....kcal                          | 139                                   |            | 0                     | MC         | 9           |                 | 79  | 99        |           |
| Energy.....kj                            | 582                                   |            |                       |            | 9           |                 | 331   | 413       |           |
| Protein.....g                            | 19.30                                 | 0.101      | 12                    | A          | 1           |                 | 11.00   | 13.70     |           |
| Total lipid (fat).....g                  | 6.50                                  | 0.294      | 13                    | A          | 1           |                 | 3.71  | 4.62      |           |
| Ash.....g                                | 4.10                                  | 0.084      | 12                    | A          | 1           |                 | 2.34  | 2.91      |           |
| Carbohydrate, by difference.....g        | 0.60                                  |            | 0                     | MC         | 9           |                 | 0.34  | 0.43      |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                      |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                       | 14                                    | 0.774      | 8                     | A          | 1           |                 | 8   | 10        |           |
| Iron, Fe.....mg                          | 2.26                                  | 0.078      | 12                    | A          | 1           |                 | 1.29  | 1.60      |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Potassium, K.....mg                      | 336                                   | 2.841      | 3                     | A          | 1           |                 | 192   | 239       |           |
| Sodium, Na.....mg                        | 1431                                  | 18.063     | 8                     | MA         | 12          |                 | 816   | 1016      |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |             |                 |   |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |             |                 |   |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg    |                                       |            |                       |            |             |                 |   |           |           |
| Thiamin.....mg                           | 0.090                                 |            | 1                     | A          | 1           |                 | 0.051   | 0.064     |           |
| Riboflavin.....mg                        | 0.240                                 | 0.012      | 11                    | A          | 1           |                 | 0.137   | 0.170     |           |
| Niacin.....mg                            | 3.860                                 | 0.089      | 10                    | A          | 1           |                 | 2.200   | 2.741     |           |
| Pantothenic acid.....mg                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-6.....mg                       |                                       |            |                       |            |             |                 |   |           |           |
| Folate, total.....mcg                    |                                       |            |                       |            |             |                 |   |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                       |            |             |                 |   |           |           |
| 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        |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g       | 2.600                                 | 0.289      | 3                     | A          | 1           |                 | 1.482   | 1.846     |           |
| Fatty acids, total monounsaturated.....g |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.300                                 | 0.023      | 3                     | A          | 1           |                 | 0.171   | 0.213     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 67                                    | 0.001      | 3                     | A          | 1           |                 | 38  | 48        |           |
| 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 = 57g: 1 serving 2 oz  
Measure 2 = 71g: 1 package

**NDB No. 07272**

**CARL BUDDIG, Smoked Sliced Beef**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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

NDB No. 07271

CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                              | 68.20                                 | 0.371      | 5                     | A          | 1           |                 | 38.87   | 48.42     |           |
| Energy.....kcal                          | 165                                   |            | 0                     | MC         | 9           |                 | 94  | 117       |           |
| Energy.....kj                            | 690                                   |            |                       |            | 9           |                 | 394   | 490       |           |
| Protein.....g                            | 17.90                                 | 0.201      | 5                     | A          | 1           |                 | 10.20   | 12.71     |           |
| Total lipid (fat).....g                  | 10.10                                 | 0.295      | 5                     | A          | 1           |                 | 5.76  | 7.17      |           |
| Ash.....g                                | 3.10                                  | 0.036      | 5                     | A          | 1           |                 | 1.77  | 2.20      |           |
| Carbohydrate, by difference.....g        | 0.70                                  |            | 0                     | MC         | 9           |                 | 0.40  | 0.50      |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                      |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                       | 124                                   | 17.280     | 5                     | A          | 1           |                 | 71  | 88        |           |
| Iron, Fe.....mg                          | 1.56                                  | 0.040      | 5                     | A          | 1           |                 | 0.89  | 1.11      |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Potassium, K.....mg                      | 256                                   | 3.811      | 3                     | A          | 1           |                 | 146   | 182       |           |
| Sodium, Na.....mg                        | 954                                   | 10.138     | 5                     | A          | 1           |                 | 544   | 677       |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |             |                 |   |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |             |                 |   |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg    |                                       |            |                       |            |             |                 |   |           |           |
| Thiamin.....mg                           | 0.070                                 |            | 1                     | A          | 1           |                 | 0.040   | 0.050     |           |
| Riboflavin.....mg                        | 0.250                                 | 0.007      | 5                     | A          | 1           |                 | 0.143   | 0.178     |           |
| Niacin.....mg                            | 6.740                                 | 0.175      | 4                     | A          | 1           |                 | 3.842   | 4.785     |           |
| Pantothenic acid.....mg                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-6.....mg                       |                                       |            |                       |            |             |                 |   |           |           |
| Folate, total.....mcg                    |                                       |            |                       |            |             |                 |   |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                       |            |             |                 |   |           |           |
| 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        |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g       | 2.600                                 | 0.215      | 4                     | A          | 1           |                 | 1.482   | 1.846     |           |
| Fatty acids, total monounsaturated.....g |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.100                                 | 0.160      | 4                     | A          | 1           |                 | 1.197   | 1.491     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 53                                    | 0.001      | 4                     | A          | 1           |                 | 30  | 38        |           |
| 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 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

NDB No. 07271

CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 07 Sausages and Luncheon Meats

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

**NDB No. 07275**  
**CARL BUDDIG, Smoked Sliced Ham**

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                              | 67.00                                 | 0.164      | 13                    | A          | 1           |                 | 38.19   | 47.57     |           |
| Energy.....kcal                          | 163                                   |            | 0                     | MC         | 9           |                 | 93  | 116       |           |
| Energy.....kj                            | 682                                   |            |                       |            | 9           |                 | 389   | 484       |           |
| Protein.....g                            | 18.50                                 | 0.125      | 13                    | A          | 1           |                 | 10.55   | 13.14     |           |
| Total lipid (fat).....g                  | 9.30                                  | 0.197      | 13                    | A          | 1           |                 | 5.30  | 6.60      |           |
| Ash.....g                                | 4.00                                  | 0.064      | 13                    | A          | 1           |                 | 2.28  | 2.84      |           |
| Carbohydrate, by difference.....g        | 1.10                                  |            | 0                     | MC         | 9           |                 | 0.63  | 0.78      |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                      |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                       | 16                                    | 1.344      | 8                     | A          | 1           |                 | 9   | 11        |           |
| Iron, Fe.....mg                          | 2.03                                  | 0.130      | 13                    | A          | 1           |                 | 1.16  | 1.44      |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Potassium, K.....mg                      | 340                                   | 1.820      | 4                     | A          | 1           |                 | 194   | 241       |           |
| Sodium, Na.....mg                        | 1381                                  | 27.205     | 10                    | A          | 1           |                 | 787   | 981       |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |             |                 |   |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |             |                 |   |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg    |                                       |            |                       |            |             |                 |   |           |           |
| Thiamin.....mg                           | 0.750                                 |            | 1                     | A          | 1           |                 | 0.428   | 0.533     |           |
| Riboflavin.....mg                        | 0.350                                 | 0.019      | 13                    | A          | 1           |                 | 0.200   | 0.249     |           |
| Niacin.....mg                            | 5.170                                 | 0.110      | 12                    | A          | 1           |                 | 2.947   | 3.671     |           |
| Pantothenic acid.....mg                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-6.....mg                       |                                       |            |                       |            |             |                 |   |           |           |
| Folate, total.....mcg                    |                                       |            |                       |            |             |                 |   |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                       |            |             |                 |   |           |           |
| 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        |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g       | 3.100                                 | 0.058      | 5                     | A          | 1           |                 | 1.767   | 2.201     |           |
| Fatty acids, total monounsaturated.....g |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.100                                 | 0.058      | 5                     | A          | 1           |                 | 0.627   | 0.781     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 55                                    | 0.001      | 5                     | A          | 1           |                 | 31  | 39        |           |
| 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 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

**NDB No. 07275**

**CARL BUDDIG, Smoked Sliced Ham**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07273

CARL BUDDIG, Smoked Sliced Turkey, light and dark meat

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                              | 68.20                                 | 0.468      | 12                    | A          | 1           |                 | 38.87   | 48.42     |           |
| Energy.....kcal                          | 160                                   |            | 0                     | MC         | 9           |                 | 91  | 114       |           |
| Energy.....kj                            | 669                                   |            |                       |            | 9           |                 | 382   | 475       |           |
| Protein.....g                            | 17.50                                 | 0.173      | 12                    | A          | 1           |                 | 9.98  | 12.43     |           |
| Total lipid (fat).....g                  | 9.10                                  | 0.237      | 12                    | A          | 1           |                 | 5.19  | 6.46      |           |
| Ash.....g                                | 3.30                                  | 0.078      | 12                    | A          | 1           |                 | 1.88  | 2.34      |           |
| Carbohydrate, by difference.....g        | 1.80                                  |            | 0                     | MC         | 9           |                 | 1.03  | 1.28      |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                      |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                       | 60                                    | 7.703      | 8                     | A          | 1           |                 | 34  | 43        |           |
| Iron, Fe.....mg                          | 1.84                                  | 0.089      | 12                    | A          | 1           |                 | 1.05  | 1.31      |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Potassium, K.....mg                      | 329                                   | 9.395      | 4                     | A          | 1           |                 | 188   | 234       |           |
| Sodium, Na.....mg                        | 1096                                  | 42.833     | 9                     | A          | 1           |                 | 625   | 778       |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |             |                 |   |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |             |                 |   |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg    |                                       |            |                       |            |             |                 |   |           |           |
| Thiamin.....mg                           | 0.180                                 |            | 2                     | A          | 1           |                 | 0.103   | 0.128     |           |
| Riboflavin.....mg                        | 0.310                                 | 0.027      | 11                    | A          | 1           |                 | 0.177   | 0.220     |           |
| Niacin.....mg                            | 5.860                                 | 0.078      | 11                    | A          | 1           |                 | 3.340   | 4.161     |           |
| Pantothenic acid.....mg                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-6.....mg                       |                                       |            |                       |            |             |                 |   |           |           |
| Folate, total.....mcg                    |                                       |            |                       |            |             |                 |   |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                       |            |             |                 |   |           |           |
| 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        |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g       | 3.100                                 | 0.063      | 5                     | A          | 1           |                 | 1.767   | 2.201     |           |
| Fatty acids, total monounsaturated.....g |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.700                                 | 0.072      | 5                     | A          | 1           |                 | 1.539   | 1.917     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 57                                    | 0.001      | 5                     | A          | 1           |                 | 32  | 40        |           |
| 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 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

**NDB No. 07273**

**CARL BUDDIG, Smoked Sliced Turkey, light and dark meat**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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

NDB No. 07274

CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                              | 69.80                                 | 0.191      | 13                    | A          | 1           |                 | 39.79   | 49.56     |           |
| Energy.....kcal                          | 141                                   |            | 0                     | MC         | 9           |                 | 80  | 100       |           |
| Energy.....kj                            | 590                                   |            |                       |            | 9           |                 | 336   | 419       |           |
| Protein.....g                            | 19.60                                 | 0.108      | 13                    | A          | 1           |                 | 11.17   | 13.92     |           |
| Total lipid (fat).....g                  | 6.50                                  | 0.216      | 13                    | A          | 1           |                 | 3.71  | 4.62      |           |
| Ash.....g                                | 3.10                                  | 0.067      | 13                    | A          | 1           |                 | 1.77  | 2.20      |           |
| Carbohydrate, by difference.....g        | 1.00                                  |            | 0                     | MC         | 9           |                 | 0.57  | 0.71      |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | MC         | 9           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                      |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                       | 17                                    | 2.449      | 7                     | A          | 1           |                 | 10  | 12        |           |
| Iron, Fe.....mg                          | 2.45                                  | 0.061      | 13                    | A          | 1           |                 | 1.40  | 1.74      |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Potassium, K.....mg                      | 365                                   | 3.743      | 5                     | A          | 1           |                 | 208   | 259       |           |
| Sodium, Na.....mg                        | 1056                                  | 14.717     | 11                    | A          | 1           |                 | 602   | 750       |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |             |                 |   |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |             |                 |   |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |             |                 |   |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg    |                                       |            |                       |            |             |                 |   |           |           |
| Thiamin.....mg                           | 0.090                                 |            | 1                     | A          | 1           |                 | 0.051   | 0.064     |           |
| Riboflavin.....mg                        | 0.230                                 | 0.008      | 11                    | A          | 1           |                 | 0.131   | 0.163     |           |
| Niacin.....mg                            | 4.100                                 | 0.199      | 10                    | A          | 1           |                 | 2.337   | 2.911     |           |
| Pantothenic acid.....mg                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-6.....mg                       |                                       |            |                       |            |             |                 |   |           |           |
| Folate, total.....mcg                    |                                       |            |                       |            |             |                 |   |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                       |            |             |                 |   |           |           |
| 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        |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g       | 3.000                                 |            | 2                     | A          | 1           |                 | 1.710   | 2.130     |           |
| Fatty acids, total monounsaturated.....g |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.300                                 |            | 2                     | A          | 1           |                 | 0.171   | 0.213     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 65                                    |            | 2                     | A          | 1           |                 | 37  | 46        |           |
| 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 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

NDB No. 07274

CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07016

Cheesefurter, cheese smokie, pork, beef

| 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 | 13.700                                |            | 0                     | MC         | 9           |                 | 5.891   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.140                                 |            | 0                     | MC         | 9           |                 | 0.490   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 12.500                                |            | 0                     | MC         | 9           |                 | 5.375   |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.020                                 |            | 0                     | MC         | 9           |                 | 1.299   |           |           |
| 18:2 undifferentiated.....g              | 2.620                                 |            | 0                     | MC         | 9           |                 | 1.127   |           |           |
| 18:3 undifferentiated.....g              | 0.400                                 |            | 0                     | MC         | 9           |                 | 0.172   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 68                                    |            | 0                     | MC         | 9           |                 | 29  |           |           |
| Phytosterols.....mg                      | 1                                     |            | 0                     | FLM        | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.150                                 |            | 0                     | MC         | 9           |                 | 0.065   |           |           |
| Threonine.....g                          | 0.540                                 |            | 0                     | MC         | 9           |                 | 0.232   |           |           |
| Isoleucine.....g                         | 0.620                                 |            | 0                     | MC         | 9           |                 | 0.267   |           |           |
| Leucine.....g                            | 1.100                                 |            | 0                     | MC         | 9           |                 | 0.473   |           |           |
| Lysine.....g                             | 1.160                                 |            | 0                     | MC         | 9           |                 | 0.499   |           |           |
| Methionine.....g                         | 0.360                                 |            | 0                     | MC         | 9           |                 | 0.155   |           |           |
| Cystine.....g                            | 0.150                                 |            | 0                     | MC         | 9           |                 | 0.065   |           |           |
| Phenylalanine.....g                      | 0.560                                 |            | 0                     | MC         | 9           |                 | 0.241   |           |           |
| Tyrosine.....g                           | 0.520                                 |            | 0                     | MC         | 9           |                 | 0.224   |           |           |
| Valine.....g                             | 0.690                                 |            | 0                     | MC         | 9           |                 | 0.297   |           |           |
| Arginine.....g                           | 0.840                                 |            | 0                     | MC         | 9           |                 | 0.361   |           |           |
| Histidine.....g                          | 0.470                                 |            | 0                     | MC         | 9           |                 | 0.202   |           |           |
| Alanine.....g                            | 0.830                                 |            | 0                     | MC         | 9           |                 | 0.357   |           |           |
| Aspartic acid.....g                      | 1.240                                 |            | 0                     | MC         | 9           |                 | 0.533   |           |           |
| Glutamic acid.....g                      | 2.350                                 |            | 0                     | MC         | 9           |                 | 1.011   |           |           |
| Glycine.....g                            | 0.910                                 |            | 0                     | MC         | 9           |                 | 0.391   |           |           |
| Proline.....g                            | 0.970                                 |            | 0                     | MC         | 9           |                 | 0.417   |           |           |
| Serine.....g                             | 0.600                                 |            | 0                     | MC         | 9           |                 | 0.258   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | MC         | 9           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLM        | 4           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 43g: 1 link

**NDB No. 07016**

**Cheesefurter, cheese smokie, pork, beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07932

Chicken breast, fat-free, mesquite flavor, sliced

| 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 | 0.160                                 |            | 0                     | BFZN       | 4           |                 | 0.067   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.020                                 |            | 0                     | BFZN       | 4           |                 | 0.008   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.140                                 |            | 0                     | BFZN       | 4           |                 | 0.059   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.060                                 |            | 0                     | BFZN       | 4           |                 | 0.025   |           |           |
| 18:2 undifferentiated.....g              | 0.060                                 |            | 0                     | BFZN       | 4           |                 | 0.025   |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 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                       | 36                                    |            | 1                     | A          | 1           |                 | 15  |           |           |
| Phytosterols.....mg                      | 0                                     |            |                       | FLA        | 4           |                 | 0   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.183                                 |            | 0                     | A          | 1           |                 | 0.077   |           |           |
| Threonine.....g                          | 0.686                                 |            | 0                     | A          | 1           |                 | 0.288   |           |           |
| Isoleucine.....g                         | 0.812                                 |            | 0                     | A          | 1           |                 | 0.341   |           |           |
| Leucine.....g                            | 1.201                                 |            | 0                     | A          | 1           |                 | 0.504   |           |           |
| Lysine.....g                             | 1.335                                 |            | 0                     | A          | 1           |                 | 0.561   |           |           |
| Methionine.....g                         | 0.437                                 |            | 0                     | A          | 1           |                 | 0.184   |           |           |
| Cystine.....g                            | 0.229                                 |            | 0                     | A          | 1           |                 | 0.096   |           |           |
| Phenylalanine.....g                      | 0.645                                 |            | 0                     | A          | 1           |                 | 0.271   |           |           |
| Tyrosine.....g                           | 0.527                                 |            | 0                     | A          | 1           |                 | 0.221   |           |           |
| Valine.....g                             | 0.806                                 |            | 0                     | A          | 1           |                 | 0.339   |           |           |
| Arginine.....g                           | 1.076                                 |            | 0                     | A          | 1           |                 | 0.452   |           |           |
| Histidine.....g                          | 0.478                                 |            | 0                     | A          | 1           |                 | 0.201   |           |           |
| Alanine.....g                            | 1.015                                 |            | 0                     | A          | 1           |                 | 0.426   |           |           |
| Aspartic acid.....g                      | 1.499                                 |            | 0                     | A          | 1           |                 | 0.630   |           |           |
| Glutamic acid.....g                      | 2.424                                 |            | 0                     | A          | 1           |                 | 1.018   |           |           |
| Glycine.....g                            | 1.234                                 |            | 0                     | A          | 1           |                 | 0.518   |           |           |
| Proline.....g                            | 0.884                                 |            | 0                     | A          | 1           |                 | 0.371   |           |           |
| Serine.....g                             | 0.601                                 |            | 0                     | A          | 1           |                 | 0.253   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 42g: 1 serving 2 slices

**NDB No. 07932**

**Chicken breast, fat-free, mesquite flavor, sliced**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07933

Chicken breast, oven-roasted, fat-free, sliced

| 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 | 0.121                                 |            |                       | FLA        | 4           |                 | 0.051   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.015                                 |            |                       | FLA        | 4           |                 | 0.006   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.103                                 |            |                       | FLA        | 4           |                 | 0.043   |           |           |
| 20:1.....g                               | 0.003                                 |            |                       | FLA        | 4           |                 | 0.001   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.073                                 |            |                       | FLA        | 4           |                 | 0.031   |           |           |
| 18:2 undifferentiated.....g              | 0.060                                 |            |                       | FLA        | 4           |                 | 0.025   |           |           |
| 18:3 undifferentiated.....g              | 0.003                                 |            |                       | FLA        | 4           |                 | 0.001   |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.006                                 |            |                       | FLA        | 4           |                 | 0.002   |           |           |
| 20:5 n-3.....g                           | 0.001                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.001                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.002                                 |            |                       | FLA        | 4           |                 | 0.001   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 36                                    |            | 1                     | A          | 1           |                 | 15  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.183                                 |            | 0                     | A          | 1           |                 | 0.077   |           |           |
| Threonine.....g                          | 0.686                                 |            | 0                     | A          | 1           |                 | 0.288   |           |           |
| Isoleucine.....g                         | 0.812                                 |            | 0                     | A          | 1           |                 | 0.341   |           |           |
| Leucine.....g                            | 1.201                                 |            | 0                     | A          | 1           |                 | 0.504   |           |           |
| Lysine.....g                             | 1.335                                 |            | 0                     | A          | 1           |                 | 0.561   |           |           |
| Methionine.....g                         | 0.437                                 |            | 0                     | A          | 1           |                 | 0.184   |           |           |
| Cystine.....g                            | 0.229                                 |            | 0                     | A          | 1           |                 | 0.096   |           |           |
| Phenylalanine.....g                      | 0.645                                 |            | 0                     | A          | 1           |                 | 0.271   |           |           |
| Tyrosine.....g                           | 0.527                                 |            | 0                     | A          | 1           |                 | 0.221   |           |           |
| Valine.....g                             | 0.806                                 |            | 0                     | A          | 1           |                 | 0.339   |           |           |
| Arginine.....g                           | 1.076                                 |            | 0                     | A          | 1           |                 | 0.452   |           |           |
| Histidine.....g                          | 0.478                                 |            | 0                     | A          | 1           |                 | 0.201   |           |           |
| Alanine.....g                            | 1.015                                 |            | 0                     | A          | 1           |                 | 0.426   |           |           |
| Aspartic acid.....g                      | 1.499                                 |            | 0                     | A          | 1           |                 | 0.630   |           |           |
| Glutamic acid.....g                      | 2.424                                 |            | 0                     | A          | 1           |                 | 1.018   |           |           |
| Glycine.....g                            | 1.234                                 |            | 0                     | A          | 1           |                 | 0.518   |           |           |
| Proline.....g                            | 0.884                                 |            | 0                     | A          | 1           |                 | 0.371   |           |           |
| Serine.....g                             | 0.601                                 |            | 0                     | A          | 1           |                 | 0.253   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 42g: 1 serving 2 slices

**NDB No. 07933**

**Chicken breast, oven-roasted, fat-free, sliced**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07017**  
**Chicken roll, light meat**

| 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 | 2.920                                 |            | 0                     | NC         | 4           |                 | 1.664   | 4.964     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.410                                 |            | 0                     |            | 1           |                 | 0.234   | 0.697     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 2.430                                 |            | 0                     |            | 1           |                 | 1.385   | 4.131     |           |
| 20:1.....g                               | 0.080                                 |            | 0                     |            | 1           |                 | 0.046   | 0.136     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.530                                 |            | 0                     | NC         | 4           |                 | 0.872   | 2.601     |           |
| 18:2 undifferentiated.....g              | 1.360                                 |            | 0                     |            | 1           |                 | 0.775   | 2.312     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1           |                 | 0.034   | 0.102     |           |
| 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              | 0.080                                 |            | 0                     |            | 1           |                 | 0.046   | 0.136     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |                 | 0.006   | 0.017     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |                 | 0.011   | 0.034     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 50                                    |            | 1                     |            | 1           |                 | 29  | 85        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.212                                 |            | 0                     | MC         | 9           |                 | 0.121   | 0.360     |           |
| Threonine.....g                          | 0.796                                 |            | 0                     | MC         | 9           |                 | 0.454   | 1.353     |           |
| Isoleucine.....g                         | 0.942                                 |            | 0                     | MC         | 9           |                 | 0.537   | 1.601     |           |
| Leucine.....g                            | 1.393                                 |            | 0                     | MC         | 9           |                 | 0.794   | 2.368     |           |
| Lysine.....g                             | 1.549                                 |            | 0                     | MC         | 9           |                 | 0.883   | 2.633     |           |
| Methionine.....g                         | 0.507                                 |            | 0                     | MC         | 9           |                 | 0.289   | 0.862     |           |
| Cystine.....g                            | 0.266                                 |            | 0                     | MC         | 9           |                 | 0.152   | 0.452     |           |
| Phenylalanine.....g                      | 0.748                                 |            | 0                     | MC         | 9           |                 | 0.427   | 1.272     |           |
| Tyrosine.....g                           | 0.611                                 |            | 0                     | MC         | 9           |                 | 0.348   | 1.039     |           |
| Valine.....g                             | 0.935                                 |            | 0                     | MC         | 9           |                 | 0.533   | 1.589     |           |
| Arginine.....g                           | 1.248                                 |            | 0                     | MC         | 9           |                 | 0.711   | 2.122     |           |
| Histidine.....g                          | 0.555                                 |            | 0                     | MC         | 9           |                 | 0.316   | 0.943     |           |
| Alanine.....g                            | 1.178                                 |            | 0                     | MC         | 9           |                 | 0.671   | 2.002     |           |
| Aspartic acid.....g                      | 1.739                                 |            | 0                     | MC         | 9           |                 | 0.991   | 2.956     |           |
| Glutamic acid.....g                      | 2.811                                 |            | 0                     | MC         | 9           |                 | 1.602   | 4.779     |           |
| Glycine.....g                            | 1.431                                 |            | 0                     | MC         | 9           |                 | 0.816   | 2.432     |           |
| Proline.....g                            | 1.025                                 |            | 0                     | MC         | 9           |                 | 0.584   | 1.742     |           |
| Serine.....g                             | 0.697                                 |            | 0                     | MC         | 9           |                 | 0.397   | 1.185     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |                 | 0.0   | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9           |                 | 0   | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 57g: 1 serving (1 serving)  
 Measure 2 = 170g: 1 package

**NDB No. 07017**  
**Chicken roll, light meat**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)





**NDB No. 07018**  
**Chicken spread**

| 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 | 4.800                                 |            | 0                     | NC         | 4           |   | 2.688     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.630                                 |            | 0                     |            | 4           |   | 0.353     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.060                                 |            | 0                     |            | 4           |   | 2.274     |           |           |
| 20:1.....g                               | 0.110                                 |            | 0                     |            | 4           |   | 0.062     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.350                                 |            | 0                     | NC         | 4           |   | 1.316     |           |           |
| 18:2 undifferentiated.....g              | 2.230                                 |            | 0                     |            | 4           |   | 1.249     |           |           |
| 18:3 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 4           |   | 0.067     |           |           |
| 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                     |            | 4           |   | 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                       | 56                                    |            | 0                     | MC         | 9           |   | 32        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |   | 0         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.197                                 |            |                       | FLM        | 4           |   | 0.110     |           |           |
| Threonine.....g                          | 0.730                                 |            |                       | FLM        | 4           |   | 0.409     |           |           |
| Isoleucine.....g                         | 0.879                                 |            |                       | FLM        | 4           |   | 0.492     |           |           |
| Leucine.....g                            | 1.286                                 |            |                       | FLM        | 4           |   | 0.720     |           |           |
| Lysine.....g                             | 1.438                                 |            |                       | FLM        | 4           |   | 0.805     |           |           |
| Methionine.....g                         | 0.469                                 |            |                       | FLM        | 4           |   | 0.263     |           |           |
| Cystine.....g                            | 0.237                                 |            |                       | FLM        | 4           |   | 0.133     |           |           |
| Phenylalanine.....g                      | 0.687                                 |            |                       | FLM        | 4           |   | 0.385     |           |           |
| Tyrosine.....g                           | 0.568                                 |            |                       | FLM        | 4           |   | 0.318     |           |           |
| Valine.....g                             | 0.859                                 |            |                       | FLM        | 4           |   | 0.481     |           |           |
| Arginine.....g                           | 1.117                                 |            |                       | FLM        | 4           |   | 0.626     |           |           |
| Histidine.....g                          | 0.517                                 |            |                       | FLM        | 4           |   | 0.290     |           |           |
| Alanine.....g                            | 1.037                                 |            |                       | FLM        | 4           |   | 0.581     |           |           |
| Aspartic acid.....g                      | 1.580                                 |            |                       | FLM        | 4           |   | 0.885     |           |           |
| Glutamic acid.....g                      | 2.586                                 |            |                       | FLM        | 4           |   | 1.448     |           |           |
| Glycine.....g                            | 1.166                                 |            |                       | FLM        | 4           |   | 0.653     |           |           |
| Proline.....g                            | 0.868                                 |            |                       | FLM        | 4           |   | 0.486     |           |           |
| Serine.....g                             | 0.626                                 |            |                       | FLM        | 4           |   | 0.351     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       | FLM        | 4           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            |                       | FLM        | 4           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            |                       | FLM        | 4           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| 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 = 56g: 1 serving (1 serving)

**NDB No. 07018**  
**Chicken spread**

**Calories Factors: Protein 4**

**Fat 4**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07019**  
**Chorizo, pork and beef**

| 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 | 18.400                                |            | 0                     |            | 1   |                 | 11.040    |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.650                                 |            | 0                     |            | 1   |                 | 0.990     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 16.310                                |            | 0                     |            | 1   |                 | 9.786     |           |           |
| 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 | 3.460                                 |            | 0                     |            | 1   |                 | 2.076     |           |           |
| 18:2 undifferentiated.....g              | 2.930                                 |            | 0                     |            | 1   |                 | 1.758     |           |           |
| 18:3 undifferentiated.....g              | 0.380                                 |            | 0                     |            | 1   |                 | 0.228     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1   |                 | 0.054     |           |           |
| 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                       | 88                                    |            | 0                     |            | 4   |                 | 53        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.278                                 |            | 1                     |            | 1   |                 | 0.167     |           |           |
| Threonine.....g                          | 1.473                                 |            | 1                     |            | 1   |                 | 0.884     |           |           |
| Isoleucine.....g                         | 2.206                                 |            | 1                     |            | 1   |                 | 1.324     |           |           |
| Leucine.....g                            | 1.708                                 |            | 1                     |            | 1   |                 | 1.025     |           |           |
| Lysine.....g                             | 2.414                                 |            | 1                     |            | 1   |                 | 1.448     |           |           |
| Methionine.....g                         | 0.470                                 |            | 1                     |            | 1   |                 | 0.282     |           |           |
| Cystine.....g                            | 0.276                                 |            | 0                     |            | 4   |                 | 0.166     |           |           |
| Phenylalanine.....g                      | 1.149                                 |            | 1                     |            | 1   |                 | 0.689     |           |           |
| Tyrosine.....g                           | 0.748                                 |            | 0                     |            | 4   |                 | 0.449     |           |           |
| Valine.....g                             | 0.914                                 |            | 1                     |            | 1   |                 | 0.548     |           |           |
| Arginine.....g                           | 1.693                                 |            | 1                     |            | 1   |                 | 1.016     |           |           |
| Histidine.....g                          | 0.721                                 |            | 1                     |            | 1   |                 | 0.433     |           |           |
| Alanine.....g                            | 1.560                                 |            | 0                     |            | 4   |                 | 0.936     |           |           |
| Aspartic acid.....g                      | 2.185                                 |            | 0                     |            | 4   |                 | 1.311     |           |           |
| Glutamic acid.....g                      | 3.566                                 |            | 0                     |            | 4   |                 | 2.140     |           |           |
| Glycine.....g                            | 1.730                                 |            | 0                     |            | 4   |                 | 1.038     |           |           |
| Proline.....g                            | 1.252                                 |            | 0                     |            | 4   |                 | 0.751     |           |           |
| Serine.....g                             | 0.993                                 |            | 0                     |            | 4   |                 | 0.596     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 60g: 1 link (4" long)

**NDB No. 07019**  
**Chorizo, pork and beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07020**  
**Corned beef loaf, jellied**

| 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 | 2.680                                 |            | 0                     |            | 1   |                 | 0.750     | 1.528     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.400                                 |            | 14                    |            | 1   |                 | 0.112     | 0.228     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.280                                 |            | 14                    |            | 1   |                 | 0.638     | 1.300     |           |
| 20:1.....g                               | 0.000                                 |            | 14                    |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 14                    |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.320                                 |            | 0                     |            | 1   |                 | 0.090     | 0.182     |           |
| 18:2 undifferentiated.....g              | 0.240                                 |            | 14                    |            | 1   |                 | 0.067     | 0.137     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 14                    |            | 1   |                 | 0.022     | 0.046     |           |
| 18:4.....g                               | 0.000                                 |            | 14                    |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 14                    |            | 1   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 14                    |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 14                    |            | 1   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 14                    |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 47                                    | 3.474      | 14                    |            | 1   |                 | 13        | 27        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.165                                 |            | 0                     |            | 1   |                 | 0.046     | 0.094     |           |
| Threonine.....g                          | 0.894                                 |            | 0                     |            | 1   |                 | 0.250     | 0.510     |           |
| Isoleucine.....g                         | 0.861                                 |            | 0                     |            | 1   |                 | 0.241     | 0.491     |           |
| Leucine.....g                            | 1.584                                 |            | 0                     |            | 1   |                 | 0.444     | 0.903     |           |
| Lysine.....g                             | 1.759                                 |            | 0                     |            | 1   |                 | 0.493     | 1.003     |           |
| Methionine.....g                         | 0.506                                 |            | 0                     |            | 1   |                 | 0.142     | 0.288     |           |
| Cystine.....g                            | 0.238                                 |            | 0                     |            | 1   |                 | 0.067     | 0.136     |           |
| Phenylalanine.....g                      | 0.810                                 |            | 0                     |            | 1   |                 | 0.227     | 0.462     |           |
| Tyrosine.....g                           | 0.616                                 |            | 0                     |            | 1   |                 | 0.172     | 0.351     |           |
| Valine.....g                             | 0.993                                 |            | 0                     |            | 1   |                 | 0.278     | 0.566     |           |
| Arginine.....g                           | 1.587                                 |            | 0                     |            | 1   |                 | 0.444     | 0.905     |           |
| Histidine.....g                          | 0.601                                 |            | 0                     |            | 1   |                 | 0.168     | 0.343     |           |
| Alanine.....g                            | 1.576                                 |            | 0                     |            | 1   |                 | 0.441     | 0.898     |           |
| Aspartic acid.....g                      | 1.950                                 |            | 0                     |            | 1   |                 | 0.546     | 1.112     |           |
| Glutamic acid.....g                      | 3.167                                 |            | 0                     |            | 1   |                 | 0.887     | 1.805     |           |
| Glycine.....g                            | 2.170                                 |            | 0                     |            | 1   |                 | 0.608     | 1.237     |           |
| Proline.....g                            | 1.503                                 |            | 0                     |            | 1   |                 | 0.421     | 0.857     |           |
| Serine.....g                             | 0.916                                 |            | 0                     |            | 1   |                 | 0.256     | 0.522     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                       |            |   |                 |           |           |           |
| Theobromine.....mg                       |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)  
 Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27                      Fat 9.02                      Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)





NDB No. 07021

Dutch brand loaf, chicken, pork and beef

| 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 | 10.086                                |            | 0                     | NC         | 4           |   | 3.833     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 10.013                                |            | 0                     | FLA        | 4           |   | 3.805     |           |           |
| 20:1.....g                               | 0.073                                 |            | 0                     | FLA        | 4           |   | 0.028     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLA        | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.077                                 |            | 0                     | NC         | 4           |   | 1.169     |           |           |
| 18:2 undifferentiated.....g              | 2.301                                 |            | 0                     | FLA        | 4           |   | 0.874     |           |           |
| 18:3 undifferentiated.....g              | 0.683                                 |            | 0                     | FLA        | 4           |   | 0.260     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.072                                 |            | 0                     | FLA        | 4           |   | 0.027     |           |           |
| 20:5 n-3.....g                           | 0.004                                 |            | 0                     | FLA        | 4           |   | 0.002     |           |           |
| 22:5 n-3.....g                           | 0.004                                 |            | 0                     | FLA        | 4           |   | 0.002     |           |           |
| 22:6 n-3.....g                           | 0.013                                 |            | 0                     | FLA        | 4           |   | 0.005     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 60                                    |            | 1                     | A          | 1           |   | 23        |           |           |
| Phytosterols.....mg                      | 2                                     |            | 0                     | FLA        | 4           |   | 1         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.160                                 |            | 0                     | FLA        | 4           |   | 0.061     |           |           |
| Threonine.....g                          | 0.604                                 |            | 0                     | FLA        | 4           |   | 0.230     |           |           |
| Isoleucine.....g                         | 0.648                                 |            | 0                     | FLA        | 4           |   | 0.246     |           |           |
| Leucine.....g                            | 1.078                                 |            | 0                     | FLA        | 4           |   | 0.410     |           |           |
| Lysine.....g                             | 1.164                                 |            | 0                     | FLA        | 4           |   | 0.442     |           |           |
| Methionine.....g                         | 0.360                                 |            | 0                     | FLA        | 4           |   | 0.137     |           |           |
| Cystine.....g                            | 0.169                                 |            | 0                     | FLA        | 4           |   | 0.064     |           |           |
| Phenylalanine.....g                      | 0.546                                 |            | 0                     | FLA        | 4           |   | 0.208     |           |           |
| Tyrosine.....g                           | 0.465                                 |            | 0                     | FLA        | 4           |   | 0.177     |           |           |
| Valine.....g                             | 0.691                                 |            | 0                     | FLA        | 4           |   | 0.262     |           |           |
| Arginine.....g                           | 0.893                                 |            | 0                     | FLA        | 4           |   | 0.339     |           |           |
| Histidine.....g                          | 0.469                                 |            | 0                     | FLA        | 4           |   | 0.178     |           |           |
| Alanine.....g                            | 0.825                                 |            | 0                     | FLA        | 4           |   | 0.314     |           |           |
| Aspartic acid.....g                      | 1.267                                 |            | 0                     | FLA        | 4           |   | 0.482     |           |           |
| Glutamic acid.....g                      | 2.101                                 |            | 0                     | FLA        | 4           |   | 0.798     |           |           |
| Glycine.....g                            | 0.789                                 |            | 0                     | FLA        | 4           |   | 0.300     |           |           |
| Proline.....g                            | 0.628                                 |            | 0                     | FLA        | 4           |   | 0.239     |           |           |
| Serine.....g                             | 0.533                                 |            | 0                     | FLA        | 4           |   | 0.202     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | FLA        | 4           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | FLA        | 4           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLA        | 4           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 38g: 1 slice

**NDB No. 07021**

**Dutch brand loaf, chicken, pork and beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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

**NDB No. 07022**  
**Frankfurter, beef**

hot dog, wiener, frank

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|------------------------------------|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code                        | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| <b>Proximates:</b>                    |                                       |            |                       |            |                                    |                 |           |           |           |
| Water.....g                           | 52.01                                 |            | 5                     | A          | 1                                  |                 | 23.40     | 29.64     |           |
| Energy.....kcal                       | 330                                   |            | 0                     | NC         | 4                                  |                 | 149       | 188       |           |
| Energy.....kj                         | 1382                                  |            | 0                     | NC         | 4                                  |                 | 622       | 788       |           |
| Protein (N x 6.25).....g              | 11.24                                 |            | 5                     | A          | 1                                  |                 | 5.06      | 6.41      |           |
| Total lipid (fat).....g               | 29.57                                 |            | 5                     | A          | 1                                  |                 | 13.30     | 16.85     |           |
| Ash.....g                             | 3.13                                  |            | 5                     | A          | 1                                  |                 | 1.41      | 1.78      |           |
| Carbohydrate, by difference.....g     | 4.06                                  |            | 0                     | NC         | 4                                  |                 | 1.83      | 2.32      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7                                  |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 3.39                                  |            | 0                     | AS         | 1                                  |                 | 1.53      | 1.93      |           |
| Sucrose.....g                         | 0.00                                  |            | 2                     | A          | 1                                  |                 | 0.00      | 0.00      |           |
| Glucose (dextrose).....g              | 2.82                                  |            | 2                     | A          | 1                                  |                 | 1.27      | 1.61      |           |
| Fructose.....g                        | 0.00                                  |            | 2                     | A          | 1                                  |                 | 0.00      | 0.00      |           |
| Lactose.....g                         | 0.00                                  |            | 2                     | A          | 1                                  |                 | 0.00      | 0.00      |           |
| Maltose.....g                         | 0.58                                  |            | 2                     | A          | 1                                  |                 | 0.26      | 0.33      |           |
| Galactose.....g                       | 0.00                                  |            | 2                     | A          | 1                                  |                 | 0.00      | 0.00      |           |
| Starch.....g                          | 1.32                                  |            | 2                     | A          | 1                                  |                 | 0.59      | 0.75      |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |                                    |                 |           |           |           |
| Calcium, Ca.....mg                    | 14                                    |            | 5                     | A          | 1                                  |                 | 6         | 8         |           |
| Iron, Fe.....mg                       | 1.51                                  |            | 5                     | A          | 1                                  |                 | 0.68      | 0.86      |           |
| Magnesium, Mg.....mg                  | 14                                    |            | 5                     | A          | 1                                  |                 | 6         | 8         |           |
| Phosphorus, P.....mg                  | 160                                   |            | 5                     | A          | 1                                  |                 | 72        | 91        |           |
| Potassium, K.....mg                   | 156                                   |            | 5                     | A          | 1                                  |                 | 70        | 89        |           |
| Sodium, Na.....mg                     | 1140                                  |            | 5                     | A          | 1                                  |                 | 513       | 650       |           |
| Zinc, Zn.....mg                       | 2.46                                  |            | 5                     | A          | 1                                  |                 | 1.11      | 1.40      |           |
| Copper, Cu.....mg                     | 0.184                                 |            | 5                     | A          | 1                                  |                 | 0.083     | 0.105     |           |
| Manganese, Mn.....mg                  | 0.082                                 |            | 5                     | A          | 1                                  |                 | 0.037     | 0.047     |           |
| Selenium, Se.....mcg                  | 8.2                                   |            | 2                     | A          | 1                                  |                 | 3.7       | 4.7       |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |                                    |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7                                  |                 | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.040                                 |            | 5                     | A          | 1                                  |                 | 0.018     | 0.023     |           |
| Riboflavin.....mg                     | 0.147                                 |            | 5                     | A          | 1                                  |                 | 0.066     | 0.084     |           |
| Niacin.....mg                         | 2.372                                 |            | 5                     | A          | 1                                  |                 | 1.068     | 1.352     |           |
| Pantothenic acid.....mg               | 0.244                                 |            | 2                     | A          | 1                                  |                 | 0.110     | 0.139     |           |
| Vitamin B-6.....mg                    | 0.089                                 |            | 2                     | A          | 1                                  |                 | 0.040     | 0.050     |           |
| Folate, total.....mcg                 | 5                                     |            | 2                     | A          | 1                                  |                 | 2         | 3         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7                                  |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 5                                     |            | 2                     | A          | 1                                  |                 | 2         | 3         |           |
| Folate, DFE.....mcg_DFE               | 5                                     |            | 0                     | NC         | 4                                  |                 | 2         | 3         |           |
| Vitamin B-12.....mcg                  | 1.72                                  |            | 5                     | A          | 1                                  |                 | 0.78      | 0.98      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0                     | AS         | 1                                  |                 | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                     | AS         | 1                                  |                 | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0                     | Z          | 7                                  |                 | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.20                                  |            | 0                     | NR         | 4                                  |                 | 0.09      | 0.12      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |                                    |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |                                    |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |                                    |                 |           |           |           |
| Vitamin D.....IU                      | 36.000                                |            | 0                     | T          | 4                                  |                 | 16.200    | 20.520    |           |
| Vitamin K (phylloquinone).....mcg     | 1.8                                   |            | 0                     | BFZN       | 4                                  |                 | 0.8       | 1.0       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |                                    |                 |           |           |           |
| Fatty acids, total saturated.....g    | 11.688                                |            | 0                     | NC         | 4                                  |                 | 5.260     | 6.662     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7                                  |                 | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7                                  |                 | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     | Z          | 7                                  |                 | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.083                                 |            | 0                     | BFFN       | 4                                  |                 | 0.037     | 0.047     |           |
| 12:0.....g                            | 0.041                                 |            | 0                     | BFFN       | 4                                  |                 | 0.019     | 0.024     |           |
| 13:0.....g                            |                                       |            |                       |            |                                    |                 |           |           |           |
| 14:0.....g                            | 0.874                                 |            | 5                     | A          | 1                                  |                 | 0.393     | 0.498     |           |
| 15:0.....g                            | 0.152                                 |            | 5                     | A          | 1                                  |                 | 0.068     | 0.087     |           |

**NDB No. 07022**  
**Frankfurter, beef**

| 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                               | 6.483                                 |            | 5                     | A          | 1   |                 | 2.917     | 3.695     |           |
| 17:0.....g                               | 0.389                                 |            | 5                     | A          | 1   |                 | 0.175     | 0.222     |           |
| 18:0.....g                               | 3.559                                 |            | 5                     | A          | 1   |                 | 1.602     | 2.029     |           |
| 20:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:0.....g                               | 0.107                                 |            | 1                     | A          | 1   |                 | 0.048     | 0.061     |           |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 14.305                                |            | 0                     | NC         | 4   |                 | 6.437     | 8.154     |           |
| 14:1.....g                               | 0.326                                 |            | 5                     | A          | 1   |                 | 0.147     | 0.186     |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.216                                 |            | 5                     | A          | 1   |                 | 0.547     | 0.693     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.426                                |            | 5                     | A          | 1   |                 | 5.592     | 7.083     |           |
| 20:1.....g                               | 0.224                                 |            | 5                     | A          | 1   |                 | 0.101     | 0.128     |           |
| 22:1 undifferentiated.....g              | 0.112                                 |            | 1                     | A          | 1   |                 | 0.050     | 0.064     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.182                                 |            | 0                     | NC         | 4   |                 | 0.532     | 0.674     |           |
| 18:2 undifferentiated.....g              | 1.006                                 |            | 5                     | A          | 1   |                 | 0.453     | 0.573     |           |
| 18:3 undifferentiated.....g              | 0.176                                 |            | 5                     | A          | 1   |                 | 0.079     | 0.100     |           |
| 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                     | BFFN       | 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                       | 53                                    |            | 5                     | A          | 1   |                 | 24        | 30        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.121                                 |            | 0                     | A          | 1   |                 | 0.055     | 0.069     |           |
| Threonine.....g                          | 0.519                                 |            | 0                     | A          | 1   |                 | 0.234     | 0.296     |           |
| Isoleucine.....g                         | 0.580                                 |            | 0                     | A          | 1   |                 | 0.261     | 0.331     |           |
| Leucine.....g                            | 0.994                                 |            | 0                     | A          | 1   |                 | 0.447     | 0.566     |           |
| Lysine.....g                             | 1.055                                 |            | 0                     | A          | 1   |                 | 0.475     | 0.601     |           |
| Methionine.....g                         | 0.319                                 |            | 0                     | A          | 1   |                 | 0.143     | 0.182     |           |
| Cystine.....g                            | 0.121                                 |            | 0                     | A          | 1   |                 | 0.054     | 0.069     |           |
| Phenylalanine.....g                      | 0.487                                 |            | 0                     | A          | 1   |                 | 0.219     | 0.278     |           |
| Tyrosine.....g                           | 0.412                                 |            | 0                     | A          | 1   |                 | 0.185     | 0.235     |           |
| Valine.....g                             | 0.608                                 |            | 0                     | A          | 1   |                 | 0.273     | 0.346     |           |
| Arginine.....g                           | 0.757                                 |            | 0                     | A          | 1   |                 | 0.341     | 0.432     |           |
| Histidine.....g                          | 0.362                                 |            | 0                     | A          | 1   |                 | 0.163     | 0.207     |           |
| Alanine.....g                            | 0.679                                 |            | 0                     | A          | 1   |                 | 0.306     | 0.387     |           |
| Aspartic acid.....g                      | 1.120                                 |            | 0                     | A          | 1   |                 | 0.504     | 0.639     |           |
| Glutamic acid.....g                      | 1.802                                 |            | 0                     | A          | 1   |                 | 0.811     | 1.027     |           |
| Glycine.....g                            | 0.534                                 |            | 0                     | A          | 1   |                 | 0.240     | 0.305     |           |
| Proline.....g                            | 0.475                                 |            | 0                     | A          | 1   |                 | 0.214     | 0.271     |           |
| Serine.....g                             | 0.451                                 |            | 0                     | A          | 1   |                 | 0.203     | 0.257     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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. 07022**

**Frankfurter, beef**

**Common Measures:**

Measure 1 = 45g: 1 frankfurter (5 in long X 3/4 in dia, 10 per lb)

Measure 2 = 57g: 1 frankfurter (5 in long x 7/8 in dia, 8 per lb)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07023**  
**Frankfurter, beef and pork**

| 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 | 13.670                                |            | 0                     | NC         | 4   |                 | 6.152     | 7.792     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.310                                 | 0.056      | 32                    |            | 1   |                 | 0.590     | 0.747     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.360                                | 0.180      | 32                    |            | 1   |                 | 5.562     | 7.045     |           |
| 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 | 2.730                                 |            | 0                     | NC         | 4   |                 | 1.229     | 1.556     |           |
| 18:2 undifferentiated.....g              | 2.340                                 | 0.128      | 32                    |            | 1   |                 | 1.053     | 1.334     |           |
| 18:3 undifferentiated.....g              | 0.390                                 | 0.024      | 32                    |            | 1   |                 | 0.176     | 0.222     |           |
| 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                       | 50                                    | 2.195      | 26                    |            | 1   |                 | 23        | 29        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.117                                 |            | 0                     | FLM        | 4   |                 | 0.053     | 0.067     |           |
| Threonine.....g                          | 0.465                                 |            | 0                     | FLM        | 4   |                 | 0.209     | 0.265     |           |
| Isoleucine.....g                         | 0.473                                 |            | 0                     | FLM        | 4   |                 | 0.213     | 0.269     |           |
| Leucine.....g                            | 0.844                                 |            | 0                     | FLM        | 4   |                 | 0.380     | 0.481     |           |
| Lysine.....g                             | 0.908                                 |            | 0                     | FLM        | 4   |                 | 0.409     | 0.518     |           |
| Methionine.....g                         | 0.268                                 |            | 0                     | FLM        | 4   |                 | 0.121     | 0.153     |           |
| Cystine.....g                            | 0.122                                 |            | 0                     | FLM        | 4   |                 | 0.055     | 0.069     |           |
| Phenylalanine.....g                      | 0.420                                 |            | 0                     | FLM        | 4   |                 | 0.189     | 0.239     |           |
| Tyrosine.....g                           | 0.350                                 |            | 0                     | FLM        | 4   |                 | 0.158     | 0.200     |           |
| Valine.....g                             | 0.534                                 |            | 0                     | FLM        | 4   |                 | 0.240     | 0.304     |           |
| Arginine.....g                           | 0.707                                 |            | 0                     | FLM        | 4   |                 | 0.318     | 0.403     |           |
| Histidine.....g                          | 0.363                                 |            | 0                     | FLM        | 4   |                 | 0.163     | 0.207     |           |
| Alanine.....g                            | 0.643                                 |            | 0                     | FLM        | 4   |                 | 0.289     | 0.366     |           |
| Aspartic acid.....g                      | 0.983                                 |            | 0                     | FLM        | 4   |                 | 0.442     | 0.560     |           |
| Glutamic acid.....g                      | 1.626                                 |            | 0                     | FLM        | 4   |                 | 0.732     | 0.927     |           |
| Glycine.....g                            | 0.572                                 |            | 0                     | FLM        | 4   |                 | 0.258     | 0.326     |           |
| Proline.....g                            | 0.465                                 |            | 0                     | FLM        | 4   |                 | 0.209     | 0.265     |           |
| Serine.....g                             | 0.420                                 |            | 0                     | FLM        | 4   |                 | 0.189     | 0.240     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | FLM        | 4   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLM        | 4   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 45g: 1 frankfurter (5 in long x 3/4 in dia, 10 per lb)
- Measure 2 = 57g: 1 frankfurter (5 in long x 7/8 in dia, 8 per lb)



**NDB No. 07023**  
**Frankfurter, beef and pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 42188**  
**Frankfurter, beef and pork, 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 | 4.690                                 |            |                       |            | 4   |                 | 7.082     | 2.673     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.450                                 |            |                       |            | 4   |                 | 0.680     | 0.257     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 4.241                                 |            |                       |            | 4   |                 | 6.404     | 2.417     |           |
| 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 | 0.937                                 |            |                       |            | 4   |                 | 1.415     | 0.534     |           |
| 18:2 undifferentiated.....g              | 0.803                                 |            |                       |            | 4   |                 | 1.213     | 0.458     |           |
| 18:3 undifferentiated.....g              | 0.134                                 |            |                       |            | 4   |                 | 0.202     | 0.076     |           |
| 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                       | 44                                    |            |                       |            | 12  |                 | 66        | 25        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 151g: 1 cup, sliced

Measure 2 = 57g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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

**NDB No. 07945**  
**Frankfurter, beef, heated**

hot dog, wiener, frank

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 |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 52.18                                 | 0.407      | 3                     | A          | 1           |                 | 27.13   |           |           |
| Energy.....kcal                       | 326                                   |            | 0                     | NC         | 4           |                 | 170   |           |           |
| Energy.....kj                         | 1365                                  |            | 0                     | NC         | 4           |                 | 710   |           |           |
| Protein (N x 6.25).....g              | 11.54                                 | 0.125      | 3                     | A          | 1           |                 | 6.00  |           |           |
| Total lipid (fat).....g               | 29.46                                 | 1.149      | 3                     | A          | 1           |                 | 15.32   |           |           |
| Ash.....g                             | 3.06                                  | 0.162      | 3                     | A          | 1           |                 | 1.59  |           |           |
| Carbohydrate, by difference.....g     | 3.77                                  |            | 0                     | NC         | 4           |                 | 1.96  |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Sugars, total.....g                   | 3.39                                  | 0.155      | 3                     | A          | 1           |                 | 1.76  |           |           |
| Sucrose.....g                         | 0.00                                  | 0.000      | 3                     | A          | 1           |                 | 0.00  |           |           |
| Glucose (dextrose).....g              | 2.76                                  | 0.205      | 3                     | A          | 1           |                 | 1.44  |           |           |
| Fructose.....g                        | 0.00                                  | 0.000      | 3                     | A          | 1           |                 | 0.00  |           |           |
| Lactose.....g                         | 0.00                                  | 0.000      | 3                     | A          | 1           |                 | 0.00  |           |           |
| Maltose.....g                         | 0.63                                  | 0.067      | 3                     | A          | 1           |                 | 0.33  |           |           |
| Galactose.....g                       | 0.00                                  | 0.000      | 3                     | A          | 1           |                 | 0.00  |           |           |
| Starch.....g                          | 1.63                                  | 0.350      | 3                     | A          | 1           |                 | 0.85  |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 12                                    | 2.872      | 3                     | A          | 1           |                 | 6   |           |           |
| Iron, Fe.....mg                       | 1.56                                  | 0.046      | 3                     | A          | 1           |                 | 0.81  |           |           |
| Magnesium, Mg.....mg                  | 14                                    | 0.731      | 3                     | A          | 1           |                 | 7   |           |           |
| Phosphorus, P.....mg                  | 171                                   | 15.486     | 3                     | A          | 1           |                 | 89  |           |           |
| Potassium, K.....mg                   | 147                                   | 13.914     | 3                     | A          | 1           |                 | 77  |           |           |
| Sodium, Na.....mg                     | 1154                                  | 61.666     | 3                     | A          | 1           |                 | 600   |           |           |
| Zinc, Zn.....mg                       | 2.35                                  | 0.109      | 3                     | A          | 1           |                 | 1.22  |           |           |
| Copper, Cu.....mg                     | 0.153                                 | 0.007      | 3                     | A          | 1           |                 | 0.080   |           |           |
| Manganese, Mn.....mg                  | 0.077                                 | 0.032      | 3                     | A          | 1           |                 | 0.040   |           |           |
| Selenium, Se.....mcg                  | 12.1                                  | 2.474      | 3                     | A          | 1           |                 | 6.3   |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg |                                       |            |                       |            |             |                 |   |           |           |
| Thiamin.....mg                        | 0.039                                 | 0.003      | 3                     | A          | 1           |                 | 0.020   |           |           |
| Riboflavin.....mg                     | 0.144                                 |            | 2                     | A          | 1           |                 | 0.075   |           |           |
| Niacin.....mg                         | 2.354                                 | 0.121      | 3                     | A          | 1           |                 | 1.224   |           |           |
| Pantothenic acid.....mg               | 0.250                                 | 0.028      | 3                     | A          | 1           |                 | 0.130   |           |           |
| Vitamin B-6.....mg                    | 0.093                                 | 0.012      | 3                     | A          | 1           |                 | 0.048   |           |           |
| Folate, total.....mcg                 | 7                                     | 1.179      | 3                     | A          | 1           |                 | 4   |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Folate, food.....mcg                  | 7                                     | 1.179      | 3                     | A          | 1           |                 | 4   |           |           |
| Folate, DFE.....mcg_DFE               | 7                                     |            | 0                     | NC         | 4           |                 | 4   |           |           |
| Vitamin B-12.....mcg                  | 1.65                                  | 0.040      | 3                     | A          | 1           |                 | 0.86  |           |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0                     | NC         | 4           |                 | 0   |           |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                     | NC         | 4           |                 | 0   |           |           |
| Retinol.....mcg                       | 0                                     |            | 0                     | NR         | 4           |                 | 0   |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.20                                  |            | 0                     | NR         | 4           |                 | 0.11  |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     | 1.8                                   |            | 0                     | BFZN       | 4           |                 | 0.9   |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 11.436                                |            | 0                     | NC         | 4           |                 | 5.947   |           |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 8:0.....g                             | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 10:0.....g                            | 0.083                                 |            | 0                     | BFFN       | 4           |                 | 0.043   |           |           |
| 12:0.....g                            | 0.041                                 |            | 0                     | BFFN       | 4           |                 | 0.021   |           |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.857                                 | 0.032      | 3                     | A          | 1           |                 | 0.446   |           |           |
| 15:0.....g                            | 0.151                                 | 0.007      | 3                     | A          | 1           |                 | 0.079   |           |           |

**NDB No. 07945**  
**Frankfurter, beef, heated**

| 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                               | 6.345                                 | 0.104      | 3                     | A          | 1           |   | 3.299     |           |           |
| 17:0.....g                               | 0.378                                 | 0.022      | 3                     | A          | 1           |   | 0.197     |           |           |
| 18:0.....g                               | 3.474                                 | 0.110      | 3                     | A          | 1           |   | 1.807     |           |           |
| 20:0.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:0.....g                               | 0.107                                 |            | 0                     | BFFN       | 4           |   | 0.055     |           |           |
| 24:0.....g                               |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 14.321                                |            | 0                     | NC         | 4           |   | 7.447     |           |           |
| 14:1.....g                               | 0.333                                 | 0.014      | 3                     | A          | 1           |   | 0.173     |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.238                                 | 0.030      | 3                     | A          | 1           |   | 0.644     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 12.429                                | 0.260      | 3                     | A          | 1           |   | 6.463     |           |           |
| 20:1.....g                               | 0.219                                 | 0.003      | 3                     | A          | 1           |   | 0.114     |           |           |
| 22:1 undifferentiated.....g              | 0.102                                 |            | 1                     | A          | 1           |   | 0.053     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.064                                 |            | 0                     | NC         | 4           |   | 0.553     |           |           |
| 18:2 undifferentiated.....g              | 0.891                                 | 0.055      | 3                     | A          | 1           |   | 0.463     |           |           |
| 18:3 undifferentiated.....g              | 0.173                                 | 0.003      | 3                     | A          | 1           |   | 0.090     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 56                                    | 5.533      | 3                     | A          | 1           |   | 29        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.125                                 |            | 0                     | A          | 1           |   | 0.065     |           |           |
| Threonine.....g                          | 0.533                                 |            | 0                     | A          | 1           |   | 0.277     |           |           |
| Isoleucine.....g                         | 0.596                                 |            | 0                     | A          | 1           |   | 0.310     |           |           |
| Leucine.....g                            | 1.020                                 |            | 0                     | A          | 1           |   | 0.530     |           |           |
| Lysine.....g                             | 1.083                                 |            | 0                     | A          | 1           |   | 0.563     |           |           |
| Methionine.....g                         | 0.327                                 |            | 0                     | A          | 1           |   | 0.170     |           |           |
| Cystine.....g                            | 0.124                                 |            | 0                     | A          | 1           |   | 0.064     |           |           |
| Phenylalanine.....g                      | 0.500                                 |            | 0                     | A          | 1           |   | 0.260     |           |           |
| Tyrosine.....g                           | 0.423                                 |            | 0                     | A          | 1           |   | 0.220     |           |           |
| Valine.....g                             | 0.624                                 |            | 0                     | A          | 1           |   | 0.324     |           |           |
| Arginine.....g                           | 0.777                                 |            | 0                     | A          | 1           |   | 0.404     |           |           |
| Histidine.....g                          | 0.372                                 |            | 0                     | A          | 1           |   | 0.193     |           |           |
| Alanine.....g                            | 0.697                                 |            | 0                     | A          | 1           |   | 0.363     |           |           |
| Aspartic acid.....g                      | 1.150                                 |            | 0                     | A          | 1           |   | 0.598     |           |           |
| Glutamic acid.....g                      | 1.849                                 |            | 0                     | A          | 1           |   | 0.962     |           |           |
| Glycine.....g                            | 0.548                                 |            | 0                     | A          | 1           |   | 0.285     |           |           |
| Proline.....g                            | 0.488                                 |            | 0                     | A          | 1           |   | 0.254     |           |           |
| Serine.....g                             | 0.463                                 |            | 0                     | A          | 1           |   | 0.241     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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.

