

NDB No. 14006
Alcoholic beverage, beer, 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
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.001	0.011	
Threonine.....g	0.004		0		1		0.001	0.014	
Isoleucine.....g	0.004		0		1		0.001	0.014	
Leucine.....g	0.005		0		1		0.001	0.018	
Lysine.....g	0.005		0		1		0.001	0.018	
Methionine.....g	0.001		0		1		0.000	0.004	
Cystine.....g	0.002		0		1		0.001	0.007	
Phenylalanine.....g	0.005		0		1		0.001	0.018	
Tyrosine.....g	0.012		0		1		0.004	0.042	
Valine.....g	0.007		0		1		0.002	0.025	
Arginine.....g	0.007		0		1		0.002	0.025	
Histidine.....g	0.004		0		1		0.001	0.014	
Alanine.....g	0.008		0		1		0.002	0.028	
Aspartic acid.....g	0.010		0		1		0.003	0.035	
Glutamic acid.....g	0.024		0		1		0.007	0.085	
Glycine.....g	0.007		0		1		0.002	0.025	
Proline.....g	0.023		0		1		0.007	0.081	
Serine.....g	0.004		0		1		0.001	0.014	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	3.2	0.311	12		1		0.9	11.3	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

NDB No. 14006

Alcoholic beverage, beer, light

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14003

Alcoholic beverage, beer, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.6	0.000	68		1		1.1	12.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 29.7g: 1 fl oz

Measure 2 = 356g: 1 can

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 14 Beverages

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	0.015		0		1		0.005	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.005	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.056	0.084	
18:2 undifferentiated.....g	0.058		0		1		0.019	0.029	
18:3 undifferentiated.....g	0.109		0		1		0.037	0.055	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	29.8		1		1		10.0	14.9	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 33.6g: 1 fl oz

Measure 2 = 50g: 1 jigger 1.5 fl oz

NDB No. 14034

Alcoholic beverage, creme de menthe, 72 proof

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14009

Alcoholic beverage, daiquiri, 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
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	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.6		1		1		2.9	19.9	
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 = 30.5g: 1 fl oz

Measure 2 = 207g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14010

Alcoholic beverage, daiquiri, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.006		0	RA	4		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	RA	4		0.001	0.003	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RA	4		0.005	0.010	
18:2 undifferentiated.....g	0.011		0	RA	4		0.003	0.006	
18:3 undifferentiated.....g	0.006		0	RA	4		0.002	0.003	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	23.1		0	RA	4		7.0	13.9	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		0.740	1.470	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

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Common Measures:

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 60g: 1 cocktail (2 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14533

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	42.5		0		1		11.8	17.9	
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14037

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

NDB No. 14037

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14550

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	36.0		0		1		10.0	15.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

NDB No. 14550

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	37.9		0		1		10.5	15.9	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger

NDB No. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14532

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	39.7		0		1		11.0	16.7	
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:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14049

Alcoholic beverage, distilled, gin, 90 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	37.9		0		1		10.5	15.9	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

NDB No. 14049

Alcoholic beverage, distilled, gin, 90 proof

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14050

Alcoholic beverage, distilled, rum, 80 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

NDB No. 14050

Alcoholic beverage, distilled, rum, 80 proof

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14051

Alcoholic beverage, distilled, vodka, 80 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
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 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14052

Alcoholic beverage, distilled, whiskey, 86 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	36.0		0		1		10.0	15.1	
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 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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	4.458		0		1		1.386	2.095	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.106	0.160	
17:1.....g									
18:1 undifferentiated.....g	3.886		0		1		1.209	1.826	
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	0.669		0		1		0.208	0.314	
18:2 undifferentiated.....g	0.439		0		1		0.137	0.206	
18:3 undifferentiated.....g	0.232		0		1		0.072	0.109	
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	0.000		0	FLA	4		0.000	0.000	
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	58		0	FLC	4		18	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.012	0.019	
Threonine.....g	0.127		0		1		0.039	0.060	
Isoleucine.....g	0.170		0		1		0.053	0.080	
Leucine.....g	0.275		0		1		0.086	0.129	
Lysine.....g	0.223		0		1		0.069	0.105	
Methionine.....g	0.070		0		1		0.022	0.033	
Cystine.....g	0.026		0		1		0.008	0.012	
Phenylalanine.....g	0.136		0		1		0.042	0.064	
Tyrosine.....g	0.136		0		1		0.042	0.064	
Valine.....g	0.188		0		1		0.058	0.088	
Arginine.....g	0.102		0		1		0.032	0.048	
Histidine.....g	0.076		0		1		0.024	0.036	
Alanine.....g	0.097		0		1		0.030	0.046	
Aspartic acid.....g	0.213		0		1		0.066	0.100	
Glutamic acid.....g	0.588		0		1		0.183	0.276	
Glycine.....g	0.059		0		1		0.018	0.028	
Proline.....g	0.272		0		1		0.085	0.128	
Serine.....g	0.153		0		1		0.048	0.072	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	13.8		0		1		4.3	6.5	
Caffeine.....mg	8		0	FLC	4		3	4	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	30		0	FLC	4		9.423	14.241	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 47g: 1 jigger 1.5 fl oz

NDB No. 14415

Alcoholic beverage, liqueur, coffee with cream, 34 proof

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14414

Alcoholic beverage, liqueur, coffee, 53 proof

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.078		0		1		0.027	0.041	
17:0.....g									
18:0.....g	0.019		0		1		0.007	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.007	0.011	
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	0.105		0		1		0.037	0.055	
18:2 undifferentiated.....g	0.097		0		1		0.034	0.050	
18:3 undifferentiated.....g	0.008		0		1		0.003	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	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	21.7		0		1		7.6	11.3	
Caffeine.....mg	26		0	FLA	4		9	13	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
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.

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14534

Alcoholic beverage, liqueur, coffee, 63 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.007	0.011	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0		1		0.037	0.055	
18:2 undifferentiated.....g	0.097		0		1		0.034	0.050	
18:3 undifferentiated.....g	0.008		0		1		0.003	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	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	26.0		0		1		9.0	13.5	
Caffeine.....mg	26		0	FLA	4		9	14	
Theobromine.....mg	0		0	FLA	4		0	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 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14014

Alcoholic beverage, martini, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RC	4		0.000		
20:1.....g	0.000		0	RC	4		0.000		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RC	4		0.000		
18:2 undifferentiated.....g	0.000		0	RC	4		0.000		
18:3 undifferentiated.....g	0.000		0	RC	4		0.000		
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:5 n-3.....g	0.000		0	RC	4		0.000		
22:5 n-3.....g	0.000		0	RC	4		0.000		
22:6 n-3.....g	0.000		0	RC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	33.9		0	RC	4		9.6		
Caffeine.....mg	0		0	RC	4		0		
Theobromine.....mg	0		0	RC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RC	4		0.000		
Carotene, alpha.....mcg	0		0	RC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000		
Lycopene.....mcg	0		0	RC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	RC	4		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 = 28.2g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14015
Alcoholic beverage, pina colada, 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	0.442		0		1		0.144	0.981	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.442		0		1		0.144	0.981	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.045	0.304	
18:2 undifferentiated.....g	0.137		0		1		0.045	0.304	
18:3 undifferentiated.....g									
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	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.0		1		1		2.9	20.0	
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 = 32.6g: 1 fl oz

Measure 2 = 222g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14017

Alcoholic beverage, pina colada, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.082		0	RC	4		0.026	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.082		0	RC	4		0.026	0.116	
20:1.....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0	RC	4		0.010	0.046	
18:2 undifferentiated.....g	0.027		0	RC	4		0.009	0.038	
18:3 undifferentiated.....g	0.005		0	RC	4		0.002	0.007	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
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									
Others:									
Alcohol, ethyl.....g	9.9		0	RC	4		3.1	14.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	RC	4		0.416	1.870	
Carotene, alpha.....mcg	0		0	RC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000	0.000	
Lycopene.....mcg	0		0	RC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 31.4g: 1 fl oz

Measure 2 = 141g: 1 cocktail (4.5 fl oz)

NDB No. 14017

Alcoholic beverage, pina colada, prepared-from-recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 43479
Alcoholic beverage, rice (sake)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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				4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	16.1				1		4.7		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 29.1g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14019

Alcoholic beverage, tequila sunrise, 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
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	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.4		1		1		2.9	19.8	
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 = 31.1g: 1 fl oz

Measure 2 = 211g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14027

Alcoholic beverage, whiskey sour, 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
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	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.5		1		1		2.9	19.9	
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 = 30.8g: 1 fl oz

Measure 2 = 209g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14029

Alcoholic beverage, whiskey sour, prepared from item 14028

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.000	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0	RPA	1		0.003	0.011	
18:2 undifferentiated.....g	0.008		0	RPA	1		0.002	0.008	
18:3 undifferentiated.....g	0.003		0	RPA	1		0.001	0.003	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.5		0	RPI	6		4.4	15.4	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 30.4g: 1 fl oz

Measure 2 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14531

Alcoholic beverage, whiskey sour, prepared from item 14530

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.004	0.008	0.013
18:2 undifferentiated.....g	0.008		0		1		0.002	0.005	0.008
18:3 undifferentiated.....g	0.003		0		1		0.001	0.002	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.1		0		1		4.3	9.2	14.9
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 = 30.4g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Measure 3 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14025

Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.000	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0	RPA	1		0.002	0.006	
18:2 undifferentiated.....g	0.004		0	RPA	1		0.001	0.004	
18:3 undifferentiated.....g	0.002		0	RPA	1		0.001	0.002	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.6		0	RPI	6		4.3	15.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 29.4g: 1 fl oz

Measure 2 = 103g: 1 packet, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 43154
Alcoholic beverage, wine, cooking

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3				4		0.2	1.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.9g: 1 tsp

Measure 2 = 29.0g: 1 fl oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14536

Alcoholic beverage, wine, dessert, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	15.3		0		1		4.5	15.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

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

NDB No. 14057

Alcoholic beverage, wine, dessert, sweet

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	15.3		0		1		4.5	15.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

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

NDB No. 43155
Alcoholic beverage, wine, 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	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	6.4				4		1.9	6.6	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14084

Alcoholic beverage, wine, table, all

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.3		0		1		2.7	9.6	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass 3.5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

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

NDB No. 14096

Alcoholic beverage, wine, table, red

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.3		0		1		2.7	9.6	
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 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

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

NDB No. 14104

Alcoholic beverage, wine, table, rose

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.3		0		1		2.7	9.6	
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 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

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

NDB No. 14106

Alcoholic beverage, wine, table, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.3		0		1		2.7	9.6	
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 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

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

NDB No. 43372

Apple cider-flavored drink, powder, added vitamin C and sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
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	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.003	0.008	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.020	0.051	
Lycopene.....mcg	0		0	FLA	4		0.002	0.006	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.074	0.194	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 8.0g: 1 tsp

Measure 2 = 21g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 43388

Apple cider-flavored drink, powder, low calorie, with vitamin C, prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	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				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14114

Beef broth and tomato juice, 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	0.029		0		1		0.009	0.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.008	0.044	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.007	0.037	
18:2 undifferentiated.....g	0.021		0		1		0.006	0.035	
18:3 undifferentiated.....g	0.001		0		1		0.000	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	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.000	0.002	
Threonine.....g	0.011		0		1		0.003	0.018	
Isoleucine.....g	0.009		0		1		0.003	0.015	
Leucine.....g	0.018		0		1		0.005	0.030	
Lysine.....g	0.022		0		1		0.007	0.037	
Methionine.....g	0.004		0		1		0.001	0.007	
Cystine.....g	0.001		0		1		0.000	0.002	
Phenylalanine.....g	0.013		0		1		0.004	0.022	
Tyrosine.....g	0.003		0		1		0.001	0.005	
Valine.....g	0.015		0		1		0.005	0.025	
Arginine.....g	0.041		0		1		0.013	0.069	
Histidine.....g	0.006		0		1		0.002	0.010	
Alanine.....g	0.052		0		1		0.016	0.087	
Aspartic acid.....g	0.044		0		1		0.013	0.074	
Glutamic acid.....g	0.090		0		1		0.027	0.151	
Glycine.....g	0.128		0		1		0.039	0.215	
Proline.....g	0.075		0		1		0.023	0.126	
Serine.....g	0.018		0		1		0.005	0.030	
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 = 30.5g: 1 fl oz