**NDB No. 07945**

**Frankfurter, beef, heated**

**Common Measures:**

Measure 1 = 52g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 42179**  
**Frankfurter, beef, 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 | 9.800                                 |            |                       |            | 12  |                 | 14.798    | 5.586     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.000                                 |            |                       |            | 4   |                 | 1.510     | 0.570     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.800                                 |            |                       |            | 4   |                 | 13.288    | 5.016     |           |
| 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 | 0.600                                 |            |                       |            | 12  |                 | 0.906     | 0.342     |           |
| 18:2 undifferentiated.....g              | 0.600                                 |            |                       |            | 4   |                 | 0.906     | 0.342     |           |
| 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                       | 40                                    |            |                       |            | 12  |                 | 60        | 23        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 151g: 1 cup, sliced  
 Measure 2 = 57g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07905

Frankfurter, beef, pork, and turkey, 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                                 |            |                       | Z          |   | 7               |           |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 20:1.....g                               | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 18:2 undifferentiated.....g              | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            |                       | Z          |   | 7               |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 30                                    |            |                       | LC         |   | 8               |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       | Z          |   | 7               |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 4.27**

**Fat**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07024**  
**Frankfurter, chicken**

| 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 | 8.480                                 |            | 0                     |            | 1           |                 | 3.816   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.200                                 | 0.125      | 3                     |            | 1           |                 | 0.540   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 7.140                                 | 0.725      | 3                     |            | 1           |                 | 3.213   |           |           |
| 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 | 4.040                                 |            | 0                     |            | 1           |                 | 1.818   |           |           |
| 18:2 undifferentiated.....g              | 3.740                                 | 0.460      | 3                     |            | 1           |                 | 1.683   |           |           |
| 18:3 undifferentiated.....g              | 0.150                                 | 0.086      | 3                     |            | 1           |                 | 0.068   |           |           |
| 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                       | 101                                   | 7.135      | 4                     |            | 1           |                 | 45  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.103                                 |            | 0                     |            | 4           |                 | 0.046   |           |           |
| Threonine.....g                          | 0.577                                 |            | 0                     |            | 4           |                 | 0.260   |           |           |
| Isoleucine.....g                         | 0.457                                 |            | 0                     |            | 4           |                 | 0.206   |           |           |
| Leucine.....g                            | 1.024                                 |            | 0                     |            | 4           |                 | 0.461   |           |           |
| Lysine.....g                             | 1.095                                 |            | 0                     |            | 4           |                 | 0.493   |           |           |
| Methionine.....g                         | 0.343                                 |            | 0                     |            | 4           |                 | 0.154   |           |           |
| Cystine.....g                            | 0.130                                 |            | 0                     |            | 4           |                 | 0.059   |           |           |
| Phenylalanine.....g                      | 0.513                                 |            | 0                     |            | 4           |                 | 0.231   |           |           |
| Tyrosine.....g                           | 0.391                                 |            | 0                     |            | 4           |                 | 0.176   |           |           |
| Valine.....g                             | 0.536                                 |            | 0                     |            | 4           |                 | 0.241   |           |           |
| Arginine.....g                           | 0.892                                 |            | 0                     |            | 4           |                 | 0.401   |           |           |
| Histidine.....g                          | 0.362                                 |            | 0                     |            | 4           |                 | 0.163   |           |           |
| Alanine.....g                            | 0.902                                 |            | 0                     |            | 4           |                 | 0.406   |           |           |
| Aspartic acid.....g                      | 1.322                                 |            | 0                     |            | 4           |                 | 0.595   |           |           |
| Glutamic acid.....g                      | 2.063                                 |            | 0                     |            | 4           |                 | 0.928   |           |           |
| Glycine.....g                            | 1.024                                 |            | 0                     |            | 4           |                 | 0.461   |           |           |
| Proline.....g                            | 0.691                                 |            | 0                     |            | 4           |                 | 0.311   |           |           |
| Serine.....g                             | 0.608                                 |            | 0                     |            | 4           |                 | 0.274   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 45g: 1 frankfurter

**NDB No. 07024**  
**Frankfurter, chicken**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 43507**  
**Frankfurter, 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 | 13.606                                |            |                       |            | 4   |                 | 20.545    | 7.755     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.628                                 |            |                       |            | 4   |                 | 2.458     | 0.928     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.978                                |            |                       |            | 4   |                 | 18.087    | 6.827     |           |
| 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 | 1.379                                 |            |                       |            | 4   |                 | 2.082     | 0.786     |           |
| 18:2 undifferentiated.....g              | 1.109                                 |            |                       |            | 4   |                 | 1.675     | 0.632     |           |
| 18:3 undifferentiated.....g              | 0.270                                 |            |                       |            | 4   |                 | 0.408     | 0.154     |           |
| 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                       | 61                                    |            |                       |            | 1   |                 | 92        | 35        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 7   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            |                       | Z          | 7   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            |                       | Z          | 7   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 151g: 1 cup, sliced

Measure 2 = 57g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





**NDB No. 07950**  
**Frankfurter, meat**

| 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 | 11.386                                |            | 0                     | NC         | 4           |   | 5.921     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.120                                 |            | 2                     | A          | 1           |   | 0.582     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 9.973                                 |            | 2                     | A          | 1           |   | 5.186     |           |           |
| 20:1.....g                               | 0.190                                 |            | 2                     | A          | 1           |   | 0.099     |           |           |
| 22:1 undifferentiated.....g              | 0.103                                 |            | 1                     | A          | 1           |   | 0.054     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.404                                 |            | 0                     | NC         | 4           |   | 2.290     |           |           |
| 18:2 undifferentiated.....g              | 4.154                                 |            | 2                     | A          | 1           |   | 2.160     |           |           |
| 18:3 undifferentiated.....g              | 0.146                                 |            | 2                     | A          | 1           |   | 0.076     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.104                                 |            | 1                     | A          | 1           |   | 0.054     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 77                                    |            | 2                     | A          | 1           |   | 40        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.111                                 |            | 0                     | A          | 1           |   | 0.058     |           |           |
| Threonine.....g                          | 0.474                                 |            | 0                     | A          | 1           |   | 0.247     |           |           |
| Isoleucine.....g                         | 0.530                                 |            | 0                     | A          | 1           |   | 0.276     |           |           |
| Leucine.....g                            | 0.907                                 |            | 0                     | A          | 1           |   | 0.472     |           |           |
| Lysine.....g                             | 0.963                                 |            | 0                     | A          | 1           |   | 0.501     |           |           |
| Methionine.....g                         | 0.291                                 |            | 0                     | A          | 1           |   | 0.151     |           |           |
| Cystine.....g                            | 0.110                                 |            | 0                     | A          | 1           |   | 0.057     |           |           |
| Phenylalanine.....g                      | 0.445                                 |            | 0                     | A          | 1           |   | 0.231     |           |           |
| Tyrosine.....g                           | 0.376                                 |            | 0                     | A          | 1           |   | 0.196     |           |           |
| Valine.....g                             | 0.555                                 |            | 0                     | A          | 1           |   | 0.289     |           |           |
| Arginine.....g                           | 0.691                                 |            | 0                     | A          | 1           |   | 0.360     |           |           |
| Histidine.....g                          | 0.331                                 |            | 0                     | A          | 1           |   | 0.172     |           |           |
| Alanine.....g                            | 0.620                                 |            | 0                     | A          | 1           |   | 0.323     |           |           |
| Aspartic acid.....g                      | 1.023                                 |            | 0                     | A          | 1           |   | 0.532     |           |           |
| Glutamic acid.....g                      | 1.645                                 |            | 0                     | A          | 1           |   | 0.855     |           |           |
| Glycine.....g                            | 0.488                                 |            | 0                     | A          | 1           |   | 0.254     |           |           |
| Proline.....g                            | 0.434                                 |            | 0                     | A          | 1           |   | 0.226     |           |           |
| Serine.....g                             | 0.412                                 |            | 0                     | A          | 1           |   | 0.214     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |

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 = 52g: 1 serving (1 hot dog)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 42280

Frankfurter, meat and poultry, 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 | 1.190                                 |            |                       |            | 4   |                 | 1.702     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.090                                 |            |                       |            | 4   |                 | 0.129     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.994                                 |            |                       |            | 4   |                 | 1.421     |           |           |
| 20:1.....g                               | 0.001                                 |            |                       |            | 4   |                 | 0.001     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       |            | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.360                                 |            |                       |            | 4   |                 | 0.515     |           |           |
| 18:2 undifferentiated.....g              | 0.305                                 |            |                       |            | 4   |                 | 0.436     |           |           |
| 18:3 undifferentiated.....g              | 0.026                                 |            |                       |            | 4   |                 | 0.037     |           |           |
| 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                       | 44                                    |            |                       |            | 4   |                 | 63        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 4   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            |                       | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            |                       | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 143g: 1 cup, sliced

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07949**  
**Frankfurter, meat, heated**

| 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 | 10.743                                |            | 0                     | NC         | 4           |   | 5.586     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.159                                 |            | 2                     | A          | 1           |   | 0.602     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 9.304                                 |            | 2                     | A          | 1           |   | 4.838     |           |           |
| 20:1.....g                               | 0.179                                 |            | 2                     | A          | 1           |   | 0.093     |           |           |
| 22:1 undifferentiated.....g              | 0.101                                 |            | 1                     | A          | 1           |   | 0.053     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.963                                 |            | 0                     | NC         | 4           |   | 2.061     |           |           |
| 18:2 undifferentiated.....g              | 3.734                                 |            | 2                     | A          | 1           |   | 1.942     |           |           |
| 18:3 undifferentiated.....g              | 0.128                                 |            | 2                     | A          | 1           |   | 0.066     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.101                                 |            | 1                     | A          | 1           |   | 0.053     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 2                     | A          | 1           |   | 38        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.105                                 |            | 0                     | A          | 1           |   | 0.055     |           |           |
| Threonine.....g                          | 0.452                                 |            | 0                     | A          | 1           |   | 0.235     |           |           |
| Isoleucine.....g                         | 0.505                                 |            | 0                     | A          | 1           |   | 0.262     |           |           |
| Leucine.....g                            | 0.864                                 |            | 0                     | A          | 1           |   | 0.449     |           |           |
| Lysine.....g                             | 0.917                                 |            | 0                     | A          | 1           |   | 0.477     |           |           |
| Methionine.....g                         | 0.277                                 |            | 0                     | A          | 1           |   | 0.144     |           |           |
| Cystine.....g                            | 0.105                                 |            | 0                     | A          | 1           |   | 0.055     |           |           |
| Phenylalanine.....g                      | 0.424                                 |            | 0                     | A          | 1           |   | 0.220     |           |           |
| Tyrosine.....g                           | 0.358                                 |            | 0                     | A          | 1           |   | 0.186     |           |           |
| Valine.....g                             | 0.529                                 |            | 0                     | A          | 1           |   | 0.275     |           |           |
| Arginine.....g                           | 0.659                                 |            | 0                     | A          | 1           |   | 0.342     |           |           |
| Histidine.....g                          | 0.315                                 |            | 0                     | A          | 1           |   | 0.164     |           |           |
| Alanine.....g                            | 0.591                                 |            | 0                     | A          | 1           |   | 0.307     |           |           |
| Aspartic acid.....g                      | 0.974                                 |            | 0                     | A          | 1           |   | 0.507     |           |           |
| Glutamic acid.....g                      | 1.567                                 |            | 0                     | A          | 1           |   | 0.815     |           |           |
| Glycine.....g                            | 0.465                                 |            | 0                     | A          | 1           |   | 0.242     |           |           |
| Proline.....g                            | 0.413                                 |            | 0                     | A          | 1           |   | 0.215     |           |           |
| Serine.....g                             | 0.392                                 |            | 0                     | A          | 1           |   | 0.204     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |

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**Common Measures:**

Measure 1 = 52g: 1 serving (1 hot dog)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07939**  
**Frankfurter, pork**

| 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 | 10.890                                |            | 0                     | FLC        | 4           |                 | 8.276   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.406                                 |            | 0                     | FLC        | 4           |                 | 0.309   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 10.130                                |            | 0                     | FLC        | 4           |                 | 7.699   |           |           |
| 20:1.....g                               | 0.279                                 |            | 0                     | FLC        | 4           |                 | 0.212   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | FLC        | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.233                                 |            | 0                     | FLC        | 4           |                 | 1.697   |           |           |
| 18:2 undifferentiated.....g              | 1.955                                 |            | 0                     | FLC        | 4           |                 | 1.486   |           |           |
| 18:3 undifferentiated.....g              | 0.151                                 |            | 0                     | FLC        | 4           |                 | 0.115   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLC        | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.045                                 |            | 0                     | FLC        | 4           |                 | 0.034   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       | FLC        | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            |                       | FLC        | 4           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            |                       | FLC        | 4           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 66                                    |            | 0                     | FLC        | 4           |                 | 51  |           |           |
| Phytosterols.....mg                      | 1                                     |            |                       | FLC        | 4           |                 | 1   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.150                                 |            |                       | FLC        | 4           |                 | 0.114   |           |           |
| Threonine.....g                          | 0.561                                 |            |                       | FLC        | 4           |                 | 0.426   |           |           |
| Isoleucine.....g                         | 0.571                                 |            |                       | FLC        | 4           |                 | 0.434   |           |           |
| Leucine.....g                            | 1.001                                 |            |                       | FLC        | 4           |                 | 0.761   |           |           |
| Lysine.....g                             | 1.122                                 |            |                       | FLC        | 4           |                 | 0.853   |           |           |
| Methionine.....g                         | 0.320                                 |            |                       | FLC        | 4           |                 | 0.243   |           |           |
| Cystine.....g                            | 0.155                                 |            |                       | FLC        | 4           |                 | 0.118   |           |           |
| Phenylalanine.....g                      | 0.503                                 |            |                       | FLC        | 4           |                 | 0.382   |           |           |
| Tyrosine.....g                           | 0.423                                 |            |                       | FLC        | 4           |                 | 0.322   |           |           |
| Valine.....g                             | 0.678                                 |            |                       | FLC        | 4           |                 | 0.516   |           |           |
| Arginine.....g                           | 0.814                                 |            |                       | FLC        | 4           |                 | 0.618   |           |           |
| Histidine.....g                          | 0.470                                 |            |                       | FLC        | 4           |                 | 0.357   |           |           |
| Alanine.....g                            | 0.747                                 |            |                       | FLC        | 4           |                 | 0.567   |           |           |
| Aspartic acid.....g                      | 1.142                                 |            |                       | FLC        | 4           |                 | 0.868   |           |           |
| Glutamic acid.....g                      | 1.916                                 |            |                       | FLC        | 4           |                 | 1.456   |           |           |
| Glycine.....g                            | 0.739                                 |            |                       | FLC        | 4           |                 | 0.562   |           |           |
| Proline.....g                            | 0.602                                 |            |                       | FLC        | 4           |                 | 0.457   |           |           |
| Serine.....g                             | 0.526                                 |            |                       | FLC        | 4           |                 | 0.400   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | FLC        | 4           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 76g: 1 link

**NDB No. 07939**  
**Frankfurter, pork**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)





**NDB No. 07025**  
**Frankfurter, turkey**

| 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 | 5.580                                 |            | 0                     |            | 4           |                 | 2.511   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.280                                 |            | 0                     |            | 4           |                 | 0.126   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 5.300                                 |            | 0                     |            | 4           |                 | 2.385   |           |           |
| 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 | 5.000                                 |            | 0                     |            | 4           |                 | 2.250   |           |           |
| 18:2 undifferentiated.....g              | 4.640                                 |            | 0                     |            | 4           |                 | 2.088   |           |           |
| 18:3 undifferentiated.....g              | 0.360                                 |            | 0                     |            | 4           |                 | 0.162   |           |           |
| 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                     |            | 4           |                 | 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                       | 107                                   | 2.594      | 4                     |            | 1           |                 | 48  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.114                                 |            | 0                     |            | 4           |                 | 0.051   |           |           |
| Threonine.....g                          | 0.683                                 |            | 0                     |            | 4           |                 | 0.307   |           |           |
| Isoleucine.....g                         | 0.539                                 |            | 0                     |            | 4           |                 | 0.243   |           |           |
| Leucine.....g                            | 1.163                                 |            | 0                     |            | 4           |                 | 0.523   |           |           |
| Lysine.....g                             | 1.238                                 |            | 0                     |            | 4           |                 | 0.557   |           |           |
| Methionine.....g                         | 0.402                                 |            | 0                     |            | 4           |                 | 0.181   |           |           |
| Cystine.....g                            | 0.105                                 |            | 0                     |            | 4           |                 | 0.047   |           |           |
| Phenylalanine.....g                      | 0.592                                 |            | 0                     |            | 4           |                 | 0.266   |           |           |
| Tyrosine.....g                           | 0.507                                 |            | 0                     |            | 4           |                 | 0.228   |           |           |
| Valine.....g                             | 0.585                                 |            | 0                     |            | 4           |                 | 0.263   |           |           |
| Arginine.....g                           | 0.932                                 |            | 0                     |            | 4           |                 | 0.419   |           |           |
| Histidine.....g                          | 0.542                                 |            | 0                     |            | 4           |                 | 0.244   |           |           |
| Alanine.....g                            | 0.935                                 |            | 0                     |            | 4           |                 | 0.421   |           |           |
| Aspartic acid.....g                      | 1.453                                 |            | 0                     |            | 4           |                 | 0.654   |           |           |
| Glutamic acid.....g                      | 2.397                                 |            | 0                     |            | 4           |                 | 1.079   |           |           |
| Glycine.....g                            | 0.836                                 |            | 0                     |            | 4           |                 | 0.376   |           |           |
| Proline.....g                            | 0.697                                 |            | 0                     |            | 4           |                 | 0.314   |           |           |
| Serine.....g                             | 0.667                                 |            | 0                     |            | 4           |                 | 0.300   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 45g: 1 frankfurter

**NDB No. 07025**  
**Frankfurter, turkey**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07278**  
**HORMEL Pillow Pak Sliced Turkey Pepperoni**

| 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 | 4.950                                 |            | 0                     | NC         | 4           |   | 1.485     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.460                                 |            | 1                     | A          | 1           |   | 0.138     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.490                                 |            | 1                     | A          | 1           |   | 1.347     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.500                                 |            | 0                     | NC         | 4           |   | 1.050     |           |           |
| 18:2 undifferentiated.....g              | 3.190                                 |            | 1                     | A          | 1           |   | 0.957     |           |           |
| 18:3 undifferentiated.....g              | 0.310                                 |            | 1                     | A          | 1           |   | 0.093     |           |           |
| 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                       | 123                                   | 0.000      | 7                     | A          | 1           |   | 37        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 30g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07277

**HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid 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 | 7.020                                 |            | 0                     | NC         | 4           |   | 3.931     | 1.966     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.450                                 | 0.000      | 8                     | JO         | 11          |   | 0.252     | 0.126     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.570                                 | 0.000      | 8                     | JO         | 11          |   | 3.679     | 1.840     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.470                                 |            | 0                     | NC         | 4           |   | 0.823     | 0.412     |           |
| 18:2 undifferentiated.....g              | 1.350                                 | 0.000      | 8                     | JO         | 11          |   | 0.756     | 0.378     |           |
| 18:3 undifferentiated.....g              | 0.120                                 | 0.000      | 8                     | JO         | 11          |   | 0.067     | 0.034     |           |
| 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                       | 75                                    | 0.000      | 11                    | JA         | 6           |   | 42        | 21        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 56g: 1 serving 2 oz

Measure 2 = 28g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07276

HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned

| 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 | 13.780                                |            | 0                     | NC         | 4           |   | 7.717     |           | 3.858     |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.770                                 | 0.000      | 8                     | JA         | 6           |   | 0.431     |           | 0.216     |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.010                                | 0.000      | 8                     | JA         | 6           |   | 7.286     |           | 3.643     |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.950                                 |            | 0                     | NC         | 4           |   | 1.652     |           | 0.826     |
| 18:2 undifferentiated.....g              | 2.740                                 | 0.000      | 8                     | JA         | 6           |   | 1.534     |           | 0.767     |
| 18:3 undifferentiated.....g              | 0.210                                 | 0.000      | 8                     | JA         | 6           |   | 0.118     |           | 0.059     |
| 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                       | 70                                    | 0.800      | 11                    | A          | 1           |   | 39        |           | 20        |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 56g: 1 serving 2 oz

Measure 3 = 28g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07279  
 HORMEL WRANGLER Beef Franks

| 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 | 13.010                                | 0.000      | 5                     | A          | 1           |                 | 7.286   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.070                                 | 0.000      | 5                     | A          | 1           |                 | 0.599   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 11.940                                | 0.000      | 5                     | A          | 1           |                 | 6.686   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.890                                 | 0.000      | 5                     | A          | 1           |                 | 0.498   |           |           |
| 18:2 undifferentiated.....g              | 0.750                                 | 0.000      | 5                     | A          | 1           |                 | 0.420   |           |           |
| 18:3 undifferentiated.....g              | 0.140                                 | 0.000      | 5                     | A          | 1           |                 | 0.078   |           |           |
| 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                       | 67                                    | 0.000      | 5                     | A          | 1           |                 | 38  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 56g: 1 frankfurter

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07032**  
**Ham and cheese loaf or roll**

| 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 | 9.260                                 |            | 0                     |            | 1           |                 | 2.593   | 5.278     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.720                                 | 0.054      | 8                     |            | 1           |                 | 0.202   | 0.410     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 8.540                                 | 0.379      | 8                     |            | 1           |                 | 2.391   | 4.868     |           |
| 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 | 2.190                                 |            | 0                     |            | 1           |                 | 0.613   | 1.248     |           |
| 18:2 undifferentiated.....g              | 1.910                                 | 0.136      | 8                     |            | 1           |                 | 0.535   | 1.089     |           |
| 18:3 undifferentiated.....g              | 0.270                                 | 0.048      | 8                     |            | 1           |                 | 0.076   | 0.154     |           |
| 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                       | 57                                    | 3.666      | 6                     |            | 1           |                 | 16  | 32        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.207                                 |            | 0                     |            | 1           |                 | 0.058   | 0.118     |           |
| Threonine.....g                          | 0.719                                 |            | 0                     |            | 1           |                 | 0.201   | 0.410     |           |
| Isoleucine.....g                         | 0.754                                 |            | 0                     |            | 1           |                 | 0.211   | 0.430     |           |
| Leucine.....g                            | 1.353                                 |            | 0                     |            | 1           |                 | 0.379   | 0.771     |           |
| Lysine.....g                             | 1.508                                 |            | 0                     |            | 1           |                 | 0.422   | 0.860     |           |
| Methionine.....g                         | 0.439                                 |            | 0                     |            | 1           |                 | 0.123   | 0.250     |           |
| Cystine.....g                            | 0.235                                 |            | 0                     |            | 1           |                 | 0.066   | 0.134     |           |
| Phenylalanine.....g                      | 0.691                                 |            | 0                     |            | 1           |                 | 0.193   | 0.394     |           |
| Tyrosine.....g                           | 0.560                                 |            | 0                     |            | 1           |                 | 0.157   | 0.319     |           |
| Valine.....g                             | 0.802                                 |            | 0                     |            | 1           |                 | 0.225   | 0.457     |           |
| Arginine.....g                           | 1.119                                 |            | 0                     |            | 1           |                 | 0.313   | 0.638     |           |
| Histidine.....g                          | 0.677                                 |            | 0                     |            | 1           |                 | 0.190   | 0.386     |           |
| Alanine.....g                            | 0.911                                 |            | 0                     |            | 1           |                 | 0.255   | 0.519     |           |
| Aspartic acid.....g                      | 1.552                                 |            | 0                     |            | 1           |                 | 0.435   | 0.885     |           |
| Glutamic acid.....g                      | 2.626                                 |            | 0                     |            | 1           |                 | 0.735   | 1.497     |           |
| Glycine.....g                            | 0.748                                 |            | 0                     |            | 1           |                 | 0.209   | 0.426     |           |
| Proline.....g                            | 0.787                                 |            | 0                     |            | 1           |                 | 0.220   | 0.449     |           |
| Serine.....g                             | 0.672                                 |            | 0                     |            | 1           |                 | 0.188   | 0.383     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)  
 Measure 2 = 57g: 2 slices

**NDB No. 07032**

**Ham and cheese loaf or roll**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07033**  
**Ham and cheese spread**

| 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 | 7.080                                 |            | 0                     |            | 1   |                 | 1.062     | 2.007     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.770                                 | 0.049      | 4                     |            | 1   |                 | 0.116     | 0.218     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.310                                 | 0.286      | 4                     |            | 1   |                 | 0.947     | 1.789     |           |
| 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 | 1.380                                 |            | 0                     |            | 1   |                 | 0.207     | 0.391     |           |
| 18:2 undifferentiated.....g              | 1.230                                 | 0.116      | 4                     |            | 1   |                 | 0.185     | 0.349     |           |
| 18:3 undifferentiated.....g              | 0.150                                 | 0.041      | 4                     |            | 1   |                 | 0.023     | 0.043     |           |
| 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                       | 61                                    | 3.189      | 4                     |            | 1   |                 | 9         | 17        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.372                                 |            | 0                     |            | 4   |                 | 0.056     | 0.105     |           |
| Threonine.....g                          | 0.683                                 |            | 0                     |            | 4   |                 | 0.102     | 0.194     |           |
| Isoleucine.....g                         | 0.775                                 |            | 0                     |            | 4   |                 | 0.116     | 0.220     |           |
| Leucine.....g                            | 1.504                                 |            | 0                     |            | 4   |                 | 0.226     | 0.426     |           |
| Lysine.....g                             | 1.476                                 |            | 0                     |            | 4   |                 | 0.221     | 0.418     |           |
| Methionine.....g                         | 0.475                                 |            | 0                     |            | 4   |                 | 0.071     | 0.135     |           |
| Cystine.....g                            | 0.255                                 |            | 0                     |            | 4   |                 | 0.038     | 0.072     |           |
| Phenylalanine.....g                      | 0.771                                 |            | 0                     |            | 4   |                 | 0.116     | 0.219     |           |
| Tyrosine.....g                           | 0.666                                 |            | 0                     |            | 4   |                 | 0.100     | 0.189     |           |
| Valine.....g                             | 1.014                                 |            | 0                     |            | 4   |                 | 0.152     | 0.287     |           |
| Arginine.....g                           | 0.892                                 |            | 0                     |            | 4   |                 | 0.134     | 0.253     |           |
| Histidine.....g                          | 0.597                                 |            | 0                     |            | 4   |                 | 0.090     | 0.169     |           |
| Alanine.....g                            | 0.802                                 |            | 0                     |            | 4   |                 | 0.120     | 0.227     |           |
| Aspartic acid.....g                      | 1.378                                 |            | 0                     |            | 4   |                 | 0.207     | 0.391     |           |
| Glutamic acid.....g                      | 2.887                                 |            | 0                     |            | 4   |                 | 0.433     | 0.818     |           |
| Glycine.....g                            | 0.587                                 |            | 0                     |            | 4   |                 | 0.088     | 0.166     |           |
| Proline.....g                            | 1.356                                 |            | 0                     |            | 4   |                 | 0.203     | 0.384     |           |
| Serine.....g                             | 0.806                                 |            | 0                     |            | 4   |                 | 0.121     | 0.229     |           |
| 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 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07031**  
**Ham salad spread**

| 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 | 7.200                                 |            | 0                     |            | 1           |                 | 1.080   | 2.041     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.470                                 | 0.036      | 3                     |            | 1           |                 | 0.071   | 0.133     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 6.730                                 | 0.194      | 3                     |            | 1           |                 | 1.010   | 1.908     |           |
| 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 | 2.700                                 |            | 0                     |            | 1           |                 | 0.405   | 0.765     |           |
| 18:2 undifferentiated.....g              | 2.370                                 | 0.057      | 3                     |            | 1           |                 | 0.356   | 0.672     |           |
| 18:3 undifferentiated.....g              | 0.330                                 | 0.013      | 3                     |            | 1           |                 | 0.050   | 0.094     |           |
| 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                       | 37                                    | 2.496      | 4                     |            | 1           |                 | 6   | 10        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.089                                 |            | 1                     |            | 1           |                 | 0.013   | 0.025     |           |
| Threonine.....g                          | 0.409                                 |            | 1                     |            | 1           |                 | 0.061   | 0.116     |           |
| Isoleucine.....g                         | 0.403                                 |            | 1                     |            | 1           |                 | 0.060   | 0.114     |           |
| Leucine.....g                            | 0.725                                 |            | 1                     |            | 1           |                 | 0.109   | 0.206     |           |
| Lysine.....g                             | 0.772                                 |            | 1                     |            | 1           |                 | 0.116   | 0.219     |           |
| Methionine.....g                         | 0.228                                 |            | 1                     |            | 1           |                 | 0.034   | 0.065     |           |
| Cystine.....g                            | 0.051                                 |            | 1                     |            | 1           |                 | 0.008   | 0.014     |           |
| Phenylalanine.....g                      | 0.354                                 |            | 1                     |            | 1           |                 | 0.053   | 0.100     |           |
| Tyrosine.....g                           | 0.278                                 |            | 1                     |            | 1           |                 | 0.042   | 0.079     |           |
| Valine.....g                             | 0.448                                 |            | 1                     |            | 1           |                 | 0.067   | 0.127     |           |
| Arginine.....g                           | 0.593                                 |            | 1                     |            | 1           |                 | 0.089   | 0.168     |           |
| Histidine.....g                          | 0.350                                 |            | 1                     |            | 1           |                 | 0.053   | 0.099     |           |
| Alanine.....g                            | 0.536                                 |            | 1                     |            | 1           |                 | 0.080   | 0.152     |           |
| Aspartic acid.....g                      | 0.856                                 |            | 1                     |            | 1           |                 | 0.128   | 0.243     |           |
| Glutamic acid.....g                      | 1.349                                 |            | 1                     |            | 1           |                 | 0.202   | 0.382     |           |
| Glycine.....g                            | 0.486                                 |            | 1                     |            | 1           |                 | 0.073   | 0.138     |           |
| Proline.....g                            | 0.401                                 |            | 1                     |            | 1           |                 | 0.060   | 0.114     |           |
| Serine.....g                             | 0.376                                 |            | 1                     |            | 1           |                 | 0.056   | 0.107     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 15.0g: 1 tbsp  
 Measure 2 = 28.35g: 1 oz

**NDB No. 07031**  
**Ham salad spread**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07026**  
**Ham, chopped, canned**

| 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 | 9.170                                 |            | 0                     |            | 1           |                 | 1.926   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.670                                 | 0.047      | 4                     |            | 1           |                 | 0.141   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 8.490                                 | 0.459      | 4                     |            | 1           |                 | 1.783   |           |           |
| 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 | 2.050                                 |            | 0                     |            | 1           |                 | 0.431   |           |           |
| 18:2 undifferentiated.....g              | 1.860                                 | 0.113      | 4                     |            | 1           |                 | 0.391   |           |           |
| 18:3 undifferentiated.....g              | 0.200                                 | 0.032      | 4                     |            | 1           |                 | 0.042   |           |           |
| 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                       | 49                                    | 4.767      | 4                     |            | 1           |                 | 10  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.182                                 |            | 2                     |            | 1           |                 | 0.038   |           |           |
| Threonine.....g                          | 0.717                                 |            | 2                     |            | 1           |                 | 0.151   |           |           |
| Isoleucine.....g                         | 0.691                                 |            | 2                     |            | 1           |                 | 0.145   |           |           |
| Leucine.....g                            | 1.249                                 |            | 2                     |            | 1           |                 | 0.262   |           |           |
| Lysine.....g                             | 1.380                                 |            | 2                     |            | 1           |                 | 0.290   |           |           |
| Methionine.....g                         | 0.419                                 |            | 2                     |            | 1           |                 | 0.088   |           |           |
| Cystine.....g                            | 0.190                                 |            | 2                     |            | 1           |                 | 0.040   |           |           |
| Phenylalanine.....g                      | 0.622                                 |            | 2                     |            | 1           |                 | 0.131   |           |           |
| Tyrosine.....g                           | 0.527                                 |            | 2                     |            | 1           |                 | 0.111   |           |           |
| Valine.....g                             | 0.719                                 |            | 2                     |            | 1           |                 | 0.151   |           |           |
| Arginine.....g                           | 0.997                                 |            | 2                     |            | 1           |                 | 0.209   |           |           |
| Histidine.....g                          | 0.637                                 |            | 2                     |            | 1           |                 | 0.134   |           |           |
| Alanine.....g                            | 0.917                                 |            | 2                     |            | 1           |                 | 0.193   |           |           |
| Aspartic acid.....g                      | 1.485                                 |            | 2                     |            | 1           |                 | 0.312   |           |           |
| Glutamic acid.....g                      | 2.371                                 |            | 2                     |            | 1           |                 | 0.498   |           |           |
| Glycine.....g                            | 0.786                                 |            | 2                     |            | 1           |                 | 0.165   |           |           |
| Proline.....g                            | 0.683                                 |            | 2                     |            | 1           |                 | 0.143   |           |           |
| Serine.....g                             | 0.627                                 |            | 2                     |            | 1           |                 | 0.132   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

**NDB No. 07026**  
**Ham, chopped, canned**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07027**  
**Ham, chopped, not canned**

| 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 | 8.200                                 |            | 0                     |            | 1           |                 | 2.296   | 1.722     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.670                                 | 0.053      | 5                     |            | 1           |                 | 0.188   | 0.141     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 7.530                                 | 0.315      | 5                     |            | 1           |                 | 2.108   | 1.581     |           |
| 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 | 2.110                                 |            | 0                     |            | 1           |                 | 0.591   | 0.443     |           |
| 18:2 undifferentiated.....g              | 1.810                                 | 0.082      | 5                     |            | 1           |                 | 0.507   | 0.380     |           |
| 18:3 undifferentiated.....g              | 0.300                                 | 0.061      | 5                     |            | 1           |                 | 0.084   | 0.063     |           |
| 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                       | 51                                    | 10.089     | 3                     |            | 1           |                 | 14  | 11        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.208                                 |            | 2                     |            | 1           |                 | 0.058   | 0.044     |           |
| Threonine.....g                          | 0.761                                 |            | 2                     |            | 1           |                 | 0.213   | 0.160     |           |
| Isoleucine.....g                         | 0.772                                 |            | 2                     |            | 1           |                 | 0.216   | 0.162     |           |
| Leucine.....g                            | 1.374                                 |            | 2                     |            | 1           |                 | 0.385   | 0.289     |           |
| Lysine.....g                             | 1.531                                 |            | 2                     |            | 1           |                 | 0.429   | 0.322     |           |
| Methionine.....g                         | 0.452                                 |            | 2                     |            | 1           |                 | 0.127   | 0.095     |           |
| Cystine.....g                            | 0.257                                 |            | 2                     |            | 1           |                 | 0.072   | 0.054     |           |
| Phenylalanine.....g                      | 0.690                                 |            | 2                     |            | 1           |                 | 0.193   | 0.145     |           |
| Tyrosine.....g                           | 0.531                                 |            | 2                     |            | 1           |                 | 0.149   | 0.112     |           |
| Valine.....g                             | 0.799                                 |            | 2                     |            | 1           |                 | 0.224   | 0.168     |           |
| Arginine.....g                           | 1.202                                 |            | 2                     |            | 1           |                 | 0.337   | 0.252     |           |
| Histidine.....g                          | 0.695                                 |            | 2                     |            | 1           |                 | 0.195   | 0.146     |           |
| Alanine.....g                            | 0.997                                 |            | 2                     |            | 1           |                 | 0.279   | 0.209     |           |
| Aspartic acid.....g                      | 1.659                                 |            | 2                     |            | 1           |                 | 0.465   | 0.348     |           |
| Glutamic acid.....g                      | 2.593                                 |            | 2                     |            | 1           |                 | 0.726   | 0.545     |           |
| Glycine.....g                            | 0.827                                 |            | 2                     |            | 1           |                 | 0.232   | 0.174     |           |
| Proline.....g                            | 0.695                                 |            | 2                     |            | 1           |                 | 0.195   | 0.146     |           |
| Serine.....g                             | 0.674                                 |            | 2                     |            | 1           |                 | 0.189   | 0.142     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)  
 Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")



**NDB No. 07027**  
**Ham, chopped, not canned**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07938**  
**Ham, honey, smoked, cooked**

| 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                     | BFZN       | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.099                                 |            | 0                     | BFZN       | 4           |   |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.571                                 |            | 0                     | BFZN       | 4           |   |           |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.314                                 |            | 0                     | BFZN       | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.305                                 |            | 0                     | BFZN       | 4           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.009                                 |            | 0                     | BFZN       | 4           |   |           |           |           |
| 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                       | 22                                    |            | 0                     | MC         | 9           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | MC         | 9           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07030

Ham, minced

| 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 | 9.570                                 |            | 0                     |            | 1           |                 | 2.010   | 2.713     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.730                                 | 0.055      | 4                     |            | 1           |                 | 0.153   | 0.207     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 8.850                                 | 0.772      | 4                     |            | 1           |                 | 1.859   | 2.509     |           |
| 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 | 2.470                                 |            | 0                     |            | 1           |                 | 0.519   | 0.700     |           |
| 18:2 undifferentiated.....g              | 2.160                                 | 0.156      | 4                     |            | 1           |                 | 0.454   | 0.612     |           |
| 18:3 undifferentiated.....g              | 0.310                                 | 0.023      | 4                     |            | 1           |                 | 0.065   | 0.088     |           |
| 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                       | 70                                    | 9.078      | 4                     |            | 1           |                 | 15  | 20        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.156                                 |            | 1                     |            | 1           |                 | 0.033   | 0.044     |           |
| Threonine.....g                          | 0.734                                 |            | 1                     |            | 1           |                 | 0.154   | 0.208     |           |
| Isoleucine.....g                         | 0.700                                 |            | 1                     |            | 1           |                 | 0.147   | 0.198     |           |
| Leucine.....g                            | 1.258                                 |            | 1                     |            | 1           |                 | 0.264   | 0.357     |           |
| Lysine.....g                             | 1.364                                 |            | 1                     |            | 1           |                 | 0.286   | 0.387     |           |
| Methionine.....g                         | 0.456                                 |            | 1                     |            | 1           |                 | 0.096   | 0.129     |           |
| Cystine.....g                            | 0.190                                 |            | 1                     |            | 1           |                 | 0.040   | 0.054     |           |
| Phenylalanine.....g                      | 0.641                                 |            | 1                     |            | 1           |                 | 0.135   | 0.182     |           |
| Tyrosine.....g                           | 0.536                                 |            | 1                     |            | 1           |                 | 0.113   | 0.152     |           |
| Valine.....g                             | 0.747                                 |            | 1                     |            | 1           |                 | 0.157   | 0.212     |           |
| Arginine.....g                           | 1.023                                 |            | 1                     |            | 1           |                 | 0.215   | 0.290     |           |
| Histidine.....g                          | 0.604                                 |            | 1                     |            | 1           |                 | 0.127   | 0.171     |           |
| Alanine.....g                            | 0.948                                 |            | 1                     |            | 1           |                 | 0.199   | 0.269     |           |
| Aspartic acid.....g                      | 1.500                                 |            | 1                     |            | 1           |                 | 0.315   | 0.425     |           |
| Glutamic acid.....g                      | 2.338                                 |            | 1                     |            | 1           |                 | 0.491   | 0.663     |           |
| Glycine.....g                            | 0.883                                 |            | 1                     |            | 1           |                 | 0.185   | 0.250     |           |
| Proline.....g                            | 0.713                                 |            | 1                     |            | 1           |                 | 0.150   | 0.202     |           |
| Serine.....g                             | 0.677                                 |            | 1                     |            | 1           |                 | 0.142   | 0.192     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

Measure 2 = 28.35g: 1 oz

**NDB No. 07030**  
**Ham, minced**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
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NDB No. 07028

Ham, sliced, extra lean, (approximately 5% 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 | 2.350                                 |            | 0                     |            | 1           |                 | 3.173   | 0.658     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.220                                 | 0.020      | 15                    |            | 1           |                 | 0.297   | 0.062     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 2.130                                 | 0.173      | 15                    |            | 1           |                 | 2.876   | 0.596     |           |
| 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 | 0.480                                 |            | 0                     |            | 1           |                 | 0.648   | 0.134     |           |
| 18:2 undifferentiated.....g              | 0.430                                 | 0.033      | 15                    |            | 1           |                 | 0.581   | 0.120     |           |
| 18:3 undifferentiated.....g              | 0.050                                 | 0.009      | 15                    |            | 1           |                 | 0.068   | 0.014     |           |
| 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                       | 47                                    | 2.495      | 12                    |            | 1           |                 | 63  | 13        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.232                                 |            | 2                     |            | 1           |                 | 0.313   | 0.065     |           |
| Threonine.....g                          | 0.860                                 |            | 10                    |            | 1           |                 | 1.161   | 0.241     |           |
| Isoleucine.....g                         | 0.848                                 |            | 10                    |            | 1           |                 | 1.145   | 0.237     |           |
| Leucine.....g                            | 1.535                                 |            | 10                    |            | 1           |                 | 2.072   | 0.430     |           |
| Lysine.....g                             | 1.640                                 |            | 10                    |            | 1           |                 | 2.214   | 0.459     |           |
| Methionine.....g                         | 0.511                                 |            | 10                    |            | 1           |                 | 0.690   | 0.143     |           |
| Cystine.....g                            | 0.291                                 |            | 2                     |            | 1           |                 | 0.393   | 0.081     |           |
| Phenylalanine.....g                      | 0.836                                 |            | 10                    |            | 1           |                 | 1.129   | 0.234     |           |
| Tyrosine.....g                           | 0.634                                 |            | 10                    |            | 1           |                 | 0.856   | 0.178     |           |
| Valine.....g                             | 0.839                                 |            | 10                    |            | 1           |                 | 1.133   | 0.235     |           |
| Arginine.....g                           | 1.257                                 |            | 10                    |            | 1           |                 | 1.697   | 0.352     |           |
| Histidine.....g                          | 0.693                                 |            | 10                    |            | 1           |                 | 0.936   | 0.194     |           |
| Alanine.....g                            | 1.142                                 |            | 10                    |            | 1           |                 | 1.542   | 0.320     |           |
| Aspartic acid.....g                      | 1.832                                 |            | 10                    |            | 1           |                 | 2.473   | 0.513     |           |
| Glutamic acid.....g                      | 3.154                                 |            | 10                    |            | 1           |                 | 4.258   | 0.883     |           |
| Glycine.....g                            | 1.006                                 |            | 10                    |            | 1           |                 | 1.358   | 0.282     |           |
| Proline.....g                            | 0.826                                 |            | 10                    |            | 1           |                 | 1.115   | 0.231     |           |
| Serine.....g                             | 0.792                                 |            | 10                    |            | 1           |                 | 1.069   | 0.222     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 135g: 1 cup, diced

Measure 2 = 28g: 1 slice (6-1/4" x 4" x 1/16")



**NDB No. 07028**

**Ham, sliced, extra lean, (approximately 5% fat)**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07029

Ham, sliced, regular (approximately 11% 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 | 4.354                                 |            | 0                     | NC         | 4   |                 | 2.438     | 1.219     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.274                                 |            | 0                     | FLA        | 4   |                 | 0.153     | 0.077     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 4.006                                 |            | 0                     | FLA        | 4   |                 | 2.243     | 1.122     |           |
| 20:1.....g                               | 0.075                                 |            | 0                     | FLA        | 4   |                 | 0.042     | 0.021     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.789                                 |            | 0                     | NC         | 4   |                 | 0.442     | 0.221     |           |
| 18:2 undifferentiated.....g              | 0.691                                 |            | 0                     | FLA        | 4   |                 | 0.387     | 0.193     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0                     | FLA        | 4   |                 | 0.034     | 0.017     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.038                                 |            | 0                     | FLA        | 4   |                 | 0.021     | 0.011     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 57                                    |            | 2                     | A          | 1   |                 | 32        | 16        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.155                                 |            | 0                     | FLA        | 4   |                 | 0.087     | 0.043     |           |
| Threonine.....g                          | 0.558                                 |            | 0                     | FLA        | 4   |                 | 0.313     | 0.156     |           |
| Isoleucine.....g                         | 0.573                                 |            | 0                     | FLA        | 4   |                 | 0.321     | 0.161     |           |
| Leucine.....g                            | 0.986                                 |            | 0                     | FLA        | 4   |                 | 0.552     | 0.276     |           |
| Lysine.....g                             | 1.110                                 |            | 0                     | FLA        | 4   |                 | 0.621     | 0.311     |           |
| Methionine.....g                         | 0.319                                 |            | 0                     | FLA        | 4   |                 | 0.179     | 0.089     |           |
| Cystine.....g                            | 0.160                                 |            | 0                     | FLA        | 4   |                 | 0.089     | 0.045     |           |
| Phenylalanine.....g                      | 0.497                                 |            | 0                     | FLA        | 4   |                 | 0.278     | 0.139     |           |
| Tyrosine.....g                           | 0.422                                 |            | 0                     | FLA        | 4   |                 | 0.236     | 0.118     |           |
| Valine.....g                             | 0.670                                 |            | 0                     | FLA        | 4   |                 | 0.375     | 0.188     |           |
| Arginine.....g                           | 0.837                                 |            | 0                     | FLA        | 4   |                 | 0.469     | 0.234     |           |
| Histidine.....g                          | 0.477                                 |            | 0                     | FLA        | 4   |                 | 0.267     | 0.133     |           |
| Alanine.....g                            | 0.731                                 |            | 0                     | FLA        | 4   |                 | 0.409     | 0.205     |           |
| Aspartic acid.....g                      | 1.146                                 |            | 0                     | FLA        | 4   |                 | 0.641     | 0.321     |           |
| Glutamic acid.....g                      | 1.934                                 |            | 0                     | FLA        | 4   |                 | 1.083     | 0.542     |           |
| Glycine.....g                            | 0.681                                 |            | 0                     | FLA        | 4   |                 | 0.381     | 0.191     |           |
| Proline.....g                            | 0.547                                 |            | 0                     | FLA        | 4   |                 | 0.307     | 0.153     |           |
| Serine.....g                             | 0.518                                 |            | 0                     | FLA        | 4   |                 | 0.290     | 0.145     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 56g: 1 serving

Measure 2 = 28g: 1 slice

**NDB No. 07029**

**Ham, sliced, regular (approximately 11% fat)**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07034**  
**Headcheese, pork**

| 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 | 8.100                                 |            | 0                     |            | 1   |                 | 2.268     | 4.617     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.830                                 |            | 4                     |            | 1   |                 | 0.232     | 0.473     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 7.270                                 |            | 4                     |            | 1   |                 | 2.036     | 4.144     |           |
| 20:1.....g                               | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.650                                 |            | 0                     |            | 1   |                 | 0.462     | 0.941     |           |
| 18:2 undifferentiated.....g              | 1.450                                 |            | 4                     |            | 1   |                 | 0.406     | 0.827     |           |
| 18:3 undifferentiated.....g              | 0.190                                 |            | 4                     |            | 1   |                 | 0.053     | 0.108     |           |
| 18:4.....g                               | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 81                                    |            | 2                     |            | 1   |                 | 23        | 46        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.084                                 |            | 0                     |            | 1   |                 | 0.024     | 0.048     |           |
| Threonine.....g                          | 0.445                                 |            | 0                     |            | 1   |                 | 0.125     | 0.254     |           |
| Isoleucine.....g                         | 0.543                                 |            | 0                     |            | 1   |                 | 0.152     | 0.310     |           |
| Leucine.....g                            | 1.009                                 |            | 0                     |            | 1   |                 | 0.283     | 0.575     |           |
| Lysine.....g                             | 0.968                                 |            | 0                     |            | 1   |                 | 0.271     | 0.552     |           |
| Methionine.....g                         | 0.266                                 |            | 0                     |            | 1   |                 | 0.074     | 0.152     |           |
| Cystine.....g                            | 0.223                                 |            | 0                     |            | 1   |                 | 0.062     | 0.127     |           |
| Phenylalanine.....g                      | 0.607                                 |            | 0                     |            | 1   |                 | 0.170     | 0.346     |           |
| Tyrosine.....g                           | 0.466                                 |            | 0                     |            | 1   |                 | 0.130     | 0.266     |           |
| Valine.....g                             | 0.658                                 |            | 0                     |            | 1   |                 | 0.184     | 0.375     |           |
| Arginine.....g                           | 1.147                                 |            | 0                     |            | 1   |                 | 0.321     | 0.654     |           |
| Histidine.....g                          | 0.297                                 |            | 0                     |            | 1   |                 | 0.083     | 0.169     |           |
| Alanine.....g                            | 1.024                                 |            | 0                     |            | 1   |                 | 0.287     | 0.584     |           |
| Aspartic acid.....g                      | 1.423                                 |            | 0                     |            | 1   |                 | 0.398     | 0.811     |           |
| Glutamic acid.....g                      | 1.690                                 |            | 0                     |            | 1   |                 | 0.473     | 0.963     |           |
| Glycine.....g                            | 1.923                                 |            | 0                     |            | 1   |                 | 0.538     | 1.096     |           |
| Proline.....g                            | 1.295                                 |            | 0                     |            | 1   |                 | 0.363     | 0.738     |           |
| Serine.....g                             | 0.627                                 |            | 0                     |            | 1   |                 | 0.176     | 0.357     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)
- Measure 2 = 57g: 2 slices

**NDB No. 07034**  
**Headcheese, pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07035**  
**Honey loaf, pork, beef**

| 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 | 2.020                                 |            | 0                     | NC         | 4           |                 | 1.151   | 0.566     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.230                                 | 0.027      | 5                     |            | 1           |                 | 0.131   | 0.064     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 1.790                                 | 0.042      | 5                     |            | 1           |                 | 1.020   | 0.501     |           |
| 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 | 0.460                                 |            | 0                     | NC         | 4           |                 | 0.262   | 0.129     |           |
| 18:2 undifferentiated.....g              | 0.380                                 | 0.017      | 5                     |            | 1           |                 | 0.217   | 0.106     |           |
| 18:3 undifferentiated.....g              | 0.080                                 | 0.026      | 5                     |            | 1           |                 | 0.046   | 0.022     |           |
| 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                                    | 8.686      | 3                     |            | 1           |                 | 19  | 10        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.190                                 |            | 0                     | FLM        | 4           |                 | 0.108   | 0.053     |           |
| Threonine.....g                          | 0.683                                 |            | 0                     | FLM        | 4           |                 | 0.389   | 0.191     |           |
| Isoleucine.....g                         | 0.703                                 |            | 0                     | FLM        | 4           |                 | 0.401   | 0.197     |           |
| Leucine.....g                            | 1.207                                 |            | 0                     | FLM        | 4           |                 | 0.688   | 0.338     |           |
| Lysine.....g                             | 1.342                                 |            | 0                     | FLM        | 4           |                 | 0.765   | 0.376     |           |
| Methionine.....g                         | 0.393                                 |            | 0                     | FLM        | 4           |                 | 0.224   | 0.110     |           |
| Cystine.....g                            | 0.194                                 |            | 0                     | FLM        | 4           |                 | 0.111   | 0.054     |           |
| Phenylalanine.....g                      | 0.603                                 |            | 0                     | FLM        | 4           |                 | 0.344   | 0.169     |           |
| Tyrosine.....g                           | 0.519                                 |            | 0                     | FLM        | 4           |                 | 0.296   | 0.145     |           |
| Valine.....g                             | 0.814                                 |            | 0                     | FLM        | 4           |                 | 0.464   | 0.228     |           |
| Arginine.....g                           | 0.935                                 |            | 0                     | FLM        | 4           |                 | 0.533   | 0.262     |           |
| Histidine.....g                          | 0.582                                 |            | 0                     | FLM        | 4           |                 | 0.332   | 0.163     |           |
| Alanine.....g                            | 0.869                                 |            | 0                     | FLM        | 4           |                 | 0.496   | 0.243     |           |
| Aspartic acid.....g                      | 1.397                                 |            | 0                     | FLM        | 4           |                 | 0.796   | 0.391     |           |
| Glutamic acid.....g                      | 2.316                                 |            | 0                     | FLM        | 4           |                 | 1.320   | 0.648     |           |
| Glycine.....g                            | 0.749                                 |            | 0                     | FLM        | 4           |                 | 0.427   | 0.210     |           |
| Proline.....g                            | 0.624                                 |            | 0                     | FLM        | 4           |                 | 0.355   | 0.175     |           |
| Serine.....g                             | 0.622                                 |            | 0                     | FLM        | 4           |                 | 0.355   | 0.174     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |                 | 0.0   | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9           |                 | 0   | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | FLM        | 4           |                 | 0   | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 57g: 1 serving 2 slices  
 Measure 2 = 28g: 1 slice

**NDB No. 07035**  
**Honey loaf, pork, beef**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07088**  
**Honey roll sausage, beef**

| 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 | Measure 3 |
|  |  |            |                       |            |             |  |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.820  |            | 0                     |            | 1           |  | 1.109     | 1.366     |           |
| 14:1.....g                               |  |            |                       |            |             |  |           |           |           |
| 15:1.....g                               |  |            |                       |            |             |  |           |           |           |
| 16:1 undifferentiated.....g              | 0.620  | 0.051      | 4                     |            | 1           |  | 0.143     | 0.176     |           |
| 17:1.....g                               |  |            |                       |            |             |  |           |           |           |
| 18:1 undifferentiated.....g              | 4.200  | 0.257      | 4                     |            | 1           |  | 0.966     | 1.191     |           |
| 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 | 0.490  |            | 0                     |            | 1           |  | 0.113     | 0.139     |           |
| 18:2 undifferentiated.....g              | 0.380  | 0.020      | 4                     |            | 1           |  | 0.087     | 0.108     |           |
| 18:3 undifferentiated.....g              | 0.110  | 0.015      | 4                     |            | 1           |  | 0.025     | 0.031     |           |
| 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                       | 50   | 3.198      | 4                     |            | 1           |  | 12        | 14        |           |
| Phytosterols.....mg                      | 0  |            | 0                     |            | 4           |  | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |  |            |                       |            |             |  |           |           |           |
| Tryptophan.....g                         | 0.152  |            | 0                     |            | 4           |  | 0.035     | 0.043     |           |
| Threonine.....g                          | 0.779  |            | 0                     |            | 4           |  | 0.179     | 0.221     |           |
| Isoleucine.....g                         | 0.761  |            | 0                     |            | 4           |  | 0.175     | 0.216     |           |
| Leucine.....g                            | 1.388  |            | 0                     |            | 4           |  | 0.319     | 0.393     |           |
| Lysine.....g                             | 1.516  |            | 0                     |            | 4           |  | 0.349     | 0.430     |           |
| Methionine.....g                         | 0.449  |            | 0                     |            | 4           |  | 0.103     | 0.127     |           |
| Cystine.....g                            | 0.220  |            | 0                     |            | 4           |  | 0.051     | 0.062     |           |
| Phenylalanine.....g                      | 0.696  |            | 0                     |            | 4           |  | 0.160     | 0.197     |           |
| Tyrosine.....g                           | 0.562  |            | 0                     |            | 4           |  | 0.129     | 0.159     |           |
| Valine.....g                             | 0.853  |            | 0                     |            | 4           |  | 0.196     | 0.242     |           |
| Arginine.....g                           | 1.255  |            | 0                     |            | 4           |  | 0.289     | 0.356     |           |
| Histidine.....g                          | 0.538  |            | 0                     |            | 4           |  | 0.124     | 0.153     |           |
| Alanine.....g                            | 1.228  |            | 0                     |            | 4           |  | 0.282     | 0.348     |           |
| Aspartic acid.....g                      | 1.650  |            | 0                     |            | 4           |  | 0.380     | 0.468     |           |
| Glutamic acid.....g                      | 2.679  |            | 0                     |            | 4           |  | 0.616     | 0.759     |           |
| Glycine.....g                            | 1.379  |            | 0                     |            | 4           |  | 0.317     | 0.391     |           |
| Proline.....g                            | 1.011  |            | 0                     |            | 4           |  | 0.233     | 0.287     |           |
| Serine.....g                             | 0.758  |            | 0                     |            | 4           |  | 0.174     | 0.215     |           |
| Hydroxyproline.....g                     |  |            |                       |            |             |  |           |           |           |
| <b><u>Others:</u></b>                    |  |            |                       |            |             |  |           |           |           |
| 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 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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

NDB No. 07934

Kielbasa, Polish, turkey and beef, smoked

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 62.00                                 |            | 1                     | A          | 1   |                 | 34.72     |           |           |
| Energy.....kcal                          | 226                                   |            | 0                     | MC         | 9   |                 | 127       |           |           |
| Energy.....kj                            | 947                                   |            | 0                     | MC         | 9   |                 | 530       |           |           |
| Protein (N x 6.25).....g                 | 13.10                                 |            | 1                     | A          | 1   |                 | 7.34      |           |           |
| Total lipid (fat).....g                  | 17.60                                 |            | 1                     | A          | 1   |                 | 9.86      |           |           |
| Ash.....g                                | 3.40                                  |            | 1                     | A          | 1   |                 | 1.90      |           |           |
| Carbohydrate, by difference.....g        | 3.90                                  |            | 0                     | MC         | 9   |                 | 2.18      |           |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                      | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       |                                       |            |                       |            |   |                 |           |           |           |
| Iron, Fe.....mg                          | 1.24                                  |            | 1                     | A          | 1   |                 | 0.69      |           |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Potassium, K.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| Sodium, Na.....mg                        | 1200                                  |            | 1                     | A          | 1   |                 | 672       |           |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |   |                 |           |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |   |                 |           |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 14.8                                  |            | 1                     | A          | 1   |                 | 8.3       |           |           |
| 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                     | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Vitamin A, RAE.....mcg_RAE               | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 6.230                                 |            | 1                     | A          | 1   |                 | 3.489     |           |           |
| Fatty acids, total monounsaturated.....g | 8.270                                 |            | 1                     | A          | 1   |                 | 4.631     |           |           |
| Fatty acids, total polyunsaturated.....g | 2.330                                 |            | 1                     | A          | 1   |                 | 1.305     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 70                                    |            | 1                     | A          | 1   |                 | 39        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |

NDB No. 07934

Kielbasa, Polish, turkey and beef, smoked

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| 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 |

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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 = 56g: 1 serving 2 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07037

Kielbasa, kolbassy, pork, beef, nonfat dry milk 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 | 12.940                                |            | 0                     |            | 1           |                 | 3.668   | 3.364     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.970                                 | 0.038      | 6                     |            | 1           |                 | 0.275   | 0.252     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 11.970                                | 0.323      | 6                     |            | 1           |                 | 3.393   | 3.112     |           |
| 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 | 3.080                                 |            | 0                     |            | 1           |                 | 0.873   | 0.801     |           |
| 18:2 undifferentiated.....g              | 2.680                                 | 0.100      | 6                     |            | 1           |                 | 0.760   | 0.697     |           |
| 18:3 undifferentiated.....g              | 0.400                                 | 0.015      | 6                     |            | 1           |                 | 0.113   | 0.104     |           |
| 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                       | 67                                    | 4.619      | 6                     |            | 1           |                 | 19  | 17        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.138                                 |            | 1                     |            | 1           |                 | 0.039   | 0.036     |           |
| Threonine.....g                          | 0.432                                 |            | 1                     |            | 1           |                 | 0.122   | 0.112     |           |
| Isoleucine.....g                         | 0.639                                 |            | 1                     |            | 1           |                 | 0.181   | 0.166     |           |
| Leucine.....g                            | 0.874                                 |            | 1                     |            | 1           |                 | 0.248   | 0.227     |           |
| Lysine.....g                             | 1.010                                 |            | 1                     |            | 1           |                 | 0.286   | 0.263     |           |
| Methionine.....g                         | 0.276                                 |            | 1                     |            | 1           |                 | 0.078   | 0.072     |           |
| Cystine.....g                            | 0.225                                 |            | 1                     |            | 1           |                 | 0.064   | 0.059     |           |
| Phenylalanine.....g                      | 0.501                                 |            | 1                     |            | 1           |                 | 0.142   | 0.130     |           |
| Tyrosine.....g                           | 0.490                                 |            | 1                     |            | 1           |                 | 0.139   | 0.127     |           |
| Valine.....g                             | 0.639                                 |            | 1                     |            | 1           |                 | 0.181   | 0.166     |           |
| Arginine.....g                           | 0.942                                 |            | 1                     |            | 1           |                 | 0.267   | 0.245     |           |
| Histidine.....g                          | 0.314                                 |            | 1                     |            | 1           |                 | 0.089   | 0.082     |           |
| Alanine.....g                            | 0.848                                 |            | 0                     |            | 4           |                 | 0.240   | 0.220     |           |
| Aspartic acid.....g                      | 1.218                                 |            | 1                     |            | 1           |                 | 0.345   | 0.317     |           |
| Glutamic acid.....g                      | 1.618                                 |            | 1                     |            | 1           |                 | 0.459   | 0.421     |           |
| Glycine.....g                            | 1.039                                 |            | 1                     |            | 1           |                 | 0.295   | 0.270     |           |
| Proline.....g                            | 0.687                                 |            | 1                     |            | 1           |                 | 0.195   | 0.179     |           |
| Serine.....g                             | 0.530                                 |            | 1                     |            | 1           |                 | 0.150   | 0.138     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28.35g: 1 oz

Measure 2 = 26g: 1 slice (6" x 3-3/4" x 1/16")



**NDB No. 07037**

**Kielbasa, kolbassy, pork, beef, nonfat dry milk added**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07038

Knackwurst, knockwurst, pork, beef

| 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 | 12.810                                |            | 0                     | NC         | 4           |                 | 9.223   | 3.632     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.280                                 | 0.042      | 5                     |            | 1           |                 | 0.922   | 0.363     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 11.530                                | 0.700      | 5                     |            | 1           |                 | 8.302   | 3.269     |           |
| 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 | 2.920                                 |            | 0                     | NC         | 4           |                 | 2.102   | 0.828     |           |
| 18:2 undifferentiated.....g              | 2.480                                 | 0.223      | 5                     |            | 1           |                 | 1.786   | 0.703     |           |
| 18:3 undifferentiated.....g              | 0.440                                 | 0.085      | 5                     |            | 1           |                 | 0.317   | 0.125     |           |
| 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                       | 60                                    |            | 1                     | A          | 1           |                 | 43  | 17        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.138                                 |            | 0                     | BFZN       | 4           |                 | 0.099   | 0.039     |           |
| Threonine.....g                          | 0.432                                 |            | 0                     | BFZN       | 4           |                 | 0.311   | 0.122     |           |
| Isoleucine.....g                         | 0.639                                 |            | 0                     | BFZN       | 4           |                 | 0.460   | 0.181     |           |
| Leucine.....g                            | 0.874                                 |            | 0                     | BFZN       | 4           |                 | 0.629   | 0.248     |           |
| Lysine.....g                             | 1.010                                 |            | 0                     | BFZN       | 4           |                 | 0.727   | 0.286     |           |
| Methionine.....g                         | 0.276                                 |            | 0                     | BFZN       | 4           |                 | 0.199   | 0.078     |           |
| Cystine.....g                            | 0.225                                 |            | 0                     | BFZN       | 4           |                 | 0.162   | 0.064     |           |
| Phenylalanine.....g                      | 0.501                                 |            | 0                     | BFZN       | 4           |                 | 0.361   | 0.142     |           |
| Tyrosine.....g                           | 0.490                                 |            | 0                     | BFZN       | 4           |                 | 0.353   | 0.139     |           |
| Valine.....g                             | 0.639                                 |            | 0                     | BFZN       | 4           |                 | 0.460   | 0.181     |           |
| Arginine.....g                           | 0.942                                 |            | 0                     | BFZN       | 4           |                 | 0.678   | 0.267     |           |
| Histidine.....g                          | 0.314                                 |            | 0                     | BFZN       | 4           |                 | 0.226   | 0.089     |           |
| Alanine.....g                            | 0.848                                 |            | 0                     | BFZN       | 4           |                 | 0.611   | 0.240     |           |
| Aspartic acid.....g                      | 1.218                                 |            | 0                     | BFZN       | 4           |                 | 0.877   | 0.345     |           |
| Glutamic acid.....g                      | 1.618                                 |            | 0                     | BFZN       | 4           |                 | 1.165   | 0.459     |           |
| Glycine.....g                            | 1.039                                 |            | 0                     | BFZN       | 4           |                 | 0.748   | 0.295     |           |
| Proline.....g                            | 0.687                                 |            | 0                     | BFZN       | 4           |                 | 0.495   | 0.195     |           |
| Serine.....g                             | 0.530                                 |            | 0                     | BFZN       | 4           |                 | 0.382   | 0.150     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 72g: 1 link

Measure 2 = 28.35g: 1 oz

**NDB No. 07038**

**Knackwurst, knockwurst, pork, beef**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07251

LOUIS RICH, Chicken (white, oven roasted)

| 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 |
| 16:1 undifferentiated.....g              | 0.383                                 | 0.083      | 5                     | A          | 1           |   | 0.107     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.953                                 | 0.240      | 5                     | A          | 1           |   | 0.547     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.973                                 |            | 0                     | A          | 1           |   | 0.272     |           |           |
| 18:2 undifferentiated.....g              | 0.928                                 | 0.069      | 5                     | A          | 1           |   | 0.260     |           |           |
| 18:3 undifferentiated.....g              | 0.044                                 | 0.007      | 5                     | A          | 1           |   | 0.012     |           |           |
| 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                       | 59                                    | 1.213      | 17                    | A          | 1           |   | 17        |           |           |
| 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 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07250

LOUIS RICH, Chicken Breast (oven roasted deluxe)

| 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.143                                 | 0.016      | 8                     | A          | 1           |   | 0.040     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.678                                 | 0.059      | 8                     | A          | 1           |   | 0.190     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.317                                 |            | 0                     | A          | 1           |   | 0.089     |           |           |
| 18:2 undifferentiated.....g              | 0.305                                 | 0.022      | 8                     | A          | 1           |   | 0.085     |           |           |
| 18:3 undifferentiated.....g              | 0.012                                 | 0.002      | 8                     | A          | 1           |   | 0.003     |           |           |
| 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                       | 49                                    | 1.549      | 15                    | A          | 1           |   | 14        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07249

LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)

| 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 |
| 16:1 undifferentiated.....g              | 0.022                                 | 0.003      | 5                     | A          | 1           |   | 0.010     | 0.005     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.155                                 | 0.043      | 5                     | A          | 1           |   | 0.070     | 0.034     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.081                                 |            | 0                     | A          | 1           |   | 0.036     | 0.018     |           |
| 18:2 undifferentiated.....g              | 0.081                                 | 0.020      | 5                     | A          | 1           |   | 0.036     | 0.018     |           |
| 18:3 undifferentiated.....g              | 0.000                                 | 0.000      | 5                     | A          | 1           |   | 0.000     | 0.000     |           |
| 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                       | 52                                    | 1.342      | 5                     | A          | 1           |   | 23        | 11        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 45g: 1 serving

Measure 2 = 22g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07252

LOUIS RICH, Franks (turkey and chicken cheese)

| 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.760                                 | 0.029      | 3                     | A          | 1           |                 | 0.342   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 5.460                                 | 0.196      | 3                     | A          | 1           |                 | 2.457   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.980                                 |            | 0                     | A          | 1           |                 | 1.341   |           |           |
| 18:2 undifferentiated.....g              | 2.830                                 | 0.266      | 3                     | A          | 1           |                 | 1.274   |           |           |
| 18:3 undifferentiated.....g              | 0.150                                 | 0.017      | 3                     | A          | 1           |                 | 0.068   |           |           |
| 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                       | 94                                    | 7.506      | 3                     | A          | 1           |                 | 42  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07253

LOUIS RICH, Franks (turkey and chicken)

| 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.712                                 | 0.078      | 5                     | A          | 1           |   | 0.320     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.841                                 | 0.272      | 5                     | A          | 1           |   | 2.178     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.163                                 |            | 0                     | A          | 1           |   | 1.423     |           |           |
| 18:2 undifferentiated.....g              | 3.022                                 | 0.205      | 5                     | A          | 1           |   | 1.360     |           |           |
| 18:3 undifferentiated.....g              | 0.141                                 | 0.011      | 5                     | A          | 1           |   | 0.063     |           |           |
| 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                       | 92                                    | 1.789      | 5                     | A          | 1           |   | 41        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07258

LOUIS RICH, Turkey (honey roasted, 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 |
| 16:1 undifferentiated.....g              | 0.021                                 | 0.007      | 8                     | A          | 1           |   | 0.012     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.218                                 | 0.053      | 8                     | A          | 1           |   | 0.122     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.143                                 |            | 0                     | A          | 1           |   | 0.080     |           |           |
| 18:2 undifferentiated.....g              | 0.138                                 | 0.030      | 8                     | A          | 1           |   | 0.077     |           |           |
| 18:3 undifferentiated.....g              | 0.005                                 | 0.002      | 8                     | A          | 1           |   | 0.003     |           |           |
| 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                       | 40                                    | 3.024      | 7                     | A          | 1           |   | 22        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





**NDB No. 07254**  
**LOUIS RICH, Turkey Bacon**

| 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 | 7.510                                 |            | 0                     | A          | 1           |   | 1.051     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.680                                 | 0.125      | 5                     | A          | 1           |   | 0.095     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.830                                 | 0.072      | 5                     | A          | 1           |   | 0.956     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.700                                 |            | 0                     | A          | 1           |   | 0.658     |           |           |
| 18:2 undifferentiated.....g              | 4.530                                 | 0.134      | 5                     | A          | 1           |   | 0.634     |           |           |
| 18:3 undifferentiated.....g              | 0.170                                 | 0.018      | 5                     | A          | 1           |   | 0.024     |           |           |
| 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                       | 90                                    | 1.300      | 6                     | A          | 1           |   | 13        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 14.0g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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 | 5.310                                 |            | 0                     | A          | 1   |                 | 1.487     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.540                                 | 0.064      | 8                     | A          | 1   |                 | 0.151     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 4.770                                 | 0.230      | 8                     | A          | 1   |                 | 1.336     |           |           |
| 20:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.590                                 |            | 0                     | A          | 1   |                 | 1.005     |           |           |
| 18:2 undifferentiated.....g              | 3.350                                 | 0.152      | 8                     | A          | 1   |                 | 0.938     |           |           |
| 18:3 undifferentiated.....g              | 0.240                                 | 0.060      | 8                     | A          | 1   |                 | 0.067     |           |           |
| 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                       | 67                                    | 1.000      | 9                     | A          | 1   |                 | 19        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07261

LOUIS RICH, Turkey Breast (Smoked, Carving Board)

| 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 |
| 16:1 undifferentiated.....g              | 0.050                                 | 0.013      | 5                     | A          | 1           |   | 0.023     | 0.011     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.280                                 | 0.072      | 5                     | A          | 1           |   | 0.126     | 0.062     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.190                                 |            | 0                     | A          | 1           |   | 0.086     | 0.042     |           |
| 18:2 undifferentiated.....g              | 0.180                                 | 0.036      | 5                     | A          | 1           |   | 0.081     | 0.040     |           |
| 18:3 undifferentiated.....g              | 0.010                                 | 0.000      | 5                     | A          | 1           |   | 0.005     | 0.002     |           |
| 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                       | 43                                    | 0.447      | 5                     | A          | 1           |   | 19        | 9         |           |
| 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 = 45g: 1 serving

Measure 2 = 22g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07259

LOUIS RICH, Turkey Breast (oven roasted, 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.014                                 | 0.003      | 4                     | A          | 1           |                 | 0.004   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.184                                 | 0.027      | 4                     | A          | 1           |                 | 0.052   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.136                                 |            | 0                     | A          | 1           |                 | 0.038   |           |           |
| 18:2 undifferentiated.....g              | 0.130                                 | 0.010      | 4                     | A          | 1           |                 | 0.036   |           |           |
| 18:3 undifferentiated.....g              | 0.007                                 | 0.000      | 4                     | A          | 1           |                 | 0.002   |           |           |
| 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                       | 32                                    | 1.500      | 4                     | A          | 1           |                 | 9   |           |           |
| 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 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07260

LOUIS RICH, Turkey Breast (oven roasted, portion 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.015                                 | 0.002      | 13                    | A          | 1           |                 | 0.008   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.185                                 | 0.021      | 13                    | A          | 1           |                 | 0.104   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.133                                 |            | 0                     | A          | 1           |                 | 0.074   |           |           |
| 18:2 undifferentiated.....g              | 0.126                                 | 0.014      | 13                    | A          | 1           |                 | 0.071   |           |           |
| 18:3 undifferentiated.....g              | 0.007                                 | 0.002      | 13                    | A          | 1           |                 | 0.004   |           |           |
| 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                       | 40                                    | 1.732      | 12                    | A          | 1           |                 | 22  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07262

LOUIS RICH, Turkey Breast (smoked, portion 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 |
| 16:1 undifferentiated.....g              | 0.014                                 | 0.002      | 10                    | A          | 1           |   | 0.008     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.205                                 | 0.025      | 10                    | A          | 1           |   | 0.115     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.163                                 |            | 0                     | A          | 1           |   | 0.091     |           |           |
| 18:2 undifferentiated.....g              | 0.156                                 | 0.018      | 10                    | A          | 1           |   | 0.087     |           |           |
| 18:3 undifferentiated.....g              | 0.007                                 | 0.002      | 10                    | A          | 1           |   | 0.004     |           |           |
| 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                       | 41                                    | 2.000      | 9                     | A          | 1           |   | 23        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07256

LOUIS RICH, Turkey Breast and White Turkey (oven roasted)

| 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 | 0.585                                 |            | 0                     | A          | 1           |                 | 0.164   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.059                                 | 0.010      | 9                     | A          | 1           |                 | 0.017   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.527                                 | 0.068      | 9                     | A          | 1           |                 | 0.148   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.410                                 |            | 0                     | A          | 1           |                 | 0.115   |           |           |
| 18:2 undifferentiated.....g              | 0.392                                 | 0.043      | 9                     | A          | 1           |                 | 0.110   |           |           |
| 18:3 undifferentiated.....g              | 0.018                                 | 0.002      | 9                     | A          | 1           |                 | 0.005   |           |           |
| 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                       | 41                                    | 2.650      | 24                    | A          | 1           |                 | 11  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07257

LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)

| 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 |
| 16:1 undifferentiated.....g              | 0.070                                 | 0.016      | 6                     | A          | 1           |   | 0.020     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.670                                 | 0.049      | 6                     | A          | 1           |   | 0.188     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.510                                 |            | 0                     | A          | 1           |   | 0.143     |           |           |
| 18:2 undifferentiated.....g              | 0.470                                 | 0.045      | 6                     | A          | 1           |   | 0.132     |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 | 0.016      | 6                     | A          | 1           |   | 0.011     |           |           |
| 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                       | 42                                    | 2.449      | 6                     | A          | 1           |   | 12        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07264

LOUIS RICH, Turkey Ham (10% water 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 |
| 16:1 undifferentiated.....g              | 0.100                                 | 0.009      | 11                    | A          | 1           |   | 0.028     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.040                                 | 0.072      | 11                    | A          | 1           |   | 0.291     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.700                                 |            | 0                     | A          | 1           |   | 0.196     |           |           |
| 18:2 undifferentiated.....g              | 0.670                                 | 0.075      | 11                    | A          | 1           |   | 0.188     |           |           |
| 18:3 undifferentiated.....g              | 0.030                                 | 0.003      | 11                    | A          | 1           |   | 0.008     |           |           |
| 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                       | 67                                    | 2.840      | 15                    | A          | 1           |   | 19        |           |           |
| 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 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07265

LOUIS RICH, Turkey Nuggets/Sticks (breaded)

| 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.210                                 | 0.030      | 7                     | A          | 1           |   | 0.059     | 0.179     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 7.980                                 | 0.684      | 7                     | A          | 1           |   | 2.234     | 6.783     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 5.480                                 |            | 0                     | A          | 1           |   | 1.534     | 4.658     |           |
| 18:2 undifferentiated.....g              | 4.840                                 | 0.476      | 7                     | A          | 1           |   | 1.355     | 4.114     |           |
| 18:3 undifferentiated.....g              | 0.640                                 | 0.212      | 7                     | A          | 1           |   | 0.179     | 0.544     |           |
| 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                       | 40                                    | 1.512      | 7                     | A          | 1           |   | 11        | 34        |           |
| 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 = 28g: 1 piece

Measure 2 = 85g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07266**  
**LOUIS RICH, Turkey Salami**

| 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 |
| 16:1 undifferentiated.....g              | 0.268                                 | 0.013      | 4                     | A          | 1           |   | 0.075     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.878                                 | 0.073      | 4                     | A          | 1           |   | 0.806     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.342                                 |            | 0                     | A          | 1           |   | 0.656     |           |           |
| 18:2 undifferentiated.....g              | 2.291                                 | 0.164      | 4                     | A          | 1           |   | 0.641     |           |           |
| 18:3 undifferentiated.....g              | 0.052                                 | 0.035      | 4                     | A          | 1           |   | 0.015     |           |           |
| 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                       | 76                                    | 1.000      | 4                     | A          | 1           |   | 21        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07267**  
**LOUIS RICH, Turkey Salami Cotto**

| 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 |
| 16:1 undifferentiated.....g              | 0.470                                 | 0.065      | 4                     | A          | 1           |   | 0.132     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.450                                 | 0.070      | 4                     | A          | 1           |   | 0.966     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.330                                 |            | 0                     | A          | 1           |   | 0.652     |           |           |
| 18:2 undifferentiated.....g              | 2.220                                 | 0.065      | 4                     | A          | 1           |   | 0.622     |           |           |
| 18:3 undifferentiated.....g              | 0.110                                 | 0.040      | 4                     | A          | 1           |   | 0.031     |           |           |
| 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                       | 77                                    | 2.041      | 6                     | A          | 1           |   | 22        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





**NDB No. 07268**  
**LOUIS RICH, Turkey Smoked Sausage**

| 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 | 3.560                                 |            | 0                     | A          | 1   |                 | 1.994     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.410                                 | 0.050      | 9                     | A          | 1   |                 | 0.230     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.150                                 | 0.187      | 9                     | A          | 1   |                 | 1.764     |           |           |
| 20:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.680                                 |            | 0                     | A          | 1   |                 | 1.501     |           |           |
| 18:2 undifferentiated.....g              | 2.420                                 | 0.160      | 9                     | A          | 1   |                 | 1.355     |           |           |
| 18:3 undifferentiated.....g              | 0.260                                 | 0.053      | 9                     | A          | 1   |                 | 0.146     |           |           |
| 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                       | 66                                    | 1.650      | 8                     | A          | 1   |                 | 37        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07039**  
**Lebanon bologna, beef**

| 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 | 4.436                                 |            | 0                     | NC         | 4   |                 | 2.528     | 1.258     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.363                                 |            | 0                     | BFFN       | 4   |                 | 0.207     | 0.103     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 4.029                                 |            | 0                     | BFFN       | 4   |                 | 2.297     | 1.142     |           |
| 20:1.....g                               | 0.044                                 |            | 0                     | BFFN       | 4   |                 | 0.025     | 0.012     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFFN       | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.258                                 |            | 0                     | NC         | 4   |                 | 0.147     | 0.073     |           |
| 18:2 undifferentiated.....g              | 0.246                                 |            | 0                     | BFFN       | 4   |                 | 0.140     | 0.070     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | BFFN       | 4   |                 | 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              | 0.011                                 |            | 0                     | BFFN       | 4   |                 | 0.006     | 0.003     |           |
| 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                       | 55                                    |            | 0                     | MC         | 9   |                 | 31        | 16        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | MC         | 9   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 57g: 1 serving 2 slices

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07040**  
**Liver cheese, pork**

| 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 | 12.260                                |            | 0                     |            | 1           |   | 3.476     | 4.659     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.940                                 |            | 7                     |            | 1           |   | 0.266     | 0.357     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.320                                |            | 7                     |            | 1           |   | 3.209     | 4.302     |           |
| 20:1.....g                               | 0.000                                 |            | 7                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 7                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.420                                 |            | 0                     |            | 1           |   | 0.970     | 1.300     |           |
| 18:2 undifferentiated.....g              | 3.090                                 |            | 7                     |            | 1           |   | 0.876     | 1.174     |           |
| 18:3 undifferentiated.....g              | 0.330                                 |            | 7                     |            | 1           |   | 0.094     | 0.125     |           |
| 18:4.....g                               | 0.000                                 |            | 7                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 7                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 7                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 7                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 7                     |            | 1           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 174                                   | 21.944     | 5                     |            | 1           |   | 49        | 66        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.206                                 |            | 0                     |            | 1           |   | 0.058     | 0.078     |           |
| Threonine.....g                          | 0.651                                 |            | 0                     |            | 1           |   | 0.185     | 0.247     |           |
| Isoleucine.....g                         | 0.631                                 |            | 0                     |            | 1           |   | 0.179     | 0.240     |           |
| Leucine.....g                            | 1.331                                 |            | 0                     |            | 1           |   | 0.377     | 0.506     |           |
| Lysine.....g                             | 1.178                                 |            | 0                     |            | 1           |   | 0.334     | 0.448     |           |
| Methionine.....g                         | 0.342                                 |            | 0                     |            | 1           |   | 0.097     | 0.130     |           |
| Cystine.....g                            | 0.328                                 |            | 0                     |            | 1           |   | 0.093     | 0.125     |           |
| Phenylalanine.....g                      | 0.716                                 |            | 0                     |            | 1           |   | 0.203     | 0.272     |           |
| Tyrosine.....g                           | 0.466                                 |            | 0                     |            | 1           |   | 0.132     | 0.177     |           |
| Valine.....g                             | 0.806                                 |            | 0                     |            | 1           |   | 0.229     | 0.306     |           |
| Arginine.....g                           | 0.828                                 |            | 0                     |            | 1           |   | 0.235     | 0.315     |           |
| Histidine.....g                          | 0.393                                 |            | 0                     |            | 1           |   | 0.111     | 0.149     |           |
| Alanine.....g                            | 0.930                                 |            | 0                     |            | 1           |   | 0.264     | 0.353     |           |
| Aspartic acid.....g                      | 1.350                                 |            | 0                     |            | 1           |   | 0.383     | 0.513     |           |
| Glutamic acid.....g                      | 1.834                                 |            | 0                     |            | 1           |   | 0.520     | 0.697     |           |
| Glycine.....g                            | 0.935                                 |            | 0                     |            | 1           |   | 0.265     | 0.355     |           |
| Proline.....g                            | 0.716                                 |            | 0                     |            | 1           |   | 0.203     | 0.272     |           |
| Serine.....g                             | 0.690                                 |            | 0                     |            | 1           |   | 0.196     | 0.262     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 slice

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07041**  
**Liver sausage, liverwurst, pork**

| 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 | 13.340                                |            | 0                     |            | 1   |                 | 2.401     | 3.782     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.060                                 |            | 1                     |            | 1   |                 | 0.191     | 0.301     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.050                                |            | 1                     |            | 1   |                 | 2.169     | 3.416     |           |
| 20:1.....g                               | 0.000                                 |            | 1                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 1                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.600                                 |            | 0                     |            | 1   |                 | 0.468     | 0.737     |           |
| 18:2 undifferentiated.....g              | 2.450                                 |            | 1                     |            | 1   |                 | 0.441     | 0.695     |           |
| 18:3 undifferentiated.....g              | 0.140                                 |            | 1                     |            | 1   |                 | 0.025     | 0.040     |           |
| 18:4.....g                               | 0.000                                 |            | 1                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 1                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 1                     |            | 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                                 |            | 1                     |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 158                                   |            | 2                     |            | 1   |                 | 28        | 45        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.151                                 |            | 0                     |            | 1   |                 | 0.027     | 0.043     |           |
| Threonine.....g                          | 0.671                                 |            | 0                     |            | 1   |                 | 0.121     | 0.190     |           |
| Isoleucine.....g                         | 0.653                                 |            | 0                     |            | 1   |                 | 0.118     | 0.185     |           |
| Leucine.....g                            | 1.139                                 |            | 0                     |            | 1   |                 | 0.205     | 0.323     |           |
| Lysine.....g                             | 1.155                                 |            | 0                     |            | 1   |                 | 0.208     | 0.327     |           |
| Methionine.....g                         | 0.285                                 |            | 0                     |            | 1   |                 | 0.051     | 0.081     |           |
| Cystine.....g                            | 0.149                                 |            | 0                     |            | 1   |                 | 0.027     | 0.042     |           |
| Phenylalanine.....g                      | 0.617                                 |            | 0                     |            | 1   |                 | 0.111     | 0.175     |           |
| Tyrosine.....g                           | 0.362                                 |            | 0                     |            | 1   |                 | 0.065     | 0.103     |           |
| Valine.....g                             | 0.857                                 |            | 0                     |            | 1   |                 | 0.154     | 0.243     |           |
| Arginine.....g                           | 0.812                                 |            | 0                     |            | 1   |                 | 0.146     | 0.230     |           |
| Histidine.....g                          | 0.448                                 |            | 0                     |            | 1   |                 | 0.081     | 0.127     |           |
| Alanine.....g                            | 0.830                                 |            | 0                     |            | 1   |                 | 0.149     | 0.235     |           |
| Aspartic acid.....g                      | 1.164                                 |            | 0                     |            | 1   |                 | 0.210     | 0.330     |           |
| Glutamic acid.....g                      | 2.195                                 |            | 0                     |            | 1   |                 | 0.395     | 0.622     |           |
| Glycine.....g                            | 1.096                                 |            | 0                     |            | 1   |                 | 0.197     | 0.311     |           |
| Proline.....g                            | 0.850                                 |            | 0                     |            | 1   |                 | 0.153     | 0.241     |           |
| Serine.....g                             | 0.694                                 |            | 0                     |            | 1   |                 | 0.125     | 0.197     |           |
| 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 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07911**  
**Liverwurst spread**

| 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 | 12.286                                |            | 0                     | NC         | 4   |                 | 6.757     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.993                                 |            | 0                     | BFZN       | 4   |                 | 0.546     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.293                                |            | 0                     | BFZN       | 4   |                 | 6.211     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.427                                 |            | 0                     | NC         | 4   |                 | 1.335     |           |           |
| 18:2 undifferentiated.....g              | 2.296                                 |            | 0                     | BFZN       | 4   |                 | 1.263     |           |           |
| 18:3 undifferentiated.....g              | 0.131                                 |            | 0                     | BFZN       | 4   |                 | 0.072     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 118                                   |            | 0                     | MC         | 9   |                 | 65        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.151                                 |            | 0                     | BFZN       | 4   |                 | 0.083     |           |           |
| Threonine.....g                          | 0.671                                 |            | 0                     | BFZN       | 4   |                 | 0.369     |           |           |
| Isoleucine.....g                         | 0.653                                 |            | 0                     | BFZN       | 4   |                 | 0.359     |           |           |
| Leucine.....g                            | 1.139                                 |            | 0                     | BFZN       | 4   |                 | 0.626     |           |           |
| Lysine.....g                             | 1.155                                 |            | 0                     | BFZN       | 4   |                 | 0.635     |           |           |
| Methionine.....g                         | 0.285                                 |            | 0                     | BFZN       | 4   |                 | 0.157     |           |           |
| Cystine.....g                            | 0.149                                 |            | 0                     | BFZN       | 4   |                 | 0.082     |           |           |
| Phenylalanine.....g                      | 0.617                                 |            | 0                     | BFZN       | 4   |                 | 0.339     |           |           |
| Tyrosine.....g                           | 0.362                                 |            | 0                     | BFZN       | 4   |                 | 0.199     |           |           |
| Valine.....g                             | 0.857                                 |            | 0                     | BFZN       | 4   |                 | 0.471     |           |           |
| Arginine.....g                           | 0.812                                 |            | 0                     | BFZN       | 4   |                 | 0.447     |           |           |
| Histidine.....g                          | 0.448                                 |            | 0                     | BFZN       | 4   |                 | 0.246     |           |           |
| Alanine.....g                            | 0.830                                 |            | 0                     | BFZN       | 4   |                 | 0.457     |           |           |
| Aspartic acid.....g                      | 1.164                                 |            | 0                     | BFZN       | 4   |                 | 0.640     |           |           |
| Glutamic acid.....g                      | 2.195                                 |            | 0                     | BFZN       | 4   |                 | 1.207     |           |           |
| Glycine.....g                            | 1.096                                 |            | 0                     | BFZN       | 4   |                 | 0.603     |           |           |
| Proline.....g                            | 0.850                                 |            | 0                     | BFZN       | 4   |                 | 0.468     |           |           |
| Serine.....g                             | 0.694                                 |            | 0                     | BFZN       | 4   |                 | 0.382     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 55g: 1 serving .25 cup

**NDB No. 07911**  
**Liverwurst spread**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07042**  
**Luncheon meat, beef, loaved**

| 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 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 12.230                                       |            | 0                     |            | 1  |                 | 3.424     | 6.971     |           |
| 14:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 15:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.540  |            | 3                     |            | 1  |                 | 0.431     | 0.878     |           |
| 17:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 18:1 undifferentiated.....g              | 10.700                                       |            | 3                     |            | 1  |                 | 2.996     | 6.099     |           |
| 20:1.....g                               | 0.000  |            | 3                     |            | 1  |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000  |            | 3                     |            | 1  |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |  |            |                       |            |  |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.870  |            | 0                     |            | 1  |                 | 0.244     | 0.496     |           |
| 18:2 undifferentiated.....g              | 0.650  |            | 3                     |            | 1  |                 | 0.182     | 0.371     |           |
| 18:3 undifferentiated.....g              | 0.210  |            | 3                     |            | 1  |                 | 0.059     | 0.120     |           |
| 18:4.....g                               | 0.000  |            | 3                     |            | 1  |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |  |            |                       |            |  |                 |           |           |           |
| 20:3 undifferentiated.....g              |  |            |                       |            |  |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000  |            | 3                     |            | 1  |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000  |            | 3                     |            | 1  |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000  | 0.000      | 3                     |            | 1  |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000  |            | 3                     |            | 1  |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |  |            |                       |            |  |                 |           |           |           |
| Cholesterol.....mg                       | 64   | 9.387      | 3                     |            | 1  |                 | 18        | 36        |           |
| Phytosterols.....mg                      |  |            |                       |            |  |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |                       |            |  |                 |           |           |           |
| Tryptophan.....g                         | 0.103  |            | 0                     |            | 1  |                 | 0.029     | 0.059     |           |
| Threonine.....g                          | 0.561  |            | 0                     |            | 1  |                 | 0.157     | 0.320     |           |
| Isoleucine.....g                         | 0.540  |            | 0                     |            | 1  |                 | 0.151     | 0.308     |           |
| Leucine.....g                            | 0.993  |            | 0                     |            | 1  |                 | 0.278     | 0.566     |           |
| Lysine.....g                             | 1.104  |            | 0                     |            | 1  |                 | 0.309     | 0.629     |           |
| Methionine.....g                         | 0.317  |            | 0                     |            | 1  |                 | 0.089     | 0.181     |           |
| Cystine.....g                            | 0.149  |            | 0                     |            | 1  |                 | 0.042     | 0.085     |           |
| Phenylalanine.....g                      | 0.508  |            | 0                     |            | 1  |                 | 0.142     | 0.290     |           |
| Tyrosine.....g                           | 0.386  |            | 0                     |            | 1  |                 | 0.108     | 0.220     |           |
| Valine.....g                             | 0.623  |            | 0                     |            | 1  |                 | 0.174     | 0.355     |           |
| Arginine.....g                           | 0.996  |            | 0                     |            | 1  |                 | 0.279     | 0.568     |           |
| Histidine.....g                          | 0.377  |            | 0                     |            | 1  |                 | 0.106     | 0.215     |           |
| Alanine.....g                            | 0.989  |            | 0                     |            | 1  |                 | 0.277     | 0.564     |           |
| Aspartic acid.....g                      | 1.223  |            | 0                     |            | 1  |                 | 0.342     | 0.697     |           |
| Glutamic acid.....g                      | 1.987  |            | 0                     |            | 1  |                 | 0.556     | 1.133     |           |
| Glycine.....g                            | 1.361  |            | 0                     |            | 1  |                 | 0.381     | 0.776     |           |
| Proline.....g                            | 0.943  |            | 0                     |            | 1  |                 | 0.264     | 0.538     |           |
| Serine.....g                             | 0.575  |            | 0                     |            | 1  |                 | 0.161     | 0.328     |           |
| Hydroxyproline.....g                     |  |            |                       |            |  |                 |           |           |           |
| <b><u>Others:</u></b>                    |  |            |                       |            |  |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |  |            |                       |            |  |                 |           |           |           |
| 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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)  
 Measure 2 = 57g: 2 slices

**NDB No. 07042**

**Luncheon meat, beef, loaved**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07043

Luncheon meat, beef, thin sliced

| 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 | 1.680                                 |            | 0                     |            | 1           |                 | 0.476   | 0.353     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.220                                 | 0.055      | 3                     |            | 1           |                 | 0.062   | 0.046     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 1.460                                 | 0.159      | 3                     |            | 1           |                 | 0.414   | 0.307     |           |
| 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 | 0.200                                 |            | 0                     |            | 1           |                 | 0.057   | 0.042     |           |
| 18:2 undifferentiated.....g              | 0.170                                 | 0.055      | 3                     |            | 1           |                 | 0.048   | 0.036     |           |
| 18:3 undifferentiated.....g              | 0.020                                 | 0.007      | 3                     |            | 1           |                 | 0.006   | 0.004     |           |
| 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                       | 41                                    | 5.541      | 4                     |            | 1           |                 | 12  | 9         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.229                                 |            | 0                     |            | 1           |                 | 0.065   | 0.048     |           |
| Threonine.....g                          | 1.178                                 |            | 0                     |            | 1           |                 | 0.334   | 0.247     |           |
| Isoleucine.....g                         | 1.151                                 |            | 0                     |            | 1           |                 | 0.326   | 0.242     |           |
| Leucine.....g                            | 2.100                                 |            | 0                     |            | 1           |                 | 0.595   | 0.441     |           |
| Lysine.....g                             | 2.293                                 |            | 0                     |            | 1           |                 | 0.650   | 0.482     |           |
| Methionine.....g                         | 0.679                                 |            | 0                     |            | 1           |                 | 0.192   | 0.143     |           |
| Cystine.....g                            | 0.333                                 |            | 0                     |            | 1           |                 | 0.094   | 0.070     |           |
| Phenylalanine.....g                      | 1.052                                 |            | 0                     |            | 1           |                 | 0.298   | 0.221     |           |
| Tyrosine.....g                           | 0.850                                 |            | 0                     |            | 1           |                 | 0.241   | 0.179     |           |
| Valine.....g                             | 1.291                                 |            | 0                     |            | 1           |                 | 0.366   | 0.271     |           |
| Arginine.....g                           | 1.898                                 |            | 0                     |            | 1           |                 | 0.538   | 0.399     |           |
| Histidine.....g                          | 0.814                                 |            | 0                     |            | 1           |                 | 0.231   | 0.171     |           |
| Alanine.....g                            | 1.857                                 |            | 0                     |            | 1           |                 | 0.526   | 0.390     |           |
| Aspartic acid.....g                      | 2.496                                 |            | 0                     |            | 1           |                 | 0.708   | 0.524     |           |
| Glutamic acid.....g                      | 4.052                                 |            | 0                     |            | 1           |                 | 1.149   | 0.851     |           |
| Glycine.....g                            | 2.087                                 |            | 0                     |            | 1           |                 | 0.592   | 0.438     |           |
| Proline.....g                            | 1.529                                 |            | 0                     |            | 1           |                 | 0.433   | 0.321     |           |
| Serine.....g                             | 1.147                                 |            | 0                     |            | 1           |                 | 0.325   | 0.241     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28.35g: 1 oz

Measure 2 = 21g: 5 slices



**NDB No. 07043**

**Luncheon meat, beef, thin sliced**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07909

Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite

| 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 | 6.629                                 |            | 0                     | BFFN       | 4   |                 |           |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.627                                 |            | 0                     | BFFN       | 4   |                 |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.002                                 |            | 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 | 1.433                                 |            | 0                     | BFFN       | 4   |                 |           |           |           |
| 18:2 undifferentiated.....g              | 1.309                                 |            | 0                     | BFFN       | 4   |                 |           |           |           |
| 18:3 undifferentiated.....g              | 0.124                                 |            | 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                       | 76                                    |            | 0                     | MC         | 9   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07908

Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)

| 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 | 13.500                                |            | 0                     | A          |   |                 |           |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.852                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.434                                |            | 0                     | BFFN       |   |                 |           |           |           |
| 20:1.....g                               | 0.219                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.020                                 |            | 0                     | A          |   |                 |           |           |           |
| 18:2 undifferentiated.....g              | 1.891                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 18:3 undifferentiated.....g              | 0.076                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.052                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       |   |                 |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 0                     | A          |   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          |   |                 |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          |   |                 |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          |   |                 |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          |   |                 |           |           |           |
| 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 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07047**  
**Luncheon meat, pork, beef**

| 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 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 15.090                                       |            | 0                     |            | 1  |                 | 4.225     | 8.601     |           |
| 14:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 15:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.350  | 0.075      | 5                     |            | 1  |                 | 0.378     | 0.770     |           |
| 17:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 18:1 undifferentiated.....g              | 13.740                                       | 0.273      | 5                     |            | 1  |                 | 3.847     | 7.832     |           |
| 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 | 3.740  |            | 0                     |            | 1  |                 | 1.047     | 2.132     |           |
| 18:2 undifferentiated.....g              | 3.160  | 0.106      | 5                     |            | 1  |                 | 0.885     | 1.801     |           |
| 18:3 undifferentiated.....g              | 0.580  | 0.100      | 5                     |            | 1  |                 | 0.162     | 0.331     |           |
| 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                       | 55   | 10.975     | 3                     |            | 1  |                 | 15        | 31        |           |
| Phytosterols.....mg                      | 0  |            | 0                     |            | 4  |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |  |            |                       |            |  |                 |           |           |           |
| Tryptophan.....g                         | 0.133  |            | 1                     |            | 1  |                 | 0.037     | 0.076     |           |
| Threonine.....g                          | 0.544  |            | 1                     |            | 1  |                 | 0.152     | 0.310     |           |
| Isoleucine.....g                         | 0.643  |            | 1                     |            | 1  |                 | 0.180     | 0.367     |           |
| Leucine.....g                            | 1.048  |            | 1                     |            | 1  |                 | 0.293     | 0.597     |           |
| Lysine.....g                             | 1.185  |            | 2                     |            | 1  |                 | 0.332     | 0.675     |           |
| Methionine.....g                         | 0.288  |            | 2                     |            | 1  |                 | 0.081     | 0.164     |           |
| Cystine.....g                            | 0.230  |            | 1                     |            | 1  |                 | 0.064     | 0.131     |           |
| Phenylalanine.....g                      | 0.510  |            | 1                     |            | 1  |                 | 0.143     | 0.291     |           |
| Tyrosine.....g                           | 0.502  |            | 1                     |            | 1  |                 | 0.141     | 0.286     |           |
| Valine.....g                             | 0.713  |            | 1                     |            | 1  |                 | 0.200     | 0.406     |           |
| Arginine.....g                           | 0.925  |            | 1                     |            | 1  |                 | 0.259     | 0.527     |           |
| Histidine.....g                          | 0.405  |            | 1                     |            | 1  |                 | 0.113     | 0.231     |           |
| Alanine.....g                            | 0.806  |            | 0                     |            | 1  |                 | 0.226     | 0.459     |           |
| Aspartic acid.....g                      | 1.312  |            | 1                     |            | 1  |                 | 0.367     | 0.748     |           |
| Glutamic acid.....g                      | 1.769  |            | 1                     |            | 1  |                 | 0.495     | 1.008     |           |
| Glycine.....g                            | 0.985  |            | 1                     |            | 1  |                 | 0.276     | 0.561     |           |
| Proline.....g                            | 0.729  |            | 1                     |            | 1  |                 | 0.204     | 0.416     |           |
| Serine.....g                             | 0.528  |            | 1                     |            | 1  |                 | 0.148     | 0.301     |           |
| Hydroxyproline.....g                     |  |            |                       |            |  |                 |           |           |           |
| <b><u>Others:</u></b>                    |  |            |                       |            |  |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |  |            |                       |            |  |                 |           |           |           |
| 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 = 28g: 1 slice (1 oz)

Measure 2 = 57g: 1 slice (4" x 4" x 3/32" thick)