Measure 2 = 168g: 1 can (5.5 oz)

Calories Factors: Protein 4

Fat 8.9

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14552

Carbonated beverage, chocolate-flavored soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000				7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	BFZN	4		1	10	7
Theobromine.....mg	63		0	BFZN	4		20	310	232
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 369g: 1 can (12 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14121
Carbonated beverage, club soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
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
<u>Carotenoids:</u>									
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 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can or bottle (12 fl oz)

NDB No. 14121

Carbonated beverage, club soda

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14400

Carbonated beverage, cola, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	10	0.826	13		1		3	37	49
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 370g: 1 can 12 fl oz

Measure 3 = 492g: 1 bottle 16 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14148

Carbonated beverage, cola, with higher caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
* Caffeine.....mg	27		0	T	4		8	133	100
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14147

Carbonated beverage, cola, without caffeine

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

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14130
Carbonated beverage, cream soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	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 = 30.9g: 1 fl oz

Measure 2 = 494g: 1 can or bottle (16 fl oz)

Measure 3 = 371g: 1 can or bottle (12 fl oz)

NDB No. 14130

Carbonated beverage, cream soda

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14136
Carbonated beverage, ginger ale

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

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz)

Measure 3 = 366g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14142
Carbonated beverage, grape soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
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 = 31.0g: 1 fl oz

Measure 2 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14145

Carbonated beverage, lemon-lime soda

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

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

NDB No. 14145

Carbonated beverage, lemon-lime soda

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14144

Carbonated beverage, lemon-lime soda, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
* Caffeine.....mg	15		0	T	4		5	74	55
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

NDB No. 14144

Carbonated beverage, lemon-lime soda, contains caffeine

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14416

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	14		0		1		4	66	50
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 bottle 16 fl oz

Measure 3 = 355g: 1 can 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14166

Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
* Caffeine.....mg	11	0.622	17		1		3	52	39
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 bottle (16 fl oz)

Measure 3 = 355g: 1 can (12 fl oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 3.36

Food Group: 14 Beverages

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

NDB No. 14146

Carbonated beverage, low calorie, cola, with aspartame, without caffeine

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

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can (12 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14143

Carbonated beverage, low calorie, other than cola or pepper, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	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 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14151

Carbonated beverage, low calorie, other than cola or pepper, with aspartame, with caffeine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	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			BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000			BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000			BFZN	4		0.000	0.000	
20:1.....g	0.000			BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000			BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000			BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000			BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000			BFZN	4		0.000	0.000	
18:4.....g	0.000			BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000			BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000			BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000			BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			BFZN	4		0.0	0.0	
* Caffeine.....mg	15			FLC	4		4	53	
Theobromine.....mg	0			Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14537

Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14150
Carbonated beverage, orange

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	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 = 31.0g: 1 fl oz
- Measure 2 = 496g: 1 can or bottle (16 fl oz)
- Measure 3 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14153

Carbonated beverage, pepper-type, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
* Caffeine.....mg	10		3		1		3	49	37
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 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14157
Carbonated beverage, root 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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 493g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14155
Carbonated beverage, tonic water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	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 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz)

Measure 3 = 366g: 1 can or bottle (12 fl oz)

NDB No. 14155

Carbonated beverage, tonic water

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14168

Carob-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		0		1		0.007		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.059		0		1		0.007		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.008		
18:2 undifferentiated.....g	0.066		0		1		0.008		
18:3 undifferentiated.....g	0.002		0		1		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	0		0		1		0		
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 = 12.0g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14169

Carob-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.777		0	RPI	6		1.989		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.777		0	RPA	1		1.989		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.189		0	RPI	6		0.483		
18:2 undifferentiated.....g	0.118		0	RPA	1		0.301		
18:3 undifferentiated.....g	0.071		0	RPA	1		0.182		
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	10		0	RPA	1		25		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.071		0	RPA	1		0.183		
Threonine.....g	0.136		0	RPA	1		0.349		
Isoleucine.....g	0.157		0	RPA	1		0.403		
Leucine.....g	0.253		0	RPA	1		0.648		
Lysine.....g	0.134		0	RPA	1		0.342		
Methionine.....g	0.071		0	RPA	1		0.183		
Cystine.....g	0.016		0	RPA	1		0.041		
Phenylalanine.....g	0.140		0	RPA	1		0.359		
Tyrosine.....g	0.145		0	RPA	1		0.370		
Valine.....g	0.183		0	RPA	1		0.469		
Arginine.....g	0.071		0	RPA	1		0.183		
Histidine.....g	0.071		0	RPA	1		0.183		
Alanine.....g	0.098		0	RPA	1		0.251		
Aspartic acid.....g	0.226		0	RPA	1		0.579		
Glutamic acid.....g	0.618		0	RPA	1		1.581		
Glycine.....g	0.071		0	RPA	1		0.183		
Proline.....g	0.326		0	RPA	1		0.834		
Serine.....g	0.102		0	RPA	1		0.261		
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 = 256g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14181
Chocolate syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.286		0		1		0.112		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.283		0		1		0.110		
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	0.026		0		1		0.010		
18:2 undifferentiated.....g	0.025		0		1		0.010		
18:3 undifferentiated.....g	0.001		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.026		0		1		0.010		
Threonine.....g	0.064		0		1		0.025		
Isoleucine.....g	0.063		0		1		0.025		
Leucine.....g	0.099		0		1		0.039		
Lysine.....g	0.082		0		1		0.032		
Methionine.....g	0.015		0		1		0.006		
Cystine.....g	0.020		0		1		0.008		
Phenylalanine.....g	0.080		0		1		0.031		
Tyrosine.....g	0.063		0		1		0.025		
Valine.....g	0.096		0		1		0.037		
Arginine.....g	0.091		0		1		0.035		
Histidine.....g	0.028		0		1		0.011		
Alanine.....g	0.072		0		1		0.028		
Aspartic acid.....g	0.163		0		1		0.064		
Glutamic acid.....g	0.240		0		1		0.094		
Glycine.....g	0.074		0		1		0.029		
Proline.....g	0.065		0		1		0.025		
Serine.....g	0.066		0		1		0.026		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	14		1		1		5		
Theobromine.....mg	471		0	FLA	4		184		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 = 39g: 1 serving 2 tbsp

*Vitamin or mineral added for enrichment or fortification

NDB No. 14181
Chocolate syrup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14182

Chocolate syrup, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.51		0	RPA	1		227.03		
Energy.....kcal	90		0	RPI	6		254		
Energy.....kj	377		0	RPI	6		1062		
Protein.....g	3.07		0	RPA	1		8.66		
Total lipid (fat).....g	2.96		0	RPI	6		8.35		
Ash.....g	0.69		0	RPA	1		1.94		
Carbohydrate, by difference.....g	12.78		0	RPI	6		36.03		
Fiber, total dietary.....g	0.3		0	RPI	6		1.0		
Sugars, total.....g	11.31		0	RPI	6		31.89		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	89		0	RPA	1		251		
Iron, Fe.....mg	0.32		0	RPA	1		0.89		
Magnesium, Mg.....mg	18		0	RPA	1		50		
Phosphorus, P.....mg	90		0	RPA	1		254		
Potassium, K.....mg	145		0	RPA	1		409		
Sodium, Na.....mg	47		0	RPA	1		133		
Zinc, Zn.....mg	0.43		0	RPA	1		1.21		
Copper, Cu.....mg	0.090		0	RPA	1		0.253		
Manganese, Mn.....mg	0.055		0	RPA	1		0.154		
Selenium, Se.....mcg	3.4		0	RPI	6		9.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPA	1		0.1		
Thiamin.....mg	0.039		0	RPA	1		0.110		
Riboflavin.....mg	0.165		0	RPA	1		0.464		
Niacin.....mg	0.137		0	RPA	1		0.385		
Pantothenic acid.....mg	0.315		0	RPA	1		0.887		
Vitamin B-6.....mg	0.032		0	RPA	1		0.091		
Folate, total.....mcg	5		0	RPI	6		13		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	5		0	RPI	6		13		
Folate, DFE.....mcg_DFE	5		0	NC	4		13		
Vitamin B-12.....mcg	0.38		0	RPI	6		1.07		
Vitamin A, IU.....IU	88		0	RPI	6		249		
Vitamin A, RAE.....mcg_RAE	25		0	RPI	6		69		
Retinol.....mcg	24		0	RPI	6		68		
Vitamin E (alpha-tocopherol).....mg	0.05		0	RPI	6		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RPI	6		0.5		
Lipids:									
Fatty acids, total saturated.....g	1.681		0	RPI	6		4.739		
4:0.....g	0.064		0	RPA	1		0.181		
6:0.....g	0.064		0	RPA	1		0.181		
8:0.....g	0.064		0	RPA	1		0.181		
10:0.....g	0.064		0	RPA	1		0.181		
12:0.....g	0.066		0	RPA	1		0.187		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.257		0	RPA	1		0.723		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.746		0	RPA	1		2.104		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.354		0	RPA	1		1.000		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14182

Chocolate syrup, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.740		0	RPI	6		2.088		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.740		0	RPA	1		2.087		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0	RPI	6		0.484		
18:2 undifferentiated.....g	0.107		0	RPA	1		0.302		
18:3 undifferentiated.....g	0.064		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RPA	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0	RPA	1		0.192		
Threonine.....g	0.132		0	RPA	1		0.373		
Isoleucine.....g	0.151		0	RPA	1		0.426		
Leucine.....g	0.243		0	RPA	1		0.685		
Lysine.....g	0.132		0	RPA	1		0.373		
Methionine.....g	0.067		0	RPA	1		0.188		
Cystine.....g	0.017		0	RPA	1		0.049		
Phenylalanine.....g	0.138		0	RPA	1		0.389		
Tyrosine.....g	0.140		0	RPA	1		0.394		
Valine.....g	0.179		0	RPA	1		0.505		
Arginine.....g	0.077		0	RPA	1		0.217		
Histidine.....g	0.068		0	RPA	1		0.193		
Alanine.....g	0.099		0	RPA	1		0.278		
Aspartic acid.....g	0.227		0	RPA	1		0.641		
Glutamic acid.....g	0.592		0	RPA	1		1.671		
Glycine.....g	0.075		0	RPA	1		0.211		
Proline.....g	0.304		0	RPA	1		0.857		
Serine.....g	0.101		0	RPA	1		0.285		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		5		
Theobromine.....mg	64		0	RPI	6		181		
Carotenoids:									
Carotene, beta.....mcg	4		0	RPI	6		12.661		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 282g: 1 cup (8 fl oz)

NDB No. 14182

Chocolate syrup, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14175

Chocolate-flavor beverage mix for milk, powder, without added nutrients

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.009		0		1		0.232		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.000		0		1		0.230		
20:1.....g	0.001		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.021		
18:2 undifferentiated.....g	0.087		0		1		0.020		
18:3 undifferentiated.....g	0.004		0		1		0.001		
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	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.010		
Threonine.....g	0.111		0		1		0.026		
Isoleucine.....g	0.108		0		1		0.025		
Leucine.....g	0.171		0		1		0.039		
Lysine.....g	0.142		0		1		0.033		
Methionine.....g	0.025		0		1		0.006		
Cystine.....g	0.035		0		1		0.008		
Phenylalanine.....g	0.137		0		1		0.032		
Tyrosine.....g	0.108		0		1		0.025		
Valine.....g	0.166		0		1		0.038		
Arginine.....g	0.157		0		1		0.036		
Histidine.....g	0.048		0		1		0.011		
Alanine.....g	0.123		0		1		0.028		
Aspartic acid.....g	0.280		0		1		0.064		
Glutamic acid.....g	0.412		0		1		0.095		
Glycine.....g	0.127		0		1		0.029		
Proline.....g	0.112		0		1		0.026		
Serine.....g	0.113		0		1		0.026		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	36		6		1		8		
Theobromine.....mg	1212		0	FLC	4		279		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 serving

NDB No. 14175

Chocolate-flavor beverage mix for milk, powder, without added nutrients

Calories Factors: Protein 1.83

Fat 8.37

Carbohydrate 3.5

Food Group: 14 Beverages

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

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.79		0	RPA	1		214.89		
Energy.....kcal	85		0	RPI	6		226		
Energy.....kj	356		0	RPI	6		946		
Protein.....g	3.23		0	RPA	1		8.59		
Total lipid (fat).....g	3.24		0	RPI	6		8.61		
Ash.....g	0.78		0	RPA	1		2.09		
Carbohydrate, by difference.....g	11.91		0	RPI	6		31.68		
Fiber, total dietary.....g	0.4		0	RPI	6		1.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		0	RPA	1		254		
Iron, Fe.....mg	0.30		0	RPA	1		0.80		
Magnesium, Mg.....mg	18		0	RPA	1		47		
Phosphorus, P.....mg	88		0	RPA	1		233		
Potassium, K.....mg	172		0	RPA	1		458		
Sodium, Na.....mg	58		0	RPA	1		153		
Zinc, Zn.....mg	0.48		0	RPA	1		1.28		
Copper, Cu.....mg	0.082		0	RPA	1		0.217		
Manganese, Mn.....mg	0.064		0	RPA	1		0.169		
Selenium, Se.....mcg	3.6		0	RPA	1		9.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPA	1		0.2		
Thiamin.....mg	0.043		0	RPA	1		0.114		
Riboflavin.....mg	0.180		0	RPA	1		0.478		
Niacin.....mg	0.142		0	RPA	1		0.378		
Pantothenic acid.....mg	0.336		0	RPI	6		0.893		
Vitamin B-6.....mg	0.034		0	RPA	1		0.091		
Folate, total.....mcg	5		0	RPI	6		14		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	5		0	RPI	6		14		
Folate, DFE.....mcg_DFE	5		0	NC	4		14		
Vitamin B-12.....mcg	0.40		0	RPI	6		1.06		
Vitamin A, IU.....IU	94		0	RPI	6		249		
Vitamin A, RAE.....mcg_RAE	26		0	RPI	6		69		
Retinol.....mcg	26		0	RPI	6		68		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RPI	6		0.8		
Lipids:									
Fatty acids, total saturated.....g	1.860		0	RPI	6		4.947		
4:0.....g	0.068		0	RPA	1		0.181		
6:0.....g	0.068		0	RPA	1		0.181		
8:0.....g	0.068		0	RPA	1		0.181		
10:0.....g	0.068		0	RPA	1		0.181		
12:0.....g	0.070		0	RPA	1		0.186		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.272		0	RPA	1		0.722		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.825		0	RPA	1		2.194		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.421		0	RPA	1		1.120		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.829		0	RPI	6		2.206		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.829		0	RPA	1		2.204		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.494		
18:2 undifferentiated.....g	0.117		0	RPA	1		0.312		
18:3 undifferentiated.....g	0.068		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RPI	6		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0	RPA	1		0.192		
Threonine.....g	0.140		0	RPA	1		0.373		
Isoleucine.....g	0.160		0	RPA	1		0.426		
Leucine.....g	0.257		0	RPA	1		0.684		
Lysine.....g	0.140		0	RPA	1		0.373		
Methionine.....g	0.071		0	RPA	1		0.188		
Cystine.....g	0.018		0	RPA	1		0.049		
Phenylalanine.....g	0.146		0	RPA	1		0.389		
Tyrosine.....g	0.148		0	RPA	1		0.393		
Valine.....g	0.190		0	RPA	1		0.505		
Arginine.....g	0.082		0	RPA	1		0.218		
Histidine.....g	0.073		0	RPA	1		0.193		
Alanine.....g	0.105		0	RPA	1		0.278		
Aspartic acid.....g	0.241		0	RPA	1		0.641		
Glutamic acid.....g	0.628		0	RPA	1		1.670		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.322		0	RPA	1		0.857		
Serine.....g	0.107		0	RPA	1		0.285		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	104		0	RPI	6		278		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		12.636		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 266g: 1 cup (8 fl oz)

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 43369

Chocolate-flavored drink, whey and milk based

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.049		0	FLC	4		0.119	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.049		0	FLC	4		0.118	0.015	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0	FLC	4		0.022	0.003	
18:2 undifferentiated.....g	0.009		0	FLC	4		0.021	0.003	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.001	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	2		0	FLC	4		5	1	
Theobromine.....mg	72		0	FLC	4		176	22	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.070	0.009	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14262

Citrus fruit juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.007		0		1		0.002	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.001	0.017	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.005	0.063	
18:2 undifferentiated.....g	0.011		0		1		0.004	0.047	
18:3 undifferentiated.....g	0.004		0		1		0.001	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7		0	FLC	4		2.462	29.588	
Carotene, alpha.....mcg	1		0	FLC	4		0.429	5.154	
Cryptoxanthin, beta.....mcg	3		0	FLC	4		1.070	12.862	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	6		0	FLC	4		2.284	27.448	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14263

Citrus fruit juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	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		1	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	FLC	4		0.000	0.000	
Threonine.....g	0.000		0	FLC	4		0.001	0.000	
Isoleucine.....g	0.000		0	FLC	4		0.001	0.000	
Leucine.....g	0.001		0	FLC	4		0.002	0.000	
Lysine.....g	0.001		0	FLC	4		0.001	0.000	
Methionine.....g	0.000		0	FLC	4		0.000	0.000	
Cystine.....g	0.000		0	FLC	4		0.001	0.000	
Phenylalanine.....g	0.001		0	FLC	4		0.001	0.000	
Tyrosine.....g	0.000		0	FLC	4		0.001	0.000	
Valine.....g	0.001		0	FLC	4		0.002	0.000	
Arginine.....g	0.003		0	FLC	4		0.007	0.001	
Histidine.....g	0.000		0	FLC	4		0.000	0.000	
Alanine.....g	0.001		0	FLC	4		0.002	0.000	
Aspartic acid.....g	0.005		0	FLC	4		0.011	0.001	
Glutamic acid.....g	0.002		0	FLC	4		0.005	0.001	
Glycine.....g	0.001		0	FLC	4		0.001	0.000	
Proline.....g	0.003		0	FLC	4		0.007	0.001	
Serine.....g	0.001		0	FLC	4		0.002	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	13		0	O	4		32.240	4.030	
Carotene, alpha.....mcg	0		0	FLC	4		0.888	0.111	
Cryptoxanthin, beta.....mcg	1		0	FLC	4		2.215	0.277	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLC	4		4.728	0.591	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

NDB No. 14263

Citrus fruit juice drink, frozen concentrate, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14187
Clam and tomato juice, 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	0.008		0		1		0.002	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.002	0.012	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.006	0.033	
18:2 undifferentiated.....g	0.019		0		1		0.006	0.032	
18:3 undifferentiated.....g	0.001		0		1		0.000	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	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.004		0		1		0.001	0.007	
Threonine.....g	0.015		0		1		0.005	0.025	
Isoleucine.....g	0.012		0		1		0.004	0.020	
Leucine.....g	0.018		0		1		0.005	0.030	
Lysine.....g	0.018		0		1		0.005	0.030	
Methionine.....g	0.003		0		1		0.001	0.005	
Cystine.....g	0.004		0		1		0.001	0.007	
Phenylalanine.....g	0.013		0		1		0.004	0.022	
Tyrosine.....g	0.009		0		1		0.003	0.015	
Valine.....g	0.013		0		1		0.004	0.022	
Arginine.....g	0.013		0		1		0.004	0.022	
Histidine.....g	0.010		0		1		0.003	0.017	
Alanine.....g	0.020		0		1		0.006	0.033	
Aspartic acid.....g	0.080		0		1		0.024	0.133	
Glutamic acid.....g	0.255		0		1		0.077	0.423	
Glycine.....g	0.011		0		1		0.003	0.018	
Proline.....g	0.014		0		1		0.004	0.023	
Serine.....g	0.015		0		1		0.005	0.025	
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 = 30.2g: 1 fl oz

Measure 2 = 166g: 1 can (5.5 oz)

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 44203

Cocktail mix, non-alcoholic, concentrated, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.006		0	FLA	4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0	FLA	4		0.002		
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	0.060		0	FLA	4		0.022		
18:2 undifferentiated.....g	0.041		0	FLA	4		0.015		
18:3 undifferentiated.....g	0.019		0	FLA	4		0.007		
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	0.000		0	FLA	4		0.000		
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	0		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		1.576		
Carotene, alpha.....mcg	1		0	FLA	4		0.237		
Cryptoxanthin, beta.....mcg	20		0	FLA	4		7.264		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	26		0	FLA	4		9.232		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 36.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14195

Cocoa mix, NESTLE, CARNATION Hot Cocoa Mix With Marshmallows

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.096		0	FLA	4		0.307	0.307	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.082		0	FLA	4		0.303	0.303	
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	1.342		0	FLA	4		0.376	0.376	
18:2 undifferentiated.....g	1.264		0	FLA	4		0.354	0.354	
18:3 undifferentiated.....g	0.078		0	FLA	4		0.022	0.022	
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	0.000		0	FLA	4		0.000	0.000	
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	6		3	MA	12		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28g: 1 envelope

Measure 2 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14198

Cocoa mix, NESTLE, CARNATION No Sugar Added Hot Cocoa Mix

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.904		0	FLM	4		0.136	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLM	4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.875		0	FLM	4		0.131	0.131	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.094		0	FLM	4		0.014	0.014	
18:2 undifferentiated.....g	0.086		0	FLM	4		0.013	0.013	
18:3 undifferentiated.....g	0.009		0	FLM	4		0.001	0.001	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		3	MA	12		3	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 15.0g: 1 envelope

Measure 2 = 15.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14197

Cocoa mix, NESTLE, CARNATION Rich Chocolate Hot Cocoa Mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.244		0	FLM	4		0.348	0.348	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.233		0	FLM	4		0.345	0.345	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.948		0	FLM	4		0.265	0.265	
18:2 undifferentiated.....g	0.895		0	FLM	4		0.251	0.251	
18:3 undifferentiated.....g	0.053		0	FLM	4		0.015	0.015	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		3	MA	12		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 envelope

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14196

Cocoa mix, no sugar added, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.979		0		1		0.186	0.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.969		0		1		0.184	0.145	
20:1.....g	0.001		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	0.088		0		1		0.017	0.013	
18:2 undifferentiated.....g	0.085		0		1		0.016	0.013	
18:3 undifferentiated.....g	0.004		0		1		0.001	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	FLA	4		1	1	
Phytosterols.....mg	12		0	FLA	4		2	2	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	17		0	FLA	4		3	2	
Theobromine.....mg	561		0	FLA	4		107	84	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		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.