**NDB No. 07047**

**Luncheon meat, pork, beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07045**  
**Luncheon meat, pork, canned**

| 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 | 14.290                                |            | 0                     |            | 1   |                 | 4.051     | 3.001     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.140                                 |            | 8                     |            | 1   |                 | 0.323     | 0.239     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 13.140                                |            | 8                     |            | 1   |                 | 3.725     | 2.759     |           |
| 20:1.....g                               | 0.000                                 |            | 8                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 8                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.560                                 |            | 0                     |            | 1   |                 | 1.009     | 0.748     |           |
| 18:2 undifferentiated.....g              | 3.080                                 |            | 8                     |            | 1   |                 | 0.873     | 0.647     |           |
| 18:3 undifferentiated.....g              | 0.470                                 |            | 8                     |            | 1   |                 | 0.133     | 0.099     |           |
| 18:4.....g                               | 0.000                                 |            | 8                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 8                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 8                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 8                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 8                     |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 62                                    | 7.847      | 7                     |            | 1   |                 | 18        | 13        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.122                                 |            | 0                     |            | 1   |                 | 0.035     | 0.026     |           |
| Threonine.....g                          | 0.487                                 |            | 0                     |            | 1   |                 | 0.138     | 0.102     |           |
| Isoleucine.....g                         | 0.571                                 |            | 0                     |            | 1   |                 | 0.162     | 0.120     |           |
| Leucine.....g                            | 0.952                                 |            | 0                     |            | 1   |                 | 0.270     | 0.200     |           |
| Lysine.....g                             | 0.931                                 |            | 0                     |            | 1   |                 | 0.264     | 0.196     |           |
| Methionine.....g                         | 0.333                                 |            | 0                     |            | 1   |                 | 0.094     | 0.070     |           |
| Cystine.....g                            | 0.214                                 |            | 0                     |            | 1   |                 | 0.061     | 0.045     |           |
| Phenylalanine.....g                      | 0.491                                 |            | 0                     |            | 1   |                 | 0.139     | 0.103     |           |
| Tyrosine.....g                           | 0.383                                 |            | 0                     |            | 1   |                 | 0.109     | 0.080     |           |
| Valine.....g                             | 0.653                                 |            | 0                     |            | 1   |                 | 0.185     | 0.137     |           |
| Arginine.....g                           | 0.867                                 |            | 0                     |            | 1   |                 | 0.246     | 0.182     |           |
| Histidine.....g                          | 0.357                                 |            | 0                     |            | 1   |                 | 0.101     | 0.075     |           |
| Alanine.....g                            | 0.877                                 |            | 0                     |            | 1   |                 | 0.249     | 0.184     |           |
| Aspartic acid.....g                      | 1.148                                 |            | 0                     |            | 1   |                 | 0.325     | 0.241     |           |
| Glutamic acid.....g                      | 1.837                                 |            | 0                     |            | 1   |                 | 0.521     | 0.386     |           |
| Glycine.....g                            | 1.080                                 |            | 0                     |            | 1   |                 | 0.306     | 0.227     |           |
| Proline.....g                            | 0.679                                 |            | 0                     |            | 1   |                 | 0.192     | 0.143     |           |
| Serine.....g                             | 0.497                                 |            | 0                     |            | 1   |                 | 0.141     | 0.104     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

**NDB No. 07045**  
**Luncheon meat, pork, canned**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 07906

Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less 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 |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 12.400                                |            |                       | A          |   | 1               |           |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.168                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.172                                |            |                       | BFFN       |   | 4               |           |           |           |
| 20:1.....g                               | 0.000                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.710                                 |            |                       | A          |   | 1               |           |           |           |
| 18:2 undifferentiated.....g              | 2.436                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 18:3 undifferentiated.....g              | 0.230                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            |                       | BFFN       |   | 4               |           |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            |                       | BFFN       |   | 4               |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 76                                    |            |                       | A          |   | 1               |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       | Z          |   | 7               |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07090**  
**Luncheon sausage, pork and beef**

| 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 | 9.930                                 |            | 0                     |            | 1   |                 | 2.284     | 2.815     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.830                                 | 0.018      | 6                     |            | 1   |                 | 0.191     | 0.235     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 9.110                                 | 0.311      | 6                     |            | 1   |                 | 2.095     | 2.583     |           |
| 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 | 2.050                                 |            | 0                     |            | 1   |                 | 0.472     | 0.581     |           |
| 18:2 undifferentiated.....g              | 1.770                                 | 0.067      | 6                     |            | 1   |                 | 0.407     | 0.502     |           |
| 18:3 undifferentiated.....g              | 0.280                                 | 0.032      | 6                     |            | 1   |                 | 0.064     | 0.079     |           |
| 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                       | 64                                    | 3.565      | 6                     |            | 1   |                 | 15        | 18        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.162                                 |            | 0                     |            | 1   |                 | 0.037     | 0.046     |           |
| Threonine.....g                          | 0.664                                 |            | 0                     |            | 1   |                 | 0.153     | 0.188     |           |
| Isoleucine.....g                         | 0.785                                 |            | 0                     |            | 1   |                 | 0.181     | 0.223     |           |
| Leucine.....g                            | 1.280                                 |            | 0                     |            | 1   |                 | 0.294     | 0.363     |           |
| Lysine.....g                             | 1.447                                 |            | 0                     |            | 1   |                 | 0.333     | 0.410     |           |
| Methionine.....g                         | 0.352                                 |            | 0                     |            | 1   |                 | 0.081     | 0.100     |           |
| Cystine.....g                            | 0.281                                 |            | 0                     |            | 1   |                 | 0.065     | 0.080     |           |
| Phenylalanine.....g                      | 0.623                                 |            | 0                     |            | 1   |                 | 0.143     | 0.177     |           |
| Tyrosine.....g                           | 0.613                                 |            | 0                     |            | 1   |                 | 0.141     | 0.174     |           |
| Valine.....g                             | 0.871                                 |            | 0                     |            | 1   |                 | 0.200     | 0.247     |           |
| Arginine.....g                           | 1.130                                 |            | 0                     |            | 1   |                 | 0.260     | 0.320     |           |
| Histidine.....g                          | 0.495                                 |            | 0                     |            | 1   |                 | 0.114     | 0.140     |           |
| Alanine.....g                            | 0.984                                 |            | 0                     |            | 1   |                 | 0.226     | 0.279     |           |
| Aspartic acid.....g                      | 1.602                                 |            | 0                     |            | 1   |                 | 0.368     | 0.454     |           |
| Glutamic acid.....g                      | 2.161                                 |            | 0                     |            | 1   |                 | 0.497     | 0.613     |           |
| Glycine.....g                            | 1.203                                 |            | 0                     |            | 1   |                 | 0.277     | 0.341     |           |
| Proline.....g                            | 0.891                                 |            | 0                     |            | 1   |                 | 0.205     | 0.253     |           |
| Serine.....g                             | 0.645                                 |            | 0                     |            | 1   |                 | 0.148     | 0.183     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07060**  
**Luxury loaf, pork**

| 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 | 2.330                                 |            | 0                     |            | 1   |                 | 0.652     | 1.328     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.180                                 |            | 4                     |            | 1   |                 | 0.050     | 0.103     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.150                                 |            | 4                     |            | 1   |                 | 0.602     | 1.226     |           |
| 20:1.....g                               | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.510                                 |            | 0                     |            | 1   |                 | 0.143     | 0.291     |           |
| 18:2 undifferentiated.....g              | 0.460                                 |            | 4                     |            | 1   |                 | 0.129     | 0.262     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 4                     |            | 1   |                 | 0.014     | 0.029     |           |
| 18:4.....g                               | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 36                                    | 4.589      | 4                     |            | 1   |                 | 10        | 21        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.215                                 |            | 0                     |            | 1   |                 | 0.060     | 0.123     |           |
| Threonine.....g                          | 0.879                                 |            | 0                     |            | 1   |                 | 0.246     | 0.501     |           |
| Isoleucine.....g                         | 0.815                                 |            | 0                     |            | 1   |                 | 0.228     | 0.465     |           |
| Leucine.....g                            | 1.517                                 |            | 0                     |            | 1   |                 | 0.425     | 0.865     |           |
| Lysine.....g                             | 1.653                                 |            | 0                     |            | 1   |                 | 0.463     | 0.942     |           |
| Methionine.....g                         | 0.468                                 |            | 0                     |            | 1   |                 | 0.131     | 0.267     |           |
| Cystine.....g                            | 0.153                                 |            | 0                     |            | 1   |                 | 0.043     | 0.087     |           |
| Phenylalanine.....g                      | 0.718                                 |            | 0                     |            | 1   |                 | 0.201     | 0.409     |           |
| Tyrosine.....g                           | 0.644                                 |            | 0                     |            | 1   |                 | 0.180     | 0.367     |           |
| Valine.....g                             | 0.894                                 |            | 0                     |            | 1   |                 | 0.250     | 0.510     |           |
| Arginine.....g                           | 1.170                                 |            | 0                     |            | 1   |                 | 0.328     | 0.667     |           |
| Histidine.....g                          | 0.656                                 |            | 0                     |            | 1   |                 | 0.184     | 0.374     |           |
| Alanine.....g                            | 1.073                                 |            | 0                     |            | 1   |                 | 0.300     | 0.612     |           |
| Aspartic acid.....g                      | 1.741                                 |            | 0                     |            | 1   |                 | 0.487     | 0.992     |           |
| Glutamic acid.....g                      | 2.941                                 |            | 0                     |            | 1   |                 | 0.823     | 1.676     |           |
| Glycine.....g                            | 0.929                                 |            | 0                     |            | 1   |                 | 0.260     | 0.530     |           |
| Proline.....g                            | 0.912                                 |            | 0                     |            | 1   |                 | 0.255     | 0.520     |           |
| Serine.....g                             | 0.826                                 |            | 0                     |            | 1   |                 | 0.231     | 0.471     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07940

Macaroni and cheese loaf, chicken, pork and beef

| 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 | 7.614                                 |            | 1                     | A          | 1           |                 | 2.893   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.709                                 |            |                       | FLA        | 4           |                 | 0.269   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 6.764                                 |            |                       | FLA        | 4           |                 | 2.570   |           |           |
| 20:1.....g                               | 0.115                                 |            |                       | FLA        | 4           |                 | 0.044   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.657                                 |            | 1                     | A          | 1           |                 | 0.630   |           |           |
| 18:2 undifferentiated.....g              | 1.463                                 |            |                       | FLA        | 4           |                 | 0.556   |           |           |
| 18:3 undifferentiated.....g              | 0.143                                 |            |                       | FLA        | 4           |                 | 0.055   |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.030                                 |            |                       | FLA        | 4           |                 | 0.011   |           |           |
| 20:5 n-3.....g                           | 0.001                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.002                                 |            |                       | FLA        | 4           |                 | 0.001   |           |           |
| 22:6 n-3.....g                           | 0.003                                 |            |                       | FLA        | 4           |                 | 0.001   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 44                                    |            | 1                     | A          | 1           |                 | 17  |           |           |
| Phytosterols.....mg                      | 0                                     |            |                       | FLA        | 4           |                 | 0   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.144                                 |            |                       | FLA        | 4           |                 | 0.055   |           |           |
| Threonine.....g                          | 0.444                                 |            |                       | FLA        | 4           |                 | 0.169   |           |           |
| Isoleucine.....g                         | 0.541                                 |            |                       | FLA        | 4           |                 | 0.206   |           |           |
| Leucine.....g                            | 0.904                                 |            |                       | FLA        | 4           |                 | 0.343   |           |           |
| Lysine.....g                             | 0.722                                 |            |                       | FLA        | 4           |                 | 0.274   |           |           |
| Methionine.....g                         | 0.266                                 |            |                       | FLA        | 4           |                 | 0.101   |           |           |
| Cystine.....g                            | 0.178                                 |            |                       | FLA        | 4           |                 | 0.068   |           |           |
| Phenylalanine.....g                      | 0.497                                 |            |                       | FLA        | 4           |                 | 0.189   |           |           |
| Tyrosine.....g                           | 0.380                                 |            |                       | FLA        | 4           |                 | 0.144   |           |           |
| Valine.....g                             | 0.591                                 |            |                       | FLA        | 4           |                 | 0.225   |           |           |
| Arginine.....g                           | 0.638                                 |            |                       | FLA        | 4           |                 | 0.243   |           |           |
| Histidine.....g                          | 0.323                                 |            |                       | FLA        | 4           |                 | 0.123   |           |           |
| Alanine.....g                            | 0.516                                 |            |                       | FLA        | 4           |                 | 0.196   |           |           |
| Aspartic acid.....g                      | 0.876                                 |            |                       | FLA        | 4           |                 | 0.333   |           |           |
| Glutamic acid.....g                      | 2.481                                 |            |                       | FLA        | 4           |                 | 0.943   |           |           |
| Glycine.....g                            | 0.510                                 |            |                       | FLA        | 4           |                 | 0.194   |           |           |
| Proline.....g                            | 0.828                                 |            |                       | FLA        | 4           |                 | 0.315   |           |           |
| Serine.....g                             | 0.505                                 |            |                       | FLA        | 4           |                 | 0.192   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 38g: 1 slice

**NDB No. 07940**

**Macaroni and cheese loaf, chicken, pork and beef**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07050**  
**Mortadella, beef, pork**

| 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 | 11.380                                |            | 0                     |            | 1   |                 | 3.226     | 1.707     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.140                                 | 0.064      | 4                     |            | 1   |                 | 0.323     | 0.171     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 10.240                                | 0.768      | 4                     |            | 1   |                 | 2.903     | 1.536     |           |
| 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 | 3.120                                 |            | 0                     |            | 1   |                 | 0.885     | 0.468     |           |
| 18:2 undifferentiated.....g              | 2.910                                 | 0.165      | 4                     |            | 1   |                 | 0.825     | 0.437     |           |
| 18:3 undifferentiated.....g              | 0.220                                 | 0.031      | 4                     |            | 1   |                 | 0.062     | 0.033     |           |
| 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                       | 56                                    | 2.055      | 4                     |            | 1   |                 | 16        | 8         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.152                                 |            | 0                     |            | 1   |                 | 0.043     | 0.023     |           |
| Threonine.....g                          | 0.633                                 |            | 0                     |            | 1   |                 | 0.179     | 0.095     |           |
| Isoleucine.....g                         | 0.708                                 |            | 0                     |            | 1   |                 | 0.201     | 0.106     |           |
| Leucine.....g                            | 1.213                                 |            | 0                     |            | 1   |                 | 0.344     | 0.182     |           |
| Lysine.....g                             | 1.262                                 |            | 0                     |            | 1   |                 | 0.358     | 0.189     |           |
| Methionine.....g                         | 0.394                                 |            | 0                     |            | 1   |                 | 0.112     | 0.059     |           |
| Cystine.....g                            | 0.204                                 |            | 0                     |            | 1   |                 | 0.058     | 0.031     |           |
| Phenylalanine.....g                      | 0.598                                 |            | 0                     |            | 1   |                 | 0.170     | 0.090     |           |
| Tyrosine.....g                           | 0.530                                 |            | 0                     |            | 1   |                 | 0.150     | 0.080     |           |
| Valine.....g                             | 0.735                                 |            | 0                     |            | 1   |                 | 0.208     | 0.110     |           |
| Arginine.....g                           | 1.025                                 |            | 0                     |            | 1   |                 | 0.291     | 0.154     |           |
| Histidine.....g                          | 0.520                                 |            | 0                     |            | 1   |                 | 0.147     | 0.078     |           |
| Alanine.....g                            | 1.149                                 |            | 0                     |            | 1   |                 | 0.326     | 0.172     |           |
| Aspartic acid.....g                      | 1.580                                 |            | 0                     |            | 1   |                 | 0.448     | 0.237     |           |
| Glutamic acid.....g                      | 2.619                                 |            | 0                     |            | 1   |                 | 0.742     | 0.393     |           |
| Glycine.....g                            | 1.318                                 |            | 0                     |            | 1   |                 | 0.374     | 0.198     |           |
| Proline.....g                            | 1.099                                 |            | 0                     |            | 1   |                 | 0.312     | 0.165     |           |
| Serine.....g                             | 0.664                                 |            | 0                     |            | 1   |                 | 0.188     | 0.100     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 slice (15 per 8 oz package)

**NDB No. 07050**  
**Mortadella, beef, pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)





**NDB No. 07061**  
**Mother's loaf, pork**

| 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 | 10.340                                |            | 0                     |            | 1   |                 | 2.931     | 2.171     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.670                                 | 0.012      | 3                     |            | 1   |                 | 0.190     | 0.141     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 9.680                                 | 0.195      | 3                     |            | 1   |                 | 2.744     | 2.033     |           |
| 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 | 2.580                                 |            | 0                     |            | 1   |                 | 0.731     | 0.542     |           |
| 18:2 undifferentiated.....g              | 2.320                                 | 0.031      | 3                     |            | 1   |                 | 0.658     | 0.487     |           |
| 18:3 undifferentiated.....g              | 0.260                                 | 0.003      | 3                     |            | 1   |                 | 0.074     | 0.055     |           |
| 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                       | 45                                    | 2.333      | 3                     |            | 1   |                 | 13        | 9         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.171                                 |            | 0                     |            | 4   |                 | 0.048     | 0.036     |           |
| Threonine.....g                          | 0.604                                 |            | 0                     |            | 4   |                 | 0.171     | 0.127     |           |
| Isoleucine.....g                         | 0.637                                 |            | 0                     |            | 4   |                 | 0.181     | 0.134     |           |
| Leucine.....g                            | 1.122                                 |            | 0                     |            | 4   |                 | 0.318     | 0.236     |           |
| Lysine.....g                             | 1.178                                 |            | 0                     |            | 4   |                 | 0.334     | 0.247     |           |
| Methionine.....g                         | 0.357                                 |            | 0                     |            | 4   |                 | 0.101     | 0.075     |           |
| Cystine.....g                            | 0.205                                 |            | 0                     |            | 4   |                 | 0.058     | 0.043     |           |
| Phenylalanine.....g                      | 0.573                                 |            | 0                     |            | 4   |                 | 0.162     | 0.120     |           |
| Tyrosine.....g                           | 0.447                                 |            | 0                     |            | 4   |                 | 0.127     | 0.094     |           |
| Valine.....g                             | 0.666                                 |            | 0                     |            | 4   |                 | 0.189     | 0.140     |           |
| Arginine.....g                           | 0.910                                 |            | 0                     |            | 4   |                 | 0.258     | 0.191     |           |
| Histidine.....g                          | 0.533                                 |            | 0                     |            | 4   |                 | 0.151     | 0.112     |           |
| Alanine.....g                            | 0.759                                 |            | 0                     |            | 4   |                 | 0.215     | 0.159     |           |
| Aspartic acid.....g                      | 1.278                                 |            | 0                     |            | 4   |                 | 0.362     | 0.268     |           |
| Glutamic acid.....g                      | 2.294                                 |            | 0                     |            | 4   |                 | 0.650     | 0.482     |           |
| Glycine.....g                            | 0.628                                 |            | 0                     |            | 4   |                 | 0.178     | 0.132     |           |
| Proline.....g                            | 0.675                                 |            | 0                     |            | 4   |                 | 0.191     | 0.142     |           |
| Serine.....g                             | 0.569                                 |            | 0                     |            | 4   |                 | 0.161     | 0.119     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07091

New england brand sausage, pork, beef

| 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 | 3.640                                 |            | 0                     |            | 1           |   | 0.837     | 1.032     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.300                                 | 0.012      | 6                     |            | 1           |   | 0.069     | 0.085     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.330                                 | 0.060      | 6                     |            | 1           |   | 0.766     | 0.944     |           |
| 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 | 0.720                                 |            | 0                     |            | 1           |   | 0.166     | 0.204     |           |
| 18:2 undifferentiated.....g              | 0.640                                 | 0.033      | 6                     |            | 1           |   | 0.147     | 0.181     |           |
| 18:3 undifferentiated.....g              | 0.090                                 | 0.014      | 6                     |            | 1           |   | 0.021     | 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                       | 49                                    | 4.152      | 5                     |            | 1           |   | 11        | 14        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.193                                 |            | 0                     |            | 1           |   | 0.044     | 0.055     |           |
| Threonine.....g                          | 0.757                                 |            | 0                     |            | 1           |   | 0.174     | 0.215     |           |
| Isoleucine.....g                         | 0.761                                 |            | 0                     |            | 1           |   | 0.175     | 0.216     |           |
| Leucine.....g                            | 1.363                                 |            | 0                     |            | 1           |   | 0.313     | 0.386     |           |
| Lysine.....g                             | 1.511                                 |            | 0                     |            | 1           |   | 0.348     | 0.428     |           |
| Methionine.....g                         | 0.446                                 |            | 0                     |            | 1           |   | 0.103     | 0.126     |           |
| Cystine.....g                            | 0.246                                 |            | 0                     |            | 1           |   | 0.057     | 0.070     |           |
| Phenylalanine.....g                      | 0.684                                 |            | 0                     |            | 1           |   | 0.157     | 0.194     |           |
| Tyrosine.....g                           | 0.533                                 |            | 0                     |            | 1           |   | 0.123     | 0.151     |           |
| Valine.....g                             | 0.803                                 |            | 0                     |            | 1           |   | 0.185     | 0.228     |           |
| Arginine.....g                           | 1.201                                 |            | 0                     |            | 1           |   | 0.276     | 0.340     |           |
| Histidine.....g                          | 0.652                                 |            | 0                     |            | 1           |   | 0.150     | 0.185     |           |
| Alanine.....g                            | 1.039                                 |            | 0                     |            | 1           |   | 0.239     | 0.295     |           |
| Aspartic acid.....g                      | 1.639                                 |            | 0                     |            | 1           |   | 0.377     | 0.465     |           |
| Glutamic acid.....g                      | 2.585                                 |            | 0                     |            | 1           |   | 0.595     | 0.733     |           |
| Glycine.....g                            | 0.946                                 |            | 0                     |            | 1           |   | 0.218     | 0.268     |           |
| Proline.....g                            | 0.761                                 |            | 0                     |            | 1           |   | 0.175     | 0.216     |           |
| Serine.....g                             | 0.686                                 |            | 0                     |            | 1           |   | 0.158     | 0.194     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07202

OSCAR MAYER, Bologna (beef 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 | 7.160                                 |            | 0                     | A          | 1   |                 | 2.005     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.690                                 | 0.053      | 6                     | A          | 1   |                 | 0.193     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.470                                 | 0.241      | 6                     | A          | 1   |                 | 1.812     |           |           |
| 20:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.470                                 |            | 0                     | A          | 1   |                 | 0.132     |           |           |
| 18:2 undifferentiated.....g              | 0.450                                 | 0.029      | 6                     | A          | 1   |                 | 0.126     |           |           |
| 18:3 undifferentiated.....g              | 0.020                                 | 0.004      | 6                     | A          | 1   |                 | 0.006     |           |           |
| 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                       | 44                                    | 0.600      | 7                     | A          | 1   |                 | 12        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving (1 slice)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07201  
 OSCAR MAYER, Bologna (beef)

| 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 | 15.210                                |            | 0                     | A          | 1           |   | 4.259     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.630                                 | 0.055      | 28                    | A          | 1           |   | 0.456     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.580                                | 0.119      | 28                    | A          | 1           |   | 3.802     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.110                                 |            | 0                     | A          | 1           |   | 0.311     |           |           |
| 18:2 undifferentiated.....g              | 0.860                                 | 0.042      | 28                    | A          | 1           |   | 0.241     |           |           |
| 18:3 undifferentiated.....g              | 0.250                                 | 0.021      | 28                    | A          | 1           |   | 0.070     |           |           |
| 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                       | 64                                    | 5.850      | 31                    | A          | 1           |   | 18        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 28g: 1 serving (1 slice)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07200

OSCAR MAYER, Bologna (chicken, pork, beef)

| 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.250                                 | 0.144      | 3                     | A          | 1           |   | 0.350     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.230                                | 0.300      | 3                     | A          | 1           |   | 3.704     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.930                                 |            | 0                     | A          | 1           |   | 1.100     |           |           |
| 18:2 undifferentiated.....g              | 3.590                                 | 0.104      | 3                     | A          | 1           |   | 1.005     |           |           |
| 18:3 undifferentiated.....g              | 0.340                                 | 0.023      | 3                     | A          | 1           |   | 0.095     |           |           |
| 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                       | 103                                   | 1.732      | 3                     | A          | 1           |   | 29        |           |           |
| 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 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07203**  
**OSCAR MAYER, Bologna (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 |
| 16:1 undifferentiated.....g              | 0.009                                 | 0.000      | 5                     | A          | 1           |   | 0.003     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.199                                 | 0.044      | 5                     | A          | 1           |   | 0.056     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.127                                 |            | 0                     | A          | 1           |   | 0.036     |           |           |
| 18:2 undifferentiated.....g              | 0.109                                 | 0.016      | 5                     | A          | 1           |   | 0.031     |           |           |
| 18:3 undifferentiated.....g              | 0.018                                 | 0.008      | 5                     | A          | 1           |   | 0.005     |           |           |
| 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                       | 25                                    | 2.236      | 5                     | A          | 1           |   | 7         |           |           |
| 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 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07205

OSCAR MAYER, Bologna Light (pork, chicken, beef)

| 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 | 7.300                                 |            | 0                     | A          | 1           |                 | 2.044   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.460                                 | 0.020      | 6                     | A          | 1           |                 | 0.129   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 6.840                                 | 0.167      | 6                     | A          | 1           |                 | 1.915   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.540                                 |            | 0                     | A          | 1           |                 | 0.431   |           |           |
| 18:2 undifferentiated.....g              | 1.480                                 | 0.065      | 6                     | A          | 1           |                 | 0.414   |           |           |
| 18:3 undifferentiated.....g              | 0.060                                 | 0.012      | 6                     | A          | 1           |                 | 0.017   |           |           |
| 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                       | 56                                    | 2.250      | 7                     | A          | 1           |                 | 16  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving (1 slice)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07208

OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)

| 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 | 15.570                                |            | 0                     | A          | 1           |   | 8.719     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.200                                 | 0.078      | 13                    | A          | 1           |   | 0.672     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 14.370                                | 0.322      | 13                    | A          | 1           |   | 8.047     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.760                                 |            | 0                     | A          | 1           |   | 2.106     |           |           |
| 18:2 undifferentiated.....g              | 3.440                                 | 0.086      | 13                    | A          | 1           |   | 1.926     |           |           |
| 18:3 undifferentiated.....g              | 0.320                                 | 0.050      | 13                    | A          | 1           |   | 0.179     |           |           |
| 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                       | 160                                   | 5.893      | 18                    | A          | 1           |   | 90        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 2                     | MA         | 12          |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  |                                       |            |                       |            |             |   |           |           |           |
| Cryptoxanthin, beta.....mcg              |                                       |            |                       |            |             |   |           |           |           |
| Lycopene.....mcg                         |                                       |            |                       |            |             |   |           |           |           |
| Lutein + zeaxanthin.....mcg              |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07207

OSCAR MAYER, Braunschweiger Liver Sausage (sliced)

| 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 | 15.480                                |            | 0                     | A          | 1           |                 | 4.334   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.210                                 | 0.060      | 16                    | A          | 1           |                 | 0.339   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 14.271                                | 0.235      | 16                    | A          | 1           |                 | 3.996   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.730                                 |            | 0                     | A          | 1           |                 | 1.044   |           |           |
| 18:2 undifferentiated.....g              | 3.370                                 | 0.085      | 16                    | A          | 1           |                 | 0.944   |           |           |
| 18:3 undifferentiated.....g              | 0.360                                 | 0.058      | 16                    | A          | 1           |                 | 0.101   |           |           |
| 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                       | 178                                   | 2.500      | 15                    | A          | 1           |                 | 50  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Carotene, beta.....mcg                   | 0                                     | 0.000      | 3                     | MA         | 12          |                 | 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   |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving (1 slice)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07209

OSCAR MAYER, Chicken Breast (honey glazed)

| 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 | 0.564                                 |            | 0                     | A          | 1           |   | 0.293     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.091                                 | 0.012      | 4                     | A          | 1           |   | 0.047     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.473                                 | 0.024      | 4                     | A          | 1           |   | 0.246     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.218                                 |            | 0                     | A          | 1           |   | 0.113     |           |           |
| 18:2 undifferentiated.....g              | 0.200                                 | 0.006      | 4                     | A          | 1           |   | 0.104     |           |           |
| 18:3 undifferentiated.....g              | 0.018                                 | 0.009      | 4                     | A          | 1           |   | 0.009     |           |           |
| 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                       | 53                                    | 0.550      | 5                     | A          | 1           |   | 28        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 52g: 1 serving (4 slices)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07210

OSCAR MAYER, Chicken Breast (oven roasted, 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.020                                 | 0.004      | 6                     | A          | 1           |   | 0.010     | 0.003     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.140                                 | 0.020      | 6                     | A          | 1           |   | 0.073     | 0.018     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.060                                 |            | 0                     | A          | 1           |   | 0.031     | 0.008     |           |
| 18:2 undifferentiated.....g              | 0.060                                 | 0.008      | 6                     | A          | 1           |   | 0.031     | 0.008     |           |
| 18:3 undifferentiated.....g              | 0.000                                 | 0.000      | 6                     | A          | 1           |   | 0.000     | 0.000     |           |
| 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                       | 44                                    | 0.816      | 6                     | A          | 1           |   | 23        | 6         |           |
| 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 = 52g: 1 serving

Measure 2 = 13.0g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07217

OSCAR MAYER, Ham (40% ham/water product, smoked, 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.017                                 | 0.005      | 3                     | A          | 1           |   | 0.008     | 0.003     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.255                                 | 0.010      | 3                     | A          | 1           |   | 0.120     | 0.041     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.136                                 |            | 0                     | A          | 1           |   | 0.064     | 0.022     |           |
| 18:2 undifferentiated.....g              | 0.128                                 | 0.020      | 3                     | A          | 1           |   | 0.060     | 0.020     |           |
| 18:3 undifferentiated.....g              | 0.009                                 | 0.005      | 3                     | A          | 1           |   | 0.004     | 0.001     |           |
| 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                                    | 5.196      | 3                     | A          | 1           |   | 18        | 6         |           |
| 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 = 47g: 1 serving

Measure 2 = 16g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07212

OSCAR MAYER, Ham (chopped with natural juice)

| 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 | 5.829                                 |            | 0                     | A          | 1           |                 | 1.632   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.379                                 | 0.018      | 7                     | A          | 1           |                 | 0.106   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 5.451                                 | 0.143      | 7                     | A          | 1           |                 | 1.526   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.275                                 |            | 0                     | A          | 1           |                 | 0.357   |           |           |
| 18:2 undifferentiated.....g              | 1.210                                 | 0.453      | 7                     | A          | 1           |                 | 0.339   |           |           |
| 18:3 undifferentiated.....g              | 0.065                                 | 0.007      | 7                     | A          | 1           |                 | 0.018   |           |           |
| 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                       | 59                                    |            | 1                     | A          | 1           |                 | 16  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28g: 1 serving (1 slice)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07213

OSCAR MAYER, Ham (water added, baked cooked 96% 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 | 1.165                                 |            | 0                     | A          | 1           |   | 0.734     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.074                                 |            | 1                     | A          | 1           |   | 0.047     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.091                                 |            | 1                     | A          | 1           |   | 0.687     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.314                                 |            | 0                     | A          | 1           |   | 0.828     |           |           |
| 18:2 undifferentiated.....g              | 0.223                                 |            | 1                     | A          | 1           |   | 0.140     |           |           |
| 18:3 undifferentiated.....g              | 1.091                                 |            | 1                     | A          | 1           |   | 0.687     |           |           |
| 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                       | 48                                    |            | 1                     | A          | 1           |   | 30        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 63g: 1 serving (3 slices)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07214

OSCAR MAYER, Ham (water added, 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 |
| 16:1 undifferentiated.....g              | 0.107                                 |            | 2                     | A          | 1   |                 | 0.067     | 0.022     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.620                                 |            | 2                     | A          | 1   |                 | 1.021     | 0.340     |           |
| 20:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.356                                 |            | 0                     | A          | 1   |                 | 0.224     | 0.075     |           |
| 18:2 undifferentiated.....g              | 0.321                                 |            | 2                     | A          | 1   |                 | 0.202     | 0.067     |           |
| 18:3 undifferentiated.....g              | 0.036                                 |            | 2                     | A          | 1   |                 | 0.023     | 0.008     |           |
| 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                       | 47                                    |            | 2                     | A          | 1   |                 | 30        | 10        |           |
| 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 = 63g: 1 serving

Measure 2 = 21g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07215

OSCAR MAYER, Ham (water added, honey)

| 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 |
| 16:1 undifferentiated.....g              | 0.099                                 | 0.009      | 4                     | A          | 1           |   | 0.062     | 0.021     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.571                                 | 0.072      | 4                     | A          | 1           |   | 0.990     | 0.330     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.314                                 |            | 0                     | A          | 1           |   | 0.198     | 0.066     |           |
| 18:2 undifferentiated.....g              | 0.305                                 | 0.009      | 4                     | A          | 1           |   | 0.192     | 0.064     |           |
| 18:3 undifferentiated.....g              | 0.009                                 | 0.000      | 4                     | A          | 1           |   | 0.006     | 0.002     |           |
| 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                                    | 1.789      | 5                     | A          | 1           |   | 28        | 9         |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 63g: 1 serving

Measure 2 = 21g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07216

OSCAR MAYER, Ham (water added, smoked, cooked)

| 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.107                                 | 0.016      | 4                     | A          | 1           |                 | 0.067   | 0.022     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 1.567                                 | 0.217      | 4                     | A          | 1           |                 | 0.987   | 0.329     |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.345                                 |            | 0                     | A          | 1           |                 | 0.217   | 0.072     |           |
| 18:2 undifferentiated.....g              | 0.320                                 | 0.045      | 4                     | A          | 1           |                 | 0.202   | 0.067     |           |
| 18:3 undifferentiated.....g              | 0.025                                 | 0.008      | 4                     | A          | 1           |                 | 0.016   | 0.005     |           |
| 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                       | 48                                    | 2.000      | 4                     | A          | 1           |                 | 30  | 10        |           |
| 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 = 63g: 1 serving

Measure 2 = 21g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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 | 8.278                                 |            | 0                     | A          | 1           |                 | 2.318   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.608                                 | 0.034      | 20                    | A          | 1           |                 | 0.170   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 7.671                                 | 0.195      | 20                    | A          | 1           |                 | 2.148   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.798                                 |            | 0                     | A          | 1           |                 | 0.503   |           |           |
| 18:2 undifferentiated.....g              | 1.604                                 | 0.070      | 20                    | A          | 1           |                 | 0.449   |           |           |
| 18:3 undifferentiated.....g              | 0.194                                 | 0.031      | 20                    | A          | 1           |                 | 0.054   |           |           |
| 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                       | 62                                    | 4.250      | 31                    | A          | 1           |                 | 17  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.226                                 |            |                       | FLA        | 4           |                 | 0.063   |           |           |
| Threonine.....g                          | 0.673                                 |            |                       | FLA        | 4           |                 | 0.188   |           |           |
| Isoleucine.....g                         | 0.783                                 |            |                       | FLA        | 4           |                 | 0.219   |           |           |
| Leucine.....g                            | 1.418                                 |            |                       | FLA        | 4           |                 | 0.397   |           |           |
| Lysine.....g                             | 1.593                                 |            |                       | FLA        | 4           |                 | 0.446   |           |           |
| Methionine.....g                         | 0.440                                 |            |                       | FLA        | 4           |                 | 0.123   |           |           |
| Cystine.....g                            | 0.168                                 |            |                       | FLA        | 4           |                 | 0.047   |           |           |
| Phenylalanine.....g                      | 0.757                                 |            |                       | FLA        | 4           |                 | 0.212   |           |           |
| Tyrosine.....g                           | 0.732                                 |            |                       | FLA        | 4           |                 | 0.205   |           |           |
| Valine.....g                             | 0.960                                 |            |                       | FLA        | 4           |                 | 0.269   |           |           |
| Arginine.....g                           | 0.919                                 |            |                       | FLA        | 4           |                 | 0.257   |           |           |
| Histidine.....g                          | 0.673                                 |            |                       | FLA        | 4           |                 | 0.189   |           |           |
| Alanine.....g                            | 0.751                                 |            |                       | FLA        | 4           |                 | 0.210   |           |           |
| Aspartic acid.....g                      | 1.336                                 |            |                       | FLA        | 4           |                 | 0.374   |           |           |
| Glutamic acid.....g                      | 3.009                                 |            |                       | FLA        | 4           |                 | 0.843   |           |           |
| Glycine.....g                            | 0.632                                 |            |                       | FLA        | 4           |                 | 0.177   |           |           |
| Proline.....g                            | 1.167                                 |            |                       | FLA        | 4           |                 | 0.327   |           |           |
| Serine.....g                             | 0.754                                 |            |                       | FLA        | 4           |                 | 0.211   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Carotene, beta.....mcg                   | 0                                     | 0.000      | 3                     | MA         | 12          |                 | 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   |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**NDB No. 07211**

**OSCAR MAYER, Ham and Cheese Loaf**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07218  
 OSCAR MAYER, Head Cheese

| 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 | 6.913                                 |            | 0                     | A          | 1           |   | 1.936     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.635                                 | 0.030      | 13                    | A          | 1           |   | 0.178     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.278                                 | 0.265      | 13                    | A          | 1           |   | 1.758     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.344                                 |            | 0                     | A          | 1           |   | 0.376     |           |           |
| 18:2 undifferentiated.....g              | 1.178                                 | 0.051      | 13                    | A          | 1           |   | 0.330     |           |           |
| 18:3 undifferentiated.....g              | 0.166                                 | 0.030      | 13                    | A          | 1           |   | 0.046     |           |           |
| 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                       | 91                                    | 6.682      | 14                    | A          | 1           |   | 25        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07221

OSCAR MAYER, Luncheon Loaf (spiced)

| 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 |
| 16:1 undifferentiated.....g              | 0.523                                 | 0.038      | 6                     | A          | 1           |   | 0.146     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.870                                 | 0.180      | 6                     | A          | 1           |   | 1.924     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.789                                 |            | 0                     | A          | 1           |   | 0.781     |           |           |
| 18:2 undifferentiated.....g              | 2.587                                 | 0.157      | 6                     | A          | 1           |   | 0.724     |           |           |
| 18:3 undifferentiated.....g              | 0.202                                 | 0.045      | 6                     | A          | 1           |   | 0.057     |           |           |
| 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                       | 67                                    | 1.250      | 16                    | A          | 1           |   | 19        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07222

OSCAR MAYER, Old Fashioned Loaf

| 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 |
| 16:1 undifferentiated.....g              | 0.560                                 | 0.034      | 7                     | A          | 1           |   | 0.157     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 7.300                                 | 0.234      | 7                     | A          | 1           |   | 2.044     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.640                                 |            | 0                     | A          | 1           |   | 0.739     |           |           |
| 18:2 undifferentiated.....g              | 2.520                                 | 0.106      | 7                     | A          | 1           |   | 0.706     |           |           |
| 18:3 undifferentiated.....g              | 0.120                                 | 0.008      | 7                     | A          | 1           |   | 0.034     |           |           |
| 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                       | 61                                    | 1.871      | 14                    | A          | 1           |   | 17        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07223

OSCAR MAYER, Olive Loaf (chicken, pork, turkey)

| 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 |
| 16:1 undifferentiated.....g              | 0.920                                 | 0.078      | 6                     | A          | 1           |   | 0.258     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 10.210                                | 0.686      | 6                     | A          | 1           |   | 2.859     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.630                                 |            | 0                     | A          | 1           |   | 0.736     |           |           |
| 18:2 undifferentiated.....g              | 2.490                                 | 0.086      | 6                     | A          | 1           |   | 0.697     |           |           |
| 18:3 undifferentiated.....g              | 0.140                                 | 0.020      | 6                     | A          | 1           |   | 0.039     |           |           |
| 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                       | 71                                    | 2.858      | 6                     | A          | 1           |   | 20        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07224

OSCAR MAYER, Pickle Pimiento Loaf (with chicken)

| 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 |
| 16:1 undifferentiated.....g              | 0.880                                 | 0.071      | 4                     | A          | 1           |   | 0.246     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 9.550                                 | 0.515      | 4                     | A          | 1           |   | 2.674     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.810                                 |            | 0                     | A          | 1           |   | 0.787     |           |           |
| 18:2 undifferentiated.....g              | 2.670                                 | 0.110      | 4                     | A          | 1           |   | 0.748     |           |           |
| 18:3 undifferentiated.....g              | 0.140                                 | 0.020      | 4                     | A          | 1           |   | 0.039     |           |           |
| 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                       | 80                                    | 2.500      | 4                     | A          | 1           |   | 22        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07225

OSCAR MAYER, Pork Sausage Links (cooked)

| 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 |
| 16:1 undifferentiated.....g              | 1.060                                 | 0.094      | 6                     | A          | 1           |   | 0.509     | 0.254     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.740                                | 0.935      | 6                     | A          | 1           |   | 6.595     | 3.298     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.680                                 |            | 0                     | A          | 1           |   | 1.766     | 0.883     |           |
| 18:2 undifferentiated.....g              | 3.130                                 | 0.163      | 6                     | A          | 1           |   | 1.502     | 0.751     |           |
| 18:3 undifferentiated.....g              | 0.550                                 | 0.212      | 6                     | A          | 1           |   | 0.264     | 0.132     |           |
| 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                       | 77                                    | 5.307      | 6                     | A          | 1           |   | 37        | 18        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 48g: 1 serving 2 links

Measure 2 = 24g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07229**  
**OSCAR MAYER, Salami (Genoa)**

| 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 |
| 16:1 undifferentiated.....g              | 1.460                                 | 0.147      | 9                     | A          | 1           |   | 0.394     | 0.131     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 15.290                                | 0.353      | 9                     | A          | 1           |   | 4.128     | 1.376     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.710                                 |            | 0                     | A          | 1           |   | 0.732     | 0.244     |           |
| 18:2 undifferentiated.....g              | 2.550                                 | 0.230      | 9                     | A          | 1           |   | 0.689     | 0.230     |           |
| 18:3 undifferentiated.....g              | 0.160                                 | 0.050      | 9                     | A          | 1           |   | 0.043     | 0.014     |           |
| 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                       | 102                                   | 2.921      | 30                    | A          | 1           |   | 28        | 9         |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 27g: 1 serving 3 slices

Measure 2 = 9.0g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07228**  
**OSCAR MAYER, Salami (for beer)**

| 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 |
| 16:1 undifferentiated.....g              | 0.567                                 | 0.012      | 10                    | A          | 1           |   | 0.261     | 0.130     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 8.257                                 | 0.244      | 10                    | A          | 1           |   | 3.798     | 1.899     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.896                                 |            | 0                     | A          | 1           |   | 0.872     | 0.436     |           |
| 18:2 undifferentiated.....g              | 1.683                                 | 0.058      | 10                    | A          | 1           |   | 0.774     | 0.387     |           |
| 18:3 undifferentiated.....g              | 0.213                                 | 0.025      | 10                    | A          | 1           |   | 0.098     | 0.049     |           |
| 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                       | 69                                    | 1.461      | 30                    | A          | 1           |   | 32        | 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 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07230  
 OSCAR MAYER, Salami (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 | 15.011                                |            | 0                     | A          | 1           |   | 4.053     | 1.351     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.296                                 | 0.097      | 13                    | A          | 1           |   | 0.350     | 0.117     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.715                                | 0.263      | 13                    | A          | 1           |   | 3.703     | 1.234     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.856                                 |            | 0                     | A          | 1           |   | 0.771     | 0.257     |           |
| 18:2 undifferentiated.....g              | 2.593                                 | 0.146      | 13                    | A          | 1           |   | 0.700     | 0.233     |           |
| 18:3 undifferentiated.....g              | 0.263                                 | 0.052      | 13                    | A          | 1           |   | 0.071     | 0.024     |           |
| 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                       | 97                                    | 0.900      | 31                    | A          | 1           |   | 26        | 9         |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 20                                    |            | 1                     | MA         | 12          |   | 5.400     | 1.800     |           |
| 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 = 27g: 1 serving 3 slices

Measure 2 = 9.0g: 1 slice

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07226**  
**OSCAR MAYER, Salami Beef Cotto**

| 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 |
| 16:1 undifferentiated.....g              | 0.760                                 | 0.046      | 12                    | A          | 1           |   | 0.350     | 0.175     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.150                                 | 0.162      | 12                    | A          | 1           |   | 2.829     | 1.415     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.780                                 |            | 0                     | A          | 1           |   | 0.359     | 0.179     |           |
| 18:2 undifferentiated.....g              | 0.590                                 | 0.026      | 12                    | A          | 1           |   | 0.271     | 0.136     |           |
| 18:3 undifferentiated.....g              | 0.190                                 | 0.023      | 12                    | A          | 1           |   | 0.087     | 0.044     |           |
| 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                       | 83                                    | 1.643      | 30                    | A          | 1           |   | 38        | 19        |           |
| 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 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07227

OSCAR MAYER, Salami Cotto (beef, pork, chicken)

| 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.640                                 | 0.035      | 3                     | A          | 1           |   | 0.294     | 0.147     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 9.510                                 | 0.410      | 3                     | A          | 1           |   | 4.375     | 2.187     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.670                                 |            | 0                     | A          | 1           |   | 0.768     | 0.384     |           |
| 18:2 undifferentiated.....g              | 1.610                                 | 0.150      | 3                     | A          | 1           |   | 0.741     | 0.370     |           |
| 18:3 undifferentiated.....g              | 0.060                                 | 0.000      | 3                     | A          | 1           |   | 0.028     | 0.014     |           |
| 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                       | 80                                    | 4.619      | 3                     | A          | 1           |   | 37        | 18        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07231

OSCAR MAYER, Sandwich Spread (pork, chicken, beef)

| 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 |
| 16:1 undifferentiated.....g              | 0.437                                 |            | 2                     | A          | 1   |                 | 0.131     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.764                                 |            | 2                     | A          | 1   |                 | 2.029     |           |           |
| 20:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.483                                 |            | 0                     | A          | 1   |                 | 0.745     |           |           |
| 18:2 undifferentiated.....g              | 2.243                                 |            | 2                     | A          | 1   |                 | 0.673     |           |           |
| 18:3 undifferentiated.....g              | 0.240                                 |            | 2                     | A          | 1   |                 | 0.072     |           |           |
| 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                                    |            | 2                     | A          | 1   |                 | 14        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 30g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07232

OSCAR MAYER, Smokie Links Sausage

| 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 |
| 16:1 undifferentiated.....g              | 0.850                                 | 0.031      | 13                    | A          | 1           |   | 0.366     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 12.320                                | 0.194      | 13                    | A          | 1           |   | 5.298     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.780                                 |            | 0                     | A          | 1           |   | 1.195     |           |           |
| 18:2 undifferentiated.....g              | 2.550                                 | 0.083      | 13                    | A          | 1           |   | 1.097     |           |           |
| 18:3 undifferentiated.....g              | 0.230                                 | 0.053      | 13                    | A          | 1           |   | 0.099     |           |           |
| 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                       | 63                                    | 1.643      | 30                    | A          | 1           |   | 27        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 43g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07233**  
**OSCAR MAYER, Smokies (beef)**

| 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 | Measure 3 |
|  |  |            |                       |            |             |                 |  |           |           |
| Fatty acids, total monounsaturated.....g | 12.800                                       |            | 0                     | A          | 1           |                 | 5.504  |           |           |
| 14:1.....g                               |  |            |                       |            |             |                 |  |           |           |
| 15:1.....g                               |  |            |                       |            |             |                 |  |           |           |
| 16:1 undifferentiated.....g              | 1.200  | 0.057      | 7                     | A          | 1           |                 | 0.516  |           |           |
| 17:1.....g                               |  |            |                       |            |             |                 |  |           |           |
| 18:1 undifferentiated.....g              | 11.600                                       | 0.212      | 7                     | A          | 1           |                 | 4.988  |           |           |
| 20:1.....g                               |  |            |                       |            |             |                 |  |           |           |
| 22:1 undifferentiated.....g              |  |            |                       |            |             |                 |  |           |           |
| 24:1 c.....g                             |  |            |                       |            |             |                 |  |           |           |
| Fatty acids, total polyunsaturated.....g | 0.900  |            | 0                     | A          | 1           |                 | 0.387  |           |           |
| 18:2 undifferentiated.....g              | 0.700  | 0.038      | 7                     | A          | 1           |                 | 0.301  |           |           |
| 18:3 undifferentiated.....g              | 0.200  | 0.060      | 7                     | A          | 1           |                 | 0.086  |           |           |
| 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                       | 62   | 1.750      | 31                    | A          | 1           |                 | 27   |           |           |
| Phytosterols.....mg                      |  |            |                       |            |             |                 |  |           |           |
| <b>Others:</b>                           |  |            |                       |            |             |                 |  |           |           |
| Alcohol, ethyl.....g                     | 0.0  |            | 0                     | Z          | 7           |                 | 0.0  |           |           |
| Caffeine.....mg                          | 0  |            | 0                     | Z          | 7           |                 | 0  |           |           |
| Theobromine.....mg                       | 0  |            | 0                     | Z          | 7           |                 | 0  |           |           |
| <b>Carotenoids:</b>                      |  |            |                       |            |             |                 |  |           |           |
| 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  |           |           |

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**Common Measures:**

Measure 1 = 43g: 1 serving (1 link)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07234**  
**OSCAR MAYER, Smokies (cheese)**

| 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 |
| 16:1 undifferentiated.....g              | 0.910                                 | 0.067      | 9                     | A          | 1           |   | 0.391     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 12.080                                | 0.150      | 9                     | A          | 1           |   | 5.194     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.700                                 |            | 0                     | A          | 1           |   | 1.161     |           |           |
| 18:2 undifferentiated.....g              | 2.360                                 | 0.087      | 9                     | A          | 1           |   | 1.015     |           |           |
| 18:3 undifferentiated.....g              | 0.340                                 | 0.053      | 9                     | A          | 1           |   | 0.146     |           |           |
| 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                       | 70                                    | 1.461      | 30                    | A          | 1           |   | 30        |           |           |
| 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 = 43g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07235

OSCAR MAYER, Smokies Sausage Little (pork, turkey)

| 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 |
| 16:1 undifferentiated.....g              | 0.898                                 |            | 1                     | A          | 1           |   | 0.081     | 0.512     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.990                                |            | 1                     | A          | 1           |   | 1.079     | 6.834     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.870                                 |            | 0                     | A          | 1           |   | 0.258     | 1.636     |           |
| 18:2 undifferentiated.....g              | 2.537                                 |            | 1                     | A          | 1           |   | 0.228     | 1.446     |           |
| 18:3 undifferentiated.....g              | 0.333                                 |            | 1                     | A          | 1           |   | 0.030     | 0.190     |           |
| 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                       | 64                                    |            | 1                     | A          | 1           |   | 6         | 36        |           |
| 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 = 9.0g: 1 link

Measure 2 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07236

OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)

| 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 |
| 16:1 undifferentiated.....g              | 0.770                                 |            | 1                     | A          | 1   |                 | 0.069     | 0.439     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.420                                |            | 1                     | A          | 1   |                 | 1.118     | 7.079     |           |
| 20:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.790                                 |            | 0                     | A          | 1   |                 | 0.251     | 1.590     |           |
| 18:2 undifferentiated.....g              | 2.620                                 |            | 1                     | A          | 1   |                 | 0.236     | 1.493     |           |
| 18:3 undifferentiated.....g              | 0.170                                 |            | 1                     | A          | 1   |                 | 0.015     | 0.097     |           |
| 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                       | 67                                    |            | 1                     | A          | 1   |                 | 6         | 38        |           |
| 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 = 9.0g: 1 link

Measure 2 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07237

OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat

| 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 | 12.900                                |            | 0                     | A          | 1           |   | 5.934     | 2.967     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.540                                 | 0.136      | 12                    | A          | 1           |   | 0.708     | 0.354     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.360                                | 0.312      | 12                    | A          | 1           |   | 5.226     | 2.613     |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.130                                 |            | 0                     | A          | 1           |   | 0.520     | 0.260     |           |
| 18:2 undifferentiated.....g              | 0.930                                 | 0.110      | 12                    | A          | 1           |   | 0.428     | 0.214     |           |
| 18:3 undifferentiated.....g              | 0.200                                 | 0.029      | 12                    | A          | 1           |   | 0.092     | 0.046     |           |
| 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                       | 80                                    | 3.750      | 16                    | A          | 1           |   | 37        | 18        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07238

OSCAR MAYER, Summer Sausage Thuringer Cervelat

| 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 | 12.142                                |            | 0                     | A          | 1           |                 | 5.585   | 2.793     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.156                                 | 0.092      | 13                    | A          | 1           |                 | 0.532   | 0.266     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 10.986                                | 0.208      | 13                    | A          | 1           |                 | 5.054   | 2.527     |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.229                                 |            | 0                     | A          | 1           |                 | 1.025   | 0.513     |           |
| 18:2 undifferentiated.....g              | 1.942                                 | 0.072      | 13                    | A          | 1           |                 | 0.893   | 0.447     |           |
| 18:3 undifferentiated.....g              | 0.287                                 | 0.033      | 13                    | A          | 1           |                 | 0.132   | 0.066     |           |
| 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                       | 84                                    | 2.556      | 30                    | A          | 1           |                 | 39  | 19        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07239

OSCAR MAYER, Turkey Breast (smoked, 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.010                                 | 0.004      | 8                     | A          | 1           |                 | 0.005   | 0.001     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.140                                 | 0.039      | 8                     | A          | 1           |                 | 0.073   | 0.018     |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.110                                 |            | 0                     | A          | 1           |                 | 0.057   | 0.014     |           |
| 18:2 undifferentiated.....g              | 0.100                                 | 0.025      | 8                     | A          | 1           |                 | 0.052   | 0.013     |           |
| 18:3 undifferentiated.....g              | 0.010                                 | 0.004      | 8                     | A          | 1           |                 | 0.005   | 0.001     |           |
| 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                       | 31                                    | 1.414      | 8                     | A          | 1           |                 | 16  | 4         |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 52g: 1 serving 4 slices

Measure 2 = 13.0g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07241

OSCAR MAYER, Wieners (beef franks)

| 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 | 14.740                                |            | 0                     | A          | 1           |   | 6.633     |           |           |
| 14:1.....g                               | 0.331                                 |            | 1                     | A          | 1           |   | 0.149     |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:1.....g                               | 0.222                                 |            | 1                     | A          | 1           |   | 0.100     |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.360                                 |            | 0                     | A          | 1           |   | 0.612     |           |           |
| 18:2 undifferentiated.....g              | 0.951                                 | 0.100      | 31                    | A          | 1           |   | 0.428     |           |           |
| 18:3 undifferentiated.....g              | 0.239                                 | 0.072      | 31                    | A          | 1           |   | 0.107     |           |           |
| 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                       | 56                                    | 9.461      | 31                    | A          | 1           |   | 25        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07242