Common Measures:

Measure 1 = 19g: 1 envelope Alba (.675 oz)

Measure 2 = 15.0g: 1 envelope Swiss Miss (.53 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14192
Cocoa mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.326		0		1		0.371		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.313		0		1		0.368		
20:1.....g	0.001		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.119		0		1		0.033		
18:2 undifferentiated.....g	0.115		0		1		0.032		
18:3 undifferentiated.....g	0.005		0		1		0.001		
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	6	5.879	3	LC	8		2		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.078		0	FLC	4		0.022		
Threonine.....g	0.251		0	FLC	4		0.070		
Isoleucine.....g	0.238		0	FLC	4		0.067		
Leucine.....g	0.383		0	FLC	4		0.107		
Lysine.....g	0.324		0	FLC	4		0.091		
Methionine.....g	0.074		0	FLC	4		0.021		
Cystine.....g	0.103		0		1		0.029		
Phenylalanine.....g	0.212		0	FLC	4		0.059		
Tyrosine.....g	0.176		0	FLC	4		0.049		
Valine.....g	0.296		0	FLC	4		0.083		
Arginine.....g	0.228		0	FLC	4		0.064		
Histidine.....g	0.093		0	FLC	4		0.026		
Alanine.....g	0.232		0	FLC	4		0.065		
Aspartic acid.....g	0.498		0	FLC	4		0.140		
Glutamic acid.....g	0.833		0	FLC	4		0.233		
Glycine.....g	0.175		0	FLC	4		0.049		
Proline.....g	0.271		0	FLC	4		0.076		
Serine.....g	0.234		0	FLC	4		0.065		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	18		10		1		5		
Theobromine.....mg	408		0	FLC	4		114		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLC	4		0.074		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		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 (3 heaping tsp or 1 envelope)

*Vitamin or mineral added for enrichment or fortification

NDB No. 14192
Cocoa mix, powder

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14194

Cocoa mix, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.182		0	RPA	1		0.375		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.181		0	RPA	1		0.373		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0	RPA	1		0.034		
18:2 undifferentiated.....g	0.016		0	RPA	1		0.033		
18:3 undifferentiated.....g	0.001		0	RPA	1		0.001		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	RPI	6		2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0	RPI	6		0.022		
Threonine.....g	0.035		0	RPI	6		0.071		
Isoleucine.....g	0.033		0	RPI	6		0.068		
Leucine.....g	0.053		0	RPI	6		0.109		
Lysine.....g	0.045		0	RPI	6		0.092		
Methionine.....g	0.010		0	RPI	6		0.021		
Cystine.....g	0.014		0	RPA	1		0.029		
Phenylalanine.....g	0.029		0	RPI	6		0.060		
Tyrosine.....g	0.024		0	RPI	6		0.050		
Valine.....g	0.041		0	RPI	6		0.084		
Arginine.....g	0.031		0	RPI	6		0.065		
Histidine.....g	0.013		0	RPI	6		0.026		
Alanine.....g	0.032		0	RPI	6		0.066		
Aspartic acid.....g	0.069		0	RPI	6		0.141		
Glutamic acid.....g	0.115		0	RPI	6		0.236		
Glycine.....g	0.024		0	RPI	6		0.050		
Proline.....g	0.037		0	RPI	6		0.077		
Serine.....g	0.032		0	RPI	6		0.066		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		5		
Theobromine.....mg	56		0	RPI	6		116		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.075		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 206g: 1 oz packet with 6 fl oz water

NDB No. 14194

Cocoa mix, powder, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14538

Cocoa mix, with aspartame, low calorie, powder, with added calcium phosphorus, without added sodium or vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.979		0		1		0.147	0.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.969		0		1		0.145	0.184	
20:1.....g	0.001		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	0.088		0		1		0.013	0.017	
18:2 undifferentiated.....g	0.085		0		1		0.013	0.016	
18:3 undifferentiated.....g	0.004		0		1		0.001	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	FLA	4		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	34		0	BFZN	4		5	6	
Theobromine.....mg	1159		0	BFZN	4		174	220	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.183	0.232	
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		0.059	0.075	

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Common Measures:

Measure 1 = 15.0g: 1 envelope Swiss Miss (.53 oz)

Measure 2 = 19g: 1 packet (0.675 oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14390

Cocoa mix, with aspartame, powder, prepared from item 14196

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.076		0	RPA	1		0.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.076		0	RPA	1		0.145		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0	RPA	1		0.013		
18:2 undifferentiated.....g	0.007		0	RPA	1		0.013		
18:3 undifferentiated.....g	0.000		0	RPA	1		0.001		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	1		0	RPI	6		2		
Theobromine.....mg	44		0	RPI	6		84		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.065		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
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 = 192g: 1 packet dry mix with 6 fl oz water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 43343

Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.954		0	NC	4		0.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.952				4		0.061		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.349		0	NC	4		0.022		
18:2 undifferentiated.....g	0.338				4		0.022		
18:3 undifferentiated.....g	0.011				4		0.001		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	218		0	FLC	4		14		
Theobromine.....mg	178		0	FLC	4		11		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLC	4		0.154		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	FLC	4		0.358		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 6.4g: 1 tsp dry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14204

Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.203		0	BFZN	4		0.141		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.197		0	BFZN	4		0.141		
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	0.805		0	BFZN	4		0.052		
18:2 undifferentiated.....g	0.780		0	BFZN	4		0.050		
18:3 undifferentiated.....g	0.025		0	BFZN	4		0.002		
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	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	18		0	FLC	4		1		
Theobromine.....mg	237		0	FLC	4		15		
Carotenoids:									
Carotene, beta.....mcg	7		0	FLC	4		0.464		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	3		0	FLC	4		0.218		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 6.4g: 1 tsp dry

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14236

Coffee substitute, cereal grain beverage, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.358		0	FLA	4		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.346		0	FLA	4		0.008		
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	1.229		0	FLA	4		0.028		
18:2 undifferentiated.....g	1.142		0	FLA	4		0.026		
18:3 undifferentiated.....g	0.084		0	FLA	4		0.002		
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	0.003		0	FLA	4		0.000		
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	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	19	3.114	10	JO	11		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	FLA	4		0.105		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	194		0	FLA	4		4.473		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 2.3g: 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14421

Coffee substitute, cereal grain beverage, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.958		0		1		1.772		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0		1		0.137		
17:1.....g									
18:1 undifferentiated.....g	0.834		0		1		1.543		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0		1		0.266		
18:2 undifferentiated.....g	0.093		0		1		0.172		
18:3 undifferentiated.....g	0.051		0		1		0.094		
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	13		0		1		24		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.085		
Threonine.....g	0.150		0		1		0.278		
Isoleucine.....g	0.199		0		1		0.368		
Leucine.....g	0.323		0		1		0.598		
Lysine.....g	0.260		0		1		0.481		
Methionine.....g	0.083		0		1		0.154		
Cystine.....g	0.031		0		1		0.057		
Phenylalanine.....g	0.160		0		1		0.296		
Tyrosine.....g	0.159		0		1		0.294		
Valine.....g	0.221		0		1		0.409		
Arginine.....g	0.121		0		1		0.224		
Histidine.....g	0.089		0		1		0.165		
Alanine.....g	0.115		0		1		0.213		
Aspartic acid.....g	0.251		0		1		0.464		
Glutamic acid.....g	0.695		0		1		1.286		
Glycine.....g	0.072		0		1		0.133		
Proline.....g	0.322		0		1		0.596		
Serine.....g	0.180		0		1		0.333		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0		1		0		
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 = 185g; 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14237

Coffee substitute, cereal grain beverage, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.005		0	RPI	6		0.011	0.001	0.008
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		0	RPI	6		0.011	0.001	0.008
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RPI	6		0.038	0.005	0.028
18:2 undifferentiated.....g	0.015		0	RPI	6		0.035	0.004	0.026
18:3 undifferentiated.....g	0.001		0	RPI	6		0.003	0.000	0.002
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.002	0.000	0.002
Threonine.....g	0.002		0		1		0.005	0.001	0.004
Isoleucine.....g	0.003		0		1		0.007	0.001	0.005
Leucine.....g	0.005		0		1		0.012	0.002	0.009
Lysine.....g	0.003		0		1		0.007	0.001	0.005
Methionine.....g	0.001		0		1		0.002	0.000	0.002
Cystine.....g	0.001		0		1		0.002	0.000	0.002
Phenylalanine.....g	0.003		0		1		0.007	0.001	0.005
Tyrosine.....g	0.002		0		1		0.005	0.001	0.004
Valine.....g	0.004		0		1		0.010	0.001	0.007
Arginine.....g	0.004		0		1		0.010	0.001	0.007
Histidine.....g	0.001		0		1		0.002	0.000	0.002
Alanine.....g	0.003		0		1		0.007	0.001	0.005
Aspartic acid.....g	0.005		0		1		0.012	0.002	0.009
Glutamic acid.....g	0.015		0		1		0.036	0.005	0.027
Glycine.....g	0.003		0		1		0.007	0.001	0.005
Proline.....g	0.007		0		1		0.017	0.002	0.013
Serine.....g	0.003		0		1		0.007	0.001	0.005
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		1	0	0
Theobromine.....mg	0		0	RPI	6		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.140	0.018	0.105
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	RPI	6		5.974	0.747	4.480

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Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 180g: 6 fl oz

NDB No. 14237

Coffee substitute, cereal grain beverage, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14209

Coffee, brewed from grounds, prepared with tap water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.46	0.028	7	A	1		235.71	29.44	177.03
Energy.....kcal	4		0	NC	4		8	1	6
Energy.....kj	15		0	NC	4		35	4	27
Protein (N x 6.25).....g	0.14	0.000	7	A	1		0.33	0.04	0.25
Total lipid (fat).....g	0.76	0.141	7	A	1		1.80	0.23	1.35
Ash.....g	0.45	0.036	7	A	1		1.07	0.13	0.80
Carbohydrate, by difference.....g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1	0.034	10	A	1		2	0	2
Iron, Fe.....mg	0.01	0.001	10	A	1		0.02	0.00	0.01
Magnesium, Mg.....mg	2	0.058	10	A	1		6	1	4
Phosphorus, P.....mg	3	0.038	10	A	1		6	1	5
Potassium, K.....mg	48	0.779	10	A	1		114	14	86
Sodium, Na.....mg	1	0.182	10	A	1		2	0	1
Zinc, Zn.....mg	0.01	0.001	10	A	1		0.04	0.00	0.03
Copper, Cu.....mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.019	0.001	10	A	1		0.045	0.006	0.034
Selenium, Se.....mcg	0.0	0.004	8	A	1		0.1	0.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.050	0.009	3	A	1		0.118	0.015	0.088
Niacin.....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Pantothenic acid.....mg	0.493	0.051	3	A	1		1.168	0.146	0.877
Vitamin B-6.....mg	0.001	0.000	3	A	1		0.002	0.000	0.002
Folate, total.....mcg	2	0.164	3	A	1		6	1	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2	0.164	3	A	1		6	1	4
Folate, DFE.....mcg_DFE	2		0	NC	4		6	1	4
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02		0	O	4		0.05	0.01	0.04
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1	0.066	9	JA	6		0.2	0.0	0.1
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000	0.000	0.000
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 14209

Coffee, brewed from grounds, prepared with tap water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	36		0	MC	9		85	11	64
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

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

NDB No. 14201

Coffee, brewed from grounds, prepared with tap water, decaffeinated

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			
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Isoleucine.....g	0.002		0	BFZN	4		0.005	0.001	0.004
Leucine.....g	0.005		0	BFZN	4		0.012	0.001	0.009
Lysine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.002		0	BFZN	4		0.005	0.001	0.004
Phenylalanine.....g	0.003		0	BFZN	4		0.007	0.001	0.005
Tyrosine.....g	0.002		0	BFZN	4		0.005	0.001	0.004
Valine.....g	0.003		0	BFZN	4		0.007	0.001	0.005
Arginine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Histidine.....g	0.002		0	BFZN	4		0.005	0.001	0.004
Alanine.....g	0.003		0	BFZN	4		0.007	0.001	0.005
Aspartic acid.....g	0.005		0	BFZN	4		0.012	0.001	0.009
Glutamic acid.....g	0.020		0	BFZN	4		0.047	0.006	0.036
Glycine.....g	0.004		0	BFZN	4		0.009	0.001	0.007
Proline.....g	0.004		0	BFZN	4		0.009	0.001	0.007
Serine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	1		0	BFZN	4		2	0	2
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 237g: 1 cup (8 fl oz)
- Measure 2 = 29.6g: 1 fl oz
- Measure 3 = 178g: 6 fl oz

NDB No. 14201

Coffee, brewed from grounds, prepared with tap water, decaffeinated

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14210

Coffee, brewed, espresso, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFFN	4				
20:1.....g	0.000		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFFN	4				
18:2 undifferentiated.....g	0.092		0	BFFN	4				
18:3 undifferentiated.....g	0.000		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	0		0	Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	212		2	A	1				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

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

NDB No. 14202

Coffee, brewed, espresso, restaurant-prepared, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFZN	4				
18:2 undifferentiated.....g	0.092		0	BFZN	4				
18:3 undifferentiated.....g	0.000		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4				
Caffeine.....mg	1		0	BFZN	4				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 43401

Coffee, dry, powder, with whitener and low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.705		0	FLA	4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.705		0	FLA	4		0.029		
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	0.576		0	FLA	4		0.010		
18:2 undifferentiated.....g	0.576		0	FLA	4		0.010		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
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	0.000		0	FLA	4		0.000		
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	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	21		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	9		0	FLA	4		0.148		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 = 1.7g: 1 tsp dry

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14218

Coffee, instant, decaffeinated, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0		1		0.002		
18:2 undifferentiated.....g	0.093		0		1		0.002		
18:3 undifferentiated.....g	0.008		0		1		0.000		
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	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.001		
Threonine.....g	0.136		0		1		0.002		
Isoleucine.....g	0.164		0		1		0.003		
Leucine.....g	0.456		0		1		0.008		
Lysine.....g	0.092		0		1		0.002		
Methionine.....g	0.022		0		1		0.000		
Cystine.....g	0.193		0		1		0.003		
Phenylalanine.....g	0.250		0		1		0.005		
Tyrosine.....g	0.158		0		1		0.003		
Valine.....g	0.263		0		1		0.005		
Arginine.....g	0.050		0		1		0.001		
Histidine.....g	0.158		0		1		0.003		
Alanine.....g	0.320		0		1		0.006		
Aspartic acid.....g	0.456		0		1		0.008		
Glutamic acid.....g	1.937		0		1		0.035		
Glycine.....g	0.421		0		1		0.008		
Proline.....g	0.335		0		1		0.006		
Serine.....g	0.121		0		1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	122		10		1		2		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 = 1.8g: 1 tsp, rounded

NDB No. 14218

Coffee, instant, decaffeinated, powder

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

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

NDB No. 14219

Coffee, instant, decaffeinated, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.002		
18:2 undifferentiated.....g	0.001		0	RPA	1		0.002		
18:3 undifferentiated.....g	0.000		0	RPA	1		0.000		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.001		
Threonine.....g	0.001		0	RPA	1		0.002		
Isoleucine.....g	0.002		0	RPA	1		0.003		
Leucine.....g	0.005		0	RPA	1		0.008		
Lysine.....g	0.001		0	RPA	1		0.002		
Methionine.....g	0.000		0	RPA	1		0.000		
Cystine.....g	0.002		0	RPA	1		0.003		
Phenylalanine.....g	0.003		0	RPA	1		0.004		
Tyrosine.....g	0.002		0	RPA	1		0.003		
Valine.....g	0.003		0	RPA	1		0.005		
Arginine.....g	0.001		0	RPA	1		0.001		
Histidine.....g	0.002		0	RPA	1		0.003		
Alanine.....g	0.003		0	RPA	1		0.006		
Aspartic acid.....g	0.005		0	RPA	1		0.008		
Glutamic acid.....g	0.019		0	RPA	1		0.035		
Glycine.....g	0.004		0	RPA	1		0.008		
Proline.....g	0.003		0	RPA	1		0.006		
Serine.....g	0.001		0	RPA	1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	1		0	RPI	6		2		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 179g: 6 fl oz

NDB No. 14219

Coffee, instant, decaffeinated, powder, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14214
Coffee, instant, regular, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.041		0		1		0.000	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.000	0.001	0.001
20:1.....g	0.001		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.002	0.004	0.003
18:2 undifferentiated.....g	0.180		0		1		0.002	0.003	0.003
18:3 undifferentiated.....g	0.015		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.030		0		1		0.000	0.001	0.000
Threonine.....g	0.142		0		1		0.001	0.003	0.002
Isoleucine.....g	0.172		0		1		0.002	0.003	0.003
Leucine.....g	0.478		0		1		0.004	0.009	0.007
Lysine.....g	0.096		0		1		0.001	0.002	0.001
Methionine.....g	0.023		0		1		0.000	0.000	0.000
Cystine.....g	0.202		0		1		0.002	0.004	0.003
Phenylalanine.....g	0.262		0		1		0.002	0.005	0.004
Tyrosine.....g	0.165		0		1		0.001	0.003	0.002
Valine.....g	0.276		0		1		0.002	0.005	0.004
Arginine.....g	0.053		0		1		0.000	0.001	0.001
Histidine.....g	0.165		0		1		0.001	0.003	0.002
Alanine.....g	0.335		0		1		0.003	0.006	0.005
Aspartic acid.....g	0.478		0		1		0.004	0.009	0.007
Glutamic acid.....g	2.030		0		1		0.018	0.037	0.030
Glycine.....g	0.441		0		1		0.004	0.008	0.007
Proline.....g	0.351		0		1		0.003	0.006	0.005
Serine.....g	0.126		0		1		0.001	0.002	0.002
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	3142		15		1		28	57	47
Theobromine.....mg	0		0		z 7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 0.9g: 1 tsp dry

Measure 2 = 1.8g: 1 tsp, rounded

Measure 3 = 1.5g: 1 serving (1 round tsp)

NDB No. 14214
Coffee, instant, regular, powder

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

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

NDB No. 14203

Coffee, instant, regular, powder, half the caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.041		0	BFZN	4		0.000	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.040		0	BFZN	4		0.000	0.001	0.001
20:1.....g	0.001		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0	BFZN	4		0.002	0.004	0.003
18:2 undifferentiated.....g	0.180		0	BFZN	4		0.002	0.003	0.003
18:3 undifferentiated.....g	0.015		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	1571		0	FLC	4		14	28	24
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 0.9g: 1 tsp dry

Measure 2 = 1.8g: 1 tsp, rounded

Measure 3 = 1.5g: 1 serving (1 round tsp)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

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

NDB No. 14215

Coffee, instant, regular, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPA	1		0.000	0.003	
18:2 undifferentiated.....g	0.002		0	RPA	1		0.000	0.003	
18:3 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	
Threonine.....g	0.001		0	RPA	1		0.000	0.002	
Isoleucine.....g	0.001		0	RPA	1		0.000	0.003	
Leucine.....g	0.004		0	RPA	1		0.001	0.007	
Lysine.....g	0.001		0	RPA	1		0.000	0.001	
Methionine.....g	0.000		0	RPA	1		0.000	0.000	
Cystine.....g	0.002		0	RPA	1		0.001	0.003	
Phenylalanine.....g	0.002		0	RPA	1		0.001	0.004	
Tyrosine.....g	0.001		0	RPA	1		0.000	0.002	
Valine.....g	0.002		0	RPA	1		0.001	0.004	
Arginine.....g	0.000		0	RPA	1		0.000	0.001	
Histidine.....g	0.001		0	RPA	1		0.000	0.002	
Alanine.....g	0.003		0	RPA	1		0.001	0.005	
Aspartic acid.....g	0.004		0	RPA	1		0.001	0.007	
Glutamic acid.....g	0.017		0	RPA	1		0.005	0.030	
Glycine.....g	0.004		0	RPA	1		0.001	0.007	
Proline.....g	0.003		0	RPA	1		0.001	0.005	
Serine.....g	0.001		0	RPA	1		0.000	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	26		0	RPI	6		8	47	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 29.8g: 1 fl oz

Measure 2 = 179g: 6 fl oz

NDB No. 14215

Coffee, instant, regular, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14222

Coffee, instant, with chicory, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.001		
18:2 undifferentiated.....g	0.065		0		1		0.001		
18:3 undifferentiated.....g	0.005		0		1		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	0		0		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.022		0		1		0.000		
Threonine.....g	0.103		0		1		0.002		
Isoleucine.....g	0.124		0		1		0.002		
Leucine.....g	0.344		0		1		0.006		
Lysine.....g	0.069		0		1		0.001		
Methionine.....g	0.017		0		1		0.000		
Cystine.....g	0.146		0		1		0.003		
Phenylalanine.....g	0.189		0		1		0.003		
Tyrosine.....g	0.119		0		1		0.002		
Valine.....g	0.198		0		1		0.004		
Arginine.....g	0.038		0		1		0.001		
Histidine.....g	0.119		0		1		0.002		
Alanine.....g	0.241		0		1		0.004		
Aspartic acid.....g	0.344		0		1		0.006		
Glutamic acid.....g	1.462		0		1		0.026		
Glycine.....g	0.318		0		1		0.006		
Proline.....g	0.253		0		1		0.005		
Serine.....g	0.091		0		1		0.002		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	2063	144.376	3		1		37		
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 = 1.8g: 1 tsp, rounded

Calories Factors: Protein 3.2

Fat 8.37

Carbohydrate 4.1

Food Group: 14 Beverages

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

NDB No. 14223

Coffee, instant, with chicory, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.001		
18:2 undifferentiated.....g	0.001		0	RPA	1		0.001		
18:3 undifferentiated.....g	0.000		0	RPA	1		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	0		0	RPA	1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0	RPA	1		0.000		
Threonine.....g	0.001		0	RPA	1		0.002		
Isoleucine.....g	0.001		0	RPA	1		0.002		
Leucine.....g	0.003		0	RPA	1		0.006		
Lysine.....g	0.001		0	RPA	1		0.001		
Methionine.....g	0.000		0	RPA	1		0.000		
Cystine.....g	0.001		0	RPA	1		0.003		
Phenylalanine.....g	0.002		0	RPA	1		0.003		
Tyrosine.....g	0.001		0	RPA	1		0.002		
Valine.....g	0.002		0	RPA	1		0.004		
Arginine.....g	0.000		0	RPA	1		0.001		
Histidine.....g	0.001		0	RPA	1		0.002		
Alanine.....g	0.002		0	RPA	1		0.004		
Aspartic acid.....g	0.003		0	RPA	1		0.006		
Glutamic acid.....g	0.015		0	RPA	1		0.026		
Glycine.....g	0.003		0	RPA	1		0.006		
Proline.....g	0.003		0	RPA	1		0.005		
Serine.....g	0.001		0	RPA	1		0.002		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	21		0	RPI	6		37		
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 = 179g: 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14228