OSCAR MAYER, Wieners (beef franks, bun length)

| 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 | 14.620                                |            | 0                     | A          | 1           |                 | 8.333   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.460                                 | 0.123      | 9                     | A          | 1           |                 | 0.832   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 13.160                                | 0.093      | 9                     | A          | 1           |                 | 7.501   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.960                                 |            | 0                     | A          | 1           |                 | 0.547   |           |           |
| 18:2 undifferentiated.....g              | 0.790                                 | 0.043      | 9                     | A          | 1           |                 | 0.450   |           |           |
| 18:3 undifferentiated.....g              | 0.170                                 | 0.050      | 9                     | A          | 1           |                 | 0.097   |           |           |
| 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                       | 59                                    | 1.850      | 12                    | A          | 1           |                 | 34  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 57g: 1 serving (1 link)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07243

OSCAR MAYER, Wieners (beef franks, 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 |
| 16:1 undifferentiated.....g              | 0.014                                 | 0.003      | 5                     | A          | 1           |   | 0.007     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.176                                 | 0.016      | 5                     | A          | 1           |   | 0.088     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.049                                 |            | 0                     | A          | 1           |   | 0.025     |           |           |
| 18:2 undifferentiated.....g              | 0.042                                 | 0.006      | 5                     | A          | 1           |   | 0.021     |           |           |
| 18:3 undifferentiated.....g              | 0.007                                 | 0.003      | 5                     | A          | 1           |   | 0.004     |           |           |
| 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                       | 30                                    | 1.789      | 5                     | A          | 1           |   | 15        |           |           |
| 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 = 50g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07244

OSCAR MAYER, Wieners (beef franks, 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 |
| 16:1 undifferentiated.....g              | 0.600                                 | 0.045      | 5                     | A          | 1           |   | 0.342     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.920                                 | 0.353      | 5                     | A          | 1           |   | 3.944     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.990                                 |            | 0                     | A          | 1           |   | 0.564     |           |           |
| 18:2 undifferentiated.....g              | 0.890                                 | 0.362      | 5                     | A          | 1           |   | 0.507     |           |           |
| 18:3 undifferentiated.....g              | 0.100                                 | 0.036      | 5                     | A          | 1           |   | 0.057     |           |           |
| 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                       | 49                                    | 1.789      | 5                     | A          | 1           |   | 28        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07245

OSCAR MAYER, Wieners (cheese hot dogs with turkey)

| 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.981                                 | 0.053      | 5                     | A          | 1           |                 | 0.441   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 12.124                                | 0.348      | 5                     | A          | 1           |                 | 5.456   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.849                                 |            | 0                     | A          | 1           |                 | 1.732   |           |           |
| 18:2 undifferentiated.....g              | 3.611                                 | 0.090      | 5                     | A          | 1           |                 | 1.625   |           |           |
| 18:3 undifferentiated.....g              | 0.238                                 | 0.058      | 5                     | A          | 1           |                 | 0.107   |           |           |
| 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                       | 74                                    | 1.206      | 11                    | A          | 1           |                 | 33  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07246

OSCAR MAYER, Wieners (fat free hot dogs)

| 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 |
| 16:1 undifferentiated.....g              | 0.020                                 | 0.003      | 10                    | A          | 1           |   | 0.010     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.190                                 | 0.022      | 10                    | A          | 1           |   | 0.095     |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.110                                 |            | 0                     | A          | 1           |   | 0.055     |           |           |
| 18:2 undifferentiated.....g              | 0.100                                 | 0.013      | 10                    | A          | 1           |   | 0.050     |           |           |
| 18:3 undifferentiated.....g              | 0.010                                 | 0.000      | 10                    | A          | 1           |   | 0.005     |           |           |
| 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                       | 29                                    | 1.581      | 10                    | A          | 1           |   | 15        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 50g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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





NDB No. 07247

OSCAR MAYER, Wieners (light pork, turkey, beef)

| 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.435                                 | 0.011      | 6                     | A          | 1           |                 | 0.248   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 6.328                                 | 0.221      | 6                     | A          | 1           |                 | 3.607   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.044                                 |            | 0                     | A          | 1           |                 | 1.165   |           |           |
| 18:2 undifferentiated.....g              | 1.920                                 | 0.061      | 6                     | A          | 1           |                 | 1.094   |           |           |
| 18:3 undifferentiated.....g              | 0.124                                 | 0.026      | 6                     | A          | 1           |                 | 0.071   |           |           |
| 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                       | 62                                    | 4.158      | 7                     | A          | 1           |                 | 35  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



NDB No. 07240

OSCAR MAYER, Wieners (pork, turkey)

| 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 | 13.806                                |            | 0                     | A          | 1           |                 | 6.213   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.031                                 | 0.069      | 8                     | A          | 1           |                 | 0.464   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 12.775                                | 0.315      | 8                     | A          | 1           |                 | 5.749   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 4.255                                 |            | 0                     | A          | 1           |                 | 1.915   |           |           |
| 18:2 undifferentiated.....g              | 4.023                                 | 0.171      | 8                     | A          | 1           |                 | 1.810   |           |           |
| 18:3 undifferentiated.....g              | 0.232                                 | 0.020      | 8                     | A          | 1           |                 | 0.104   |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.082                                 |            |                       | FLA        | 4           |                 | 0.037   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.003                                 |            |                       | FLA        | 4           |                 | 0.001   |           |           |
| 22:6 n-3.....g                           | 0.003                                 |            |                       | FLA        | 4           |                 | 0.001   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 72                                    | 4.025      | 5                     | A          | 1           |                 | 32  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.129                                 |            |                       | FLA        | 4           |                 | 0.058   |           |           |
| Threonine.....g                          | 0.486                                 |            |                       | FLA        | 4           |                 | 0.219   |           |           |
| Isoleucine.....g                         | 0.535                                 |            |                       | FLA        | 4           |                 | 0.241   |           |           |
| Leucine.....g                            | 0.875                                 |            |                       | FLA        | 4           |                 | 0.394   |           |           |
| Lysine.....g                             | 0.980                                 |            |                       | FLA        | 4           |                 | 0.441   |           |           |
| Methionine.....g                         | 0.294                                 |            |                       | FLA        | 4           |                 | 0.132   |           |           |
| Cystine.....g                            | 0.127                                 |            |                       | FLA        | 4           |                 | 0.057   |           |           |
| Phenylalanine.....g                      | 0.438                                 |            |                       | FLA        | 4           |                 | 0.197   |           |           |
| Tyrosine.....g                           | 0.403                                 |            |                       | FLA        | 4           |                 | 0.181   |           |           |
| Valine.....g                             | 0.590                                 |            |                       | FLA        | 4           |                 | 0.265   |           |           |
| Arginine.....g                           | 0.711                                 |            |                       | FLA        | 4           |                 | 0.320   |           |           |
| Histidine.....g                          | 0.372                                 |            |                       | FLA        | 4           |                 | 0.167   |           |           |
| Alanine.....g                            | 0.651                                 |            |                       | FLA        | 4           |                 | 0.293   |           |           |
| Aspartic acid.....g                      | 1.016                                 |            |                       | FLA        | 4           |                 | 0.457   |           |           |
| Glutamic acid.....g                      | 1.752                                 |            |                       | FLA        | 4           |                 | 0.788   |           |           |
| Glycine.....g                            | 0.591                                 |            |                       | FLA        | 4           |                 | 0.266   |           |           |
| Proline.....g                            | 0.527                                 |            |                       | FLA        | 4           |                 | 0.237   |           |           |
| Serine.....g                             | 0.476                                 |            |                       | FLA        | 4           |                 | 0.214   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       | FLA        | 4           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            |                       | FLA        | 4           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            |                       | FLA        | 4           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 45g: 1 serving (1 link)

**NDB No. 07240**

**OSCAR MAYER, Wieners (pork, turkey)**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07248

OSCAR MAYER, Wieners Little (pork, turkey)

| 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 | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.290                                 |            | 1       | A     | 1      |   | 0.116     | 0.735     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.040                                |            | 1       | A     | 1      |   | 1.174     | 7.433     |           |
| 20:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.670                                 |            | 0       | A     | 1      |   | 0.240     | 1.522     |           |
| 18:2 undifferentiated.....g              | 2.380                                 |            | 1       | A     | 1      |   | 0.214     | 1.357     |           |
| 18:3 undifferentiated.....g              | 0.290                                 |            | 1       | A     | 1      |   | 0.026     | 0.165     |           |
| 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                       | 55                                    |            | 1       | A     | 1      |   | 5         | 31        |           |
| 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 = 9.0g: 1 piece  
 Measure 2 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07206

OSCAR MAYER. Bologna (Wisconsin made ring)

| 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 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.470                                 | 0.094      | 13                    | A          | 1           |                 | 0.823   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 12.620                                | 0.047      | 13                    | A          | 1           |                 | 7.067   |           |           |
| 20:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.970                                 |            | 0                     | A          | 1           |                 | 1.103   |           |           |
| 18:2 undifferentiated.....g              | 1.670                                 | 0.128      | 13                    | A          | 1           |                 | 0.935   |           |           |
| 18:3 undifferentiated.....g              | 0.300                                 | 0.047      | 13                    | A          | 1           |                 | 0.168   |           |           |
| 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                       | 62                                    | 2.496      | 13                    | A          | 1           |                 | 35  |           |           |
| 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 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07051**  
**Olive loaf, pork**

| 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 | 7.870                                 |            | 0                     |            | 1   |                 | 2.204     | 4.486     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.660                                 |            | 4                     |            | 1   |                 | 0.185     | 0.376     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 7.210                                 |            | 4                     |            | 1   |                 | 2.019     | 4.110     |           |
| 20:1.....g                               | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.930                                 |            | 0                     |            | 1   |                 | 0.540     | 1.100     |           |
| 18:2 undifferentiated.....g              | 1.820                                 |            | 4                     |            | 1   |                 | 0.510     | 1.037     |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 4                     |            | 1   |                 | 0.031     | 0.063     |           |
| 18:4.....g                               | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 4                     |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 38                                    | 4.177      | 3                     |            | 1   |                 | 11        | 22        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.104                                 |            | 0                     |            | 1   |                 | 0.029     | 0.059     |           |
| Threonine.....g                          | 0.472                                 |            | 0                     |            | 1   |                 | 0.132     | 0.269     |           |
| Isoleucine.....g                         | 0.421                                 |            | 0                     |            | 1   |                 | 0.118     | 0.240     |           |
| Leucine.....g                            | 0.870                                 |            | 0                     |            | 1   |                 | 0.244     | 0.496     |           |
| Lysine.....g                             | 0.809                                 |            | 0                     |            | 1   |                 | 0.227     | 0.461     |           |
| Methionine.....g                         | 0.301                                 |            | 0                     |            | 1   |                 | 0.084     | 0.172     |           |
| Cystine.....g                            | 0.144                                 |            | 0                     |            | 1   |                 | 0.040     | 0.082     |           |
| Phenylalanine.....g                      | 0.419                                 |            | 0                     |            | 1   |                 | 0.117     | 0.239     |           |
| Tyrosine.....g                           | 0.383                                 |            | 0                     |            | 1   |                 | 0.107     | 0.218     |           |
| Valine.....g                             | 0.508                                 |            | 0                     |            | 1   |                 | 0.142     | 0.290     |           |
| Arginine.....g                           | 0.583                                 |            | 0                     |            | 1   |                 | 0.163     | 0.332     |           |
| Histidine.....g                          | 0.292                                 |            | 0                     |            | 1   |                 | 0.082     | 0.166     |           |
| Alanine.....g                            | 0.618                                 |            | 0                     |            | 1   |                 | 0.173     | 0.352     |           |
| Aspartic acid.....g                      | 0.951                                 |            | 0                     |            | 1   |                 | 0.266     | 0.542     |           |
| Glutamic acid.....g                      | 1.919                                 |            | 0                     |            | 1   |                 | 0.537     | 1.094     |           |
| Glycine.....g                            | 0.680                                 |            | 0                     |            | 1   |                 | 0.190     | 0.388     |           |
| Proline.....g                            | 0.830                                 |            | 0                     |            | 1   |                 | 0.232     | 0.473     |           |
| Serine.....g                             | 0.517                                 |            | 0                     |            | 1   |                 | 0.145     | 0.295     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)  
 Measure 2 = 57g: 2 slices

**NDB No. 07051**  
**Olive loaf, pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07220

Oscar Mayer, Liver Cheese, pork fat wrapped

| 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 | 13.100                                |            | 0                     | NC         | 4   |                 | 4.978     |           |           |
| 14:1.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.900                                 |            | 1                     | A          | 1   |                 | 0.342     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.900                                |            | 1                     | A          | 1   |                 | 4.522     |           |           |
| 20:1.....g                               | 0.300                                 |            | 1                     | A          | 1   |                 | 0.114     |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.100                                 |            | 0                     | NC         | 4   |                 | 1.558     |           |           |
| 18:2 undifferentiated.....g              | 3.200                                 |            | 1                     | A          | 1   |                 | 1.216     |           |           |
| 18:3 undifferentiated.....g              | 0.300                                 |            | 1                     | A          | 1   |                 | 0.114     |           |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c.c.....g                       | 0.100                                 |            | 1                     | A          | 1   |                 | 0.038     |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 1                     | A          | 1   |                 | 0.076     |           |           |
| 20:5 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 211                                   |            | 1                     | A          | 1   |                 | 80        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1                     | A          | 1   |                 | 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     |           |           |

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**Common Measures:**

Measure 1 = 38g: 1 slice (1 serving)

**Calories Factors: Protein 3.87**

**Fat 9.02**

**Carbohydrate 4.27**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07935

Oven-roasted chicken breast roll

| 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 | 2.816                                 |            |                       | FLA        | 4           |                 | 1.577   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.397                                 |            |                       | FLA        | 4           |                 | 0.222   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 2.333                                 |            |                       | FLA        | 4           |                 | 1.307   |           |           |
| 20:1.....g                               | 0.085                                 |            |                       | FLA        | 4           |                 | 0.048   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.456                                 |            |                       | FLA        | 4           |                 | 0.815   |           |           |
| 18:2 undifferentiated.....g              | 1.325                                 |            |                       | FLA        | 4           |                 | 0.742   |           |           |
| 18:3 undifferentiated.....g              | 0.057                                 |            |                       | FLA        | 4           |                 | 0.032   |           |           |
| 18:4.....g                               | 0.000                                 |            |                       | FLA        | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.038                                 |            |                       | FLA        | 4           |                 | 0.021   |           |           |
| 20:5 n-3.....g                           | 0.014                                 |            |                       | FLA        | 4           |                 | 0.008   |           |           |
| 22:5 n-3.....g                           | 0.007                                 |            |                       | FLA        | 4           |                 | 0.004   |           |           |
| 22:6 n-3.....g                           | 0.015                                 |            |                       | FLA        | 4           |                 | 0.009   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 39                                    |            | 1                     | A          | 1           |                 | 22  |           |           |
| Phytosterols.....mg                      | 0                                     |            |                       | FLA        | 4           |                 | 0   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.160                                 |            |                       | FLA        | 4           |                 | 0.090   |           |           |
| Threonine.....g                          | 0.597                                 |            |                       | FLA        | 4           |                 | 0.334   |           |           |
| Isoleucine.....g                         | 0.711                                 |            |                       | FLA        | 4           |                 | 0.398   |           |           |
| Leucine.....g                            | 1.048                                 |            |                       | FLA        | 4           |                 | 0.587   |           |           |
| Lysine.....g                             | 1.167                                 |            |                       | FLA        | 4           |                 | 0.653   |           |           |
| Methionine.....g                         | 0.382                                 |            |                       | FLA        | 4           |                 | 0.214   |           |           |
| Cystine.....g                            | 0.198                                 |            |                       | FLA        | 4           |                 | 0.111   |           |           |
| Phenylalanine.....g                      | 0.562                                 |            |                       | FLA        | 4           |                 | 0.315   |           |           |
| Tyrosine.....g                           | 0.461                                 |            |                       | FLA        | 4           |                 | 0.258   |           |           |
| Valine.....g                             | 0.702                                 |            |                       | FLA        | 4           |                 | 0.393   |           |           |
| Arginine.....g                           | 0.928                                 |            |                       | FLA        | 4           |                 | 0.520   |           |           |
| Histidine.....g                          | 0.419                                 |            |                       | FLA        | 4           |                 | 0.235   |           |           |
| Alanine.....g                            | 0.873                                 |            |                       | FLA        | 4           |                 | 0.489   |           |           |
| Aspartic acid.....g                      | 1.301                                 |            |                       | FLA        | 4           |                 | 0.729   |           |           |
| Glutamic acid.....g                      | 2.112                                 |            |                       | FLA        | 4           |                 | 1.183   |           |           |
| Glycine.....g                            | 1.034                                 |            |                       | FLA        | 4           |                 | 0.579   |           |           |
| Proline.....g                            | 0.750                                 |            |                       | FLA        | 4           |                 | 0.420   |           |           |
| Serine.....g                             | 0.520                                 |            |                       | FLA        | 4           |                 | 0.291   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 56g: 1 serving 2 oz



**NDB No. 07935**

**Oven-roasted chicken breast roll**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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

**NDB No. 07925**  
**Pastrami, beef, 98% fat-free**

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 74.30                                 |            | 1                     | A          | 1   |                 | 42.35     |           |           |
| Energy.....kcal                          | 95                                    |            | 0                     | MC         | 9   |                 | 54        |           |           |
| Energy.....kj                            | 397                                   |            | 0                     | MC         | 9   |                 | 227       |           |           |
| Protein (N x 6.25).....g                 | 19.60                                 |            | 1                     | A          | 1   |                 | 11.17     |           |           |
| Total lipid (fat).....g                  | 1.16                                  |            | 1                     | A          | 1   |                 | 0.66      |           |           |
| Ash.....g                                | 3.40                                  |            | 1                     | A          | 1   |                 | 1.94      |           |           |
| Carbohydrate, by difference.....g        | 1.54                                  |            | 0                     | MC         | 9   |                 | 0.88      |           |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                      | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       | 9                                     |            | 0                     | BFZN       | 4   |                 | 5         |           |           |
| Iron, Fe.....mg                          | 2.78                                  |            | 1                     | A          | 1   |                 | 1.58      |           |           |
| Magnesium, Mg.....mg                     | 18                                    |            | 0                     | BFZN       | 4   |                 | 10        |           |           |
| Phosphorus, P.....mg                     | 150                                   |            | 0                     | BFZN       | 4   |                 | 86        |           |           |
| Potassium, K.....mg                      | 228                                   |            | 0                     | BFZN       | 4   |                 | 130       |           |           |
| Sodium, Na.....mg                        | 1010                                  |            | 1                     | A          | 1   |                 | 576       |           |           |
| Zinc, Zn.....mg                          | 4.26                                  |            | 0                     | BFZN       | 4   |                 | 2.43      |           |           |
| Copper, Cu.....mg                        | 0.079                                 |            | 0                     | BFZN       | 4   |                 | 0.045     |           |           |
| Manganese, Mn.....mg                     | 0.013                                 |            | 0                     | BFZN       | 4   |                 | 0.007     |           |           |
| Selenium, Se.....mcg                     | 10.4                                  |            | 0                     | BFZN       | 4   |                 | 5.9       |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 34.6                                  |            | 1                     | A          | 1   |                 | 19.7      |           |           |
| Thiamin.....mg                           | 0.095                                 |            | 0                     | BFZN       | 4   |                 | 0.054     |           |           |
| Riboflavin.....mg                        | 0.170                                 |            | 0                     | BFZN       | 4   |                 | 0.097     |           |           |
| Niacin.....mg                            | 5.065                                 |            | 0                     | BFZN       | 4   |                 | 2.887     |           |           |
| Pantothenic acid.....mg                  | 0.300                                 |            | 0                     | BFZN       | 4   |                 | 0.171     |           |           |
| Vitamin B-6.....mg                       | 0.180                                 |            | 0                     | BFZN       | 4   |                 | 0.103     |           |           |
| Folate, total.....mcg                    | 7                                     |            | 0                     | BFZN       | 4   |                 | 4         |           |           |
| Folic acid.....mcg                       | 0                                     |            | 0                     | BFZN       | 4   |                 | 0         |           |           |
| Folate, food.....mcg                     | 7                                     |            | 0                     | BFZN       | 4   |                 | 4         |           |           |
| Folate, DFE.....mcg_DFE                  | 7                                     |            | 0                     | NC         | 4   |                 | 4         |           |           |
| Vitamin B-12.....mcg                     | 1.76                                  |            | 0                     | BFZN       | 4   |                 | 1.00      |           |           |
| Vitamin A, IU.....IU                     | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Vitamin A, RAE.....mcg_RAE               | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Retinol.....mcg                          | 0                                     |            | 0                     | BFZN       | 4   |                 | 0         |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     |           |           |
| Fatty acids, total monounsaturated.....g | 0.560                                 |            | 1                     | A          | 1   |                 | 0.319     |           |           |
| Fatty acids, total polyunsaturated.....g | 0.040                                 |            | 1                     | A          | 1   |                 | 0.023     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 47                                    |            | 1                     | A          | 1   |                 | 27        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | BFZN       | 4   |                 | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.157                                 |            | 0                     | BFZN       | 4   |                 | 0.089     |           |           |
| Threonine.....g                          | 0.651                                 |            | 0                     | BFZN       | 4   |                 | 0.371     |           |           |
| Isoleucine.....g                         | 0.745                                 |            | 0                     | BFZN       | 4   |                 | 0.425     |           |           |
| Leucine.....g                            | 1.266                                 |            | 0                     | BFZN       | 4   |                 | 0.722     |           |           |
| Lysine.....g                             | 1.322                                 |            | 0                     | BFZN       | 4   |                 | 0.754     |           |           |
| Methionine.....g                         | 0.400                                 |            | 0                     | BFZN       | 4   |                 | 0.228     |           |           |
| Cystine.....g                            | 0.221                                 |            | 0                     | BFZN       | 4   |                 | 0.126     |           |           |

**NDB No. 07925**  
**Pastrami, beef, 98% 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 |
| Phenylalanine.....g         | 0.621                                 |            | 0                     | BFZN       | 4   |                 | 0.354     |           |           |
| Tyrosine.....g              | 0.563                                 |            | 0                     | BFZN       | 4   |                 | 0.321     |           |           |
| Valine.....g                | 0.759                                 |            | 0                     | BFZN       | 4   |                 | 0.433     |           |           |
| Arginine.....g              | 1.065                                 |            | 0                     | BFZN       | 4   |                 | 0.607     |           |           |
| Histidine.....g             | 0.549                                 |            | 0                     | BFZN       | 4   |                 | 0.313     |           |           |
| Alanine.....g               | 1.242                                 |            | 0                     | BFZN       | 4   |                 | 0.708     |           |           |
| Aspartic acid.....g         | 1.689                                 |            | 0                     | BFZN       | 4   |                 | 0.963     |           |           |
| Glutamic acid.....g         | 2.809                                 |            | 0                     | BFZN       | 4   |                 | 1.601     |           |           |
| Glycine.....g               | 1.440                                 |            | 0                     | BFZN       | 4   |                 | 0.821     |           |           |
| Proline.....g               | 1.242                                 |            | 0                     | BFZN       | 4   |                 | 0.708     |           |           |
| Serine.....g                | 0.695                                 |            | 0                     | BFZN       | 4   |                 | 0.396     |           |           |
| Hydroxyproline.....g        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>              |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g        | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg             | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>         |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 57g: 1 serving 6 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07052**  
**Pastrami, turkey**

| 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 | 2.050                                 |            | 0                     |            | 1   |                 | 1.169     | 4.654     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.340                                 |            | 0                     |            | 1   |                 | 0.194     | 0.772     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.660                                 |            | 0                     |            | 1   |                 | 0.946     | 3.768     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.006     | 0.023     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.006     | 0.023     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.590                                 |            | 0                     |            | 1   |                 | 0.906     | 3.609     |           |
| 18:2 undifferentiated.....g              | 1.320                                 |            | 0                     |            | 1   |                 | 0.752     | 2.996     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0                     |            | 1   |                 | 0.040     | 0.159     |           |
| 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              | 0.120                                 |            | 0                     |            | 1   |                 | 0.068     | 0.272     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.011     | 0.045     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.011     | 0.045     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 54                                    |            | 0                     |            | 4   |                 | 31        | 123       |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.203                                 |            | 0                     |            | 1   |                 | 0.116     | 0.461     |           |
| Threonine.....g                          | 0.798                                 |            | 0                     |            | 1   |                 | 0.455     | 1.811     |           |
| Isoleucine.....g                         | 0.918                                 |            | 0                     |            | 1   |                 | 0.523     | 2.084     |           |
| Leucine.....g                            | 1.421                                 |            | 0                     |            | 1   |                 | 0.810     | 3.226     |           |
| Lysine.....g                             | 1.662                                 |            | 0                     |            | 1   |                 | 0.947     | 3.773     |           |
| Methionine.....g                         | 0.512                                 |            | 0                     |            | 1   |                 | 0.292     | 1.162     |           |
| Cystine.....g                            | 0.206                                 |            | 0                     |            | 1   |                 | 0.117     | 0.468     |           |
| Phenylalanine.....g                      | 0.715                                 |            | 0                     |            | 1   |                 | 0.408     | 1.623     |           |
| Tyrosine.....g                           | 0.694                                 |            | 0                     |            | 1   |                 | 0.396     | 1.575     |           |
| Valine.....g                             | 0.952                                 |            | 0                     |            | 1   |                 | 0.543     | 2.161     |           |
| Arginine.....g                           | 1.290                                 |            | 0                     |            | 1   |                 | 0.735     | 2.928     |           |
| Histidine.....g                          | 0.549                                 |            | 0                     |            | 1   |                 | 0.313     | 1.246     |           |
| Alanine.....g                            | 1.166                                 |            | 0                     |            | 1   |                 | 0.665     | 2.647     |           |
| Aspartic acid.....g                      | 1.761                                 |            | 0                     |            | 1   |                 | 1.004     | 3.997     |           |
| Glutamic acid.....g                      | 2.920                                 |            | 0                     |            | 1   |                 | 1.664     | 6.628     |           |
| Glycine.....g                            | 1.103                                 |            | 0                     |            | 1   |                 | 0.629     | 2.504     |           |
| Proline.....g                            | 0.850                                 |            | 0                     |            | 1   |                 | 0.485     | 1.930     |           |
| Serine.....g                             | 0.806                                 |            | 0                     |            | 1   |                 | 0.459     | 1.830     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 57g: 2 slices

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

**NDB No. 07052**  
**Pastrami, turkey**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07053**  
**Pate, chicken liver, canned**

| 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 | 5.280                                 |            | 0                     |            | 4   |                 | 0.686     | 1.497     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.620                                 |            | 0                     |            | 4   |                 | 0.081     | 0.176     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 4.510                                 |            | 0                     |            | 4   |                 | 0.586     | 1.279     |           |
| 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 | 2.460                                 |            | 0                     |            | 4   |                 | 0.320     | 0.697     |           |
| 18:2 undifferentiated.....g              | 2.160                                 |            | 0                     |            | 4   |                 | 0.281     | 0.612     |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 4   |                 | 0.013     | 0.028     |           |
| 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              | 0.100                                 |            | 0                     |            | 4   |                 | 0.013     | 0.028     |           |
| 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                       | 391                                   |            | 0                     |            | 4   |                 | 51        | 111       |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.195                                 |            | 0                     |            | 4   |                 | 0.025     | 0.055     |           |
| Threonine.....g                          | 0.601                                 |            | 0                     |            | 4   |                 | 0.078     | 0.170     |           |
| Isoleucine.....g                         | 0.735                                 |            | 0                     |            | 4   |                 | 0.096     | 0.208     |           |
| Leucine.....g                            | 1.196                                 |            | 0                     |            | 4   |                 | 0.155     | 0.339     |           |
| Lysine.....g                             | 0.953                                 |            | 0                     |            | 4   |                 | 0.124     | 0.270     |           |
| Methionine.....g                         | 0.340                                 |            | 0                     |            | 4   |                 | 0.044     | 0.096     |           |
| Cystine.....g                            | 0.218                                 |            | 0                     |            | 4   |                 | 0.028     | 0.062     |           |
| Phenylalanine.....g                      | 0.694                                 |            | 0                     |            | 4   |                 | 0.090     | 0.197     |           |
| Tyrosine.....g                           | 0.490                                 |            | 0                     |            | 4   |                 | 0.064     | 0.139     |           |
| Valine.....g                             | 0.863                                 |            | 0                     |            | 4   |                 | 0.112     | 0.245     |           |
| Arginine.....g                           | 0.816                                 |            | 0                     |            | 4   |                 | 0.106     | 0.231     |           |
| Histidine.....g                          | 0.347                                 |            | 0                     |            | 4   |                 | 0.045     | 0.098     |           |
| Alanine.....g                            | 0.763                                 |            | 0                     |            | 4   |                 | 0.099     | 0.216     |           |
| Aspartic acid.....g                      | 1.251                                 |            | 0                     |            | 4   |                 | 0.163     | 0.355     |           |
| Glutamic acid.....g                      | 1.942                                 |            | 0                     |            | 4   |                 | 0.252     | 0.551     |           |
| Glycine.....g                            | 0.693                                 |            | 0                     |            | 4   |                 | 0.090     | 0.196     |           |
| Proline.....g                            | 0.700                                 |            | 0                     |            | 4   |                 | 0.091     | 0.198     |           |
| Serine.....g                             | 0.687                                 |            | 0                     |            | 4   |                 | 0.089     | 0.195     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 13.0g: 1 tbsp  
Measure 2 = 28.35g: 1 oz



**NDB No. 07053**  
**Pate, chicken liver, canned**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07054**  
**Pate, goose liver, smoked, canned**

| 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 | 25.610                                |            | 0                     |            | 4   |                 | 3.329     | 7.260     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.400                                 |            | 0                     |            | 4   |                 | 0.182     | 0.397     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 24.040                                |            | 0                     |            | 4   |                 | 3.125     | 6.815     |           |
| 20:1.....g                               | 0.130                                 |            | 0                     |            | 4   |                 | 0.017     | 0.037     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.840                                 |            | 0                     |            | 4   |                 | 0.109     | 0.238     |           |
| 18:2 undifferentiated.....g              | 0.570                                 |            | 0                     |            | 4   |                 | 0.074     | 0.162     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 4   |                 | 0.001     | 0.003     |           |
| 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              | 0.250                                 |            | 0                     |            | 4   |                 | 0.033     | 0.071     |           |
| 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                       | 150                                   |            | 1                     |            | 1   |                 | 20        | 43        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.161                                 |            | 0                     |            | 4   |                 | 0.021     | 0.046     |           |
| Threonine.....g                          | 0.507                                 |            | 0                     |            | 4   |                 | 0.066     | 0.144     |           |
| Isoleucine.....g                         | 0.606                                 |            | 0                     |            | 4   |                 | 0.079     | 0.172     |           |
| Leucine.....g                            | 1.029                                 |            | 0                     |            | 4   |                 | 0.134     | 0.292     |           |
| Lysine.....g                             | 0.863                                 |            | 0                     |            | 4   |                 | 0.112     | 0.245     |           |
| Methionine.....g                         | 0.270                                 |            | 0                     |            | 4   |                 | 0.035     | 0.077     |           |
| Cystine.....g                            | 0.153                                 |            | 0                     |            | 4   |                 | 0.020     | 0.043     |           |
| Phenylalanine.....g                      | 0.567                                 |            | 0                     |            | 4   |                 | 0.074     | 0.161     |           |
| Tyrosine.....g                           | 0.401                                 |            | 0                     |            | 4   |                 | 0.052     | 0.114     |           |
| Valine.....g                             | 0.719                                 |            | 0                     |            | 4   |                 | 0.093     | 0.204     |           |
| Arginine.....g                           | 0.699                                 |            | 0                     |            | 4   |                 | 0.091     | 0.198     |           |
| Histidine.....g                          | 0.303                                 |            | 0                     |            | 4   |                 | 0.039     | 0.086     |           |
| Alanine.....g                            | 0.662                                 |            | 0                     |            | 4   |                 | 0.086     | 0.188     |           |
| Aspartic acid.....g                      | 1.083                                 |            | 0                     |            | 4   |                 | 0.141     | 0.307     |           |
| Glutamic acid.....g                      | 1.477                                 |            | 0                     |            | 4   |                 | 0.192     | 0.419     |           |
| Glycine.....g                            | 0.662                                 |            | 0                     |            | 4   |                 | 0.086     | 0.188     |           |
| Proline.....g                            | 0.565                                 |            | 0                     |            | 4   |                 | 0.073     | 0.160     |           |
| Serine.....g                             | 0.491                                 |            | 0                     |            | 4   |                 | 0.064     | 0.139     |           |
| 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 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07055**  
**Pate, liver, not specified, canned**

| 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 | 12.360                                |            | 0                     |            | 4   |                 | 1.607     | 3.504     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.950                                 |            | 0                     |            | 4   |                 | 0.124     | 0.269     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.410                                |            | 0                     |            | 4   |                 | 1.483     | 3.235     |           |
| 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 | 3.160                                 |            | 0                     |            | 4   |                 | 0.411     | 0.896     |           |
| 18:2 undifferentiated.....g              | 2.750                                 |            | 0                     |            | 4   |                 | 0.358     | 0.780     |           |
| 18:3 undifferentiated.....g              | 0.210                                 |            | 0                     |            | 4   |                 | 0.027     | 0.060     |           |
| 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                       | 255                                   |            | 0                     |            | 4   |                 | 33        | 72        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.157                                 |            | 1                     |            | 1   |                 | 0.020     | 0.045     |           |
| Threonine.....g                          | 0.568                                 |            | 1                     |            | 1   |                 | 0.074     | 0.161     |           |
| Isoleucine.....g                         | 0.554                                 |            | 1                     |            | 1   |                 | 0.072     | 0.157     |           |
| Leucine.....g                            | 1.050                                 |            | 1                     |            | 1   |                 | 0.137     | 0.298     |           |
| Lysine.....g                             | 0.838                                 |            | 1                     |            | 1   |                 | 0.109     | 0.238     |           |
| Methionine.....g                         | 0.284                                 |            | 1                     |            | 1   |                 | 0.037     | 0.081     |           |
| Cystine.....g                            | 0.170                                 |            | 1                     |            | 1   |                 | 0.022     | 0.048     |           |
| Phenylalanine.....g                      | 0.582                                 |            | 1                     |            | 1   |                 | 0.076     | 0.165     |           |
| Tyrosine.....g                           | 0.454                                 |            | 1                     |            | 1   |                 | 0.059     | 0.129     |           |
| Valine.....g                             | 0.768                                 |            | 1                     |            | 1   |                 | 0.100     | 0.218     |           |
| Arginine.....g                           | 0.895                                 |            | 1                     |            | 1   |                 | 0.116     | 0.254     |           |
| Histidine.....g                          | 0.298                                 |            | 1                     |            | 1   |                 | 0.039     | 0.084     |           |
| Alanine.....g                            | 0.952                                 |            | 1                     |            | 1   |                 | 0.124     | 0.270     |           |
| Aspartic acid.....g                      | 1.163                                 |            | 1                     |            | 1   |                 | 0.151     | 0.330     |           |
| Glutamic acid.....g                      | 1.904                                 |            | 1                     |            | 1   |                 | 0.248     | 0.540     |           |
| Glycine.....g                            | 1.363                                 |            | 1                     |            | 1   |                 | 0.177     | 0.386     |           |
| Proline.....g                            | 0.995                                 |            | 1                     |            | 1   |                 | 0.129     | 0.282     |           |
| Serine.....g                             | 0.595                                 |            | 1                     |            | 1   |                 | 0.077     | 0.169     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, alpha.....mcg                  |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 13.0g: 1 tbsp  
 Measure 2 = 28.35g: 1 oz

**NDB No. 07055**

**Pate, liver, not specified, canned**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07942**  
**Pate, truffle flavor**

| 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 | 13.600                                |            | 1                     | A          | 1   |                 | 7.616     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.950                                 |            | 0                     | BFZN       | 4   |                 | 0.532     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.410                                |            | 0                     | BFZN       | 4   |                 | 6.390     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.420                                 |            | 1                     | A          | 1   |                 | 1.915     |           |           |
| 18:2 undifferentiated.....g              | 2.750                                 |            | 0                     | BFZN       | 4   |                 | 1.540     |           |           |
| 18:3 undifferentiated.....g              | 0.210                                 |            | 0                     | BFZN       | 4   |                 | 0.118     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 105                                   |            | 1                     | A          | 1   |                 | 59        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.157                                 |            | 0                     | BFZN       | 4   |                 | 0.088     |           |           |
| Threonine.....g                          | 0.568                                 |            | 0                     | BFZN       | 4   |                 | 0.318     |           |           |
| Isoleucine.....g                         | 0.554                                 |            | 0                     | BFZN       | 4   |                 | 0.310     |           |           |
| Leucine.....g                            | 1.050                                 |            | 0                     | BFZN       | 4   |                 | 0.588     |           |           |
| Lysine.....g                             | 0.838                                 |            | 0                     | BFZN       | 4   |                 | 0.469     |           |           |
| Methionine.....g                         | 0.284                                 |            | 0                     | BFZN       | 4   |                 | 0.159     |           |           |
| Cystine.....g                            | 0.170                                 |            | 0                     | BFZN       | 4   |                 | 0.095     |           |           |
| Phenylalanine.....g                      | 0.582                                 |            | 0                     | BFZN       | 4   |                 | 0.326     |           |           |
| Tyrosine.....g                           | 0.454                                 |            | 0                     | BFZN       | 4   |                 | 0.254     |           |           |
| Valine.....g                             | 0.768                                 |            | 0                     | BFZN       | 4   |                 | 0.430     |           |           |
| Arginine.....g                           | 0.895                                 |            | 0                     | BFZN       | 4   |                 | 0.501     |           |           |
| Histidine.....g                          | 0.298                                 |            | 0                     | BFZN       | 4   |                 | 0.167     |           |           |
| Alanine.....g                            | 0.952                                 |            | 0                     | BFZN       | 4   |                 | 0.533     |           |           |
| Aspartic acid.....g                      | 1.163                                 |            | 0                     | BFZN       | 4   |                 | 0.651     |           |           |
| Glutamic acid.....g                      | 1.904                                 |            | 0                     | BFZN       | 4   |                 | 1.066     |           |           |
| Glycine.....g                            | 1.363                                 |            | 0                     | BFZN       | 4   |                 | 0.763     |           |           |
| Proline.....g                            | 0.995                                 |            | 0                     | BFZN       | 4   |                 | 0.557     |           |           |
| Serine.....g                             | 0.595                                 |            | 0                     | BFZN       | 4   |                 | 0.333     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1                     | A          | 1   |                 | 0.000     |           |           |
| Carotene, alpha.....mcg                  |                                       |            |                       |            |   |                 |           |           |           |
| Cryptoxanthin, beta.....mcg              |                                       |            |                       |            |   |                 |           |           |           |
| Lycopene.....mcg                         |                                       |            |                       |            |   |                 |           |           |           |
| Lutein + zeaxanthin.....mcg              |                                       |            |                       |            |   |                 |           |           |           |

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 = 56g: 1 serving 2 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**





**NDB No. 07056**  
**Peppered loaf, pork, beef**

| 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 | 3.000                                 |            | 0                     | MC         | 9   |                 | 1.710     | 0.840     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.280                                 |            | 0                     | MC         | 9   |                 | 0.160     | 0.078     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.720                                 |            | 0                     | MC         | 9   |                 | 1.550     | 0.762     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.500                                 |            | 0                     | MC         | 9   |                 | 0.285     | 0.140     |           |
| 18:2 undifferentiated.....g              | 0.430                                 |            | 0                     | MC         | 9   |                 | 0.245     | 0.120     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0                     | MC         | 9   |                 | 0.040     | 0.020     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | MC         | 9   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 46                                    |            | 0                     | MC         | 9   |                 | 26        | 13        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | MC         | 9   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 57g: 1 serving 2 slices

Measure 2 = 28g: 1 slice

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07057**  
**Pepperoni, pork, beef**

| 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                               | 9.498                                 |            | 0                     | FLA        | 4   |                 | 2.754     | 2.659     | 9.498     |
| 17:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:0.....g                               | 5.163                                 |            | 0                     | MC         | 9   |                 | 1.497     | 1.446     | 5.163     |
| 20:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 19.044                                |            | 0                     | NC         | 4   |                 | 5.523     | 5.332     | 19.044    |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.828                                 |            | 0                     | FLA        | 4   |                 | 0.530     | 0.512     | 1.828     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 17.119                                |            | 0                     | FLA        | 4   |                 | 4.965     | 4.793     | 17.119    |
| 20:1.....g                               | 0.097                                 |            | 0                     | FLA        | 4   |                 | 0.028     | 0.027     | 0.097     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.635                                 |            | 0                     | NC         | 4   |                 | 0.764     | 0.738     | 2.635     |
| 18:2 undifferentiated.....g              | 1.827                                 |            | 0                     | FLA        | 4   |                 | 0.530     | 0.511     | 1.827     |
| 18:3 undifferentiated.....g              | 0.748                                 |            | 0                     | FLA        | 4   |                 | 0.217     | 0.209     | 0.748     |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0                     | FLA        | 4   |                 | 0.017     | 0.017     | 0.060     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     | 0.000     |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     | 0.000     | 0.000     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 118                                   |            | 2                     | A          | 1   |                 | 34        | 33        | 118       |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.230                                 |            | 0                     | FLA        | 4   |                 | 0.067     | 0.064     | 0.230     |
| Threonine.....g                          | 0.869                                 |            | 0                     | FLA        | 4   |                 | 0.252     | 0.243     | 0.869     |
| Isoleucine.....g                         | 0.901                                 |            | 0                     | FLA        | 4   |                 | 0.261     | 0.252     | 0.901     |
| Leucine.....g                            | 1.575                                 |            | 0                     | FLA        | 4   |                 | 0.457     | 0.441     | 1.575     |
| Lysine.....g                             | 1.652                                 |            | 0                     | FLA        | 4   |                 | 0.479     | 0.463     | 1.652     |
| Methionine.....g                         | 0.511                                 |            | 0                     | FLA        | 4   |                 | 0.148     | 0.143     | 0.511     |
| Cystine.....g                            | 0.228                                 |            | 0                     | FLA        | 4   |                 | 0.066     | 0.064     | 0.228     |
| Phenylalanine.....g                      | 0.778                                 |            | 0                     | FLA        | 4   |                 | 0.226     | 0.218     | 0.778     |
| Tyrosine.....g                           | 0.661                                 |            | 0                     | FLA        | 4   |                 | 0.192     | 0.185     | 0.661     |
| Valine.....g                             | 0.987                                 |            | 0                     | FLA        | 4   |                 | 0.286     | 0.276     | 0.987     |
| Arginine.....g                           | 1.298                                 |            | 0                     | FLA        | 4   |                 | 0.376     | 0.363     | 1.298     |
| Histidine.....g                          | 0.688                                 |            | 0                     | FLA        | 4   |                 | 0.200     | 0.193     | 0.688     |
| Alanine.....g                            | 1.178                                 |            | 0                     | FLA        | 4   |                 | 0.342     | 0.330     | 1.178     |
| Aspartic acid.....g                      | 1.825                                 |            | 0                     | FLA        | 4   |                 | 0.529     | 0.511     | 1.825     |
| Glutamic acid.....g                      | 3.009                                 |            | 0                     | FLA        | 4   |                 | 0.873     | 0.843     | 3.009     |
| Glycine.....g                            | 1.073                                 |            | 0                     | FLA        | 4   |                 | 0.311     | 0.301     | 1.073     |
| Proline.....g                            | 0.862                                 |            | 0                     | FLA        | 4   |                 | 0.250     | 0.241     | 0.862     |
| Serine.....g                             | 0.771                                 |            | 0                     | FLA        | 4   |                 | 0.224     | 0.216     | 0.771     |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |

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**NDB No. 07057**

**Pepperoni, pork, beef**

**Common Measures:**

Measure 1 = 29g: 1 serving 15 slices

Measure 2 = 28g: 1 oz

Measure 3 = 100g: 3.527 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats

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**NDB No. 07058**  
**Pickle and pimiento loaf, pork**

| 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 | Measure 3 |
|  |  |            |                       |            |             |  |           |           |           |
| Fatty acids, total monounsaturated.....g | 9.590  |            | 0                     |            | 1           |  | 2.685     | 5.466     |           |
| 14:1.....g                               |  |            |                       |            |             |  |           |           |           |
| 15:1.....g                               |  |            |                       |            |             |  |           |           |           |
| 16:1 undifferentiated.....g              | 0.790  |            | 6                     |            | 1           |  | 0.221     | 0.450     |           |
| 17:1.....g                               |  |            |                       |            |             |  |           |           |           |
| 18:1 undifferentiated.....g              | 8.800  |            | 6                     |            | 1           |  | 2.464     | 5.016     |           |
| 20:1.....g                               | 0.000  |            | 6                     |            | 1           |  | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000  |            | 6                     |            | 1           |  | 0.000     | 0.000     |           |
| 24:1 c.....g                             |  |            |                       |            |             |  |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.590  |            | 0                     |            | 1           |  | 0.725     | 1.476     |           |
| 18:2 undifferentiated.....g              | 2.310  |            | 6                     |            | 1           |  | 0.647     | 1.317     |           |
| 18:3 undifferentiated.....g              | 0.270  |            | 6                     |            | 1           |  | 0.076     | 0.154     |           |
| 18:4.....g                               | 0.000  |            | 6                     |            | 1           |  | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |  |            |                       |            |             |  |           |           |           |
| 20:3 undifferentiated.....g              |  |            |                       |            |             |  |           |           |           |
| 20:4 undifferentiated.....g              | 0.000  |            | 6                     |            | 1           |  | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000  |            | 6                     |            | 1           |  | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000  | 0.000      | 6                     |            | 1           |  | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000  |            | 6                     |            | 1           |  | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |  |            |                       |            |             |  |           |           |           |
| Cholesterol.....mg                       | 37   | 5.618      | 4                     |            | 1           |  | 10        | 21        |           |
| Phytosterols.....mg                      |  |            |                       |            |             |  |           |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |                       |            |             |  |           |           |           |
| Tryptophan.....g                         | 0.116  |            | 0                     |            | 1           |  | 0.032     | 0.066     |           |
| Threonine.....g                          | 0.521  |            | 0                     |            | 1           |  | 0.146     | 0.297     |           |
| Isoleucine.....g                         | 0.490  |            | 0                     |            | 1           |  | 0.137     | 0.279     |           |
| Leucine.....g                            | 0.948  |            | 0                     |            | 1           |  | 0.265     | 0.540     |           |
| Lysine.....g                             | 0.895  |            | 0                     |            | 1           |  | 0.251     | 0.510     |           |
| Methionine.....g                         | 0.254  |            | 0                     |            | 1           |  | 0.071     | 0.145     |           |
| Cystine.....g                            | 0.118  |            | 0                     |            | 1           |  | 0.033     | 0.067     |           |
| Phenylalanine.....g                      | 0.438  |            | 0                     |            | 1           |  | 0.123     | 0.250     |           |
| Tyrosine.....g                           | 0.390  |            | 0                     |            | 1           |  | 0.109     | 0.222     |           |
| Valine.....g                             | 0.556  |            | 0                     |            | 1           |  | 0.156     | 0.317     |           |
| Arginine.....g                           | 0.665  |            | 0                     |            | 1           |  | 0.186     | 0.379     |           |
| Histidine.....g                          | 0.343  |            | 0                     |            | 1           |  | 0.096     | 0.196     |           |
| Alanine.....g                            | 0.668  |            | 0                     |            | 1           |  | 0.187     | 0.381     |           |
| Aspartic acid.....g                      | 1.020  |            | 0                     |            | 1           |  | 0.286     | 0.581     |           |
| Glutamic acid.....g                      | 1.915  |            | 0                     |            | 1           |  | 0.536     | 1.092     |           |
| Glycine.....g                            | 0.768  |            | 0                     |            | 1           |  | 0.215     | 0.438     |           |
| Proline.....g                            | 0.836  |            | 0                     |            | 1           |  | 0.234     | 0.477     |           |
| Serine.....g                             | 0.567  |            | 0                     |            | 1           |  | 0.159     | 0.323     |           |
| Hydroxyproline.....g                     |  |            |                       |            |             |  |           |           |           |
| <b><u>Others:</u></b>                    |  |            |                       |            |             |  |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |  |            |                       |            |             |  |           |           |           |
| 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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)
- Measure 2 = 57g: 2 slices

**NDB No. 07058**

**Pickle and pimiento loaf, pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07062**  
**Picnic loaf, pork, beef**

| 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 | 7.680                                 |            | 0                     |            | 1           |   | 2.150     | 4.378     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.680                                 | 0.038      | 5                     |            | 1           |   | 0.190     | 0.388     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 7.000                                 | 0.303      | 5                     |            | 1           |   | 1.960     | 3.990     |           |
| 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 | 1.890                                 |            | 0                     |            | 1           |   | 0.529     | 1.077     |           |
| 18:2 undifferentiated.....g              | 1.680                                 | 0.025      | 5                     |            | 1           |   | 0.470     | 0.958     |           |
| 18:3 undifferentiated.....g              | 0.210                                 | 0.035      | 5                     |            | 1           |   | 0.059     | 0.120     |           |
| 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                       | 38                                    | 4.989      | 4                     |            | 1           |   | 11        | 22        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |   | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.143                                 |            | 1                     |            | 1           |   | 0.040     | 0.082     |           |
| Threonine.....g                          | 0.656                                 |            | 1                     |            | 1           |   | 0.184     | 0.374     |           |
| Isoleucine.....g                         | 0.582                                 |            | 1                     |            | 1           |   | 0.163     | 0.332     |           |
| Leucine.....g                            | 1.146                                 |            | 1                     |            | 1           |   | 0.321     | 0.653     |           |
| Lysine.....g                             | 1.193                                 |            | 1                     |            | 1           |   | 0.334     | 0.680     |           |
| Methionine.....g                         | 0.377                                 |            | 1                     |            | 1           |   | 0.106     | 0.215     |           |
| Cystine.....g                            | 0.162                                 |            | 1                     |            | 1           |   | 0.045     | 0.092     |           |
| Phenylalanine.....g                      | 0.537                                 |            | 1                     |            | 1           |   | 0.150     | 0.306     |           |
| Tyrosine.....g                           | 0.458                                 |            | 1                     |            | 1           |   | 0.128     | 0.261     |           |
| Valine.....g                             | 0.642                                 |            | 1                     |            | 1           |   | 0.180     | 0.366     |           |
| Arginine.....g                           | 0.888                                 |            | 1                     |            | 1           |   | 0.249     | 0.506     |           |
| Histidine.....g                          | 0.437                                 |            | 1                     |            | 1           |   | 0.122     | 0.249     |           |
| Alanine.....g                            | 0.890                                 |            | 1                     |            | 1           |   | 0.249     | 0.507     |           |
| Aspartic acid.....g                      | 1.318                                 |            | 1                     |            | 1           |   | 0.369     | 0.751     |           |
| Glutamic acid.....g                      | 2.253                                 |            | 1                     |            | 1           |   | 0.631     | 1.284     |           |
| Glycine.....g                            | 0.972                                 |            | 1                     |            | 1           |   | 0.272     | 0.554     |           |
| Proline.....g                            | 0.859                                 |            | 1                     |            | 1           |   | 0.241     | 0.490     |           |
| Serine.....g                             | 0.656                                 |            | 1                     |            | 1           |   | 0.184     | 0.374     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07059**  
**Polish sausage, pork**

| 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 | 13.520                                |            | 0                     |            | 1   |                 | 30.690    | 3.833     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.950                                 | 0.021      | 6                     |            | 1   |                 | 2.157     | 0.269     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.580                                | 0.269      | 6                     |            | 1   |                 | 28.557    | 3.566     |           |
| 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 | 3.080                                 |            | 0                     |            | 1   |                 | 6.992     | 0.873     |           |
| 18:2 undifferentiated.....g              | 2.790                                 | 0.063      | 6                     |            | 1   |                 | 6.333     | 0.791     |           |
| 18:3 undifferentiated.....g              | 0.290                                 | 0.015      | 6                     |            | 1   |                 | 0.658     | 0.082     |           |
| 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                       | 70                                    | 2.187      | 6                     |            | 1   |                 | 159       | 20        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.138                                 |            | 0                     |            | 1   |                 | 0.313     | 0.039     |           |
| Threonine.....g                          | 0.591                                 |            | 0                     |            | 1   |                 | 1.342     | 0.168     |           |
| Isoleucine.....g                         | 0.611                                 |            | 0                     |            | 1   |                 | 1.387     | 0.173     |           |
| Leucine.....g                            | 1.076                                 |            | 0                     |            | 1   |                 | 2.443     | 0.305     |           |
| Lysine.....g                             | 1.110                                 |            | 0                     |            | 1   |                 | 2.520     | 0.315     |           |
| Methionine.....g                         | 0.379                                 |            | 0                     |            | 1   |                 | 0.860     | 0.107     |           |
| Cystine.....g                            | 0.157                                 |            | 0                     |            | 1   |                 | 0.356     | 0.045     |           |
| Phenylalanine.....g                      | 0.539                                 |            | 0                     |            | 1   |                 | 1.224     | 0.153     |           |
| Tyrosine.....g                           | 0.444                                 |            | 0                     |            | 1   |                 | 1.008     | 0.126     |           |
| Valine.....g                             | 0.679                                 |            | 0                     |            | 1   |                 | 1.541     | 0.192     |           |
| Arginine.....g                           | 0.925                                 |            | 0                     |            | 1   |                 | 2.100     | 0.262     |           |
| Histidine.....g                          | 0.444                                 |            | 0                     |            | 1   |                 | 1.008     | 0.126     |           |
| Alanine.....g                            | 0.902                                 |            | 0                     |            | 1   |                 | 2.048     | 0.256     |           |
| Aspartic acid.....g                      | 1.293                                 |            | 0                     |            | 1   |                 | 2.935     | 0.367     |           |
| Glutamic acid.....g                      | 2.117                                 |            | 0                     |            | 1   |                 | 4.806     | 0.600     |           |
| Glycine.....g                            | 0.992                                 |            | 0                     |            | 1   |                 | 2.252     | 0.281     |           |
| Proline.....g                            | 0.712                                 |            | 0                     |            | 1   |                 | 1.616     | 0.202     |           |
| Serine.....g                             | 0.584                                 |            | 0                     |            | 1   |                 | 1.326     | 0.166     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 227g: 1 sausage (10" long x 1-1/4" dia)