Coffee, instant, with sugar, cappuccino-flavor powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.411		0	FLA	4		0.603		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLA	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	2.387		0	FLA	4		0.597		
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	2.108		0	FLA	4		0.527		
18:2 undifferentiated.....g	1.961		0	FLA	4		0.490		
18:3 undifferentiated.....g	0.147		0	FLA	4		0.037		
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	0.000		0	FLA	4		0.000		
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	2		0	FLA	4		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0	FLA	4		0.015		
Threonine.....g	0.200		0	FLA	4		0.050		
Isoleucine.....g	0.266		0	FLA	4		0.067		
Leucine.....g	0.451		0	FLA	4		0.113		
Lysine.....g	0.336		0	FLA	4		0.084		
Methionine.....g	0.106		0	FLA	4		0.026		
Cystine.....g	0.058		0	FLA	4		0.014		
Phenylalanine.....g	0.225		0	FLA	4		0.056		
Tyrosine.....g	0.215		0	FLA	4		0.054		
Valine.....g	0.303		0	FLA	4		0.076		
Arginine.....g	0.155		0	FLA	4		0.039		
Histidine.....g	0.128		0	FLA	4		0.032		
Alanine.....g	0.175		0	FLA	4		0.044		
Aspartic acid.....g	0.360		0	FLA	4		0.090		
Glutamic acid.....g	1.062		0	FLA	4		0.266		
Glycine.....g	0.130		0	FLA	4		0.033		
Proline.....g	0.434		0	FLA	4		0.108		
Serine.....g	0.237		0	FLA	4		0.059		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	307		0	FLA	4		77		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 serving envelope

*Vitamin or mineral added for enrichment or fortification

NDB No. 14228

Coffee, instant, with sugar, cappuccino-flavor powder

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14229

Coffee, instant, with sugar, french-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.114		0	NC	4		1.508		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	13.114		0	FLM	4		1.508		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0	NC	4		0.006		
18:2 undifferentiated.....g	0.051		0	FLM	4		0.006		
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000		
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	0.000		0	FLM	4		0.000		
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	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.001		
Threonine.....g	0.048		0		1		0.006		
Isoleucine.....g	0.058		0		1		0.007		
Leucine.....g	0.161		0		1		0.019		
Lysine.....g	0.032		0		1		0.004		
Methionine.....g	0.008		0		1		0.001		
Cystine.....g	0.068		0		1		0.008		
Phenylalanine.....g	0.088		0		1		0.010		
Tyrosine.....g	0.056		0		1		0.006		
Valine.....g	0.093		0		1		0.011		
Arginine.....g	0.018		0		1		0.002		
Histidine.....g	0.056		0		1		0.006		
Alanine.....g	0.113		0		1		0.013		
Aspartic acid.....g	0.161		0		1		0.019		
Glutamic acid.....g	0.683		0		1		0.079		
Glycine.....g	0.148		0		1		0.017		
Proline.....g	0.118		0		1		0.014		
Serine.....g	0.043		0		1		0.005		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	415		0	FLA	4		48		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	51		0	O	4		5.865		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 = 11.5g: 2 tsp, rounded

NDB No. 14229

Coffee, instant, with sugar, french-flavor, powder

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14224

Coffee, instant, with sugar, mocha-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.180		0	FLA	4		0.545	0.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLA	4		0.007	0.008	
17:1.....g									
18:1 undifferentiated.....g	2.151		0	FLA	4		0.538	0.581	
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	1.235		0	FLA	4		0.309	0.333	
18:2 undifferentiated.....g	1.146		0	FLA	4		0.287	0.309	
18:3 undifferentiated.....g	0.089		0	FLA	4		0.022	0.024	
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	0.000		0	FLA	4		0.000	0.000	
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	7		0	FLA	4		2	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.012	0.013	
Threonine.....g	0.121		0		1		0.030	0.033	
Isoleucine.....g	0.120		0		1		0.030	0.032	
Leucine.....g	0.208		0		1		0.052	0.056	
Lysine.....g	0.146		0		1		0.037	0.039	
Methionine.....g	0.026		0		1		0.007	0.007	
Cystine.....g	0.051		0		1		0.013	0.014	
Phenylalanine.....g	0.156		0		1		0.039	0.042	
Tyrosine.....g	0.120		0		1		0.030	0.032	
Valine.....g	0.186		0		1		0.047	0.050	
Arginine.....g	0.158		0		1		0.040	0.043	
Histidine.....g	0.062		0		1		0.016	0.017	
Alanine.....g	0.148		0		1		0.037	0.040	
Aspartic acid.....g	0.315		0		1		0.079	0.085	
Glutamic acid.....g	0.575		0		1		0.144	0.155	
Glycine.....g	0.161		0		1		0.040	0.043	
Proline.....g	0.139		0		1		0.035	0.038	
Serine.....g	0.122		0		1		0.031	0.033	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	191		0	FLA	4		48	52	
Theobromine.....mg	30		0	FLA	4		7	8	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.376	0.406	
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.

Common Measures:

Measure 1 = 25g: 1 serving envelope

Measure 2 = 27g: 1 serving 2-1/2 tsp

*Vitamin or mineral added for enrichment or fortification

NDB No. 14224

Coffee, instant, with sugar, mocha-flavor, powder

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 42181
Corn beverage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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				4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	11		0	FLA	4		3.271		
Carotene, alpha.....mcg	7		0	FLA	4		2.141		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	152		0	FLA	4		45.832		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 30.2g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14242
Cranberry juice cocktail, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.014		0		4		0.035	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		4		0.035	0.004	
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	0.044		0		4		0.111	0.014	
18:2 undifferentiated.....g	0.027		0		4		0.068	0.009	
18:3 undifferentiated.....g	0.018		0		4		0.046	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		2.680	0.335	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	FLC	4		6.774	0.846	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

*Vitamin or mineral added for enrichment or fortification

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14430

Cranberry juice cocktail, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0		0		1		0	0	
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 = 36.2g: 1 fl oz

Measure 2 = 435g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14431

Cranberry juice cocktail, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0		0		1		0	0	
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 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14238

Cranberry-apple juice drink, bottled

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

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

Common Measures:

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

Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 43404

Cranberry-apple juice drink, low calorie, with vitamin C added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	6		0	FLC	4		14.242	1.780	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	19		0	FLC	4		44.524	5.565	

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Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14240

Cranberry-apricot juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0		0		1		0	0	
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 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14241

Cranberry-grape juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0		0		1		0	0	
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 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14422

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.496		0		1		0.104		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.492		0		1		0.103		
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	0.061		0		1		0.013		
18:2 undifferentiated.....g	0.060		0		1		0.013		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	LC	8		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.365		0		1		0.077		
Threonine.....g	1.102		0		1		0.231		
Isoleucine.....g	1.391		0		1		0.292		
Leucine.....g	2.243		0		1		0.471		
Lysine.....g	1.823		0		1		0.383		
Methionine.....g	0.534		0		1		0.112		
Cystine.....g	0.250		0		1		0.053		
Phenylalanine.....g	1.213		0		1		0.255		
Tyrosine.....g	1.153		0		1		0.242		
Valine.....g	1.632		0		1		0.343		
Arginine.....g	1.022		0		1		0.215		
Histidine.....g	0.623		0		1		0.131		
Alanine.....g	0.920		0		1		0.193		
Aspartic acid.....g	2.044		0		1		0.429		
Glutamic acid.....g	4.893		0		1		1.028		
Glycine.....g	0.666		0		1		0.140		
Proline.....g	2.099		0		1		0.441		
Serine.....g	1.285		0		1		0.270		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	18		0	FLC	4		4		
Theobromine.....mg	622		0	FLC	4		131		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.146		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		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 packet (.75 oz)

*Vitamin or mineral added for enrichment or fortification

NDB No. 14422

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 3.6

Food Group: 14 Beverages

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

NDB No. 14423

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.052		0		1		0.106		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.051		0		1		0.104		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.012		
18:2 undifferentiated.....g	0.006		0		1		0.012		
18:3 undifferentiated.....g	0.000		0		1		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	1		0		4		2		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0		1		0.078		
Threonine.....g	0.115		0		1		0.235		
Isoleucine.....g	0.146		0		1		0.298		
Leucine.....g	0.235		0		1		0.479		
Lysine.....g	0.191		0		1		0.390		
Methionine.....g	0.056		0		1		0.114		
Cystine.....g	0.026		0		1		0.053		
Phenylalanine.....g	0.127		0		1		0.259		
Tyrosine.....g	0.121		0		1		0.247		
Valine.....g	0.171		0		1		0.349		
Arginine.....g	0.107		0		1		0.218		
Histidine.....g	0.065		0		1		0.133		
Alanine.....g	0.096		0		1		0.196		
Aspartic acid.....g	0.214		0		1		0.437		
Glutamic acid.....g	0.512		0		1		1.044		
Glycine.....g	0.070		0		1		0.143		
Proline.....g	0.220		0		1		0.449		
Serine.....g	0.134		0		1		0.273		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	2		0	RP	4		4		
Theobromine.....mg	83		0	RP	4		169		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 204g: 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14244
Eggnog-flavor mix, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.50		3		1		0.14		
Energy.....kcal	390		0	NC	4		109		
Energy.....kj	1632		4		4		457		
Protein (N x 6.25).....g	0.40		3		1		0.11		
Total lipid (fat).....g	1.00		3		1		0.28		
Ash.....g	0.70		3		1		0.20		
Carbohydrate, by difference.....g	97.40		0	NC	4		27.27		
Fiber, total dietary.....g	0.4		0	FLM	4		0.1		
Sugars, total.....g	76.21		0	FLM	4		21.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	FLM	4		3		
Iron, Fe.....mg	0.90		2		1		0.25		
Magnesium, Mg.....mg	4		0	FLM	4		1		
Phosphorus, P.....mg	18		0	FLM	4		5		
Potassium, K.....mg	16		0	FLM	4		5		
Sodium, Na.....mg	155		2		1		43		
Zinc, Zn.....mg	0.07		0	FLM	4		0.02		
Copper, Cu.....mg	0.016		0	FLM	4		0.005		
Manganese, Mn.....mg	0.043		0	FLM	4		0.012		
Selenium, Se.....mcg	1.4		0	FLM	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0		
Thiamin.....mg	0.004		2		1		0.001		
Riboflavin.....mg	0.024		0	FLM	4		0.007		
Niacin.....mg	0.155		2		1		0.043		
Pantothenic acid.....mg	0.051		0	FLM	4		0.014		
Vitamin B-6.....mg	0.005		2		1		0.001		
Folate, total.....mcg	3		0	FLM	4		1		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	3		0	FLM	4		1		
Folate, DFE.....mcg_DFE	3		0	NC	4		1		
Vitamin B-12.....mcg	0.03		0	FLM	4		0.01		
Vitamin A, IU.....IU	26		0	FLM	4		7		
Vitamin A, RAE.....mcg_RAE	7		0	FLM	4		2		
Retinol.....mcg	6		0	FLM	4		2		
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLM	4		0.01		
Tocopherol, beta.....mg	0.00		0	FLM	4		0.00		
Tocopherol, gamma.....mg	0.02		0	FLM	4		0.01		
Tocopherol, delta.....mg	0.00		0	FLM	4		0.00		
Vitamin D.....IU	1.849		0	FLM	4		0.518		
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.287		0	FLM	4		0.080		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.003		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.178		0	FLM	4		0.050		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.081		0	FLM	4		0.023		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.024		0	FLM	4		0.007		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 14244
Eggnog-flavor mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.373		0	FLM	4		0.105		
14:1.....g	0.001		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.055		0	FLM	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.316		0	FLM	4		0.088		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.112		0	FLM	4		0.031		
18:2 undifferentiated.....g	0.095		0	FLM	4		0.027		
18:3 undifferentiated.....g	0.003		0	FLM	4		0.001		
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	0.011		0	FLM	4		0.003		
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	0.003		0	FLM	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLM	4		6		
Phytosterols.....mg	1		0	FLM	4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.003		0	FLM	4		0.001		
Threonine.....g	0.012		0	FLM	4		0.003		
Isoleucine.....g	0.015		0	FLM	4		0.004		
Leucine.....g	0.024		0	FLM	4		0.007		
Lysine.....g	0.021		0	FLM	4		0.006		
Methionine.....g	0.006		0	FLM	4		0.002		
Cystine.....g	0.005		0	FLM	4		0.001		
Phenylalanine.....g	0.012		0	FLM	4		0.003		
Tyrosine.....g	0.012		0	FLM	4		0.003		
Valine.....g	0.016		0	FLM	4		0.005		
Arginine.....g	0.019		0	FLM	4		0.005		
Histidine.....g	0.007		0	FLM	4		0.002		
Alanine.....g	0.014		0	FLM	4		0.004		
Aspartic acid.....g	0.027		0	FLM	4		0.007		
Glutamic acid.....g	0.034		0	FLM	4		0.009		
Glycine.....g	0.008		0	FLM	4		0.002		
Proline.....g	0.011		0	FLM	4		0.003		
Serine.....g	0.023		0	FLM	4		0.006		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	FLM	4		0.426		
Carotene, alpha.....mcg	1		0	FLM	4		0.182		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		0.161		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	19		0	FLM	4		5.271		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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: 2 tsp, rounded