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07065**

**Pork and beef sausage, fresh, cooked**

| 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 | 17.180                                |            | 0                     |            | 1   |                 | 2.233     | 4.639     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.350                                 |            | 0                     |            | 1   |                 | 0.176     | 0.365     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 15.800                                |            | 0                     |            | 1   |                 | 2.054     | 4.266     |           |
| 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 | 3.900                                 |            | 0                     |            | 1   |                 | 0.507     | 1.053     |           |
| 18:2 undifferentiated.....g              | 3.460                                 |            | 0                     |            | 1   |                 | 0.450     | 0.934     |           |
| 18:3 undifferentiated.....g              | 0.320                                 |            | 0                     |            | 1   |                 | 0.042     | 0.086     |           |
| 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              | 0.120                                 |            | 0                     |            | 1   |                 | 0.016     | 0.032     |           |
| 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                       | 71                                    |            | 0                     |            | 4   |                 | 9         | 19        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.132                                 |            | 0                     |            | 1   |                 | 0.017     | 0.036     |           |
| Threonine.....g                          | 0.554                                 |            | 0                     |            | 1   |                 | 0.072     | 0.150     |           |
| Isoleucine.....g                         | 0.530                                 |            | 0                     |            | 1   |                 | 0.069     | 0.143     |           |
| Leucine.....g                            | 0.974                                 |            | 0                     |            | 1   |                 | 0.127     | 0.263     |           |
| Lysine.....g                             | 1.088                                 |            | 0                     |            | 1   |                 | 0.141     | 0.294     |           |
| Methionine.....g                         | 0.328                                 |            | 0                     |            | 1   |                 | 0.043     | 0.089     |           |
| Cystine.....g                            | 0.139                                 |            | 0                     |            | 1   |                 | 0.018     | 0.038     |           |
| Phenylalanine.....g                      | 0.478                                 |            | 0                     |            | 1   |                 | 0.062     | 0.129     |           |
| Tyrosine.....g                           | 0.405                                 |            | 0                     |            | 1   |                 | 0.053     | 0.109     |           |
| Valine.....g                             | 0.592                                 |            | 0                     |            | 1   |                 | 0.077     | 0.160     |           |
| Arginine.....g                           | 0.850                                 |            | 0                     |            | 1   |                 | 0.111     | 0.230     |           |
| Histidine.....g                          | 0.412                                 |            | 0                     |            | 1   |                 | 0.054     | 0.111     |           |
| Alanine.....g                            | 0.812                                 |            | 0                     |            | 1   |                 | 0.106     | 0.219     |           |
| Aspartic acid.....g                      | 1.182                                 |            | 0                     |            | 1   |                 | 0.154     | 0.319     |           |
| Glutamic acid.....g                      | 1.995                                 |            | 0                     |            | 1   |                 | 0.259     | 0.539     |           |
| Glycine.....g                            | 0.898                                 |            | 0                     |            | 1   |                 | 0.117     | 0.242     |           |
| Proline.....g                            | 0.654                                 |            | 0                     |            | 1   |                 | 0.085     | 0.177     |           |
| Serine.....g                             | 0.532                                 |            | 0                     |            | 1   |                 | 0.069     | 0.144     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 13.0g: 1 link (raw dimensions: 4" long x 7/8" dia), cooked

Measure 2 = 27g: 1 patty, cooked (raw dimensions: 3-7/8" dia x 1/4" thick)

**NDB No. 07065**

**Pork and beef sausage, fresh, cooked**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 07957

Pork and turkey sausage, pre-cooked

| 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 | 13.054                                |            | 1                     | A          | 1   |                 |           |           |           |
| 14:1.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 15:1.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.836                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.005                                |            | 1                     | A          | 1   |                 |           |           |           |
| 20:1.....g                               | 0.213                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.504                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:2 undifferentiated.....g              | 4.057                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | A          | 1   |                 |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.140                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.106                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 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           | 0.328                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Cholesterol.....mg                       | 72                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.089                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Threonine.....g                          | 0.475                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Isoleucine.....g                         | 0.523                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Leucine.....g                            | 0.912                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Lysine.....g                             | 0.914                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Methionine.....g                         | 0.226                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Cystine.....g                            | 0.140                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Phenylalanine.....g                      | 0.493                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Tyrosine.....g                           | 0.371                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Valine.....g                             | 0.593                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Arginine.....g                           | 0.804                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Histidine.....g                          | 0.362                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Alanine.....g                            | 0.718                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Aspartic acid.....g                      | 1.177                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Glutamic acid.....g                      | 1.942                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Glycine.....g                            | 0.786                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Proline.....g                            | 0.613                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Serine.....g                             | 0.545                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Hydroxyproline.....g                     | 0.182                                 |            | 1                     | A          | 1   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Lycopene.....mcg                         | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Lutein + zeaxanthin.....mcg              | 71                                    |            | 1                     | A          | 1   |                 |           |           |           |

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. 07957**

**Pork and turkey sausage, pre-cooked**

**Common Measures:**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 42190

Pork sausage rice links, brown and serve, cooked

| 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 | 8.431                                 |            |                       |            | 4   |                 | 11.213    | 2.361     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.661                                 |            |                       |            | 4   |                 | 0.879     | 0.185     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 7.770                                 |            |                       |            | 4   |                 | 10.334    | 2.176     |           |
| 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 | 2.311                                 |            |                       |            | 4   |                 | 3.074     | 0.647     |           |
| 18:2 undifferentiated.....g              | 1.989                                 |            |                       |            | 4   |                 | 2.645     | 0.557     |           |
| 18:3 undifferentiated.....g              | 0.328                                 |            |                       |            | 4   |                 | 0.436     | 0.092     |           |
| 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                       | 70                                    |            |                       |            | 12  |                 | 93        | 20        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 133g: 1 cup, cooked

Measure 2 = 28g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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



**NDB No. 07064**  
**Pork sausage, fresh, cooked**

| 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 | 12.376                                | 0.705      | 4                     | A          | 1           |   | 5.940     | 2.970     |           |
| 14:1.....g                               | 0.000                                 | 0.000      | 4                     | A          | 1           |   | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 4                     | A          | 1           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.779                                 | 0.037      | 4                     | A          | 1           |   | 0.374     | 0.187     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.275                                | 0.661      | 4                     | A          | 1           |   | 5.412     | 2.706     |           |
| 20:1.....g                               | 0.320                                 | 0.011      | 4                     | A          | 1           |   | 0.153     | 0.077     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.727                                 | 0.101      | 4                     | A          | 1           |   | 1.789     | 0.894     |           |
| 18:2 undifferentiated.....g              | 3.292                                 | 0.095      | 4                     | A          | 1           |   | 1.580     | 0.790     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 | 0.000      | 4                     | A          | 1           |   | 0.000     | 0.000     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.186                                 | 0.004      | 4                     | A          | 1           |   | 0.089     | 0.045     |           |
| 20:3 undifferentiated.....g              | 0.000                                 | 0.000      | 4                     | A          | 1           |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.108                                 | 0.004      | 4                     | A          | 1           |   | 0.052     | 0.026     |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.235                                 | 0.079      | 4                     | A          | 1           |   | 0.113     | 0.056     |           |
| Cholesterol.....mg                       | 84                                    | 2.000      | 4                     | A          | 1           |   | 40        | 20        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.143                                 | 0.003      | 4                     | A          | 1           |   | 0.069     | 0.034     |           |
| Threonine.....g                          | 0.766                                 | 0.013      | 4                     | A          | 1           |   | 0.368     | 0.184     |           |
| Isoleucine.....g                         | 0.781                                 | 0.016      | 4                     | A          | 1           |   | 0.375     | 0.188     |           |
| Leucine.....g                            | 1.398                                 | 0.023      | 4                     | A          | 1           |   | 0.671     | 0.335     |           |
| Lysine.....g                             | 1.529                                 | 0.026      | 4                     | A          | 1           |   | 0.734     | 0.367     |           |
| Methionine.....g                         | 0.377                                 | 0.015      | 4                     | A          | 1           |   | 0.181     | 0.090     |           |
| Cystine.....g                            | 0.194                                 | 0.006      | 4                     | A          | 1           |   | 0.093     | 0.046     |           |
| Phenylalanine.....g                      | 0.704                                 | 0.011      | 4                     | A          | 1           |   | 0.338     | 0.169     |           |
| Tyrosine.....g                           | 0.569                                 | 0.007      | 4                     | A          | 1           |   | 0.273     | 0.137     |           |
| Valine.....g                             | 0.908                                 | 0.020      | 4                     | A          | 1           |   | 0.436     | 0.218     |           |
| Arginine.....g                           | 1.189                                 | 0.022      | 4                     | A          | 1           |   | 0.570     | 0.285     |           |
| Histidine.....g                          | 0.689                                 | 0.014      | 4                     | A          | 1           |   | 0.331     | 0.165     |           |
| Alanine.....g                            | 1.185                                 | 0.025      | 4                     | A          | 1           |   | 0.569     | 0.284     |           |
| Aspartic acid.....g                      | 1.711                                 | 0.029      | 4                     | A          | 1           |   | 0.821     | 0.411     |           |
| Glutamic acid.....g                      | 2.888                                 | 0.053      | 4                     | A          | 1           |   | 1.386     | 0.693     |           |
| Glycine.....g                            | 1.288                                 | 0.044      | 4                     | A          | 1           |   | 0.618     | 0.309     |           |
| Proline.....g                            | 0.930                                 | 0.024      | 4                     | A          | 1           |   | 0.446     | 0.223     |           |
| Serine.....g                             | 0.760                                 | 0.008      | 4                     | A          | 1           |   | 0.365     | 0.182     |           |
| Hydroxyproline.....g                     | 0.320                                 | 0.022      | 4                     | A          | 1           |   | 0.154     | 0.077     |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 11                                    | 0.000      | 4                     | A          | 1           |   | 5.367     | 2.683     |           |
| Carotene, alpha.....mcg                  | 11                                    | 0.000      | 4                     | A          | 1           |   | 5.367     | 2.683     |           |
| Cryptoxanthin, beta.....mcg              | 11                                    | 0.000      | 4                     | A          | 1           |   | 5.367     | 2.683     |           |
| Lycopene.....mcg                         | 11                                    | 0.000      | 4                     | A          | 1           |   | 5.367     | 2.683     |           |
| Lutein + zeaxanthin.....mcg              | 11                                    |            | 4                     | A          | 1           |   | 5.367     | 2.683     |           |

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. 07064**

**Pork sausage, fresh, cooked**

**Common Measures:**

Measure 1 = 48g: 1 serving (2 links)

Measure 2 = 24g: 1 link

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats

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**NDB No. 07063**  
**Pork sausage, 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 | 11.814                                | 0.738      | 4                     | A          | 1   |                 | 6.616     | 3.308     |           |
| 14:1.....g                               | 0.000                                 | 0.000      | 4                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 4                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.741                                 | 0.055      | 3                     | A          | 1   |                 | 0.415     | 0.207     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 10.848                                | 0.968      | 3                     | A          | 1   |                 | 6.075     | 3.038     |           |
| 20:1.....g                               | 0.306                                 | 0.014      | 4                     | A          | 1   |                 | 0.171     | 0.086     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.558                                 | 0.126      | 4                     | A          | 1   |                 | 1.992     | 0.996     |           |
| 18:2 undifferentiated.....g              | 3.161                                 | 0.161      | 3                     | A          | 1   |                 | 1.770     | 0.885     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 | 0.000      | 3                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.177                                 | 0.006      | 4                     | A          | 1   |                 | 0.099     | 0.050     |           |
| 20:3 undifferentiated.....g              | 0.013                                 | 0.007      | 4                     | A          | 1   |                 | 0.007     | 0.004     |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.093                                 | 0.005      | 4                     | A          | 1   |                 | 0.052     | 0.026     |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.211                                 | 0.073      | 4                     | A          | 1   |                 | 0.118     | 0.059     |           |
| Cholesterol.....mg                       | 72                                    | 0.959      | 4                     | A          | 1   |                 | 40        | 20        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.105                                 | 0.005      | 4                     | A          | 1   |                 | 0.059     | 0.029     |           |
| Threonine.....g                          | 0.595                                 | 0.031      | 4                     | A          | 1   |                 | 0.333     | 0.167     |           |
| Isoleucine.....g                         | 0.629                                 | 0.034      | 4                     | A          | 1   |                 | 0.352     | 0.176     |           |
| Leucine.....g                            | 1.076                                 | 0.054      | 4                     | A          | 1   |                 | 0.603     | 0.301     |           |
| Lysine.....g                             | 1.192                                 | 0.060      | 4                     | A          | 1   |                 | 0.668     | 0.334     |           |
| Methionine.....g                         | 0.314                                 | 0.010      | 4                     | A          | 1   |                 | 0.176     | 0.088     |           |
| Cystine.....g                            | 0.156                                 | 0.004      | 4                     | A          | 1   |                 | 0.088     | 0.044     |           |
| Phenylalanine.....g                      | 0.542                                 | 0.028      | 4                     | A          | 1   |                 | 0.304     | 0.152     |           |
| Tyrosine.....g                           | 0.410                                 | 0.020      | 4                     | A          | 1   |                 | 0.229     | 0.115     |           |
| Valine.....g                             | 0.696                                 | 0.040      | 4                     | A          | 1   |                 | 0.390     | 0.195     |           |
| Arginine.....g                           | 0.885                                 | 0.043      | 4                     | A          | 1   |                 | 0.496     | 0.248     |           |
| Histidine.....g                          | 0.549                                 | 0.028      | 4                     | A          | 1   |                 | 0.308     | 0.154     |           |
| Alanine.....g                            | 0.900                                 | 0.053      | 4                     | A          | 1   |                 | 0.504     | 0.252     |           |
| Aspartic acid.....g                      | 1.305                                 | 0.066      | 4                     | A          | 1   |                 | 0.731     | 0.365     |           |
| Glutamic acid.....g                      | 2.210                                 | 0.112      | 4                     | A          | 1   |                 | 1.237     | 0.619     |           |
| Glycine.....g                            | 0.933                                 | 0.077      | 4                     | A          | 1   |                 | 0.522     | 0.261     |           |
| Proline.....g                            | 0.686                                 | 0.048      | 4                     | A          | 1   |                 | 0.384     | 0.192     |           |
| Serine.....g                             | 0.573                                 | 0.027      | 4                     | A          | 1   |                 | 0.321     | 0.160     |           |
| Hydroxyproline.....g                     | 0.215                                 | 0.032      | 4                     | A          | 1   |                 | 0.120     | 0.060     |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 11                                    | 0.000      | 4                     | A          | 1   |                 | 6.261     | 3.130     |           |
| Carotene, alpha.....mcg                  | 12                                    | 0.955      | 4                     | A          | 1   |                 | 6.796     | 3.398     |           |
| Cryptoxanthin, beta.....mcg              | 11                                    | 0.000      | 4                     | A          | 1   |                 | 6.261     | 3.130     |           |
| Lycopene.....mcg                         | 11                                    | 0.000      | 4                     | A          | 1   |                 | 6.261     | 3.130     |           |
| Lutein + zeaxanthin.....mcg              | 11                                    |            | 4                     | A          | 1   |                 | 6.261     | 3.130     |           |

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. 07063**

**Pork sausage, fresh, raw**

**Common Measures:**

Measure 1 = 56g: 1 serving 2 links

Measure 2 = 28g: 1 link (7/8" dia x 4" long)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats

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**NDB No. 07953**  
**Pork sausage, pre-cooked**

| 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 | 15.170                                | 0.430      | 3                     | A          |             | 1               |   |           |           |
| 14:1.....g                               | 0.000                                 | 0.000      | 3                     | A          |             | 1               |   |           |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 3                     | A          |             | 1               |   |           |           |
| 16:1 undifferentiated.....g              | 0.890                                 | 0.008      | 3                     | A          |             | 1               |   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 14.013                                | 0.411      | 3                     | A          |             | 1               |   |           |           |
| 20:1.....g                               | 0.268                                 | 0.014      | 3                     | A          |             | 1               |   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          |             | 7               |   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 4.869                                 | 0.739      | 3                     | A          |             | 1               |   |           |           |
| 18:2 undifferentiated.....g              | 4.364                                 | 0.669      | 3                     | A          |             | 1               |   |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | A          |             | 1               |   |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 | 0.000      | 3                     | A          |             | 1               |   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          |             | 7               |   |           |           |
| 20:2 n-6 c,c.....g                       | 0.194                                 | 0.029      | 3                     | A          |             | 1               |   |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 | 0.000      | 3                     | A          |             | 1               |   |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.115                                 | 0.009      | 3                     | A          |             | 1               |   |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 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           | 0.332                                 | 0.015      | 3                     | A          |             | 1               |   |           |           |
| Cholesterol.....mg                       | 74                                    | 0.693      | 3                     | A          |             | 1               |   |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.098                                 |            | 2                     | A          |             | 1               |   |           |           |
| Threonine.....g                          | 0.576                                 |            | 2                     | A          |             | 1               |   |           |           |
| Isoleucine.....g                         | 0.606                                 |            | 2                     | A          |             | 1               |   |           |           |
| Leucine.....g                            | 1.056                                 |            | 2                     | A          |             | 1               |   |           |           |
| Lysine.....g                             | 1.114                                 |            | 2                     | A          |             | 1               |   |           |           |
| Methionine.....g                         | 0.279                                 |            | 2                     | A          |             | 1               |   |           |           |
| Cystine.....g                            | 0.138                                 |            | 2                     | A          |             | 1               |   |           |           |
| Phenylalanine.....g                      | 0.537                                 |            | 2                     | A          |             | 1               |   |           |           |
| Tyrosine.....g                           | 0.421                                 |            | 2                     | A          |             | 1               |   |           |           |
| Valine.....g                             | 0.692                                 |            | 2                     | A          |             | 1               |   |           |           |
| Arginine.....g                           | 0.921                                 |            | 2                     | A          |             | 1               |   |           |           |
| Histidine.....g                          | 0.511                                 |            | 2                     | A          |             | 1               |   |           |           |
| Alanine.....g                            | 0.915                                 |            | 2                     | A          |             | 1               |   |           |           |
| Aspartic acid.....g                      | 1.300                                 |            | 2                     | A          |             | 1               |   |           |           |
| Glutamic acid.....g                      | 2.241                                 |            | 2                     | A          |             | 1               |   |           |           |
| Glycine.....g                            | 1.062                                 |            | 2                     | A          |             | 1               |   |           |           |
| Proline.....g                            | 0.750                                 |            | 2                     | A          |             | 1               |   |           |           |
| Serine.....g                             | 0.581                                 |            | 2                     | A          |             | 1               |   |           |           |
| Hydroxyproline.....g                     | 0.296                                 | 0.019      | 3                     | A          |             | 1               |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          |             | 7               |   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          |             | 7               |   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          |             | 7               |   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Carotene, beta.....mcg                   | 11                                    | 0.000      | 3                     | A          |             | 1               |   |           |           |
| Carotene, alpha.....mcg                  | 11                                    | 0.000      | 3                     | A          |             | 1               |   |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    | 0.000      | 3                     | A          |             | 1               |   |           |           |
| Lycopene.....mcg                         | 11                                    | 0.000      | 3                     | A          |             | 1               |   |           |           |
| Lutein + zeaxanthin.....mcg              | 20                                    |            | 3                     | A          |             | 1               |   |           |           |

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. 07953**

**Pork sausage, pre-cooked**

**Common Measures:**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07067

Poultry salad sandwich spread

| 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 | 3.250                                 |            | 2                     |            | 1           |                 | 0.423   | 0.921     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.250                                 |            | 0                     |            | 4           |                 | 0.033   | 0.071     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 2.710                                 |            | 0                     |            | 4           |                 | 0.352   | 0.768     |           |
| 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 | 6.220                                 |            | 2                     |            | 1           |                 | 0.809   | 1.763     |           |
| 18:2 undifferentiated.....g              | 5.970                                 |            | 0                     |            | 4           |                 | 0.776   | 1.692     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0                     |            | 4           |                 | 0.007   | 0.014     |           |
| 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                       | 30                                    |            | 2                     |            | 1           |                 | 4   | 9         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.130                                 |            | 0                     |            | 4           |                 | 0.017   | 0.037     |           |
| Threonine.....g                          | 0.497                                 |            | 0                     |            | 4           |                 | 0.065   | 0.141     |           |
| Isoleucine.....g                         | 0.584                                 |            | 0                     |            | 4           |                 | 0.076   | 0.166     |           |
| Leucine.....g                            | 0.880                                 |            | 0                     |            | 4           |                 | 0.114   | 0.249     |           |
| Lysine.....g                             | 1.010                                 |            | 0                     |            | 4           |                 | 0.131   | 0.286     |           |
| Methionine.....g                         | 0.320                                 |            | 0                     |            | 4           |                 | 0.042   | 0.091     |           |
| Cystine.....g                            | 0.141                                 |            | 0                     |            | 4           |                 | 0.018   | 0.040     |           |
| Phenylalanine.....g                      | 0.455                                 |            | 0                     |            | 4           |                 | 0.059   | 0.129     |           |
| Tyrosine.....g                           | 0.412                                 |            | 0                     |            | 4           |                 | 0.054   | 0.117     |           |
| Valine.....g                             | 0.589                                 |            | 0                     |            | 4           |                 | 0.077   | 0.167     |           |
| Arginine.....g                           | 0.779                                 |            | 0                     |            | 4           |                 | 0.101   | 0.221     |           |
| Histidine.....g                          | 0.347                                 |            | 0                     |            | 4           |                 | 0.045   | 0.098     |           |
| Alanine.....g                            | 0.713                                 |            | 0                     |            | 4           |                 | 0.093   | 0.202     |           |
| Aspartic acid.....g                      | 1.085                                 |            | 0                     |            | 4           |                 | 0.141   | 0.308     |           |
| Glutamic acid.....g                      | 1.789                                 |            | 0                     |            | 4           |                 | 0.233   | 0.507     |           |
| Glycine.....g                            | 0.722                                 |            | 0                     |            | 4           |                 | 0.094   | 0.205     |           |
| Proline.....g                            | 0.551                                 |            | 0                     |            | 4           |                 | 0.072   | 0.156     |           |
| Serine.....g                             | 0.466                                 |            | 0                     |            | 4           |                 | 0.061   | 0.132     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**NDB No. 07067**

**Poultry salad sandwich spread**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07912**  
**Roast beef spread**

| 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 | 5.587                                 |            | 0                     | BFZN       | 4   |                 | 3.185     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.493                                 |            | 0                     | BFZN       | 4   |                 | 0.281     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 5.080                                 |            | 0                     | BFZN       | 4   |                 | 2.896     |           |           |
| 20:1.....g                               | 0.013                                 |            | 0                     | BFZN       | 4   |                 | 0.007     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.427                                 |            | 0                     | BFZN       | 4   |                 | 0.243     |           |           |
| 18:2 undifferentiated.....g              | 0.360                                 |            | 0                     | BFZN       | 4   |                 | 0.205     |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                     | BFZN       | 4   |                 | 0.023     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.027                                 |            | 0                     | BFZN       | 4   |                 | 0.015     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 70                                    |            | 0                     | MC         | 9   |                 | 40        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 57g: 1 serving .25 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07926**  
**Salami, Italian, pork**

| 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 | 18.200                                |            | 1                     | A          | 1           |                 | 5.096   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.600                                 |            | 1                     | A          | 1           |                 | 1.008   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 80                                    |            | 1                     | A          | 1           |                 | 22  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | BFZN       | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.253                                 |            | 0                     | BFZN       | 4           |                 | 0.071   |           |           |
| Threonine.....g                          | 1.012                                 |            | 0                     | BFZN       | 4           |                 | 0.283   |           |           |
| Isoleucine.....g                         | 1.084                                 |            | 0                     | BFZN       | 4           |                 | 0.304   |           |           |
| Leucine.....g                            | 1.625                                 |            | 0                     | BFZN       | 4           |                 | 0.455   |           |           |
| Lysine.....g                             | 1.878                                 |            | 0                     | BFZN       | 4           |                 | 0.526   |           |           |
| Methionine.....g                         | 0.470                                 |            | 0                     | BFZN       | 4           |                 | 0.132   |           |           |
| Cystine.....g                            | 0.289                                 |            | 0                     | BFZN       | 4           |                 | 0.081   |           |           |
| Phenylalanine.....g                      | 0.940                                 |            | 0                     | BFZN       | 4           |                 | 0.263   |           |           |
| Tyrosine.....g                           | 0.686                                 |            | 0                     | BFZN       | 4           |                 | 0.192   |           |           |
| Valine.....g                             | 1.120                                 |            | 0                     | BFZN       | 4           |                 | 0.314   |           |           |
| Arginine.....g                           | 1.373                                 |            | 0                     | BFZN       | 4           |                 | 0.384   |           |           |
| Histidine.....g                          | 0.614                                 |            | 0                     | BFZN       | 4           |                 | 0.172   |           |           |
| Alanine.....g                            | 1.336                                 |            | 0                     | BFZN       | 4           |                 | 0.374   |           |           |
| Aspartic acid.....g                      | 2.095                                 |            | 0                     | BFZN       | 4           |                 | 0.587   |           |           |
| Glutamic acid.....g                      | 3.829                                 |            | 0                     | BFZN       | 4           |                 | 1.072   |           |           |
| Glycine.....g                            | 1.553                                 |            | 0                     | BFZN       | 4           |                 | 0.435   |           |           |
| Proline.....g                            | 1.336                                 |            | 0                     | BFZN       | 4           |                 | 0.374   |           |           |
| Serine.....g                             | 0.903                                 |            | 0                     | BFZN       | 4           |                 | 0.253   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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

NDB No. 07941

Salami, Italian, pork and beef, dry, sliced, 50% less sodium

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 40.50                                 |            | 1                     | A          | 1   |                 | 11.34     |           |           |
| Energy.....kcal                          | 350                                   |            | 0                     | MC         | 9   |                 | 98        |           |           |
| Energy.....kj                            | 1466                                  |            | 0                     | MC         | 9   |                 | 411       |           |           |
| Protein (N x 6.25).....g                 | 21.80                                 |            | 1                     | A          | 1   |                 | 6.10      |           |           |
| Total lipid (fat).....g                  | 26.40                                 |            | 1                     | A          | 1   |                 | 7.39      |           |           |
| Ash.....g                                | 4.90                                  |            | 1                     | A          | 1   |                 | 1.37      |           |           |
| Carbohydrate, by difference.....g        | 6.40                                  |            | 0                     | MC         | 9   |                 | 1.79      |           |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                      | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       | 8                                     |            | 0                     | BFZN       | 4   |                 | 2         |           |           |
| Iron, Fe.....mg                          | 1.51                                  |            | 0                     | BFZN       | 4   |                 | 0.42      |           |           |
| Magnesium, Mg.....mg                     | 17                                    |            | 0                     | BFZN       | 4   |                 | 5         |           |           |
| Phosphorus, P.....mg                     | 142                                   |            | 0                     | BFZN       | 4   |                 | 40        |           |           |
| Potassium, K.....mg                      | 378                                   |            | 0                     | BFZN       | 4   |                 | 106       |           |           |
| Sodium, Na.....mg                        | 936                                   |            | 1                     | A          | 1   |                 | 262       |           |           |
| Zinc, Zn.....mg                          | 3.23                                  |            | 0                     | BFZN       | 4   |                 | 0.90      |           |           |
| Copper, Cu.....mg                        | 0.080                                 |            | 0                     | BFZN       | 4   |                 | 0.022     |           |           |
| Manganese, Mn.....mg                     | 0.038                                 |            | 0                     | BFZN       | 4   |                 | 0.011     |           |           |
| Selenium, Se.....mcg                     | 26.1                                  |            | 0                     | BFZN       | 4   |                 | 7.3       |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Thiamin.....mg                           | 0.600                                 |            | 0                     | BFZN       | 4   |                 | 0.168     |           |           |
| Riboflavin.....mg                        | 0.285                                 |            | 0                     | BFZN       | 4   |                 | 0.080     |           |           |
| Niacin.....mg                            | 4.867                                 |            | 0                     | BFZN       | 4   |                 | 1.363     |           |           |
| Pantothenic acid.....mg                  | 1.060                                 |            | 0                     | BFZN       | 4   |                 | 0.297     |           |           |
| Vitamin B-6.....mg                       | 0.500                                 |            | 0                     | BFZN       | 4   |                 | 0.140     |           |           |
| Folate, total.....mcg                    | 2                                     |            | 0                     | BFZN       | 4   |                 | 1         |           |           |
| Folic acid.....mcg                       | 0                                     |            | 0                     | BFZN       | 4   |                 | 0         |           |           |
| Folate, food.....mcg                     | 2                                     |            | 0                     | BFZN       | 4   |                 | 1         |           |           |
| Folate, DFE.....mcg_DFE                  | 2                                     |            | 0                     | NC         | 4   |                 | 1         |           |           |
| Vitamin B-12.....mcg                     | 1.90                                  |            | 0                     | BFZN       | 4   |                 | 0.53      |           |           |
| Vitamin A, IU.....IU                     | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Vitamin A, RAE.....mcg_RAE               | 0                                     |            | 0                     | AS         | 1   |                 | 0         |           |           |
| Retinol.....mcg                          | 0                                     |            | 0                     | NR         | 4   |                 | 0         |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg        | 1.3                                   |            | 0                     | BFZN       | 4   |                 | 0.4       |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 9.750                                 |            | 1                     | A          | 1   |                 | 2.730     |           |           |
| Fatty acids, total monounsaturated.....g | 13.200                                |            | 1                     | A          | 1   |                 | 3.696     |           |           |
| Fatty acids, total polyunsaturated.....g | 2.290                                 |            | 1                     | A          | 1   |                 | 0.641     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 89                                    |            | 1                     | A          | 1   |                 | 25        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | BFZN       | 4   |                 | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.210                                 |            | 0                     | BFZN       | 4   |                 | 0.059     |           |           |
| Threonine.....g                          | 0.959                                 |            | 0                     | BFZN       | 4   |                 | 0.269     |           |           |
| Isoleucine.....g                         | 0.971                                 |            | 0                     | BFZN       | 4   |                 | 0.272     |           |           |
| Leucine.....g                            | 1.732                                 |            | 0                     | BFZN       | 4   |                 | 0.485     |           |           |
| Lysine.....g                             | 1.824                                 |            | 0                     | BFZN       | 4   |                 | 0.511     |           |           |
| Methionine.....g                         | 0.593                                 |            | 0                     | BFZN       | 4   |                 | 0.166     |           |           |
| Cystine.....g                            | 0.262                                 |            | 0                     | BFZN       | 4   |                 | 0.073     |           |           |

NDB No. 07941

Salami, Italian, pork and beef, dry, sliced, 50% less 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 |
| Phenylalanine.....g         | 0.868                                 |            | 0                     | BFZN       | 4   |                 | 0.243     |           |           |
| Tyrosine.....g              | 0.710                                 |            | 0                     | BFZN       | 4   |                 | 0.199     |           |           |
| Valine.....g                | 1.083                                 |            | 0                     | BFZN       | 4   |                 | 0.303     |           |           |
| Arginine.....g              | 1.516                                 |            | 0                     | BFZN       | 4   |                 | 0.424     |           |           |
| Histidine.....g             | 0.699                                 |            | 0                     | BFZN       | 4   |                 | 0.196     |           |           |
| Alanine.....g               | 1.480                                 |            | 0                     | BFZN       | 4   |                 | 0.414     |           |           |
| Aspartic acid.....g         | 2.073                                 |            | 0                     | BFZN       | 4   |                 | 0.580     |           |           |
| Glutamic acid.....g         | 3.383                                 |            | 0                     | BFZN       | 4   |                 | 0.947     |           |           |
| Glycine.....g               | 1.641                                 |            | 0                     | BFZN       | 4   |                 | 0.459     |           |           |
| Proline.....g               | 1.188                                 |            | 0                     | BFZN       | 4   |                 | 0.333     |           |           |
| Serine.....g                | 0.942                                 |            | 0                     | BFZN       | 4   |                 | 0.264     |           |           |
| Hydroxyproline.....g        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>              |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g        | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg             | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>         |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28g: 1 serving 5 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07068**  
**Salami, cooked, beef**

| 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 | 10.648                                |            | 0                     | NC         | 4   |                 | 2.768     | 3.019     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.037                                 |            | 1                     | MC         | 9   |                 | 0.269     | 0.294     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 9.611                                 |            | 1                     | MC         | 9   |                 | 2.499     | 2.725     |           |
| 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 | 1.037                                 |            | 0                     | NC         | 4   |                 | 0.269     | 0.294     |           |
| 18:2 undifferentiated.....g              | 0.660                                 |            | 1                     | MC         | 9   |                 | 0.171     | 0.187     |           |
| 18:3 undifferentiated.....g              | 0.377                                 |            | 1                     | MC         | 9   |                 | 0.098     | 0.107     |           |
| 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                       | 71                                    |            | 1                     | MC         | 9   |                 | 18        | 20        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.137                                 |            | 0                     |            | 1   |                 | 0.036     | 0.039     |           |
| Threonine.....g                          | 0.568                                 |            | 0                     |            | 1   |                 | 0.148     | 0.161     |           |
| Isoleucine.....g                         | 0.650                                 |            | 0                     |            | 1   |                 | 0.169     | 0.184     |           |
| Leucine.....g                            | 1.104                                 |            | 0                     |            | 1   |                 | 0.287     | 0.313     |           |
| Lysine.....g                             | 1.152                                 |            | 0                     |            | 1   |                 | 0.300     | 0.327     |           |
| Methionine.....g                         | 0.349                                 |            | 0                     |            | 1   |                 | 0.091     | 0.099     |           |
| Cystine.....g                            | 0.192                                 |            | 0                     |            | 1   |                 | 0.050     | 0.054     |           |
| Phenylalanine.....g                      | 0.541                                 |            | 0                     |            | 1   |                 | 0.141     | 0.153     |           |
| Tyrosine.....g                           | 0.491                                 |            | 0                     |            | 1   |                 | 0.128     | 0.139     |           |
| Valine.....g                             | 0.662                                 |            | 0                     |            | 1   |                 | 0.172     | 0.188     |           |
| Arginine.....g                           | 0.929                                 |            | 0                     |            | 1   |                 | 0.242     | 0.263     |           |
| Histidine.....g                          | 0.479                                 |            | 0                     |            | 1   |                 | 0.125     | 0.136     |           |
| Alanine.....g                            | 1.083                                 |            | 0                     |            | 1   |                 | 0.282     | 0.307     |           |
| Aspartic acid.....g                      | 1.472                                 |            | 0                     |            | 1   |                 | 0.383     | 0.417     |           |
| Glutamic acid.....g                      | 2.449                                 |            | 0                     |            | 1   |                 | 0.637     | 0.694     |           |
| Glycine.....g                            | 1.256                                 |            | 0                     |            | 1   |                 | 0.327     | 0.356     |           |
| Proline.....g                            | 1.083                                 |            | 0                     |            | 1   |                 | 0.282     | 0.307     |           |
| Serine.....g                             | 0.606                                 |            | 0                     |            | 1   |                 | 0.158     | 0.172     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 26g: 1 slice

Measure 2 = 28.35g: 1 oz



**NDB No. 07068**  
**Salami, cooked, beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07069**  
**Salami, cooked, beef and pork**

| 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 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 9.190  |            | 0                     |            | 1  |                 | 2.605     | 2.114     |           |
| 14:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 15:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.890  | 0.117      | 7                     |            | 1  |                 | 0.252     | 0.205     |           |
| 17:1.....g                               |  |            |                       |            |  |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.300  | 0.392      | 7                     |            | 1  |                 | 2.353     | 1.909     |           |
| 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 | 2.020  |            | 0                     |            | 1  |                 | 0.573     | 0.465     |           |
| 18:2 undifferentiated.....g              | 1.610  | 0.059      | 7                     |            | 1  |                 | 0.456     | 0.370     |           |
| 18:3 undifferentiated.....g              | 0.410  | 0.098      | 7                     |            | 1  |                 | 0.116     | 0.094     |           |
| 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                       | 65   | 4.874      | 7                     |            | 1  |                 | 18        | 15        |           |
| Phytosterols.....mg                      | 0  |            | 0                     |            | 4  |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |  |            |                       |            |  |                 |           |           |           |
| Tryptophan.....g                         | 0.114  |            | 1                     |            | 1  |                 | 0.032     | 0.026     |           |
| Threonine.....g                          | 0.521  |            | 1                     |            | 1  |                 | 0.148     | 0.120     |           |
| Isoleucine.....g                         | 0.675  |            | 1                     |            | 1  |                 | 0.191     | 0.155     |           |
| Leucine.....g                            | 0.929  |            | 1                     |            | 1  |                 | 0.263     | 0.214     |           |
| Lysine.....g                             | 1.107  |            | 1                     |            | 1  |                 | 0.314     | 0.255     |           |
| Methionine.....g                         | 0.301  |            | 1                     |            | 1  |                 | 0.085     | 0.069     |           |
| Cystine.....g                            | 0.196  |            | 1                     |            | 1  |                 | 0.056     | 0.045     |           |
| Phenylalanine.....g                      | 0.481  |            | 1                     |            | 1  |                 | 0.136     | 0.111     |           |
| Tyrosine.....g                           | 0.552  |            | 1                     |            | 1  |                 | 0.156     | 0.127     |           |
| Valine.....g                             | 0.668  |            | 1                     |            | 1  |                 | 0.189     | 0.154     |           |
| Arginine.....g                           | 0.855  |            | 1                     |            | 1  |                 | 0.242     | 0.197     |           |
| Histidine.....g                          | 0.359  |            | 1                     |            | 1  |                 | 0.102     | 0.083     |           |
| Alanine.....g                            | 0.880  |            | 1                     |            | 1  |                 | 0.249     | 0.202     |           |
| Aspartic acid.....g                      | 1.285  |            | 1                     |            | 1  |                 | 0.364     | 0.296     |           |
| Glutamic acid.....g                      | 1.929  |            | 1                     |            | 1  |                 | 0.547     | 0.444     |           |
| Glycine.....g                            | 1.189  |            | 1                     |            | 1  |                 | 0.337     | 0.273     |           |
| Proline.....g                            | 0.831  |            | 1                     |            | 1  |                 | 0.236     | 0.191     |           |
| Serine.....g                             | 0.537  |            | 1                     |            | 1  |                 | 0.152     | 0.124     |           |
| Hydroxyproline.....g                     |  |            |                       |            |  |                 |           |           |           |
| <b><u>Others:</u></b>                    |  |            |                       |            |  |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |  |            |                       |            |  |                 |           |           |           |
| 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 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice (4" dia x 1/8" thick) (10 per 8 oz package)

**NDB No. 07069**

**Salami, cooked, beef and pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07070**  
**Salami, cooked, turkey**

| 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 | 3.167                                 |            | 0                     | NC         | 4           |   | 0.887     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.268                                 | 0.013      | 4                     | A          | 1           |   | 0.075     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.878                                 | 0.073      | 4                     | A          | 1           |   | 0.806     |           |           |
| 20:1.....g                               | 0.011                                 |            | 0                     | FLA        | 4           |   | 0.003     |           |           |
| 22:1 undifferentiated.....g              | 0.011                                 |            | 0                     | FLA        | 4           |   | 0.003     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.515                                 |            | 0                     | NC         | 4           |   | 0.704     |           |           |
| 18:2 undifferentiated.....g              | 2.291                                 | 0.164      | 4                     | A          | 1           |   | 0.641     |           |           |
| 18:3 undifferentiated.....g              | 0.052                                 | 0.035      | 4                     | A          | 1           |   | 0.015     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4           |   | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.126                                 |            | 0                     | FLA        | 4           |   | 0.035     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.023                                 |            | 0                     | FLA        | 4           |   | 0.006     |           |           |
| 22:6 n-3.....g                           | 0.023                                 |            | 0                     | FLA        | 4           |   | 0.006     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 79                                    |            | 4                     | JO         | 11          |   | 22        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07071**  
**Salami, dry or hard, pork**

| 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 | 16.000                                |            | 0                     |            | 1   |                 | 18.080    | 1.600     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.220                                 |            | 0                     |            | 1   |                 | 1.379     | 0.122     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 14.670                                |            | 0                     |            | 1   |                 | 16.577    | 1.467     |           |
| 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 | 3.740                                 |            | 0                     |            | 1   |                 | 4.226     | 0.374     |           |
| 18:2 undifferentiated.....g              | 3.270                                 |            | 0                     |            | 1   |                 | 3.695     | 0.327     |           |
| 18:3 undifferentiated.....g              | 0.280                                 |            | 0                     |            | 1   |                 | 0.316     | 0.028     |           |
| 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              | 0.160                                 |            | 0                     |            | 1   |                 | 0.181     | 0.016     |           |
| 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                       | 79                                    |            | 0                     |            | 4   |                 | 89        | 8         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.253                                 |            | 1                     |            | 1   |                 | 0.286     | 0.025     |           |
| Threonine.....g                          | 1.012                                 |            | 1                     |            | 1   |                 | 1.144     | 0.101     |           |
| Isoleucine.....g                         | 1.084                                 |            | 1                     |            | 1   |                 | 1.225     | 0.108     |           |
| Leucine.....g                            | 1.625                                 |            | 1                     |            | 1   |                 | 1.836     | 0.163     |           |
| Lysine.....g                             | 1.878                                 |            | 1                     |            | 1   |                 | 2.122     | 0.188     |           |
| Methionine.....g                         | 0.470                                 |            | 1                     |            | 1   |                 | 0.531     | 0.047     |           |
| Cystine.....g                            | 0.289                                 |            | 1                     |            | 1   |                 | 0.327     | 0.029     |           |
| Phenylalanine.....g                      | 0.940                                 |            | 1                     |            | 1   |                 | 1.062     | 0.094     |           |
| Tyrosine.....g                           | 0.686                                 |            | 1                     |            | 1   |                 | 0.775     | 0.069     |           |
| Valine.....g                             | 1.120                                 |            | 1                     |            | 1   |                 | 1.266     | 0.112     |           |
| Arginine.....g                           | 1.373                                 |            | 1                     |            | 1   |                 | 1.551     | 0.137     |           |
| Histidine.....g                          | 0.614                                 |            | 1                     |            | 1   |                 | 0.694     | 0.061     |           |
| Alanine.....g                            | 1.336                                 |            | 1                     |            | 1   |                 | 1.510     | 0.134     |           |
| Aspartic acid.....g                      | 2.095                                 |            | 1                     |            | 1   |                 | 2.367     | 0.210     |           |
| Glutamic acid.....g                      | 3.829                                 |            | 1                     |            | 1   |                 | 4.327     | 0.383     |           |
| Glycine.....g                            | 1.553                                 |            | 1                     |            | 1   |                 | 1.755     | 0.155     |           |
| Proline.....g                            | 1.336                                 |            | 1                     |            | 1   |                 | 1.510     | 0.134     |           |
| Serine.....g                             | 0.903                                 |            | 1                     |            | 1   |                 | 1.020     | 0.090     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 113g: 1 package (4 oz)

Measure 2 = 10.0g: 1 slice (3-1/8" dia x 1/16" thick)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





**NDB No. 07072**  
**Salami, dry or hard, pork, beef**

| 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 | 17.100                                |            | 0                     |            | 1   |                 | 19.323    | 1.710     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.690                                 | 0.153      | 4                     |            | 1   |                 | 1.910     | 0.169     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 15.400                                | 0.582      | 4                     |            | 1   |                 | 17.402    | 1.540     |           |
| 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 | 3.210                                 |            | 0                     |            | 1   |                 | 3.627     | 0.321     |           |
| 18:2 undifferentiated.....g              | 2.870                                 | 0.401      | 4                     |            | 1   |                 | 3.243     | 0.287     |           |
| 18:3 undifferentiated.....g              | 0.330                                 | 0.144      | 4                     |            | 1   |                 | 0.373     | 0.033     |           |
| 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                       | 79                                    | 9.815      | 3                     |            | 1   |                 | 89        | 8         |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.210                                 |            | 0                     |            | 1   |                 | 0.237     | 0.021     |           |
| Threonine.....g                          | 0.959                                 |            | 0                     |            | 1   |                 | 1.084     | 0.096     |           |
| Isoleucine.....g                         | 0.971                                 |            | 0                     |            | 1   |                 | 1.097     | 0.097     |           |
| Leucine.....g                            | 1.732                                 |            | 0                     |            | 1   |                 | 1.957     | 0.173     |           |
| Lysine.....g                             | 1.824                                 |            | 0                     |            | 1   |                 | 2.061     | 0.182     |           |
| Methionine.....g                         | 0.593                                 |            | 0                     |            | 1   |                 | 0.670     | 0.059     |           |
| Cystine.....g                            | 0.262                                 |            | 0                     |            | 1   |                 | 0.296     | 0.026     |           |
| Phenylalanine.....g                      | 0.868                                 |            | 0                     |            | 1   |                 | 0.981     | 0.087     |           |
| Tyrosine.....g                           | 0.710                                 |            | 0                     |            | 1   |                 | 0.802     | 0.071     |           |
| Valine.....g                             | 1.083                                 |            | 0                     |            | 1   |                 | 1.224     | 0.108     |           |
| Arginine.....g                           | 1.516                                 |            | 0                     |            | 1   |                 | 1.713     | 0.152     |           |
| Histidine.....g                          | 0.699                                 |            | 0                     |            | 1   |                 | 0.790     | 0.070     |           |
| Alanine.....g                            | 1.480                                 |            | 0                     |            | 1   |                 | 1.672     | 0.148     |           |
| Aspartic acid.....g                      | 2.073                                 |            | 0                     |            | 1   |                 | 2.342     | 0.207     |           |
| Glutamic acid.....g                      | 3.383                                 |            | 0                     |            | 1   |                 | 3.823     | 0.338     |           |
| Glycine.....g                            | 1.641                                 |            | 0                     |            | 1   |                 | 1.854     | 0.164     |           |
| Proline.....g                            | 1.188                                 |            | 0                     |            | 1   |                 | 1.342     | 0.119     |           |
| Serine.....g                             | 0.942                                 |            | 0                     |            | 1   |                 | 1.064     | 0.094     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 113g: 1 package (4 oz)

Measure 2 = 10.0g: 1 slice (3-1/8" dia x 1/16" thick)

**NDB No. 07072**

**Salami, dry or hard, pork, beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07913**  
**Salami, pork, beef, less 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 | 13.320                                |            | 0                     | MC         | 9           |                 | 3.776   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.890                                 |            | 0                     | BFZN       | 4           |                 | 0.252   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 8.300                                 |            | 0                     | BFZN       | 4           |                 | 2.353   |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.067                                 |            | 0                     | MC         | 9           |                 | 0.869   |           |           |
| 18:2 undifferentiated.....g              | 1.610                                 |            | 0                     | BFZN       | 4           |                 | 0.456   |           |           |
| 18:3 undifferentiated.....g              | 0.410                                 |            | 0                     | BFZN       | 4           |                 | 0.116   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 90                                    |            | 0                     | MC         | 9           |                 | 26  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | BFZN       | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.114                                 |            | 0                     | BFZN       | 4           |                 | 0.032   |           |           |
| Threonine.....g                          | 0.521                                 |            | 0                     | BFZN       | 4           |                 | 0.148   |           |           |
| Isoleucine.....g                         | 0.675                                 |            | 0                     | BFZN       | 4           |                 | 0.191   |           |           |
| Leucine.....g                            | 0.929                                 |            | 0                     | BFZN       | 4           |                 | 0.263   |           |           |
| Lysine.....g                             | 1.107                                 |            | 0                     | BFZN       | 4           |                 | 0.314   |           |           |
| Methionine.....g                         | 0.301                                 |            | 0                     | BFZN       | 4           |                 | 0.085   |           |           |
| Cystine.....g                            | 0.196                                 |            | 0                     | BFZN       | 4           |                 | 0.056   |           |           |
| Phenylalanine.....g                      | 0.481                                 |            | 0                     | BFZN       | 4           |                 | 0.136   |           |           |
| Tyrosine.....g                           | 0.552                                 |            | 0                     | BFZN       | 4           |                 | 0.156   |           |           |
| Valine.....g                             | 0.668                                 |            | 0                     | BFZN       | 4           |                 | 0.189   |           |           |
| Arginine.....g                           | 0.855                                 |            | 0                     | BFZN       | 4           |                 | 0.242   |           |           |
| Histidine.....g                          | 0.359                                 |            | 0                     | BFZN       | 4           |                 | 0.102   |           |           |
| Alanine.....g                            | 0.880                                 |            | 0                     | BFZN       | 4           |                 | 0.249   |           |           |
| Aspartic acid.....g                      | 1.285                                 |            | 0                     | BFZN       | 4           |                 | 0.364   |           |           |
| Glutamic acid.....g                      | 1.929                                 |            | 0                     | BFZN       | 4           |                 | 0.547   |           |           |
| Glycine.....g                            | 1.189                                 |            | 0                     | BFZN       | 4           |                 | 0.337   |           |           |
| Proline.....g                            | 0.831                                 |            | 0                     | BFZN       | 4           |                 | 0.236   |           |           |
| Serine.....g                             | 0.537                                 |            | 0                     | BFZN       | 4           |                 | 0.152   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28.35g: 1 oz

**NDB No. 07913**

**Salami, pork, beef, less sodium**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07073**  
**Sandwich spread, pork, beef**

| 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 | 7.610                                 |            | 0                     |            | 1   |                 | 1.142     | 2.157     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.710                                 | 0.059      | 5                     |            | 1   |                 | 0.107     | 0.201     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.890                                 | 0.168      | 5                     |            | 1   |                 | 1.034     | 1.953     |           |
| 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 | 2.560                                 |            | 0                     |            | 1   |                 | 0.384     | 0.726     |           |
| 18:2 undifferentiated.....g              | 2.190                                 | 0.068      | 5                     |            | 1   |                 | 0.329     | 0.621     |           |
| 18:3 undifferentiated.....g              | 0.380                                 | 0.086      | 5                     |            | 1   |                 | 0.057     | 0.108     |           |
| 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                       | 38                                    | 1.764      | 3                     |            | 1   |                 | 6         | 11        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.082                                 |            | 0                     |            | 4   |                 | 0.012     | 0.023     |           |
| Threonine.....g                          | 0.334                                 |            | 0                     |            | 4   |                 | 0.050     | 0.095     |           |
| Isoleucine.....g                         | 0.334                                 |            | 0                     |            | 4   |                 | 0.050     | 0.095     |           |
| Leucine.....g                            | 0.600                                 |            | 0                     |            | 4   |                 | 0.090     | 0.170     |           |
| Lysine.....g                             | 0.663                                 |            | 0                     |            | 4   |                 | 0.099     | 0.188     |           |
| Methionine.....g                         | 0.196                                 |            | 0                     |            | 4   |                 | 0.029     | 0.056     |           |
| Cystine.....g                            | 0.106                                 |            | 0                     |            | 4   |                 | 0.016     | 0.030     |           |
| Phenylalanine.....g                      | 0.301                                 |            | 0                     |            | 4   |                 | 0.045     | 0.085     |           |
| Tyrosine.....g                           | 0.235                                 |            | 0                     |            | 4   |                 | 0.035     | 0.067     |           |
| Valine.....g                             | 0.356                                 |            | 0                     |            | 4   |                 | 0.053     | 0.101     |           |
| Arginine.....g                           | 0.530                                 |            | 0                     |            | 4   |                 | 0.080     | 0.150     |           |
| Histidine.....g                          | 0.279                                 |            | 0                     |            | 4   |                 | 0.042     | 0.079     |           |
| Alanine.....g                            | 0.467                                 |            | 0                     |            | 4   |                 | 0.070     | 0.132     |           |
| Aspartic acid.....g                      | 0.720                                 |            | 0                     |            | 4   |                 | 0.108     | 0.204     |           |
| Glutamic acid.....g                      | 1.140                                 |            | 0                     |            | 4   |                 | 0.171     | 0.323     |           |
| Glycine.....g                            | 0.441                                 |            | 0                     |            | 4   |                 | 0.066     | 0.125     |           |
| Proline.....g                            | 0.349                                 |            | 0                     |            | 4   |                 | 0.052     | 0.099     |           |
| Serine.....g                             | 0.305                                 |            | 0                     |            | 4   |                 | 0.046     | 0.086     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz



**NDB No. 07073**

**Sandwich spread, pork, beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07004**  
**Sausage, Berliner, pork, beef**

| 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 | 8.000                                 |            | 0                     | NC         | 4   |                 | 1.840     | 2.268     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.660                                 | 0.053      | 3                     |            | 1   |                 | 0.152     | 0.187     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 7.340                                 | 0.185      | 3                     |            | 1   |                 | 1.688     | 2.081     |           |
| 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 | 1.580                                 |            | 0                     | NC         | 4   |                 | 0.363     | 0.448     |           |
| 18:2 undifferentiated.....g              | 1.400                                 | 0.052      | 3                     |            | 1   |                 | 0.322     | 0.397     |           |
| 18:3 undifferentiated.....g              | 0.180                                 | 0.005      | 3                     |            | 1   |                 | 0.041     | 0.051     |           |
| 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                       | 46                                    | 1.667      | 3                     |            | 1   |                 | 11        | 13        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.107                                 |            | 0                     | BFZN       | 4   |                 | 0.025     | 0.030     |           |
| Threonine.....g                          | 0.465                                 |            | 0                     | BFZN       | 4   |                 | 0.107     | 0.132     |           |
| Isoleucine.....g                         | 0.485                                 |            | 0                     | BFZN       | 4   |                 | 0.112     | 0.137     |           |
| Leucine.....g                            | 0.810                                 |            | 0                     | BFZN       | 4   |                 | 0.186     | 0.230     |           |
| Lysine.....g                             | 0.903                                 |            | 0                     | BFZN       | 4   |                 | 0.208     | 0.256     |           |
| Methionine.....g                         | 0.364                                 |            | 0                     | BFZN       | 4   |                 | 0.084     | 0.103     |           |
| Cystine.....g                            | 0.105                                 |            | 0                     | BFZN       | 4   |                 | 0.024     | 0.030     |           |
| Phenylalanine.....g                      | 0.405                                 |            | 0                     | BFZN       | 4   |                 | 0.093     | 0.115     |           |
| Tyrosine.....g                           | 0.386                                 |            | 0                     | BFZN       | 4   |                 | 0.089     | 0.109     |           |
| Valine.....g                             | 0.464                                 |            | 0                     | BFZN       | 4   |                 | 0.107     | 0.132     |           |
| Arginine.....g                           | 0.765                                 |            | 0                     | BFZN       | 4   |                 | 0.176     | 0.217     |           |
| Histidine.....g                          | 0.395                                 |            | 0                     | BFZN       | 4   |                 | 0.091     | 0.112     |           |
| Alanine.....g                            | 0.774                                 |            | 0                     | BFZN       | 4   |                 | 0.178     | 0.219     |           |
| Aspartic acid.....g                      | 1.136                                 |            | 0                     | BFZN       | 4   |                 | 0.261     | 0.322     |           |
| Glutamic acid.....g                      | 1.994                                 |            | 0                     | BFZN       | 4   |                 | 0.459     | 0.565     |           |
| Glycine.....g                            | 0.857                                 |            | 0                     | BFZN       | 4   |                 | 0.197     | 0.243     |           |
| Proline.....g                            | 0.673                                 |            | 0                     | BFZN       | 4   |                 | 0.155     | 0.191     |           |
| Serine.....g                             | 0.510                                 |            | 0                     | BFZN       | 4   |                 | 0.117     | 0.145     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | MC         | 9   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | MC         | 9   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 23g: 1 slice

Measure 2 = 28.35g: 1 oz

**NDB No. 07004**  
**Sausage, Berliner, pork, beef**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07089**  
**Sausage, Italian, pork, cooked**

| 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 | Measure 3 |
|  |  |            |                       |            |             |                 |  |           |           |
| Fatty acids, total monounsaturated.....g | 11.950                                       |            | 0                     |            | 1           |                 | 9.919  | 8.007     |           |
| 14:1.....g                               |  |            |                       |            |             |                 |  |           |           |
| 15:1.....g                               |  |            |                       |            |             |                 |  |           |           |
| 16:1 undifferentiated.....g              | 1.180  | 0.074      | 4                     |            | 1           |                 | 0.979  | 0.791     |           |
| 17:1.....g                               |  |            |                       |            |             |                 |  |           |           |
| 18:1 undifferentiated.....g              | 10.770                                       | 0.423      | 4                     |            | 1           |                 | 8.939  | 7.216     |           |
| 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 | 3.290  |            | 0                     |            | 1           |                 | 2.731  | 2.204     |           |
| 18:2 undifferentiated.....g              | 2.840  | 0.145      | 4                     |            | 1           |                 | 2.357  | 1.903     |           |
| 18:3 undifferentiated.....g              | 0.440  | 0.063      | 4                     |            | 1           |                 | 0.365  | 0.295     |           |
| 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                       | 78   | 2.646      | 4                     |            | 1           |                 | 65   | 52        |           |
| Phytosterols.....mg                      | 0  |            | 0                     |            | 4           |                 | 0  | 0         |           |
| <b><u>Amino Acids:</u></b>               |  |            |                       |            |             |                 |  |           |           |
| Tryptophan.....g                         | 0.161  |            | 0                     |            | 1           |                 | 0.134  | 0.108     |           |
| Threonine.....g                          | 0.792  |            | 0                     |            | 1           |                 | 0.657  | 0.531     |           |
| Isoleucine.....g                         | 0.731  |            | 0                     |            | 1           |                 | 0.607  | 0.490     |           |
| Leucine.....g                            | 1.343  |            | 0                     |            | 1           |                 | 1.115  | 0.900     |           |
| Lysine.....g                             | 1.522  |            | 0                     |            | 1           |                 | 1.263  | 1.020     |           |
| Methionine.....g                         | 0.486  |            | 0                     |            | 1           |                 | 0.403  | 0.326     |           |
| Cystine.....g                            | 0.201  |            | 0                     |            | 1           |                 | 0.167  | 0.135     |           |
| Phenylalanine.....g                      | 0.670  |            | 0                     |            | 1           |                 | 0.556  | 0.449     |           |
| Tyrosine.....g                           | 0.577  |            | 0                     |            | 1           |                 | 0.479  | 0.387     |           |
| Valine.....g                             | 0.804  |            | 0                     |            | 1           |                 | 0.667  | 0.539     |           |
| Arginine.....g                           | 1.182  |            | 0                     |            | 1           |                 | 0.981  | 0.792     |           |
| Histidine.....g                          | 0.577  |            | 0                     |            | 1           |                 | 0.479  | 0.387     |           |
| Alanine.....g                            | 1.121  |            | 0                     |            | 1           |                 | 0.930  | 0.751     |           |
| Aspartic acid.....g                      | 1.666  |            | 0                     |            | 1           |                 | 1.383  | 1.116     |           |
| Glutamic acid.....g                      | 2.768  |            | 0                     |            | 1           |                 | 2.297  | 1.855     |           |
| Glycine.....g                            | 1.214  |            | 0                     |            | 1           |                 | 1.008  | 0.813     |           |
| Proline.....g                            | 0.932  |            | 0                     |            | 1           |                 | 0.774  | 0.624     |           |
| Serine.....g                             | 0.775  |            | 0                     |            | 1           |                 | 0.643  | 0.519     |           |
| Hydroxyproline.....g                     |  |            |                       |            |             |                 |  |           |           |
| <b><u>Others:</u></b>                    |  |            |                       |            |             |                 |  |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |  |            |                       |            |             |                 |  |           |           |
| 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 = 83g: 1 link, 4/lb  
 Measure 2 = 67g: 1 link, 5/lb

**NDB No. 07089**

**Sausage, Italian, pork, cooked**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07036**  
**Sausage, Italian, pork, 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 | 14.340                                |            | 0                     |            | 1   |                 | 16.204    | 13.049    |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.490                                 | 0.118      | 4                     |            | 1   |                 | 1.684     | 1.356     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.860                                | 0.384      | 4                     |            | 1   |                 | 14.532    | 11.703    |           |
| 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 | 4.030                                 |            | 0                     |            | 1   |                 | 4.554     | 3.667     |           |
| 18:2 undifferentiated.....g              | 3.620                                 | 0.251      | 4                     |            | 1   |                 | 4.091     | 3.294     |           |
| 18:3 undifferentiated.....g              | 0.410                                 | 0.095      | 4                     |            | 1   |                 | 0.463     | 0.373     |           |
| 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                       | 76                                    | 1.750      | 4                     |            | 1   |                 | 86        | 69        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.114                                 |            | 0                     |            | 1   |                 | 0.129     | 0.104     |           |
| Threonine.....g                          | 0.563                                 |            | 0                     |            | 1   |                 | 0.636     | 0.512     |           |
| Isoleucine.....g                         | 0.520                                 |            | 0                     |            | 1   |                 | 0.588     | 0.473     |           |
| Leucine.....g                            | 0.956                                 |            | 0                     |            | 1   |                 | 1.080     | 0.870     |           |
| Lysine.....g                             | 1.083                                 |            | 0                     |            | 1   |                 | 1.224     | 0.986     |           |
| Methionine.....g                         | 0.346                                 |            | 0                     |            | 1   |                 | 0.391     | 0.315     |           |
| Cystine.....g                            | 0.144                                 |            | 0                     |            | 1   |                 | 0.163     | 0.131     |           |
| Phenylalanine.....g                      | 0.477                                 |            | 0                     |            | 1   |                 | 0.539     | 0.434     |           |
| Tyrosine.....g                           | 0.411                                 |            | 0                     |            | 1   |                 | 0.464     | 0.374     |           |
| Valine.....g                             | 0.572                                 |            | 0                     |            | 1   |                 | 0.646     | 0.521     |           |
| Arginine.....g                           | 0.842                                 |            | 0                     |            | 1   |                 | 0.951     | 0.766     |           |
| Histidine.....g                          | 0.411                                 |            | 0                     |            | 1   |                 | 0.464     | 0.374     |           |
| Alanine.....g                            | 0.798                                 |            | 0                     |            | 1   |                 | 0.902     | 0.726     |           |
| Aspartic acid.....g                      | 1.186                                 |            | 0                     |            | 1   |                 | 1.340     | 1.079     |           |
| Glutamic acid.....g                      | 1.970                                 |            | 0                     |            | 1   |                 | 2.226     | 1.793     |           |
| Glycine.....g                            | 0.865                                 |            | 0                     |            | 1   |                 | 0.977     | 0.787     |           |
| Proline.....g                            | 0.663                                 |            | 0                     |            | 1   |                 | 0.749     | 0.603     |           |
| Serine.....g                             | 0.552                                 |            | 0                     |            | 1   |                 | 0.624     | 0.502     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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**Common Measures:**

Measure 1 = 113g: 1 link, 4/lb

Measure 2 = 91g: 1 link, 5/lb

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07914**  
**Sausage, Italian, sweet, links**

| 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 | 3.629                                 |            | 0                     | FLA        | 4           |                 | 3.049   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.371                                 |            | 0                     | FLA        | 4           |                 | 0.312   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 3.233                                 |            | 0                     | FLA        | 4           |                 | 2.716   |           |           |
| 20:1.....g                               | 0.025                                 |            | 0                     | FLA        | 4           |                 | 0.021   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLA        | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.493                                 |            | 0                     | FLA        | 4           |                 | 0.414   |           |           |
| 18:2 undifferentiated.....g              | 0.376                                 |            | 0                     | FLA        | 4           |                 | 0.316   |           |           |
| 18:3 undifferentiated.....g              | 0.095                                 |            | 0                     | FLA        | 4           |                 | 0.079   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.023                                 |            | 0                     | FLA        | 4           |                 | 0.019   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 30                                    |            | 0                     | FLA        | 4           |                 | 25  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLA        | 4           |                 | 0   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.111                                 |            | 0                     | FLA        | 4           |                 | 0.093   |           |           |
| Threonine.....g                          | 0.417                                 |            | 0                     | FLA        | 4           |                 | 0.350   |           |           |
| Isoleucine.....g                         | 0.438                                 |            | 0                     | FLA        | 4           |                 | 0.368   |           |           |
| Leucine.....g                            | 0.760                                 |            | 0                     | FLA        | 4           |                 | 0.638   |           |           |
| Lysine.....g                             | 0.802                                 |            | 0                     | FLA        | 4           |                 | 0.674   |           |           |
| Methionine.....g                         | 0.242                                 |            | 0                     | FLA        | 4           |                 | 0.203   |           |           |
| Cystine.....g                            | 0.109                                 |            | 0                     | FLA        | 4           |                 | 0.091   |           |           |
| Phenylalanine.....g                      | 0.377                                 |            | 0                     | FLA        | 4           |                 | 0.316   |           |           |
| Tyrosine.....g                           | 0.329                                 |            | 0                     | FLA        | 4           |                 | 0.276   |           |           |
| Valine.....g                             | 0.489                                 |            | 0                     | FLA        | 4           |                 | 0.411   |           |           |
| Arginine.....g                           | 0.576                                 |            | 0                     | FLA        | 4           |                 | 0.484   |           |           |
| Histidine.....g                          | 0.333                                 |            | 0                     | FLA        | 4           |                 | 0.280   |           |           |
| Alanine.....g                            | 0.544                                 |            | 0                     | FLA        | 4           |                 | 0.457   |           |           |
| Aspartic acid.....g                      | 0.851                                 |            | 0                     | FLA        | 4           |                 | 0.715   |           |           |
| Glutamic acid.....g                      | 1.470                                 |            | 0                     | FLA        | 4           |                 | 1.235   |           |           |
| Glycine.....g                            | 0.482                                 |            | 0                     | FLA        | 4           |                 | 0.405   |           |           |
| Proline.....g                            | 0.449                                 |            | 0                     | FLA        | 4           |                 | 0.377   |           |           |
| Serine.....g                             | 0.382                                 |            | 0                     | FLA        | 4           |                 | 0.321   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 84g: 1 link 3 oz

**NDB No. 07914**  
**Sausage, Italian, sweet, links**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
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**NDB No. 07927**  
**Sausage, Italian, turkey, smoked**

| 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 | 2.380                                 |            | 0                     | NC         | 4   |                 | 1.333     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.379                                 |            | 0                     | FLA        | 4   |                 | 0.212     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.985                                 |            | 0                     | FLA        | 4   |                 | 1.111     |           |           |
| 20:1.....g                               | 0.008                                 |            | 0                     | FLA        | 4   |                 | 0.004     |           |           |
| 22:1 undifferentiated.....g              | 0.008                                 |            | 0                     | FLA        | 4   |                 | 0.004     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.572                                 |            | 0                     | NC         | 4   |                 | 0.880     |           |           |
| 18:2 undifferentiated.....g              | 1.371                                 |            | 0                     | FLA        | 4   |                 | 0.768     |           |           |
| 18:3 undifferentiated.....g              | 0.085                                 |            | 0                     | FLA        | 4   |                 | 0.048     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.085                                 |            | 0                     | FLA        | 4   |                 | 0.048     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLA        | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.015                                 |            | 0                     | FLA        | 4   |                 | 0.009     |           |           |
| 22:6 n-3.....g                           | 0.015                                 |            | 0                     | FLA        | 4   |                 | 0.009     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 53                                    |            | 1                     | A          | 1   |                 | 29        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLA        | 4   |                 | 0         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.209                                 |            | 0                     | FLA        | 4   |                 | 0.117     |           |           |
| Threonine.....g                          | 0.817                                 |            | 0                     | FLA        | 4   |                 | 0.457     |           |           |
| Isoleucine.....g                         | 0.945                                 |            | 0                     | FLA        | 4   |                 | 0.529     |           |           |
| Leucine.....g                            | 1.467                                 |            | 0                     | FLA        | 4   |                 | 0.822     |           |           |
| Lysine.....g                             | 1.692                                 |            | 0                     | FLA        | 4   |                 | 0.947     |           |           |
| Methionine.....g                         | 0.523                                 |            | 0                     | FLA        | 4   |                 | 0.293     |           |           |
| Cystine.....g                            | 0.204                                 |            | 0                     | FLA        | 4   |                 | 0.114     |           |           |
| Phenylalanine.....g                      | 0.738                                 |            | 0                     | FLA        | 4   |                 | 0.413     |           |           |
| Tyrosine.....g                           | 0.717                                 |            | 0                     | FLA        | 4   |                 | 0.401     |           |           |
| Valine.....g                             | 0.984                                 |            | 0                     | FLA        | 4   |                 | 0.551     |           |           |
| Arginine.....g                           | 1.293                                 |            | 0                     | FLA        | 4   |                 | 0.724     |           |           |
| Histidine.....g                          | 0.560                                 |            | 0                     | FLA        | 4   |                 | 0.314     |           |           |
| Alanine.....g                            | 1.171                                 |            | 0                     | FLA        | 4   |                 | 0.656     |           |           |
| Aspartic acid.....g                      | 1.788                                 |            | 0                     | FLA        | 4   |                 | 1.001     |           |           |
| Glutamic acid.....g                      | 3.018                                 |            | 0                     | FLA        | 4   |                 | 1.690     |           |           |
| Glycine.....g                            | 1.095                                 |            | 0                     | FLA        | 4   |                 | 0.613     |           |           |
| Proline.....g                            | 0.906                                 |            | 0                     | FLA        | 4   |                 | 0.507     |           |           |
| Serine.....g                             | 0.832                                 |            | 0                     | FLA        | 4   |                 | 0.466     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 56g: 1 serving 2 oz

**NDB No. 07927**

**Sausage, Italian, turkey, smoked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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

NDB No. 07915

Sausage, Polish, beef with chicken, hot

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 55.20                                 |            | 1                     | A          | 1   |                 | 30.36     |           |           |
| Energy.....kcal                          | 259                                   |            | 0                     | MC         | 9   |                 | 143       |           |           |
| Energy.....kj                            | 1085                                  |            | 0                     | MC         | 9   |                 | 597       |           |           |
| Protein (N x 6.25).....g                 | 17.60                                 |            | 1                     | A          | 1   |                 | 9.68      |           |           |
| Total lipid (fat).....g                  | 19.40                                 |            | 1                     | A          | 1   |                 | 10.67     |           |           |
| Ash.....g                                | 4.20                                  |            | 1                     | A          | 1   |                 | 2.31      |           |           |
| Carbohydrate, by difference.....g        | 3.60                                  |            | 0                     | MC         | 9   |                 | 1.98      |           |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                      | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       | 12                                    |            | 0                     | BFZN       | 4   |                 | 7         |           |           |
| Iron, Fe.....mg                          | 0.88                                  |            | 1                     | A          | 1   |                 | 0.48      |           |           |
| Magnesium, Mg.....mg                     | 14                                    |            | 0                     | BFZN       | 4   |                 | 8         |           |           |
| Phosphorus, P.....mg                     | 136                                   |            | 0                     | BFZN       | 4   |                 | 75        |           |           |
| Potassium, K.....mg                      | 237                                   |            | 0                     | BFZN       | 4   |                 | 130       |           |           |
| Sodium, Na.....mg                        | 1540                                  |            | 1                     | A          | 1   |                 | 847       |           |           |
| Zinc, Zn.....mg                          | 1.93                                  |            | 0                     | BFZN       | 4   |                 | 1.06      |           |           |
| Copper, Cu.....mg                        | 0.090                                 |            | 0                     | BFZN       | 4   |                 | 0.050     |           |           |
| Manganese, Mn.....mg                     | 0.049                                 |            | 0                     | BFZN       | 4   |                 | 0.027     |           |           |
| Selenium, Se.....mcg                     | 17.7                                  |            | 0                     | BFZN       | 4   |                 | 9.7       |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Thiamin.....mg                           | 0.502                                 |            | 0                     | BFZN       | 4   |                 | 0.276     |           |           |
| Riboflavin.....mg                        | 0.148                                 |            | 0                     | BFZN       | 4   |                 | 0.081     |           |           |
| Niacin.....mg                            | 3.443                                 |            | 0                     | BFZN       | 4   |                 | 1.894     |           |           |
| Pantothenic acid.....mg                  | 0.450                                 |            | 0                     | BFZN       | 4   |                 | 0.248     |           |           |
| Vitamin B-6.....mg                       | 0.190                                 |            | 0                     | BFZN       | 4   |                 | 0.105     |           |           |
| Folate, total.....mcg                    | 2                                     |            | 0                     | BFZN       | 4   |                 | 1         |           |           |
| Folic acid.....mcg                       | 0                                     |            | 0                     | BFZN       | 4   |                 | 0         |           |           |
| Folate, food.....mcg                     | 2                                     |            | 0                     | BFZN       | 4   |                 | 1         |           |           |
| Folate, DFE.....mcg_DFE                  | 2                                     |            | 0                     | NC         | 4   |                 | 1         |           |           |
| Vitamin B-12.....mcg                     | 0.98                                  |            | 0                     | BFZN       | 4   |                 | 0.54      |           |           |
| Vitamin A, IU.....IU                     | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Vitamin A, RAE.....mcg_RAE               | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Retinol.....mcg                          | 0                                     |            | 0                     | NR         | 4   |                 | 0         |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                         | 44.000                                |            | 0                     | BFZN       | 4   |                 | 24.200    |           |           |
| Vitamin K (phylloquinone).....mcg        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 8.010                                 |            | 1                     | A          | 1   |                 | 4.406     |           |           |
| Fatty acids, total monounsaturated.....g | 9.700                                 |            | 1                     | A          | 1   |                 | 5.335     |           |           |
| Fatty acids, total polyunsaturated.....g | 0.790                                 |            | 1                     | A          | 1   |                 | 0.435     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 66                                    |            | 1                     | A          | 1   |                 | 36        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | BFZN       | 4   |                 | 0         |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.138                                 |            | 0                     | BFZN       | 4   |                 | 0.076     |           |           |
| Threonine.....g                          | 0.591                                 |            | 0                     | BFZN       | 4   |                 | 0.325     |           |           |
| Isoleucine.....g                         | 0.611                                 |            | 0                     | BFZN       | 4   |                 | 0.336     |           |           |
| Leucine.....g                            | 1.076                                 |            | 0                     | BFZN       | 4   |                 | 0.592     |           |           |
| Lysine.....g                             | 1.110                                 |            | 0                     | BFZN       | 4   |                 | 0.611     |           |           |
| Methionine.....g                         | 0.379                                 |            | 0                     | BFZN       | 4   |                 | 0.208     |           |           |
| Cystine.....g                            | 0.157                                 |            | 0                     | BFZN       | 4   |                 | 0.086     |           |           |



NDB No. 07915

Sausage, Polish, beef with chicken, hot

| 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 |
| Phenylalanine.....g         | 0.539                                 |            | 0                     | BFZN       | 4   |                 | 0.296     |           |           |
| Tyrosine.....g              | 0.444                                 |            | 0                     | BFZN       | 4   |                 | 0.244     |           |           |
| Valine.....g                | 0.679                                 |            | 0                     | BFZN       | 4   |                 | 0.373     |           |           |
| Arginine.....g              | 0.925                                 |            | 0                     | BFZN       | 4   |                 | 0.509     |           |           |
| Histidine.....g             | 0.444                                 |            | 0                     | BFZN       | 4   |                 | 0.244     |           |           |
| Alanine.....g               | 0.902                                 |            | 0                     | BFZN       | 4   |                 | 0.496     |           |           |
| Aspartic acid.....g         | 1.293                                 |            | 0                     | BFZN       | 4   |                 | 0.711     |           |           |
| Glutamic acid.....g         | 2.117                                 |            | 0                     | BFZN       | 4   |                 | 1.164     |           |           |
| Glycine.....g               | 0.992                                 |            | 0                     | BFZN       | 4   |                 | 0.546     |           |           |
| Proline.....g               | 0.712                                 |            | 0                     | BFZN       | 4   |                 | 0.392     |           |           |
| Serine.....g                | 0.584                                 |            | 0                     | BFZN       | 4   |                 | 0.321     |           |           |
| Hydroxyproline.....g        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>              |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g        | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg             | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>         |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 55g: 1 serving 5 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07916

Sausage, Polish, pork and beef, smoked

| 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 | 12.302                                |            | 0                     | NC         | 4           |                 | 9.349   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.980                                 |            | 0                     | BFZN       | 4           |                 | 0.745   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 11.322                                |            | 0                     | BFZN       | 4           |                 | 8.605   |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.826                                 |            | 0                     | NC         | 4           |                 | 2.148   |           |           |
| 18:2 undifferentiated.....g              | 2.497                                 |            | 0                     | BFZN       | 4           |                 | 1.898   |           |           |
| 18:3 undifferentiated.....g              | 0.329                                 |            | 0                     | BFZN       | 4           |                 | 0.250   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 71                                    |            | 0                     | BFZN       | 4           |                 | 54  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.107                                 |            | 0                     | BFZN       | 4           |                 | 0.081   |           |           |
| Threonine.....g                          | 0.465                                 |            | 0                     | BFZN       | 4           |                 | 0.353   |           |           |
| Isoleucine.....g                         | 0.485                                 |            | 0                     | BFZN       | 4           |                 | 0.369   |           |           |
| Leucine.....g                            | 0.810                                 |            | 0                     | BFZN       | 4           |                 | 0.616   |           |           |
| Lysine.....g                             | 0.903                                 |            | 0                     | BFZN       | 4           |                 | 0.686   |           |           |
| Methionine.....g                         | 0.364                                 |            | 0                     | BFZN       | 4           |                 | 0.277   |           |           |
| Cystine.....g                            | 0.105                                 |            | 0                     | BFZN       | 4           |                 | 0.080   |           |           |
| Phenylalanine.....g                      | 0.405                                 |            | 0                     | BFZN       | 4           |                 | 0.308   |           |           |
| Tyrosine.....g                           | 0.386                                 |            | 0                     | BFZN       | 4           |                 | 0.293   |           |           |
| Valine.....g                             | 0.464                                 |            | 0                     | BFZN       | 4           |                 | 0.353   |           |           |
| Arginine.....g                           | 0.765                                 |            | 0                     | BFZN       | 4           |                 | 0.581   |           |           |
| Histidine.....g                          | 0.395                                 |            | 0                     | BFZN       | 4           |                 | 0.300   |           |           |
| Alanine.....g                            | 0.774                                 |            | 0                     | BFZN       | 4           |                 | 0.588   |           |           |
| Aspartic acid.....g                      | 1.136                                 |            | 0                     | BFZN       | 4           |                 | 0.863   |           |           |
| Glutamic acid.....g                      | 1.994                                 |            | 0                     | BFZN       | 4           |                 | 1.515   |           |           |
| Glycine.....g                            | 0.857                                 |            | 0                     | BFZN       | 4           |                 | 0.651   |           |           |
| Proline.....g                            | 0.673                                 |            | 0                     | BFZN       | 4           |                 | 0.511   |           |           |
| Serine.....g                             | 0.510                                 |            | 0                     | BFZN       | 4           |                 | 0.388   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 76g: 1 serving 2.67 oz

**NDB No. 07916**

**Sausage, Polish, pork and beef, smoked**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07083

Sausage, Vienna, canned, beef and pork

| 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 | 12.550                                |            | 0                     |            | 1           |                 | 2.008   | 14.182    |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.520                                 | 0.088      | 3                     |            | 1           |                 | 0.243   | 1.718     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 11.020                                | 0.318      | 3                     |            | 1           |                 | 1.763   | 12.453    |           |
| 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 | 1.680                                 |            | 0                     |            | 1           |                 | 0.269   | 1.898     |           |
| 18:2 undifferentiated.....g              | 1.290                                 | 0.192      | 3                     |            | 1           |                 | 0.206   | 1.458     |           |
| 18:3 undifferentiated.....g              | 0.390                                 | 0.068      | 3                     |            | 1           |                 | 0.062   | 0.441     |           |
| 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                       | 52                                    | 5.686      | 3                     |            | 1           |                 | 8   | 59        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.109                                 |            | 1                     |            | 1           |                 | 0.017   | 0.123     |           |
| Threonine.....g                          | 0.357                                 |            | 1                     |            | 1           |                 | 0.057   | 0.403     |           |
| Isoleucine.....g                         | 0.557                                 |            | 1                     |            | 1           |                 | 0.089   | 0.629     |           |
| Leucine.....g                            | 0.797                                 |            | 1                     |            | 1           |                 | 0.128   | 0.901     |           |
| Lysine.....g                             | 0.791                                 |            | 1                     |            | 1           |                 | 0.127   | 0.894     |           |
| Methionine.....g                         | 0.265                                 |            | 1                     |            | 1           |                 | 0.042   | 0.299     |           |
| Cystine.....g                            | 0.175                                 |            | 1                     |            | 1           |                 | 0.028   | 0.198     |           |
| Phenylalanine.....g                      | 0.425                                 |            | 1                     |            | 1           |                 | 0.068   | 0.480     |           |
| Tyrosine.....g                           | 0.341                                 |            | 1                     |            | 1           |                 | 0.055   | 0.385     |           |
| Valine.....g                             | 0.573                                 |            | 1                     |            | 1           |                 | 0.092   | 0.647     |           |
| Arginine.....g                           | 0.707                                 |            | 1                     |            | 1           |                 | 0.113   | 0.799     |           |
| Histidine.....g                          | 0.273                                 |            | 1                     |            | 1           |                 | 0.044   | 0.308     |           |
| Alanine.....g                            | 0.651                                 |            | 1                     |            | 1           |                 | 0.104   | 0.736     |           |
| Aspartic acid.....g                      | 1.005                                 |            | 1                     |            | 1           |                 | 0.161   | 1.136     |           |
| Glutamic acid.....g                      | 1.304                                 |            | 1                     |            | 1           |                 | 0.209   | 1.474     |           |
| Glycine.....g                            | 1.013                                 |            | 1                     |            | 1           |                 | 0.162   | 1.145     |           |
| Proline.....g                            | 0.606                                 |            | 1                     |            | 1           |                 | 0.097   | 0.685     |           |
| Serine.....g                             | 0.432                                 |            | 1                     |            | 1           |                 | 0.069   | 0.488     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 16g: 1 sausage (7/8" dia x 2" long)

Measure 2 = 113g: 7 sausages (drained contents from can, net wt 4 oz)

**NDB No. 07083**

**Sausage, Vienna, canned, beef and pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 42262

Sausage, chicken and beef, smoked

| 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 | 10.190                                |            |                       |            | 4   |                 | 14.062    | 1.834     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.190                                 |            |                       |            | 4   |                 | 1.642     | 0.214     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.830                                 |            |                       |            | 4   |                 | 12.185    | 1.589     |           |
| 20:1.....g                               | 0.170                                 |            |                       |            | 4   |                 | 0.235     | 0.031     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.720                                 |            |                       |            | 4   |                 | 6.514     | 0.850     |           |
| 18:2 undifferentiated.....g              | 4.340                                 |            |                       |            | 4   |                 | 5.989     | 0.781     |           |
| 18:3 undifferentiated.....g              | 0.350                                 |            |                       |            | 4   |                 | 0.483     | 0.063     |           |
| 18:4.....g                               | 0.020                                 |            |                       |            | 4   |                 | 0.028     | 0.004     |           |
| 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                       | 70                                    |            |                       |            | 4   |                 | 97        | 13        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 4   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 138g: 1 cup pieces

Measure 2 = 18g: 1 cubic inch

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07928

Sausage, chicken, beef, pork, skinless, smoked

| 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                     | FLM        | 4           |                 | 6.018   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.795                                 |            | 0                     | FLM        | 4           |                 | 0.668   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 6.330                                 |            | 0                     | FLM        | 4           |                 | 5.317   |           |           |
| 20:1.....g                               | 0.040                                 |            | 0                     | FLM        | 4           |                 | 0.033   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | FLM        | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.846                                 |            | 0                     | FLM        | 4           |                 | 0.711   |           |           |
| 18:2 undifferentiated.....g              | 0.640                                 |            | 0                     | FLM        | 4           |                 | 0.538   |           |           |
| 18:3 undifferentiated.....g              | 0.186                                 |            | 0                     | FLM        | 4           |                 | 0.156   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | FLM        | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.018                                 |            | 0                     | FLM        | 4           |                 | 0.015   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | FLM        | 4           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.001                                 |            | 0                     | FLM        | 4           |                 | 0.001   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 120                                   |            | 1                     | A          | 1           |                 | 101   |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | FLM        | 4           |                 | 0   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.145                                 |            | 0                     | FLM        | 4           |                 | 0.122   |           |           |
| Threonine.....g                          | 0.565                                 |            | 0                     | FLM        | 4           |                 | 0.475   |           |           |
| Isoleucine.....g                         | 0.613                                 |            | 0                     | FLM        | 4           |                 | 0.515   |           |           |
| Leucine.....g                            | 1.044                                 |            | 0                     | FLM        | 4           |                 | 0.877   |           |           |
| Lysine.....g                             | 1.092                                 |            | 0                     | FLM        | 4           |                 | 0.917   |           |           |
| Methionine.....g                         | 0.334                                 |            | 0                     | FLM        | 4           |                 | 0.281   |           |           |
| Cystine.....g                            | 0.155                                 |            | 0                     | FLM        | 4           |                 | 0.131   |           |           |
| Phenylalanine.....g                      | 0.519                                 |            | 0                     | FLM        | 4           |                 | 0.436   |           |           |
| Tyrosine.....g                           | 0.448                                 |            | 0                     | FLM        | 4           |                 | 0.376   |           |           |
| Valine.....g                             | 0.661                                 |            | 0                     | FLM        | 4           |                 | 0.555   |           |           |
| Arginine.....g                           | 0.855                                 |            | 0                     | FLM        | 4           |                 | 0.718   |           |           |
| Histidine.....g                          | 0.426                                 |            | 0                     | FLM        | 4           |                 | 0.358   |           |           |
| Alanine.....g                            | 0.804                                 |            | 0                     | FLM        | 4           |                 | 0.675   |           |           |
| Aspartic acid.....g                      | 1.184                                 |            | 0                     | FLM        | 4           |                 | 0.995   |           |           |
| Glutamic acid.....g                      | 2.036                                 |            | 0                     | FLM        | 4           |                 | 1.710   |           |           |
| Glycine.....g                            | 0.814                                 |            | 0                     | FLM        | 4           |                 | 0.684   |           |           |
| Proline.....g                            | 0.770                                 |            | 0                     | FLM        | 4           |                 | 0.647   |           |           |
| Serine.....g                             | 0.562                                 |            | 0                     | FLM        | 4           |                 | 0.472   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 84g: 1 link

**NDB No. 07928**

**Sausage, chicken, beef, pork, skinless, smoked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07917

Sausage, pork and beef, with cheddar cheese, smoked

| 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 | 12.357                                |            | 0                     | NC         | 4           |   | 9.515     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.032                                 |            | 0                     | BFZN       | 4           |   | 0.795     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.325                                |            | 0                     | BFZN       | 4           |   | 8.720     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.735                                 |            | 0                     | NC         | 4           |   | 2.106     |           |           |
| 18:2 undifferentiated.....g              | 2.373                                 |            | 0                     | BFZN       | 4           |   | 1.827     |           |           |
| 18:3 undifferentiated.....g              | 0.362                                 |            | 0                     | BFZN       | 4           |   | 0.279     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 63                                    |            | 0                     | MC         | 9           |   | 49        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.150                                 |            | 0                     | BFZN       | 4           |   | 0.116     |           |           |
| Threonine.....g                          | 0.540                                 |            | 0                     | BFZN       | 4           |   | 0.416     |           |           |
| Isoleucine.....g                         | 0.620                                 |            | 0                     | BFZN       | 4           |   | 0.477     |           |           |
| Leucine.....g                            | 1.100                                 |            | 0                     | BFZN       | 4           |   | 0.847     |           |           |
| Lysine.....g                             | 1.160                                 |            | 0                     | BFZN       | 4           |   | 0.893     |           |           |
| Methionine.....g                         | 0.360                                 |            | 0                     | BFZN       | 4           |   | 0.277     |           |           |
| Cystine.....g                            | 0.150                                 |            | 0                     | BFZN       | 4           |   | 0.116     |           |           |
| Phenylalanine.....g                      | 0.560                                 |            | 0                     | BFZN       | 4           |   | 0.431     |           |           |
| Tyrosine.....g                           | 0.520                                 |            | 0                     | BFZN       | 4           |   | 0.400     |           |           |
| Valine.....g                             | 0.690                                 |            | 0                     | BFZN       | 4           |   | 0.531     |           |           |
| Arginine.....g                           | 0.840                                 |            | 0                     | BFZN       | 4           |   | 0.647     |           |           |
| Histidine.....g                          | 0.470                                 |            | 0                     | BFZN       | 4           |   | 0.362     |           |           |
| Alanine.....g                            | 0.830                                 |            | 0                     | BFZN       | 4           |   | 0.639     |           |           |
| Aspartic acid.....g                      | 1.240                                 |            | 0                     | BFZN       | 4           |   | 0.955     |           |           |
| Glutamic acid.....g                      | 2.350                                 |            | 0                     | BFZN       | 4           |   | 1.810     |           |           |
| Glycine.....g                            | 0.910                                 |            | 0                     | BFZN       | 4           |   | 0.701     |           |           |
| Proline.....g                            | 0.970                                 |            | 0                     | BFZN       | 4           |   | 0.747     |           |           |
| Serine.....g                             | 0.600                                 |            | 0                     | BFZN       | 4           |   | 0.462     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 77g: 12 oz serving 2.7 oz

**NDB No. 07917**

**Sausage, pork and beef, with cheddar cheese, smoked**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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Sausage, smoked link sausage, pork and beef

| 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 | 12.238                                |            | 1                     | A          | 1           |   | 8.322     | 55.512    |           |
| 14:1.....g                               | 0.000                                 |            | 1                     | A          | 1           |   | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 |            | 1                     | A          | 1           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.744                                 |            | 1                     | A          | 1           |   | 0.506     | 3.375     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.262                                |            | 1                     | A          | 1           |   | 7.658     | 51.084    |           |
| 20:1.....g                               | 0.232                                 |            | 1                     | A          | 1           |   | 0.158     | 1.052     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.927                                 |            | 1                     | A          | 1           |   | 2.670     | 17.813    |           |
| 18:2 undifferentiated.....g              | 3.481                                 |            | 1                     | A          | 1           |   | 2.367     | 15.790    |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 1                     | A          | 1           |   | 0.000     | 0.000     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.151                                 |            | 1                     | A          | 1           |   | 0.103     | 0.685     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1                     | A          | 1           |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.088                                 |            | 1                     | A          | 1           |   | 0.060     | 0.399     |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 1                     | A          | 1           |   | 0.000     | 0.000     |           |
| Cholesterol.....mg                       | 58                                    |            | 1                     | A          | 1           |   | 40        | 264       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Threonine.....g                          |                                       |            |                       |            |             |   |           |           |           |
| Isoleucine.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Leucine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Lysine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Methionine.....g                         |                                       |            |                       |            |             |   |           |           |           |
| Cystine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Phenylalanine.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Tyrosine.....g                           |                                       |            |                       |            |             |   |           |           |           |
| Valine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Arginine.....g                           |                                       |            |                       |            |             |   |           |           |           |
| Histidine.....g                          |                                       |            |                       |            |             |   |           |           |           |
| Alanine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Aspartic acid.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Glutamic acid.....g                      |                                       |            |                       |            |             |   |           |           |           |
| Glycine.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Proline.....g                            |                                       |            |                       |            |             |   |           |           |           |
| Serine.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Hydroxyproline.....g                     | 0.191                                 |            | 1                     | A          | 1           |   | 0.130     | 0.866     |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 1                     | A          | 1           |   | 7.603     | 50.714    |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 1                     | A          | 1           |   | 7.212     | 48.112    |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 1                     | A          | 1           |   | 7.603     | 50.714    |           |
| Lycopene.....mcg                         | 11                                    |            | 1                     | A          | 1           |   | 7.603     | 50.714    |           |
| Lutein + zeaxanthin.....mcg              | 15                                    |            | 1                     | A          | 1           |   | 10.200    | 68.040    |           |

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:**

**NDB No. 07075**

**Sausage, smoked link sausage, pork and beef**

Measure 1 = 68g: 1 piece (4" long x 1-1/8" dia)

Measure 2 = 453.6g: 1 lb 16 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07918

Sausage, summer, pork and beef, sticks, with cheddar cheese

| 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 | 13.680                                |            | 0                     | BFZN       | 4           |   | 3.878     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.140                                 |            | 0                     | BFZN       | 4           |   | 0.323     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 12.505                                |            | 0                     | BFZN       | 4           |   | 3.545     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.020                                 |            | 0                     | BFZN       | 4           |   | 0.856     |           |           |
| 18:2 undifferentiated.....g              | 2.620                                 |            | 0                     | BFZN       | 4           |   | 0.743     |           |           |
| 18:3 undifferentiated.....g              | 0.400                                 |            | 0                     | BFZN       | 4           |   | 0.113     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 89                                    |            | 0                     | MC         | 9           |   | 25        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.150                                 |            | 0                     | BFZN       | 4           |   | 0.043     |           |           |
| Threonine.....g                          | 0.540                                 |            | 0                     | BFZN       | 4           |   | 0.153     |           |           |
| Isoleucine.....g                         | 0.620                                 |            | 0                     | BFZN       | 4           |   | 0.176     |           |           |
| Leucine.....g                            | 1.100                                 |            | 0                     | BFZN       | 4           |   | 0.312     |           |           |
| Lysine.....g                             | 1.160                                 |            | 0                     | BFZN       | 4           |   | 0.329     |           |           |
| Methionine.....g                         | 0.360                                 |            | 0                     | BFZN       | 4           |   | 0.102     |           |           |
| Cystine.....g                            | 0.150                                 |            | 0                     | BFZN       | 4           |   | 0.043     |           |           |
| Phenylalanine.....g                      | 0.560                                 |            | 0                     | BFZN       | 4           |   | 0.159     |           |           |
| Tyrosine.....g                           | 0.520                                 |            | 0                     | BFZN       | 4           |   | 0.147     |           |           |
| Valine.....g                             | 0.690                                 |            | 0                     | BFZN       | 4           |   | 0.196     |           |           |
| Arginine.....g                           | 0.840                                 |            | 0                     | BFZN       | 4           |   | 0.238     |           |           |
| Histidine.....g                          | 0.470                                 |            | 0                     | BFZN       | 4           |   | 0.133     |           |           |
| Alanine.....g                            | 0.830                                 |            | 0                     | BFZN       | 4           |   | 0.235     |           |           |
| Aspartic acid.....g                      | 1.240                                 |            | 0                     | BFZN       | 4           |   | 0.352     |           |           |
| Glutamic acid.....g                      | 2.350                                 |            | 0                     | BFZN       | 4           |   | 0.666     |           |           |
| Glycine.....g                            | 0.910                                 |            | 0                     | BFZN       | 4           |   | 0.258     |           |           |
| Proline.....g                            | 0.970                                 |            | 0                     | BFZN       | 4           |   | 0.275     |           |           |
| Serine.....g                             | 0.600                                 |            | 0                     | BFZN       | 4           |   | 0.170     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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 = 28.35g: 1 oz

**NDB No. 07918**

**Sausage, summer, pork and beef, sticks, with cheddar cheese**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07919

Sausage, turkey, breakfast links, mild

| 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 | 5.001                                 |            | 0                     | NC         | 4           |                 | 2.800   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.797                                 |            | 0                     | BFZN       | 4           |                 | 0.446   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 4.171                                 |            | 0                     | BFZN       | 4           |                 | 2.336   |           |           |
| 20:1.....g                               | 0.016                                 |            | 0                     | BFZN       | 4           |                 | 0.009   |           |           |
| 22:1 undifferentiated.....g              | 0.016                                 |            | 0                     | BFZN       | 4           |                 | 0.009   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.303                                 |            | 0                     | NC         | 4           |                 | 1.850   |           |           |
| 18:2 undifferentiated.....g              | 2.880                                 |            | 0                     | BFZN       | 4           |                 | 1.613   |           |           |
| 18:3 undifferentiated.....g              | 0.179                                 |            | 0                     | BFZN       | 4           |                 | 0.100   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.179                                 |            | 0                     | BFZN       | 4           |                 | 0.100   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.033                                 |            | 0                     | BFZN       | 4           |                 | 0.018   |           |           |
| 22:6 n-3.....g                           | 0.033                                 |            | 0                     | BFZN       | 4           |                 | 0.018   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 60                                    |            | 0                     | BFZN       | 4           |                 | 34  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | BFZN       | 4           |                 | 0   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.209                                 |            | 0                     | BFZN       | 4           |                 | 0.117   |           |           |
| Threonine.....g                          | 0.817                                 |            | 0                     | BFZN       | 4           |                 | 0.457   |           |           |
| Isoleucine.....g                         | 0.945                                 |            | 0                     | BFZN       | 4           |                 | 0.529   |           |           |
| Leucine.....g                            | 1.467                                 |            | 0                     | BFZN       | 4           |                 | 0.822   |           |           |
| Lysine.....g                             | 1.692                                 |            | 0                     | BFZN       | 4           |                 | 0.947   |           |           |
| Methionine.....g                         | 0.523                                 |            | 0                     | BFZN       | 4           |                 | 0.293   |           |           |
| Cystine.....g                            | 0.204                                 |            | 0                     | BFZN       | 4           |                 | 0.114   |           |           |
| Phenylalanine.....g                      | 0.738                                 |            | 0                     | BFZN       | 4           |                 | 0.413   |           |           |
| Tyrosine.....g                           | 0.717                                 |            | 0                     | BFZN       | 4           |                 | 0.401   |           |           |
| Valine.....g                             | 0.984                                 |            | 0                     | BFZN       | 4           |                 | 0.551   |           |           |
| Arginine.....g                           | 1.293                                 |            | 0                     | BFZN       | 4           |                 | 0.724   |           |           |
| Histidine.....g                          | 0.560                                 |            | 0                     | BFZN       | 4           |                 | 0.314   |           |           |
| Alanine.....g                            | 1.171                                 |            | 0                     | BFZN       | 4           |                 | 0.656   |           |           |
| Aspartic acid.....g                      | 1.788                                 |            | 0                     | BFZN       | 4           |                 | 1.001   |           |           |
| Glutamic acid.....g                      | 3.018                                 |            | 0                     | BFZN       | 4           |                 | 1.690   |           |           |
| Glycine.....g                            | 1.095                                 |            | 0                     | BFZN       | 4           |                 | 0.613   |           |           |
| Proline.....g                            | 0.906                                 |            | 0                     | BFZN       | 4           |                 | 0.507   |           |           |
| Serine.....g                             | 0.832                                 |            | 0                     | BFZN       | 4           |                 | 0.466   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 56g: 1 serving 2 links

**NDB No. 07919**

**Sausage, turkey, breakfast links, mild**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07929**  
**Sausage, turkey, hot, smoked**

| 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 | 2.380                                 |            | 0                     | NC         | 4           |   | 1.333     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.379                                 |            | 0                     | BFZN       | 4           |   | 0.212     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.985                                 |            | 0                     | BFZN       | 4           |   | 1.111     |           |           |
| 20:1.....g                               | 0.008                                 |            | 0                     | BFZN       | 4           |   | 0.004     |           |           |
| 22:1 undifferentiated.....g              | 0.008                                 |            | 0                     | BFZN       | 4           |   | 0.004     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.572                                 |            | 0                     | NC         | 4           |   | 0.880     |           |           |
| 18:2 undifferentiated.....g              | 1.371                                 |            | 0                     | BFZN       | 4           |   | 0.768     |           |           |
| 18:3 undifferentiated.....g              | 0.085                                 |            | 0                     | BFZN       | 4           |   | 0.048     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.085                                 |            | 0                     | BFZN       | 4           |   | 0.048     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.015                                 |            | 0                     | BFZN       | 4           |   | 0.009     |           |           |
| 22:6 n-3.....g                           | 0.015                                 |            | 0                     | BFZN       | 4           |   | 0.009     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 53                                    |            | 1                     | A          | 1           |   | 29        |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     | BFZN       | 4           |   | 0         |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.209                                 |            | 0                     | BFZN       | 4           |   | 0.117     |           |           |
| Threonine.....g                          | 0.817                                 |            | 0                     | BFZN       | 4           |   | 0.457     |           |           |
| Isoleucine.....g                         | 0.945                                 |            | 0                     | BFZN       | 4           |   | 0.529     |           |           |
| Leucine.....g                            | 1.467                                 |            | 0                     | BFZN       | 4           |   | 0.822     |           |           |
| Lysine.....g                             | 1.692                                 |            | 0                     | BFZN       | 4           |   | 0.947     |           |           |
| Methionine.....g                         | 0.523                                 |            | 0                     | BFZN       | 4           |   | 0.293     |           |           |
| Cystine.....g                            | 0.204                                 |            | 0                     | BFZN       | 4           |   | 0.114     |           |           |
| Phenylalanine.....g                      | 0.738                                 |            | 0                     | BFZN       | 4           |   | 0.413     |           |           |
| Tyrosine.....g                           | 0.717                                 |            | 0                     | BFZN       | 4           |   | 0.401     |           |           |
| Valine.....g                             | 0.984                                 |            | 0                     | BFZN       | 4           |   | 0.551     |           |           |
| Arginine.....g                           | 1.293                                 |            | 0                     | BFZN       | 4           |   | 0.724     |           |           |
| Histidine.....g                          | 0.560                                 |            | 0                     | BFZN       | 4           |   | 0.314     |           |           |
| Alanine.....g                            | 1.171                                 |            | 0                     | BFZN       | 4           |   | 0.656     |           |           |
| Aspartic acid.....g                      | 1.788                                 |            | 0                     | BFZN       | 4           |   | 1.001     |           |           |
| Glutamic acid.....g                      | 3.018                                 |            | 0                     | BFZN       | 4           |   | 1.690     |           |           |
| Glycine.....g                            | 1.095                                 |            | 0                     | BFZN       | 4           |   | 0.613     |           |           |
| Proline.....g                            | 0.906                                 |            | 0                     | BFZN       | 4           |   | 0.507     |           |           |
| Serine.....g                             | 0.832                                 |            | 0                     | BFZN       | 4           |   | 0.466     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| 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 = 56g: 1 serving 2 oz

**NDB No. 07929**  
**Sausage, turkey, hot, smoked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 07951**  
**Scrapple, pork**

| 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                               | 2.993                                 |            |                       |            | 4   |                 | 1.676     |           |           |
| 17:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:0.....g                               | 1.549                                 |            |                       |            | 4   |                 | 0.867     |           |           |
| 20:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 22:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 24:0.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.156                                 |            | 0                     | NC         | 4   |                 | 3.447     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.394                                 |            |                       |            | 4   |                 | 0.221     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 5.660                                 |            |                       |            | 4   |                 | 3.170     |           |           |
| 20:1.....g                               | 0.102                                 |            |                       |            | 4   |                 | 0.057     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       |            | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.664                                 |            | 0                     | NC         | 4   |                 | 0.932     |           |           |
| 18:2 undifferentiated.....g              | 1.349                                 |            |                       |            | 4   |                 | 0.755     |           |           |
| 18:3 undifferentiated.....g              | 0.259                                 |            |                       |            | 4   |                 | 0.145     |           |           |
| 18:4.....g                               | 0.000                                 |            |                       |            | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.056                                 |            |                       |            | 4   |                 | 0.031     |           |           |
| 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                       | 49                                    |            | 4                     | JA         | 6   |                 | 27        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 56g: 1 serving 2 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07074**  
**Smoked link sausage, pork**

| 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 | 14.640                                |            | 0                     |            | 1           |   | 9.955     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.010                                 |            | 4                     |            | 1           |   | 0.687     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.630                                |            | 4                     |            | 1           |   | 9.268     |           |           |
| 20:1.....g                               | 0.000                                 |            | 4                     |            | 1           |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.760                                 |            | 0                     |            | 1           |   | 2.557     |           |           |
| 18:2 undifferentiated.....g              | 3.390                                 |            | 4                     |            | 1           |   | 2.305     |           |           |
| 18:3 undifferentiated.....g              | 0.370                                 |            | 4                     |            | 1           |   | 0.252     |           |           |
| 18:4.....g                               | 0.000                                 |            | 4                     |            | 1           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 4                     |            | 1           |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 4                     |            | 1           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 4                     |            | 1           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 4                     |            | 1           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 68                                    | 8.614      | 5                     |            | 1           |   | 46        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.216                                 |            | 0                     |            | 1           |   | 0.147     |           |           |
| Threonine.....g                          | 0.929                                 |            | 0                     |            | 1           |   | 0.632     |           |           |
| Isoleucine.....g                         | 0.951                                 |            | 0                     |            | 1           |   | 0.647     |           |           |
| Leucine.....g                            | 1.692                                 |            | 0                     |            | 1           |   | 1.151     |           |           |
| Lysine.....g                             | 1.745                                 |            | 0                     |            | 1           |   | 1.187     |           |           |
| Methionine.....g                         | 0.596                                 |            | 0                     |            | 1           |   | 0.405     |           |           |
| Cystine.....g                            | 0.248                                 |            | 0                     |            | 1           |   | 0.169     |           |           |
| Phenylalanine.....g                      | 0.848                                 |            | 0                     |            | 1           |   | 0.577     |           |           |
| Tyrosine.....g                           | 0.699                                 |            | 0                     |            | 1           |   | 0.475     |           |           |
| Valine.....g                             | 1.068                                 |            | 0                     |            | 1           |   | 0.726     |           |           |
| Arginine.....g                           | 1.454                                 |            | 0                     |            | 1           |   | 0.989     |           |           |
| Histidine.....g                          | 0.699                                 |            | 0                     |            | 1           |   | 0.475     |           |           |
| Alanine.....g                            | 1.419                                 |            | 0                     |            | 1           |   | 0.965     |           |           |
| Aspartic acid.....g                      | 2.033                                 |            | 0                     |            | 1           |   | 1.382     |           |           |
| Glutamic acid.....g                      | 3.327                                 |            | 0                     |            | 1           |   | 2.262     |           |           |
| Glycine.....g                            | 1.561                                 |            | 0                     |            | 1           |   | 1.061     |           |           |
| Proline.....g                            | 1.121                                 |            | 0                     |            | 1           |   | 0.762     |           |           |
| Serine.....g                             | 0.919                                 |            | 0                     |            | 1           |   | 0.625     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| 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 = 68g: 1 link (4" long x 1-1/8" dia)

**NDB No. 07074**

**Smoked link sausage, pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07076

Smoked link sausage, pork and beef, flour and nonfat dry milk 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 | 9.930                                 |            | 0                     |            | 1           |                 | 6.752   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.820                                 | 0.058      | 8                     |            | 1           |                 | 0.558   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 9.110                                 | 0.347      | 8                     |            | 1           |                 | 6.195   |           |           |
| 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 | 2.260                                 |            | 0                     |            | 1           |                 | 1.537   |           |           |
| 18:2 undifferentiated.....g              | 1.880                                 | 0.118      | 8                     |            | 1           |                 | 1.278   |           |           |
| 18:3 undifferentiated.....g              | 0.380                                 | 0.088      | 8                     |            | 1           |                 | 0.258   |           |           |
| 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                     |            | 4           |                 | 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                       | 87                                    | 5.502      | 7                     |            | 1           |                 | 59  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.140                                 |            | 0                     |            | 1           |                 | 0.095   |           |           |
| Threonine.....g                          | 0.572                                 |            | 0                     |            | 1           |                 | 0.389   |           |           |
| Isoleucine.....g                         | 0.621                                 |            | 0                     |            | 1           |                 | 0.422   |           |           |
| Leucine.....g                            | 1.076                                 |            | 0                     |            | 1           |                 | 0.732   |           |           |
| Lysine.....g                             | 1.079                                 |            | 0                     |            | 1           |                 | 0.734   |           |           |
| Methionine.....g                         | 0.359                                 |            | 0                     |            | 1           |                 | 0.244   |           |           |
| Cystine.....g                            | 0.162                                 |            | 0                     |            | 1           |                 | 0.110   |           |           |
| Phenylalanine.....g                      | 0.540                                 |            | 0                     |            | 1           |                 | 0.367   |           |           |
| Tyrosine.....g                           | 0.459                                 |            | 0                     |            | 1           |                 | 0.312   |           |           |
| Valine.....g                             | 0.676                                 |            | 0                     |            | 1           |                 | 0.460   |           |           |
| Arginine.....g                           | 0.869                                 |            | 0                     |            | 1           |                 | 0.591   |           |           |
| Histidine.....g                          | 0.434                                 |            | 0                     |            | 1           |                 | 0.295   |           |           |
| Alanine.....g                            | 0.885                                 |            | 0                     |            | 1           |                 | 0.602   |           |           |
| Aspartic acid.....g                      | 1.273                                 |            | 0                     |            | 1           |                 | 0.866   |           |           |
| Glutamic acid.....g                      | 2.252                                 |            | 0                     |            | 1           |                 | 1.531   |           |           |
| Glycine.....g                            | 0.972                                 |            | 0                     |            | 1           |                 | 0.661   |           |           |
| Proline.....g                            | 0.837                                 |            | 0                     |            | 1           |                 | 0.569   |           |           |
| Serine.....g                             | 0.591                                 |            | 0                     |            | 1           |                 | 0.402   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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   |           |           |