NDB No. 14244
Eggnog-flavor mix, powder

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14245

Eggnog-flavor mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.16		0	RPA	1		215.32		
Energy.....kcal	95		0	RPI	6		258		
Energy.....kj	396		0	RPI	6		1077		
Protein.....g	2.93		0	RPA	1		7.97		
Total lipid (fat).....g	3.02		0	RPI	6		8.20		
Ash.....g	0.69		0	RPA	1		1.88		
Carbohydrate, by difference.....g	14.20		0	RPI	6		38.64		
Fiber, total dietary.....g	0.0		0	RPI	6		0.1		
Sugars, total.....g	12.66		0	RPI	6		34.43		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	92		0	RPI	6		249		
Iron, Fe.....mg	0.12		0	RPA	1		0.34		
Magnesium, Mg.....mg	10		0	RPI	6		26		
Phosphorus, P.....mg	77		0	RPI	6		210		
Potassium, K.....mg	121		0	RPI	6		328		
Sodium, Na.....mg	55		0	RPA	1		149		
Zinc, Zn.....mg	0.35		0	RPI	6		0.95		
Copper, Cu.....mg	0.022		0	RPI	6		0.060		
Manganese, Mn.....mg	0.007		0	RPI	6		0.020		
Selenium, Se.....mcg	3.4		0	RPI	6		9.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPA	1		0.0		
Thiamin.....mg	0.040		0	RPA	1		0.108		
Riboflavin.....mg	0.166		0	RPI	6		0.452		
Niacin.....mg	0.112		0	RPA	1		0.306		
Pantothenic acid.....mg	0.330		0	RPI	6		0.897		
Vitamin B-6.....mg	0.033		0	RPA	1		0.090		
Folate, total.....mcg	5		0	RPI	6		13		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	5		0	RPI	6		13		
Folate, DFE.....mcg_DFE	5		0	NC	4		13		
Vitamin B-12.....mcg	0.39		0	RPI	6		1.07		
Vitamin A, IU.....IU	94		0	RPI	6		256		
Vitamin A, RAE.....mcg_RAE	26		0	RPI	6		71		
Retinol.....mcg	26		0	RPI	6		70		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RPI	6		0.6		
Lipids:									
Fatty acids, total saturated.....g	1.701		0	RPI	6		4.626		
4:0.....g	0.067		0	RPI	6		0.182		
6:0.....g	0.067		0	RPI	6		0.182		
8:0.....g	0.067		0	RPI	6		0.182		
10:0.....g	0.067		0	RPI	6		0.182		
12:0.....g	0.069		0	RPI	6		0.188		
13:0.....g									
14:0.....g	0.284		0	RPI	6		0.774		
15:0.....g	0.000		0	RPI	6		0.000		
16:0.....g	0.751		0	RPI	6		2.042		
17:0.....g									
18:0.....g	0.329		0	RPI	6		0.895		
20:0.....g	0.000		0	RPI	6		0.000		
22:0.....g	0.000		0	RPI	6		0.000		
24:0.....g	0.000		0	RPI	6		0.000		

NDB No. 14245

Eggnog-flavor mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.767		0	RPI	6		2.085		
14:1.....g	0.000		0	RPI	6		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPI	6		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.761		0	RPI	6		2.069		
20:1.....g	0.000		0	RPI	6		0.001		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.506		
18:2 undifferentiated.....g	0.118		0	RPI	6		0.320		
18:3 undifferentiated.....g	0.067		0	RPI	6		0.182		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	RPI	6		0.003		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0	RPI	6		0.183		
Threonine.....g	0.129		0	RPI	6		0.352		
Isoleucine.....g	0.149		0	RPI	6		0.406		
Leucine.....g	0.240		0	RPI	6		0.654		
Lysine.....g	0.128		0	RPI	6		0.348		
Methionine.....g	0.068		0	RPI	6		0.184		
Cystine.....g	0.015		0	RPI	6		0.042		
Phenylalanine.....g	0.133		0	RPI	6		0.361		
Tyrosine.....g	0.137		0	RPI	6		0.373		
Valine.....g	0.174		0	RPI	6		0.473		
Arginine.....g	0.069		0	RPI	6		0.188		
Histidine.....g	0.068		0	RPI	6		0.184		
Alanine.....g	0.094		0	RPI	6		0.254		
Aspartic acid.....g	0.215		0	RPI	6		0.586		
Glutamic acid.....g	0.584		0	RPI	6		1.589		
Glycine.....g	0.068		0	RPI	6		0.185		
Proline.....g	0.307		0	RPI	6		0.836		
Serine.....g	0.098		0	RPI	6		0.267		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		13.097		
Carotene, alpha.....mcg	0		0	RPI	6		0.184		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.163		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	2		0	RPI	6		5.339		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 272g: 1 cup (8 fl oz)

NDB No. 14245

Eggnog-flavor mix, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14154

Energy drink, with caffeine, niacin, pantothenic acid, vitamins B6 and B12

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	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		1	LC	8				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8				
18:2 undifferentiated.....g	0.000		0	FLC	4				
18:3 undifferentiated.....g	0.000		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
* Caffeine.....mg	31		1	LC	8				
Theobromine.....mg	0		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	0		0	FLC	4				

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14268
Fruit punch drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.003		0		1		0.001	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.002	0.025	
18:2 undifferentiated.....g	0.005		0		1		0.002	0.021	
18:3 undifferentiated.....g	0.002		0		1		0.001	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	0		0		1		0	0	
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 = 34.8g: 1 fl oz

Measure 2 = 418g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14269

Fruit punch drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPA	1		0.005	0.001	
18:2 undifferentiated.....g	0.001		0	RPA	1		0.003	0.000	
18:3 undifferentiated.....g	0.001		0	RPA	1		0.001	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	0		0	RPA	1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	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 = 247g: 1 cup (8 fl oz)

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14267

Fruit punch drink, with added nutrients, 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	0.002		0		1		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		1		0.007	0.001	
18:2 undifferentiated.....g	0.002		0		1		0.005	0.001	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	10		0	O	4		24.800	3.100	
Carotene, alpha.....mcg	0		0	FLC	4		0.520	0.065	
Cryptoxanthin, beta.....mcg	11		0	FLC	4		28.357	3.545	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLC	4		25.278	3.160	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14264

Fruit punch drink, without added nutrients, 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	0.000		0	FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4				
18:2 undifferentiated.....g	0.000		0	FLC	4				
18:3 undifferentiated.....g	0.000		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	0		0	FLC	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14405

Fruit punch juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.086		0		1		0.030	0.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.030	
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.017	0.199	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0		1		0.061	0.732	
18:2 undifferentiated.....g	0.126		0		1		0.044	0.533	
18:3 undifferentiated.....g	0.047		0		1		0.017	0.199	
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	0		0		1		0	0	
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 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14406

Fruit punch juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.024		0		1		0.060	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.032	0.004	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.049		0		1		0.122	0.015	
18:2 undifferentiated.....g	0.036		0		1		0.089	0.011	
18:3 undifferentiated.....g	0.013		0		1		0.032	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	0		0		1		0	0	
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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14540

Fruit punch-flavor drink, powder, without added 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	0.007		0		1		0.002	0.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.002	0.014	
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	0.011		0		1		0.003	0.023	
18:2 undifferentiated.....g	0.011		0		1		0.003	0.023	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
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	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
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	

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Common Measures:

Measure 1 = 25g: 2 tbsp, rounded

Measure 2 = 206g: 1 packet (7.25 oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14541

Fruit punch-flavor drink, powder, without added sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.003		
18:2 undifferentiated.....g	0.001		0	RPA	1		0.003		
18:3 undifferentiated.....g	0.000		0	RPA	1		0.000		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000		
Threonine.....g	0.000		0	RPA	1		0.000		
Isoleucine.....g	0.000		0	RPA	1		0.000		
Leucine.....g	0.000		0	RPA	1		0.000		
Lysine.....g	0.000		0	RPA	1		0.000		
Methionine.....g	0.000		0	RPA	1		0.000		
Cystine.....g	0.000		0	RPA	1		0.000		
Phenylalanine.....g	0.000		0	RPA	1		0.000		
Tyrosine.....g	0.000		0	RPA	1		0.000		
Valine.....g	0.000		0	RPA	1		0.000		
Arginine.....g	0.000		0	RPA	1		0.000		
Histidine.....g	0.000		0	RPA	1		0.000		
Alanine.....g	0.000		0	RPA	1		0.000		
Aspartic acid.....g	0.000		0	RPA	1		0.000		
Glutamic acid.....g	0.000		0	RPA	1		0.000		
Glycine.....g	0.000		0	RPA	1		0.000		
Proline.....g	0.000		0	RPA	1		0.000		
Serine.....g	0.000		0	RPA	1		0.000		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000		

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Common Measures:

Measure 1 = 262g: 1 cup (8 fl oz)

*Vitamin or mineral added for enrichment or fortification

NDB No. 14541

Fruit punch-flavor drink, powder, without added sodium, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 47011

Fruit-flavored drink mix, powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
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	0.000		0	FLM	4		0.000		
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	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		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	0		0	FLM	4		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: 2 tsp, rounded

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

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

NDB No. 42055

Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
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	0.000		0	FLC	4		0.000		
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	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		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 = 8.0g: 1 tsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

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

NDB No. 43345

Fruit-flavored drink, powder, with high vitamin C, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.008				9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.037				4		0.001		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034				9		0.001		
18:2 undifferentiated.....g	0.025				4		0.001		
18:3 undifferentiated.....g	0.009				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.039		
Carotene, alpha.....mcg	0		0	FLA	4		0.007		
Cryptoxanthin, beta.....mcg	10		0	FLA	4		0.200		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	13		0	FLA	4		0.254		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 2.0g: 1 tsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

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

NDB No. 14383

Fruit-flavored thirst quencher beverage, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000				4		0.000	0.000	
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	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000				4		0.000	0.000	
18:3 undifferentiated.....g	0.000				4		0.000	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14131
GATORADE Lemon Lime Flavor Mix, powder
Stokely-Van Camp, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.70		1	MA	12		0.43		
Energy.....kcal	364		0	MC	9		58		
Energy.....kj	1523				9		244		
Protein.....g	0.00		2	MA	12		0.00		
Total lipid (fat).....g	0.00		2	MA	12		0.00		
Ash.....g	2.00		2	MA	12		0.32		
Carbohydrate, by difference.....g	95.30		0	MC	9		15.25		
Fiber, total dietary.....g									
Sugars, total.....g	89.70		1	MA	12		14.35		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	201		1	MA	12		32		
Sodium, Na.....mg	603		1	MA	12		96		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....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 = 16g: .75 scoop