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**Common Measures:**

Measure 1 = 68g: 1 link (4" long x 1-1/8" dia)

**NDB No. 07076**

**Smoked link sausage, pork and beef, flour and nonfat dry milk added**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07077

Smoked link sausage, pork and beef, nonfat dry milk 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 | 12.640                                |            | 0                     |            | 1           |   | 8.595     | 2.022     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.980                                 | 0.065      | 7                     |            | 1           |   | 0.666     | 0.157     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.660                                | 0.220      | 7                     |            | 1           |   | 7.929     | 1.866     |           |
| 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 | 3.020                                 |            | 0                     |            | 1           |   | 2.054     | 0.483     |           |
| 18:2 undifferentiated.....g              | 2.630                                 | 0.085      | 7                     |            | 1           |   | 1.788     | 0.421     |           |
| 18:3 undifferentiated.....g              | 0.390                                 | 0.099      | 7                     |            | 1           |   | 0.265     | 0.062     |           |
| 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                       | 65                                    | 2.473      | 7                     |            | 1           |   | 44        | 10        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |   | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.135                                 |            | 0                     |            | 1           |   | 0.092     | 0.022     |           |
| Threonine.....g                          | 0.552                                 |            | 0                     |            | 1           |   | 0.375     | 0.088     |           |
| Isoleucine.....g                         | 0.605                                 |            | 0                     |            | 1           |   | 0.411     | 0.097     |           |
| Leucine.....g                            | 1.044                                 |            | 0                     |            | 1           |   | 0.710     | 0.167     |           |
| Lysine.....g                             | 1.043                                 |            | 0                     |            | 1           |   | 0.709     | 0.167     |           |
| Methionine.....g                         | 0.344                                 |            | 0                     |            | 1           |   | 0.234     | 0.055     |           |
| Cystine.....g                            | 0.151                                 |            | 0                     |            | 1           |   | 0.103     | 0.024     |           |
| Phenylalanine.....g                      | 0.520                                 |            | 0                     |            | 1           |   | 0.354     | 0.083     |           |
| Tyrosine.....g                           | 0.451                                 |            | 0                     |            | 1           |   | 0.307     | 0.072     |           |
| Valine.....g                             | 0.660                                 |            | 0                     |            | 1           |   | 0.449     | 0.106     |           |
| Arginine.....g                           | 0.813                                 |            | 0                     |            | 1           |   | 0.553     | 0.130     |           |
| Histidine.....g                          | 0.414                                 |            | 0                     |            | 1           |   | 0.282     | 0.066     |           |
| Alanine.....g                            | 0.826                                 |            | 0                     |            | 1           |   | 0.562     | 0.132     |           |
| Aspartic acid.....g                      | 1.213                                 |            | 0                     |            | 1           |   | 0.825     | 0.194     |           |
| Glutamic acid.....g                      | 2.135                                 |            | 0                     |            | 1           |   | 1.452     | 0.342     |           |
| Glycine.....g                            | 0.894                                 |            | 0                     |            | 1           |   | 0.608     | 0.143     |           |
| Proline.....g                            | 0.814                                 |            | 0                     |            | 1           |   | 0.554     | 0.130     |           |
| Serine.....g                             | 0.570                                 |            | 0                     |            | 1           |   | 0.388     | 0.091     |           |
| 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 = 68g: 1 link (4" long x 1-1/8" dia)

Measure 2 = 16g: 1 link, little (2" long x 3/4" dia)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07920

Swisswurst, pork and beef, with swiss cheese, smoked

| 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 | 13.680                                |            | 0                     | BFZN       | 4   |                 | 10.534    |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.140                                 |            | 0                     | BFZN       | 4   |                 | 0.878     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.505                                |            | 0                     | BFZN       | 4   |                 | 9.629     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.020                                 |            | 0                     | BFZN       | 4   |                 | 2.325     |           |           |
| 18:2 undifferentiated.....g              | 2.620                                 |            | 0                     | BFZN       | 4   |                 | 2.017     |           |           |
| 18:3 undifferentiated.....g              | 0.400                                 |            | 0                     | BFZN       | 4   |                 | 0.308     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | BFZN       | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 61                                    |            | 0                     | MC         | 9   |                 | 47        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.150                                 |            | 0                     | BFZN       | 4   |                 | 0.116     |           |           |
| Threonine.....g                          | 0.540                                 |            | 0                     | BFZN       | 4   |                 | 0.416     |           |           |
| Isoleucine.....g                         | 0.620                                 |            | 0                     | BFZN       | 4   |                 | 0.477     |           |           |
| Leucine.....g                            | 1.100                                 |            | 0                     | BFZN       | 4   |                 | 0.847     |           |           |
| Lysine.....g                             | 1.160                                 |            | 0                     | BFZN       | 4   |                 | 0.893     |           |           |
| Methionine.....g                         | 0.360                                 |            | 0                     | BFZN       | 4   |                 | 0.277     |           |           |
| Cystine.....g                            | 0.150                                 |            | 0                     | BFZN       | 4   |                 | 0.116     |           |           |
| Phenylalanine.....g                      | 0.560                                 |            | 0                     | BFZN       | 4   |                 | 0.431     |           |           |
| Tyrosine.....g                           | 0.520                                 |            | 0                     | BFZN       | 4   |                 | 0.400     |           |           |
| Valine.....g                             | 0.690                                 |            | 0                     | BFZN       | 4   |                 | 0.531     |           |           |
| Arginine.....g                           | 0.840                                 |            | 0                     | BFZN       | 4   |                 | 0.647     |           |           |
| Histidine.....g                          | 0.470                                 |            | 0                     | BFZN       | 4   |                 | 0.362     |           |           |
| Alanine.....g                            | 0.830                                 |            | 0                     | BFZN       | 4   |                 | 0.639     |           |           |
| Aspartic acid.....g                      | 1.240                                 |            | 0                     | BFZN       | 4   |                 | 0.955     |           |           |
| Glutamic acid.....g                      | 2.350                                 |            | 0                     | BFZN       | 4   |                 | 1.810     |           |           |
| Glycine.....g                            | 0.910                                 |            | 0                     | BFZN       | 4   |                 | 0.701     |           |           |
| Proline.....g                            | 0.970                                 |            | 0                     | BFZN       | 4   |                 | 0.747     |           |           |
| Serine.....g                             | 0.600                                 |            | 0                     | BFZN       | 4   |                 | 0.462     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 77g: 1 serving 2.7 oz

**NDB No. 07920**

**Swisswurst, pork and beef, with swiss cheese, smoked**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07078

Thuringer, cervelat, summer sausage, beef, pork

| 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 | 12.970                                |            | 0                     |            | 1           |                 | 2.983   | 3.677     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 1.760                                 | 0.114      | 7                     |            | 1           |                 | 0.405   | 0.499     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 11.210                                | 0.503      | 7                     |            | 1           |                 | 2.578   | 3.178     |           |
| 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 | 1.200                                 |            | 0                     |            | 1           |                 | 0.276   | 0.340     |           |
| 18:2 undifferentiated.....g              | 0.990                                 | 0.185      | 7                     |            | 1           |                 | 0.228   | 0.281     |           |
| 18:3 undifferentiated.....g              | 0.210                                 | 0.035      | 7                     |            | 1           |                 | 0.048   | 0.060     |           |
| 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                       | 75                                    | 6.047      | 7                     |            | 1           |                 | 17  | 21        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4           |                 | 0   | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.144                                 |            | 0                     |            | 1           |                 | 0.033   | 0.041     |           |
| Threonine.....g                          | 0.596                                 |            | 0                     |            | 1           |                 | 0.137   | 0.169     |           |
| Isoleucine.....g                         | 0.682                                 |            | 0                     |            | 1           |                 | 0.157   | 0.193     |           |
| Leucine.....g                            | 1.159                                 |            | 0                     |            | 1           |                 | 0.267   | 0.329     |           |
| Lysine.....g                             | 1.209                                 |            | 0                     |            | 1           |                 | 0.278   | 0.343     |           |
| Methionine.....g                         | 0.366                                 |            | 0                     |            | 1           |                 | 0.084   | 0.104     |           |
| Cystine.....g                            | 0.202                                 |            | 0                     |            | 1           |                 | 0.046   | 0.057     |           |
| Phenylalanine.....g                      | 0.568                                 |            | 0                     |            | 1           |                 | 0.131   | 0.161     |           |
| Tyrosine.....g                           | 0.515                                 |            | 0                     |            | 1           |                 | 0.118   | 0.146     |           |
| Valine.....g                             | 0.694                                 |            | 0                     |            | 1           |                 | 0.160   | 0.197     |           |
| Arginine.....g                           | 0.975                                 |            | 0                     |            | 1           |                 | 0.224   | 0.276     |           |
| Histidine.....g                          | 0.502                                 |            | 0                     |            | 1           |                 | 0.115   | 0.142     |           |
| Alanine.....g                            | 1.136                                 |            | 0                     |            | 1           |                 | 0.261   | 0.322     |           |
| Aspartic acid.....g                      | 1.545                                 |            | 0                     |            | 1           |                 | 0.355   | 0.438     |           |
| Glutamic acid.....g                      | 2.570                                 |            | 0                     |            | 1           |                 | 0.591   | 0.729     |           |
| Glycine.....g                            | 1.318                                 |            | 0                     |            | 1           |                 | 0.303   | 0.374     |           |
| Proline.....g                            | 1.136                                 |            | 0                     |            | 1           |                 | 0.261   | 0.322     |           |
| Serine.....g                             | 0.636                                 |            | 0                     |            | 1           |                 | 0.146   | 0.180     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 23g: 1 slice (4-1/8" dia x 1/8" thick) (10 per 8 oz package)

Measure 2 = 28.35g: 1 oz

**NDB No. 07078**

**Thuringer, cervelat, summer sausage, beef, pork**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 42173

Turkey and pork sausage, fresh, bulk, patty or link, cooked

| 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 | 9.719                                 |            |                       |            | 4   |                 | 2.430     | 2.721     | 2.041     |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.800                                 |            |                       |            | 4   |                 | 0.200     | 0.224     | 0.168     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.901                                 |            |                       |            | 4   |                 | 2.225     | 2.492     | 1.869     |
| 20:1.....g                               | 0.010                                 |            |                       |            | 4   |                 | 0.003     | 0.003     | 0.002     |
| 22:1 undifferentiated.....g              | 0.007                                 |            |                       |            | 4   |                 | 0.002     | 0.002     | 0.001     |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.250                                 |            |                       |            | 4   |                 | 0.813     | 0.910     | 0.683     |
| 18:2 undifferentiated.....g              | 2.760                                 |            |                       |            | 4   |                 | 0.690     | 0.773     | 0.580     |
| 18:3 undifferentiated.....g              | 0.380                                 |            |                       |            | 4   |                 | 0.095     | 0.106     | 0.080     |
| 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              | 0.089                                 |            |                       |            | 4   |                 | 0.022     | 0.025     | 0.019     |
| 20:5 n-3.....g                           | 0.000                                 |            |                       |            | 4   |                 | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.014                                 |            |                       |            | 4   |                 | 0.004     | 0.004     | 0.003     |
| 22:6 n-3.....g                           | 0.021                                 |            |                       |            | 4   |                 | 0.005     | 0.006     | 0.004     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 84                                    |            |                       |            | 4   |                 | 21        | 24        | 18        |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 25g: 1 patty, cooked

Measure 2 = 28g: 1 oz

Measure 3 = 21g: 1 oz cooked, yield

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07079**  
**Turkey breast meat**

| 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 | 0.540                                 |            | 1                     | A          | 1   |                 | 0.151     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.084                                 |            | 0                     | BFFN       | 4   |                 | 0.024     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.409                                 |            | 0                     | BFFN       | 4   |                 | 0.115     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     | BFFN       | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | BFFN       | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.330                                 |            | 1                     | A          | 1   |                 | 0.092     |           |           |
| 18:2 undifferentiated.....g              | 0.270                                 |            | 0                     | BFFN       | 4   |                 | 0.076     |           |           |
| 18:3 undifferentiated.....g              | 0.017                                 |            | 0                     | BFFN       | 4   |                 | 0.005     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | BFFN       | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.017                                 |            | 0                     | BFFN       | 4   |                 | 0.005     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.004                                 |            | 0                     | BFFN       | 4   |                 | 0.001     |           |           |
| 22:6 n-3.....g                           | 0.004                                 |            | 0                     | BFFN       | 4   |                 | 0.001     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 12                                    |            | 1                     | A          | 1   |                 | 3         |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.017                                 |            | 0                     | A          | 1   |                 | 0.005     |           |           |
| Threonine.....g                          | 0.068                                 |            | 0                     | A          | 1   |                 | 0.019     |           |           |
| Isoleucine.....g                         | 0.079                                 |            | 0                     | A          | 1   |                 | 0.022     |           |           |
| Leucine.....g                            | 0.121                                 |            | 0                     | A          | 1   |                 | 0.034     |           |           |
| Lysine.....g                             | 0.143                                 |            | 0                     | A          | 1   |                 | 0.040     |           |           |
| Methionine.....g                         | 0.044                                 |            | 0                     | A          | 1   |                 | 0.012     |           |           |
| Cystine.....g                            | 0.016                                 |            | 0                     | A          | 1   |                 | 0.004     |           |           |
| Phenylalanine.....g                      | 0.060                                 |            | 0                     | A          | 1   |                 | 0.017     |           |           |
| Tyrosine.....g                           | 0.095                                 |            | 0                     | A          | 1   |                 | 0.027     |           |           |
| Valine.....g                             | 0.081                                 |            | 0                     | A          | 1   |                 | 0.023     |           |           |
| Arginine.....g                           | 0.106                                 |            | 0                     | A          | 1   |                 | 0.030     |           |           |
| Histidine.....g                          | 0.047                                 |            | 0                     | A          | 1   |                 | 0.013     |           |           |
| Alanine.....g                            | 0.094                                 |            | 0                     | A          | 1   |                 | 0.026     |           |           |
| Aspartic acid.....g                      | 0.147                                 |            | 0                     | A          | 1   |                 | 0.041     |           |           |
| Glutamic acid.....g                      | 0.248                                 |            | 0                     | A          | 1   |                 | 0.069     |           |           |
| Glycine.....g                            | 0.075                                 |            | 0                     | A          | 1   |                 | 0.021     |           |           |
| Proline.....g                            | 0.063                                 |            | 0                     | A          | 1   |                 | 0.018     |           |           |
| Serine.....g                             | 0.068                                 |            | 0                     | A          | 1   |                 | 0.019     |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28g: 1 slice

**NDB No. 07079**  
**Turkey breast meat**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 07080

Turkey ham, cured turkey thigh meat

| 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 | 1.902                                 |            | 3                     | A          | 1           |                 | 0.533   |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.100                                 | 0.009      | 11                    | A          | 1           |                 | 0.028   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 1.040                                 | 0.072      | 11                    | A          | 1           |                 | 0.291   |           |           |
| 20:1.....g                               | 0.007                                 |            | 0                     | BFFN       | 4           |                 | 0.002   |           |           |
| 22:1 undifferentiated.....g              | 0.007                                 |            | 0                     | BFFN       | 4           |                 | 0.002   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.319                                 |            | 3                     | A          | 1           |                 | 0.369   |           |           |
| 18:2 undifferentiated.....g              | 0.670                                 | 0.075      | 11                    | A          | 1           |                 | 0.188   |           |           |
| 18:3 undifferentiated.....g              | 0.030                                 | 0.003      | 11                    | A          | 1           |                 | 0.008   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.096                                 |            | 0                     | BFFN       | 4           |                 | 0.027   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.014                                 |            | 0                     | BFFN       | 4           |                 | 0.004   |           |           |
| 22:6 n-3.....g                           | 0.021                                 |            | 0                     | BFFN       | 4           |                 | 0.006   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 72                                    |            | 20                    | A          | 1           |                 | 20  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.192                                 |            | 0                     | A          | 1           |                 | 0.054   |           |           |
| Threonine.....g                          | 0.758                                 |            | 0                     | A          | 1           |                 | 0.212   |           |           |
| Isoleucine.....g                         | 0.872                                 |            | 0                     | A          | 1           |                 | 0.244   |           |           |
| Leucine.....g                            | 1.351                                 |            | 0                     | A          | 1           |                 | 0.378   |           |           |
| Lysine.....g                             | 1.582                                 |            | 0                     | A          | 1           |                 | 0.443   |           |           |
| Methionine.....g                         | 0.489                                 |            | 0                     | A          | 1           |                 | 0.137   |           |           |
| Cystine.....g                            | 0.191                                 |            | 0                     | A          | 1           |                 | 0.053   |           |           |
| Phenylalanine.....g                      | 0.680                                 |            | 0                     | A          | 1           |                 | 0.190   |           |           |
| Tyrosine.....g                           | 0.660                                 |            | 0                     | A          | 1           |                 | 0.185   |           |           |
| Valine.....g                             | 0.905                                 |            | 0                     | A          | 1           |                 | 0.253   |           |           |
| Arginine.....g                           | 1.224                                 |            | 0                     | A          | 1           |                 | 0.343   |           |           |
| Histidine.....g                          | 0.523                                 |            | 0                     | A          | 1           |                 | 0.147   |           |           |
| Alanine.....g                            | 1.106                                 |            | 0                     | A          | 1           |                 | 0.310   |           |           |
| Aspartic acid.....g                      | 1.675                                 |            | 0                     | A          | 1           |                 | 0.469   |           |           |
| Glutamic acid.....g                      | 2.773                                 |            | 0                     | A          | 1           |                 | 0.777   |           |           |
| Glycine.....g                            | 1.037                                 |            | 0                     | A          | 1           |                 | 0.290   |           |           |
| Proline.....g                            | 0.805                                 |            | 0                     | A          | 1           |                 | 0.225   |           |           |
| Serine.....g                             | 0.767                                 |            | 0                     | A          | 1           |                 | 0.215   |           |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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 = 28g: 1 serving .99 oz

**NDB No. 07080**

**Turkey ham, cured turkey thigh meat**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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NDB No. 42128

Turkey ham, sliced, extra lean, prepackaged or deli-sliced

| 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 | 0.863                                 |            |                       |            | 4   |                 | 1.191     | 0.173     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.126                                 |            |                       |            | 4   |                 | 0.174     | 0.025     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.711                                 |            |                       |            | 4   |                 | 0.981     | 0.142     |           |
| 20:1.....g                               | 0.016                                 |            |                       |            | 4   |                 | 0.022     | 0.003     |           |
| 22:1 undifferentiated.....g              | 0.011                                 |            |                       |            | 4   |                 | 0.015     | 0.002     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.137                                 |            |                       |            | 4   |                 | 1.569     | 0.227     |           |
| 18:2 undifferentiated.....g              | 0.921                                 |            |                       |            | 4   |                 | 1.271     | 0.184     |           |
| 18:3 undifferentiated.....g              | 0.037                                 |            |                       |            | 4   |                 | 0.051     | 0.007     |           |
| 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              | 0.137                                 |            |                       |            | 4   |                 | 0.189     | 0.027     |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.021                                 |            |                       |            | 4   |                 | 0.029     | 0.004     |           |
| 22:6 n-3.....g                           | 0.032                                 |            |                       |            | 4   |                 | 0.044     | 0.006     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 67                                    |            |                       |            | 12  |                 | 92        | 13        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 138g: 1 cup pieces

Measure 2 = 20g: 1 cubic inch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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**NDB No. 07082**  
**Turkey roll, light and dark meat**

| 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 | 2.300                                 |            | 0                     |            | 1   |                 | 0.652     | 1.311     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.380                                 |            | 0                     |            | 1   |                 | 0.108     | 0.217     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.870                                 |            | 0                     |            | 1   |                 | 0.530     | 1.066     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.003     | 0.006     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.003     | 0.006     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.780                                 |            | 0                     |            | 1   |                 | 0.505     | 1.015     |           |
| 18:2 undifferentiated.....g              | 1.480                                 |            | 0                     |            | 1   |                 | 0.420     | 0.844     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 1   |                 | 0.023     | 0.046     |           |
| 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              | 0.140                                 |            | 0                     |            | 1   |                 | 0.040     | 0.080     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.006     | 0.011     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.009     | 0.017     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 55                                    | 6.616      | 7                     |            | 1   |                 | 16        | 31        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.200                                 |            | 0                     |            | 4   |                 | 0.057     | 0.114     |           |
| Threonine.....g                          | 0.792                                 |            | 0                     |            | 4   |                 | 0.225     | 0.451     |           |
| Isoleucine.....g                         | 0.909                                 |            | 0                     |            | 4   |                 | 0.258     | 0.518     |           |
| Leucine.....g                            | 1.409                                 |            | 0                     |            | 4   |                 | 0.399     | 0.803     |           |
| Lysine.....g                             | 1.649                                 |            | 0                     |            | 4   |                 | 0.467     | 0.940     |           |
| Methionine.....g                         | 0.510                                 |            | 0                     |            | 4   |                 | 0.145     | 0.291     |           |
| Cystine.....g                            | 0.200                                 |            | 0                     |            | 4   |                 | 0.057     | 0.114     |           |
| Phenylalanine.....g                      | 0.710                                 |            | 0                     |            | 4   |                 | 0.201     | 0.405     |           |
| Tyrosine.....g                           | 0.687                                 |            | 0                     |            | 4   |                 | 0.195     | 0.392     |           |
| Valine.....g                             | 0.944                                 |            | 0                     |            | 4   |                 | 0.268     | 0.538     |           |
| Arginine.....g                           | 1.279                                 |            | 0                     |            | 4   |                 | 0.363     | 0.729     |           |
| Histidine.....g                          | 0.545                                 |            | 0                     |            | 4   |                 | 0.155     | 0.311     |           |
| Alanine.....g                            | 1.158                                 |            | 0                     |            | 4   |                 | 0.328     | 0.660     |           |
| Aspartic acid.....g                      | 1.749                                 |            | 0                     |            | 4   |                 | 0.496     | 0.997     |           |
| Glutamic acid.....g                      | 2.893                                 |            | 0                     |            | 4   |                 | 0.820     | 1.649     |           |
| Glycine.....g                            | 1.094                                 |            | 0                     |            | 4   |                 | 0.310     | 0.624     |           |
| Proline.....g                            | 0.846                                 |            | 0                     |            | 4   |                 | 0.240     | 0.482     |           |
| Serine.....g                             | 0.800                                 |            | 0                     |            | 4   |                 | 0.227     | 0.456     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28.35g: 1 oz  
Measure 2 = 57g: 2 slices

**NDB No. 07082**

**Turkey roll, light and dark meat**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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**NDB No. 07081**  
**Turkey roll, light meat**

| 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 | 2.500                                 |            | 0                     |            | 1   |                 | 0.709     | 1.425     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.410                                 |            | 0                     |            | 1   |                 | 0.116     | 0.234     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.020                                 |            | 0                     |            | 1   |                 | 0.573     | 1.151     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.003     | 0.006     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.003     | 0.006     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.740                                 |            | 0                     |            | 1   |                 | 0.493     | 0.992     |           |
| 18:2 undifferentiated.....g              | 1.420                                 |            | 0                     |            | 1   |                 | 0.403     | 0.809     |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1   |                 | 0.026     | 0.051     |           |
| 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              | 0.140                                 |            | 0                     |            | 1   |                 | 0.040     | 0.080     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.006     | 0.011     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.006     | 0.011     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 43                                    | 2.485      | 9                     |            | 1   |                 | 12        | 25        |           |
| Phytosterols.....mg                      | 0                                     |            | 0                     |            | 4   |                 | 0         | 0         |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.206                                 |            | 0                     |            | 4   |                 | 0.058     | 0.117     |           |
| Threonine.....g                          | 0.816                                 |            | 0                     |            | 4   |                 | 0.231     | 0.465     |           |
| Isoleucine.....g                         | 0.936                                 |            | 0                     |            | 4   |                 | 0.265     | 0.534     |           |
| Leucine.....g                            | 1.451                                 |            | 0                     |            | 4   |                 | 0.411     | 0.827     |           |
| Lysine.....g                             | 1.698                                 |            | 0                     |            | 4   |                 | 0.481     | 0.968     |           |
| Methionine.....g                         | 0.525                                 |            | 0                     |            | 4   |                 | 0.149     | 0.299     |           |
| Cystine.....g                            | 0.206                                 |            | 0                     |            | 4   |                 | 0.058     | 0.117     |           |
| Phenylalanine.....g                      | 0.731                                 |            | 0                     |            | 4   |                 | 0.207     | 0.417     |           |
| Tyrosine.....g                           | 0.708                                 |            | 0                     |            | 4   |                 | 0.201     | 0.404     |           |
| Valine.....g                             | 0.973                                 |            | 0                     |            | 4   |                 | 0.276     | 0.555     |           |
| Arginine.....g                           | 1.319                                 |            | 0                     |            | 4   |                 | 0.374     | 0.752     |           |
| Histidine.....g                          | 0.561                                 |            | 0                     |            | 4   |                 | 0.159     | 0.320     |           |
| Alanine.....g                            | 1.195                                 |            | 0                     |            | 4   |                 | 0.339     | 0.681     |           |
| Aspartic acid.....g                      | 1.803                                 |            | 0                     |            | 4   |                 | 0.511     | 1.028     |           |
| Glutamic acid.....g                      | 2.981                                 |            | 0                     |            | 4   |                 | 0.845     | 1.699     |           |
| Glycine.....g                            | 1.135                                 |            | 0                     |            | 4   |                 | 0.322     | 0.647     |           |
| Proline.....g                            | 0.876                                 |            | 0                     |            | 4   |                 | 0.248     | 0.499     |           |
| Serine.....g                             | 0.825                                 |            | 0                     |            | 4   |                 | 0.234     | 0.470     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 28.35g: 1 oz  
 Measure 2 = 57g: 2 slices

**NDB No. 07081**  
**Turkey roll, light meat**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07958

Turkey sausage, fresh, cooked

| 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 | 2.990                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 14:1.....g                               | 0.013                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 15:1.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.250                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.697                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:1.....g                               | 0.030                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.706                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:2 undifferentiated.....g              | 2.384                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:3 undifferentiated.....g              | 0.013                                 |            | 0                     | A          | 1   |                 |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.013                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.018                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.131                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 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           | 0.430                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Cholesterol.....mg                       | 92                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.185                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Threonine.....g                          | 0.892                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Isoleucine.....g                         | 0.993                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Leucine.....g                            | 1.676                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Lysine.....g                             | 1.884                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Methionine.....g                         | 0.533                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Cystine.....g                            | 0.230                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Phenylalanine.....g                      | 0.866                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Tyrosine.....g                           | 0.744                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Valine.....g                             | 1.037                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Arginine.....g                           | 1.444                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Histidine.....g                          | 0.577                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Alanine.....g                            | 1.346                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Aspartic acid.....g                      | 2.009                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Glutamic acid.....g                      | 3.558                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Glycine.....g                            | 1.299                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Proline.....g                            | 0.992                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Serine.....g                             | 0.922                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Hydroxyproline.....g                     | 0.226                                 |            | 1                     | A          | 1   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Lycopene.....mcg                         | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Lutein + zeaxanthin.....mcg              | 11                                    |            | 1                     | A          | 1   |                 |           |           |           |

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. 07958**

**Turkey sausage, fresh, cooked**

**Common Measures:**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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



**NDB No. 07955**  
**Turkey sausage, 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 | 2.624                                 |            | 1                     | A          |   | 1               |           |           |           |
| 14:1.....g                               | 0.011                                 |            | 1                     | A          |   | 1               |           |           |           |
| 15:1.....g                               | 0.000                                 |            | 1                     | A          |   | 1               |           |           |           |
| 16:1 undifferentiated.....g              | 0.212                                 |            | 1                     | A          |   | 1               |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.375                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:1.....g                               | 0.026                                 |            | 1                     | A          |   | 1               |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          |   | 7               |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.386                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:2 undifferentiated.....g              | 2.119                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                     | A          |   | 1               |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.010                                 |            | 1                     | A          |   | 1               |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          |   | 7               |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.016                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.108                                 |            | 1                     | A          |   | 1               |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| 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           | 0.350                                 |            | 1                     | A          |   | 1               |           |           |           |
| Cholesterol.....mg                       | 75                                    |            | 1                     | A          |   | 1               |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.130                                 |            | 1                     | A          |   | 1               |           |           |           |
| Threonine.....g                          | 0.711                                 |            | 1                     | A          |   | 1               |           |           |           |
| Isoleucine.....g                         | 0.777                                 |            | 1                     | A          |   | 1               |           |           |           |
| Leucine.....g                            | 1.316                                 |            | 1                     | A          |   | 1               |           |           |           |
| Lysine.....g                             | 1.472                                 |            | 1                     | A          |   | 1               |           |           |           |
| Methionine.....g                         | 0.415                                 |            | 1                     | A          |   | 1               |           |           |           |
| Cystine.....g                            | 0.204                                 |            | 1                     | A          |   | 1               |           |           |           |
| Phenylalanine.....g                      | 0.670                                 |            | 1                     | A          |   | 1               |           |           |           |
| Tyrosine.....g                           | 0.575                                 |            | 1                     | A          |   | 1               |           |           |           |
| Valine.....g                             | 0.802                                 |            | 1                     | A          |   | 1               |           |           |           |
| Arginine.....g                           |                                       |            |                       |            |   |                 |           |           |           |
| Histidine.....g                          | 0.468                                 |            | 1                     | A          |   | 1               |           |           |           |
| Alanine.....g                            | 1.025                                 |            | 1                     | A          |   | 1               |           |           |           |
| Aspartic acid.....g                      | 1.572                                 |            | 1                     | A          |   | 1               |           |           |           |
| Glutamic acid.....g                      | 2.762                                 |            | 1                     | A          |   | 1               |           |           |           |
| Glycine.....g                            | 0.935                                 |            | 1                     | A          |   | 1               |           |           |           |
| Proline.....g                            | 0.737                                 |            | 1                     | A          |   | 1               |           |           |           |
| Serine.....g                             | 0.729                                 |            | 1                     | A          |   | 1               |           |           |           |
| Hydroxyproline.....g                     | 0.188                                 |            | 1                     | A          |   | 1               |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          |   | 7               |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          |   | 7               |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Lycopene.....mcg                         | 11                                    |            | 1                     | A          |   | 1               |           |           |           |
| Lutein + zeaxanthin.....mcg              | 11                                    |            | 1                     | A          |   | 1               |           |           |           |

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. 07955**

**Turkey sausage, fresh, raw**

**Common Measures:**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

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 |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 59.59                                 |            | 0                     | FLC        | 4   |                 | 76.28     |           |           |
| Energy.....kcal                       | 200                                   |            | 0                     | FLC        | 4   |                 | 256       |           |           |
| Energy.....kj                         | 837                                   |            | 0                     | FLC        | 4   |                 | 1071      |           |           |
| Protein.....g                         | 17.00                                 |            | 0                     | FLC        | 4   |                 | 21.76     |           |           |
| Total lipid (fat).....g               | 10.30                                 |            | 0                     | FLC        | 4   |                 | 13.18     |           |           |
| Ash.....g                             | 2.19                                  |            | 0                     | FLC        | 4   |                 | 2.80      |           |           |
| Carbohydrate, by difference.....g     | 10.77                                 |            | 0                     | FLC        | 4   |                 | 13.79     |           |           |
| Fiber, total dietary.....g            | 0.3                                   |            | 0                     | FLC        | 4   |                 | 0.4       |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | FLC        | 4   |                 | 0.00      |           |           |
| Sucrose.....g                         | 0.00                                  |            | 0                     | FLC        | 4   |                 | 0.00      |           |           |
| Glucose (dextrose).....g              | 0.00                                  |            | 0                     | FLC        | 4   |                 | 0.00      |           |           |
| Fructose.....g                        | 0.00                                  |            | 0                     | FLC        | 4   |                 | 0.00      |           |           |
| Lactose.....g                         | 0.00                                  |            | 0                     | FLC        | 4   |                 | 0.00      |           |           |
| Maltose.....g                         | 0.00                                  |            | 0                     | FLC        | 4   |                 | 0.00      |           |           |
| Galactose.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 31                                    |            | 0                     | FLC        | 4   |                 | 40        |           |           |
| Iron, Fe.....mg                       | 1.80                                  |            | 0                     | FLC        | 4   |                 | 2.30      |           |           |
| Magnesium, Mg.....mg                  | 21                                    |            | 0                     | FLC        | 4   |                 | 27        |           |           |
| Phosphorus, P.....mg                  | 164                                   |            | 0                     | FLC        | 4   |                 | 210       |           |           |
| Potassium, K.....mg                   | 207                                   |            | 0                     | FLC        | 4   |                 | 265       |           |           |
| Sodium, Na.....mg                     | 617                                   |            | 0                     | FLC        | 4   |                 | 790       |           |           |
| Zinc, Zn.....mg                       | 2.31                                  |            | 0                     | FLC        | 4   |                 | 2.96      |           |           |
| Copper, Cu.....mg                     | 0.149                                 |            | 0                     | FLC        | 4   |                 | 0.191     |           |           |
| Manganese, Mn.....mg                  | 0.221                                 |            | 0                     | FLC        | 4   |                 | 0.283     |           |           |
| Selenium, Se.....mcg                  | 20.8                                  |            | 0                     | FLC        | 4   |                 | 26.6      |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | FLC        | 4   |                 | 0.0       |           |           |
| Thiamin.....mg                        | 0.066                                 |            | 0                     | FLC        | 4   |                 | 0.084     |           |           |
| Riboflavin.....mg                     | 0.151                                 |            | 0                     | FLC        | 4   |                 | 0.193     |           |           |
| Niacin.....mg                         | 2.137                                 |            | 0                     | FLC        | 4   |                 | 2.735     |           |           |
| Pantothenic acid.....mg               | 0.722                                 |            | 0                     | FLC        | 4   |                 | 0.924     |           |           |
| Vitamin B-6.....mg                    | 0.234                                 |            | 0                     | FLC        | 4   |                 | 0.300     |           |           |
| Folate, total.....mcg                 | 23                                    |            | 0                     | FLC        | 4   |                 | 29        |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | NR         | 4   |                 | 0         |           |           |
| Folate, food.....mcg                  | 23                                    |            | 0                     | FLC        | 4   |                 | 29        |           |           |
| Folate, DFE.....mcg_DFE               | 23                                    |            | 0                     | NC         | 4   |                 | 29        |           |           |
| Vitamin B-12.....mcg                  | 0.28                                  |            | 0                     | FLC        | 4   |                 | 0.36      |           |           |
| Vitamin A, IU.....IU                  | 8                                     |            | 0                     | FLC        | 4   |                 | 10        |           |           |
| Vitamin A, RAE.....mcg_RAE            | 2                                     |            | 0                     | NR         | 4   |                 | 3         |           |           |
| Retinol.....mcg                       | 2                                     |            | 0                     | NR         | 4   |                 | 3         |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.00                                  |            | 0                     | FLC        | 4   |                 | 0.00      |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.0                                   |            | 0                     | BFZN       | 4   |                 | 0.0       |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 2.871                                 |            | 0                     | FLC        | 4   |                 | 3.675     |           |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| 8:0.....g                             | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |
| 12:0.....g                            | 0.008                                 |            | 0                     | FLC        | 4   |                 | 0.010     |           |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.078                                 |            | 0                     | FLC        | 4   |                 | 0.100     |           |           |
| 15:0.....g                            | 0.000                                 |            | 0                     | FLC        | 4   |                 | 0.000     |           |           |

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

| 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 | Confidence | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   | Code       |   |           |           |
| 16:0.....g                               | 1.906                                 |            | 0              | FLC   | 4      |            | 2.440   |           |           |
| 17:0.....g                               | 0.000                                 |            | 0              | FLC   | 4      |            | 0.000   |           |           |
| 18:0.....g                               | 0.643                                 |            | 0              | FLC   | 4      |            | 0.823   |           |           |
| 20:0.....g                               | 0.000                                 |            | 0              | FLC   | 4      |            | 0.000   |           |           |
| 22:0.....g                               | 0.000                                 |            | 0              | FLC   | 4      |            | 0.000   |           |           |
| 24:0.....g                               | 0.000                                 |            | 0              | FLC   | 4      |            | 0.000   |           |           |
| Fatty acids, total monounsaturated.....g | 3.876                                 |            | 0              | FLC   | 4      |            | 4.961   |           |           |
| 14:1.....g                               | 0.000                                 |            | 0              | FLC   | 4      |            | 0.000   |           |           |
| 15:1.....g                               |                                       |            |                |       |        |            |   |           |           |
| 16:1 undifferentiated.....g              | 0.658                                 |            | 0              | FLC   | 4      |            | 0.842   |           |           |
| 17:1.....g                               |                                       |            |                |       |        |            |   |           |           |
| 18:1 undifferentiated.....g              | 3.131                                 |            | 0              | FLC   | 4      |            | 4.008   |           |           |
| 20:1.....g                               | 0.008                                 |            | 0              | FLC   | 4      |            | 0.010   |           |           |
| 22:1 undifferentiated.....g              | 0.008                                 |            | 0              | FLC   | 4      |            | 0.010   |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |            |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.541                                 |            | 0              | FLC   | 4      |            | 3.252   |           |           |
| 18:2 undifferentiated.....g              | 2.227                                 |            | 0              | FLC   | 4      |            | 2.851   |           |           |
| 18:3 undifferentiated.....g              | 0.142                                 |            | 0              | FLC   | 4      |            | 0.182   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | FLC   | 4      |            | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |            |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |            |   |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0              | FLC   | 4      |            | 0.141   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | FLC   | 4      |            | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.016                                 |            | 0              | FLC   | 4      |            | 0.020   |           |           |
| 22:6 n-3.....g                           | 0.024                                 |            | 0              | FLC   | 4      |            | 0.031   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |            |   |           |           |
| Cholesterol.....mg                       | 58                                    |            | 0              | FLC   | 4      |            | 74  |           |           |
| Phytosterols.....mg                      | 0                                     |            | 0              | FLC   | 4      |            | 0   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |        |            |   |           |           |
| Tryptophan.....g                         | 0.193                                 |            | 0              | FLC   | 4      |            | 0.247   |           |           |
| Threonine.....g                          | 0.728                                 |            | 0              | FLC   | 4      |            | 0.932   |           |           |
| Isoleucine.....g                         | 0.829                                 |            | 0              | FLC   | 4      |            | 1.061   |           |           |
| Leucine.....g                            | 1.314                                 |            | 0              | FLC   | 4      |            | 1.682   |           |           |
| Lysine.....g                             | 1.437                                 |            | 0              | FLC   | 4      |            | 1.839   |           |           |
| Methionine.....g                         | 0.427                                 |            | 0              | FLC   | 4      |            | 0.547   |           |           |
| Cystine.....g                            | 0.207                                 |            | 0              | FLC   | 4      |            | 0.265   |           |           |
| Phenylalanine.....g                      | 0.706                                 |            | 0              | FLC   | 4      |            | 0.904   |           |           |
| Tyrosine.....g                           | 0.628                                 |            | 0              | FLC   | 4      |            | 0.804   |           |           |
| Valine.....g                             | 0.874                                 |            | 0              | FLC   | 4      |            | 1.119   |           |           |
| Arginine.....g                           | 1.234                                 |            | 0              | FLC   | 4      |            | 1.580   |           |           |
| Histidine.....g                          | 0.488                                 |            | 0              | FLC   | 4      |            | 0.625   |           |           |
| Alanine.....g                            | 1.058                                 |            | 0              | FLC   | 4      |            | 1.354   |           |           |
| Aspartic acid.....g                      | 1.709                                 |            | 0              | FLC   | 4      |            | 2.188   |           |           |
| Glutamic acid.....g                      | 2.796                                 |            | 0              | FLC   | 4      |            | 3.579   |           |           |
| Glycine.....g                            | 1.120                                 |            | 0              | FLC   | 4      |            | 1.434   |           |           |
| Proline.....g                            | 0.884                                 |            | 0              | FLC   | 4      |            | 1.132   |           |           |
| Serine.....g                             | 0.784                                 |            | 0              | FLC   | 4      |            | 1.004   |           |           |
| Hydroxyproline.....g                     |                                       |            |                |       |        |            |   |           |           |
| <b>Others:</b>                           |                                       |            |                |       |        |            |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | FLC   | 4      |            | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | FLC   | 4      |            | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | FLC   | 4      |            | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |       |        |            |   |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | FLC   | 4      |            | 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   |           |           |

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**NDB No. 07066**

**Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)**

**Common Measures:**

Measure 1 = 128g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

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

NDB No. 07943

Turkey, breast, smoked, lemon pepper flavor, 97% fat-free

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 73.50                                 |            | 1                     | A          | 1   |                 | 20.58     |           |           |
| Energy.....kcal                          | 95                                    |            | 0                     | MC         | 9   |                 | 27        |           |           |
| Energy.....kj                            | 398                                   |            | 0                     | MC         | 9   |                 | 111       |           |           |
| Protein (N x 6.25).....g                 | 20.90                                 |            | 1                     | A          | 1   |                 | 5.85      |           |           |
| Total lipid (fat).....g                  | 0.69                                  |            | 1                     | A          | 1   |                 | 0.19      |           |           |
| Ash.....g                                | 3.60                                  |            | 1                     | A          | 1   |                 | 1.01      |           |           |
| Carbohydrate, by difference.....g        | 1.31                                  |            | 0                     | MC         | 9   |                 | 0.37      |           |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                      | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       |                                       |            |                       |            |   |                 |           |           |           |
| Iron, Fe.....mg                          |                                       |            |                       |            |   |                 |           |           |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Potassium, K.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| Sodium, Na.....mg                        | 1160                                  |            | 1                     | A          | 1   |                 | 325       |           |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |   |                 |           |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |   |                 |           |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 0.220                                 |            | 1                     | A          | 1   |                 | 0.062     |           |           |
| Fatty acids, total monounsaturated.....g | 0.250                                 |            | 1                     | A          | 1   |                 | 0.070     |           |           |
| Fatty acids, total polyunsaturated.....g | 0.190                                 |            | 1                     | A          | 1   |                 | 0.053     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 48                                    |            | 1                     | A          | 1   |                 | 14        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 28g: 1 slice

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

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



NDB No. 07900

Turkey, pork, and beef sausage, low fat, smoked

| 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 | 1.030                                 |            |                       |            | 4   |                 | 4.672     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.099                                 |            |                       |            | 4   |                 | 0.449     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.914                                 |            |                       |            | 4   |                 | 4.146     |           |           |
| 20:1.....g                               | 0.012                                 |            |                       |            | 4   |                 | 0.054     |           |           |
| 22:1 undifferentiated.....g              | 0.001                                 |            |                       |            | 4   |                 | 0.005     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.330                                 |            |                       |            | 4   |                 | 1.497     |           |           |
| 18:2 undifferentiated.....g              | 0.283                                 |            |                       |            | 4   |                 | 1.284     |           |           |
| 18:3 undifferentiated.....g              | 0.017                                 |            |                       |            | 4   |                 | 0.077     |           |           |
| 18:4.....g                               | 0.000                                 |            |                       |            | 4   |                 | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.024                                 |            |                       |            | 4   |                 | 0.109     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       |            | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.002                                 |            |                       |            | 4   |                 | 0.009     |           |           |
| 22:6 n-3.....g                           | 0.003                                 |            |                       |            | 4   |                 | 0.014     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 21                                    |            |                       |            | 4   |                 | 95        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 4   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |

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**Common Measures:**

Measure 1 = 453.6g: 1 lb 16 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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





NDB No. 42241

Turkey, pork, and beef sausage, reduced fat, smoked

| 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 | 7.010                                 |            |                       |            | 4   |                 | 10.305    | 0.981     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.557                                 |            |                       |            | 4   |                 | 0.819     | 0.078     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.414                                 |            |                       |            | 4   |                 | 9.429     | 0.898     |           |
| 20:1.....g                               | 0.059                                 |            |                       |            | 4   |                 | 0.087     | 0.008     |           |
| 22:1 undifferentiated.....g              | 0.003                                 |            |                       |            | 4   |                 | 0.004     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.260                                 |            |                       |            | 4   |                 | 3.322     | 0.316     |           |
| 18:2 undifferentiated.....g              | 1.907                                 |            |                       |            | 4   |                 | 2.803     | 0.267     |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            |                       |            | 4   |                 | 0.191     | 0.018     |           |
| 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              | 0.087                                 |            |                       |            | 4   |                 | 0.128     | 0.012     |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                       |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.009                                 |            |                       |            | 4   |                 | 0.013     | 0.001     |           |
| 22:6 n-3.....g                           | 0.012                                 |            |                       |            | 4   |                 | 0.018     | 0.002     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 65                                    |            |                       |            | 4   |                 | 96        | 9         |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 4   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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 = 147g: 1 cup pieces

Measure 2 = 14.0g: 1 cubic inch

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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

NDB No. 07944

Turkey, white, rotisserie, deli cut

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 72.00                                 |            | 1                     | A          |   |                 |           |           |           |
| Energy.....kcal                          | 112                                   |            | 0                     | MC         |   |                 |           |           |           |
| Energy.....kj                            | 468                                   |            | 0                     | MC         |   |                 |           |           |           |
| Protein (N x 6.25).....g                 | 13.50                                 |            | 1                     | A          |   |                 |           |           |           |
| Total lipid (fat).....g                  | 3.00                                  |            | 1                     | A          |   |                 |           |           |           |
| Ash.....g                                | 3.80                                  |            | 0                     | NC         |   |                 |           |           |           |
| Carbohydrate, by difference.....g        | 7.70                                  |            | 0                     | MC         |   |                 |           |           |           |
| Fiber, total dietary.....g               | 0.4                                   |            | 1                     | A          |   |                 |           |           |           |
| Sugars, total.....g                      | 4.00                                  |            | 1                     | A          |   |                 |           |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       | 16                                    |            | 1                     | A          |   |                 |           |           |           |
| Iron, Fe.....mg                          | 2.20                                  |            | 1                     | A          |   |                 |           |           |           |
| Magnesium, Mg.....mg                     | 20                                    |            | 0                     | BFZY       |   |                 |           |           |           |
| Phosphorus, P.....mg                     | 158                                   |            | 0                     | BFZY       |   |                 |           |           |           |
| Potassium, K.....mg                      | 349                                   |            | 1                     | A          |   |                 |           |           |           |
| Sodium, Na.....mg                        | 1200                                  |            | 1                     | A          |   |                 |           |           |           |
| Zinc, Zn.....mg                          | 2.10                                  |            | 0                     | BFZY       |   |                 |           |           |           |
| Copper, Cu.....mg                        | 0.039                                 |            | 0                     | BFZY       |   |                 |           |           |           |
| Manganese, Mn.....mg                     | 0.020                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Selenium, Se.....mcg                     | 29.9                                  |            | 0                     | BFZN       |   |                 |           |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 10.0                                  |            | 1                     | A          |   |                 |           |           |           |
| Thiamin.....mg                           | 0.033                                 |            | 0                     | BFZY       |   |                 |           |           |           |
| Riboflavin.....mg                        | 0.114                                 |            | 0                     | BFZY       |   |                 |           |           |           |
| Niacin.....mg                            | 5.159                                 |            | 0                     | BFZY       |   |                 |           |           |           |
| Pantothenic acid.....mg                  | 0.584                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Vitamin B-6.....mg                       | 0.294                                 |            | 0                     | BFZY       |   |                 |           |           |           |
| Folate, total.....mcg                    | 4                                     |            | 0                     | BFZY       |   |                 |           |           |           |
| Folic acid.....mcg                       | 0                                     |            | 0                     | BFZN       |   |                 |           |           |           |
| Folate, food.....mcg                     | 4                                     |            | 0                     | BFZY       |   |                 |           |           |           |
| Folate, DFE.....mcg_DFE                  | 4                                     |            | 0                     | NC         |   |                 |           |           |           |
| Vitamin B-12.....mcg                     | 0.22                                  |            | 0                     | BFZY       |   |                 |           |           |           |
| Vitamin A, IU.....IU                     | 8                                     |            | 1                     | A          |   |                 |           |           |           |
| Vitamin A, RAE.....mcg_RAE               | 2                                     |            | 0                     | NC         |   |                 |           |           |           |
| Retinol.....mcg                          | 2                                     |            | 0                     | NR         |   |                 |           |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg        | 0.0                                   |            | 0                     | BFZN       |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 0.910                                 |            | 1                     | A          |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.300                                 |            | 1                     | A          |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.760                                 |            | 1                     | A          |   |                 |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 55                                    |            | 1                     | A          |   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.295                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Threonine.....g                          | 1.175                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Isoleucine.....g                         | 1.327                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Leucine.....g                            | 2.080                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Lysine.....g                             | 2.412                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Methionine.....g                         | 0.749                                 |            | 0                     | BFZN       |   |                 |           |           |           |
| Cystine.....g                            | 0.315                                 |            | 0                     | BFZN       |   |                 |           |           |           |

**NDB No. 07944**  
**Turkey, white, rotisserie, deli cut**

| 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 |
| Phenylalanine.....g         | 1.058                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Tyrosine.....g              | 1.000                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Valine.....g                | 1.401                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Arginine.....g              | 1.946                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Histidine.....g             | 0.796                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Alanine.....g               | 1.789                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Aspartic acid.....g         | 2.622                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Glutamic acid.....g         | 4.279                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Glycine.....g               | 1.894                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Proline.....g               | 1.391                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Serine.....g                | 1.199                                 |            | 0                     | BFZN       | 4   |                 |           |           |           |
| Hydroxyproline.....g        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>              |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g        | 0.0                                   |            | 0                     | Z          | 7   |                 |           |           |           |
| Caffeine.....mg             | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| Theobromine.....mg          | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| <b>Carotenoids:</b>         |                                       |            |                       |            |   |                 |           |           |           |
| 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**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**

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



NDB No. 07907

USDA Commodity, pork sausage, bulk/links/patties, frozen, 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 | 8.061                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.484                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 7.439                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:1.....g                               | 0.126                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:1 undifferentiated.....g              | 0.004                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.246                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:2 undifferentiated.....g              | 1.722                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:3 undifferentiated.....g              | 0.086                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:5 n-3.....g                           | 0.003                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:6 n-3.....g                           | 0.013                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 |           |           |           |
| 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:**

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

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



NDB No. 07901

USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked

| 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 | 8.710                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.522                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 8.051                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:1.....g                               | 0.126                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:1 undifferentiated.....g              | 0.003                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.312                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:2 undifferentiated.....g              | 1.967                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:3 undifferentiated.....g              | 0.094                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.101                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 20:5 n-3.....g                           | 0.003                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 1                     | A          | 1   |                 |           |           |           |
| 22:6 n-3.....g                           | 0.009                                 |            | 1                     | A          | 1   |                 |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 98                                    |            | 1                     | A          | 1   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 |           |           |           |
| Caffeine.....mg                          |                                       |            |                       |            |   |                 |           |           |           |
| Theobromine.....mg                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 15                                    |            | 0                     | A          | 1   |                 |           |           |           |
| Carotene, alpha.....mcg                  |                                       |            |                       |            |   |                 |           |           |           |
| Cryptoxanthin, beta.....mcg              |                                       |            |                       |            |   |                 |           |           |           |
| Lycopene.....mcg                         |                                       |            |                       |            |   |                 |           |           |           |
| Lutein + zeaxanthin.....mcg              |                                       |            |                       |            |   |                 |           |           |           |

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 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**

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

NDB No. 07930

Yachtwurst, with pistachio nuts, cooked

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 |
| <b>Proximates:</b>                       |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                              | 58.20                                 |            | 1                     | A          | 1   |                 | 32.59     |           |           |
| Energy.....kcal                          | 268                                   |            | 0                     | MC         | 9   |                 | 150       |           |           |
| Energy.....kj                            | 1121                                  |            | 0                     | MC         | 9   |                 | 628       |           |           |
| Protein (N x 6.25).....g                 | 14.80                                 |            | 1                     | A          | 1   |                 | 8.29      |           |           |
| Total lipid (fat).....g                  | 22.60                                 |            | 1                     | A          | 1   |                 | 12.66     |           |           |
| Ash.....g                                | 3.00                                  |            | 1                     | A          | 1   |                 | 1.68      |           |           |
| Carbohydrate, by difference.....g        | 1.40                                  |            | 0                     | MC         | 9   |                 | 0.78      |           |           |
| Fiber, total dietary.....g               | 0.0                                   |            | 0                     | MC         | 9   |                 | 0.0       |           |           |
| Sugars, total.....g                      | 0.00                                  |            | 1                     | A          | 1   |                 | 0.00      |           |           |
| Starch.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                       | 19                                    |            | 0                     | MC         | 9   |                 | 10        |           |           |
| Iron, Fe.....mg                          | 1.00                                  |            | 0                     | MC         | 9   |                 | 0.56      |           |           |
| Magnesium, Mg.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Phosphorus, P.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Potassium, K.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| Sodium, Na.....mg                        | 936                                   |            | 1                     | A          | 1   |                 | 524       |           |           |
| Zinc, Zn.....mg                          |                                       |            |                       |            |   |                 |           |           |           |
| Copper, Cu.....mg                        |                                       |            |                       |            |   |                 |           |           |           |
| Manganese, Mn.....mg                     |                                       |            |                       |            |   |                 |           |           |           |
| Selenium, Se.....mcg                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Vitamins:</b>                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 0.0                                   |            | 0                     | MC         | 9   |                 | 0.0       |           |           |
| 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                     | 0                                     |            | 0                     | MC         | 9   |                 | 0         |           |           |
| Vitamin A, RAE.....mcg_RAE               | 0                                     |            | 0                     | AS         | 1   |                 | 0         |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                         |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg        |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 7.900                                 |            | 0                     | MC         | 9   |                 | 4.424     |           |           |
| Fatty acids, total monounsaturated.....g |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 64                                    |            | 0                     | MC         | 9   |                 | 36        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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     |           |           |



NDB No. 07930

Yachtwurst, with pistachio nuts, cooked

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| 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 |

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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 = 56g: 1 serving 2 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats

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