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14271
Gelatin, drinking, orange-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.290		0		1		0.049		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.290		0		1		0.049		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.703		0		1		0.120		
18:2 undifferentiated.....g	0.695		0		1		0.118		
18:3 undifferentiated.....g	0.008		0		1		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	0		0		4		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000		
Threonine.....g	0.700		0		1		0.119		
Isoleucine.....g	0.541		0		1		0.092		
Leucine.....g	1.151		0		1		0.196		
Lysine.....g	1.495		0		1		0.254		
Methionine.....g	0.273		0		1		0.046		
Cystine.....g									
Phenylalanine.....g	0.827		0		1		0.141		
Tyrosine.....g	0.146		0		1		0.025		
Valine.....g	0.967		0		1		0.164		
Arginine.....g	2.983		0		1		0.507		
Histidine.....g	0.312		0		1		0.053		
Alanine.....g	3.759		0		1		0.639		
Aspartic acid.....g	2.519		0		1		0.428		
Glutamic acid.....g	4.032		0		1		0.685		
Glycine.....g	9.674		0		1		1.645		
Proline.....g	5.559		0		1		0.945		
Serine.....g	1.215		0		1		0.207		
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 = 17g: 1 packet

Calories Factors: Protein 3.9

Fat 9.02

Carbohydrate 3.87

Food Group: 14 Beverages

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

NDB No. 14397

Gelatin, drinking, orange-flavor, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.037		0		1		0.050		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.050		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		1		0.122		
18:2 undifferentiated.....g	0.089		0		1		0.121		
18:3 undifferentiated.....g	0.001		0		1		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	0		0		4		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000		
Threonine.....g	0.090		0		1		0.122		
Isoleucine.....g	0.069		0		1		0.094		
Leucine.....g	0.148		0		1		0.201		
Lysine.....g	0.192		0		1		0.261		
Methionine.....g	0.035		0		1		0.048		
Cystine.....g									
Phenylalanine.....g	0.106		0		1		0.144		
Tyrosine.....g	0.019		0		1		0.026		
Valine.....g	0.124		0		1		0.169		
Arginine.....g	0.383		0		1		0.521		
Histidine.....g	0.040		0		1		0.054		
Alanine.....g	0.482		0		1		0.656		
Aspartic acid.....g	0.323		0		1		0.439		
Glutamic acid.....g	0.517		0		1		0.703		
Glycine.....g	1.241		0		1		1.688		
Proline.....g	0.713		0		1		0.970		
Serine.....g	0.156		0		1		0.212		
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 = 136g: 1 packet, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14277
Grape drink, 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	0.000		0	NC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
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	0.001		0	NC	4		0.002	0.000	
18:2 undifferentiated.....g	0.001		0	FLA	4		0.001	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
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	0.000		0	FLA	4		0.000	0.000	
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	0		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g									
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.001		0		1		0.003	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.001		0		1		0.003	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.001		0		1		0.003	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.437	0.055	
Carotene, alpha.....mcg	0		0	FLA	4		0.007	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.006	0.001	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		3.203	0.401	

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

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

NDB No. 14277
Grape drink, canned

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14282
Grape juice drink, 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	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
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	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		3.130	0.392	2.353
Carotene, alpha.....mcg	0		0	FLA	4		0.047	0.006	0.035
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.040	0.005	0.030
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	FLA	4		22.949	2.873	17.258

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Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Measure 3 = 188g: 1 glass (6 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14272

KRAFT, CAPRI SUN ALL NATURAL Juice Drink Fruit Punch, ready-to-drink

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.10		0	MC	9		182.91		
Energy.....kcal	47		0	MC	9		99		
Energy.....kj	197						413		
Protein.....g	0.00		0	MC	9		0.00		
Total lipid (fat).....g	0.00		0	NR	4		0.00		
Ash.....g	0.10		0	MC	9		0.21		
Carbohydrate, by difference.....g	12.50		0	MC	9		26.25		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	12.00		0	MC	9		25.20		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0	MC	9		2		
Iron, Fe.....mg	0.03		0	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1		0	MC	9		2		
Potassium, K.....mg	12		0	MC	9		25		
Sodium, Na.....mg	10		0	MC	9		21		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		0	MC	9		2.7		
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	4		0	MC	9		8		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 210g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14272

KRAFT, CAPRI SUN ALL NATURAL Juice Drink Fruit Punch, ready-to-drink

Food Group: 14 Beverages

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

NDB No. 14377

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Iced Tea Mix, with aspartame, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.40		0	MC	9		0.02		
Energy.....kcal	283		0	MC	9		3		
Energy.....kj	1184						12		
Protein.....g	6.30		0	MC	9		0.06		
Total lipid (fat).....g	0.40		0	NR	4		0.00		
Ash.....g	5.30		0	MC	9		0.05		
Carbohydrate, by difference (1).....g	42.90		0	MC	9		0.43		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	8.60		0	MC	9		0.09		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		0	MC	9		0		
Iron, Fe.....mg	1.05		0	MC	9		0.01		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	108		0	MC	9		1		
Potassium, K.....mg	1715		0	MC	9		17		
Sodium, Na.....mg	178		0	MC	9		2		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 1.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids and non-protein nitrogen.

NDB No. 14377

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Iced Tea Mix, with aspartame, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14273

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Soft Drink Mix Lemonade, with aspartame and acesulfame potassium sweetener powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.00		0	MC	9		0.02		
Energy.....kcal	228		0	MC	9		5		
Energy.....kj	954				9		19		
Protein.....g	3.30		0	MC	9		0.07		
Total lipid (fat).....g	0.10		0	NR	4		0.00		
Ash.....g	5.40		0	MC	9		0.11		
Carbohydrate, by difference (1).....g	7.60		0	MC	9		0.15		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	3.00		0	MC	9		0.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0	MC	9		0		
Iron, Fe.....mg	0.02		0	MC	9		0.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	4		0	MC	9		0		
Potassium, K.....mg	3136		0	MC	9		63		
Sodium, Na.....mg	29		0	MC	9		1		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		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	1		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 2.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

NDB No. 14273

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Soft Drink Mix Lemonade, with aspartame and acesulfame potassium sweetener powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14230

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Cafe Francais Flavored Instant Coffee, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.20		0	MC	9		0.29		
Energy.....kcal	480		0	MC	9		62		
Energy.....kj	2008						261		
Protein.....g	4.20		0	MC	9		0.55		
Total lipid (fat).....g	26.80		0	NR	4		3.48		
Ash.....g	3.80		0	MC	9		0.49		
Carbohydrate, by difference (1).....g	55.30		0	MC	9		7.19		
Fiber, total dietary.....g	3.2		0	MC	9		0.4		
Sugars, total.....g	30.20		0	MC	9		3.93		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		3		
Iron, Fe.....mg	0.68		0	MC	9		0.09		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	302		0	MC	9		39		
Potassium, K.....mg	994		0	MC	9		129		
Sodium, Na.....mg	716		0	MC	9		93		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.400		0	MC	9		0.832		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
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 = 13.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14230

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Cafe Francais Flavored Instant Coffee, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14231

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES French Vanilla Cafe Flavored Instant Coffee, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.50		0	MC	9		0.21		
Energy.....kcal	463		0	MC	9		65		
Energy.....kj	1937						271		
Protein.....g	2.50		0	MC	9		0.35		
Total lipid (fat).....g	19.20		0	NR	4		2.69		
Ash.....g	2.20		0	MC	9		0.31		
Carbohydrate, by difference (1).....g	71.10		0	MC	9		9.95		
Fiber, total dietary.....g	1.4		0	MC	9		0.2		
Sugars, total.....g	54.30		0	MC	9		7.60		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	MC	9		2		
Iron, Fe.....mg	0.33		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	203		0	MC	9		28		
Potassium, K.....mg	546		0	MC	9		76		
Sodium, Na.....mg	399		0	MC	9		56		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.600		0	MC	9		0.644		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 14.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14231

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES French Vanilla Cafe Flavored Instant Coffee, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14232

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie French Vanilla Cafe Flavored Instant Coff with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		0	MC	9		0.22		
Energy.....kcal	363		0	MC	9		25		
Energy.....kj	1519				9		106		
Protein.....g	3.10		0	MC	9		0.22		
Total lipid (fat).....g	4.90		0	NR	4		0.34		
Ash.....g	4.40		0	MC	9		0.31		
Carbohydrate, by difference (1).....g	76.00		0	MC	9		5.32		
Fiber, total dietary.....g	4.9		0	MC	9		0.3		
Sugars, total.....g	6.40		0	MC	9		0.45		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	62		0	MC	9		4		
Iron, Fe.....mg	0.82		0	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	230		0	MC	9		16		
Potassium, K.....mg	1025		0	MC	9		72		
Sodium, Na.....mg	929		0	MC	9		65		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.056		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 7.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14232

**KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie French Vanilla Cafe Flavored Instant Coff
with aspartame and acesulfame potassium sweetener, powder**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14205

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie Suisse Mocha Flavored Instant Coffee, w/ aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	MC	9		0.25		
Energy.....kcal	337		0	MC	9		24		
Energy.....kj	1410				9		99		
Protein.....g	5.40		0	MC	9		0.38		
Total lipid (fat).....g	5.00		0	NR	4		0.35		
Ash.....g	5.20		0	MC	9		0.36		
Carbohydrate, by difference (1).....g	72.80		0	MC	9		5.10		
Fiber, total dietary.....g	8.6		0	MC	9		0.6		
Sugars, total.....g	5.40		0	MC	9		0.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	75		0	MC	9		5		
Iron, Fe.....mg	4.70		0	MC	9		0.33		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	288		0	MC	9		20		
Potassium, K.....mg	1600		0	MC	9		112		
Sodium, Na.....mg	516		0	MC	9		36		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.098		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 7.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14205

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie Suisse Mocha Flavored Instant Coffee, w/ aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14225

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Suisse Mocha Flavored Instant Coffee, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.60		0	MC	9		0.21		
Energy.....kcal	440		0	MC	9		57		
Energy.....kj	1841						239		
Protein.....g	3.50		0	MC	9		0.46		
Total lipid (fat).....g	17.20		0	NR	4		2.24		
Ash.....g	2.50		0	MC	9		0.33		
Carbohydrate, by difference (1).....g	72.10		0	MC	9		9.37		
Fiber, total dietary.....g	3.4		0	MC	9		0.4		
Sugars, total.....g	54.30		0	MC	9		7.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0	MC	9		2		
Iron, Fe.....mg	2.07		0	MC	9		0.27		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	221		0	MC	9		29		
Potassium, K.....mg	897		0	MC	9		117		
Sodium, Na.....mg	251		0	MC	9		33		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.300		0	MC	9		0.559		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 13.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14225

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Suisse Mocha Flavored Instant Coffee, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14276

KRAFT, KOOL-AID BURSTS Soft Drink Tropical Punch, ready-to-drink

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.10		0	MC	9		185.01		
Energy.....kcal	43		0	MC	9		90		
Energy.....kj	180						378		
Protein.....g	0.00		0	MC	9		0.00		
Total lipid (fat).....g	0.00		0	NR	4		0.00		
Ash.....g	0.10		0	MC	9		0.21		
Carbohydrate, by difference.....g	11.60		0	MC	9		24.36		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	11.20		0	MC	9		23.52		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9		0		
Iron, Fe.....mg	0.02		0	MC	9		0.04		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	4		0	MC	9		8		
Sodium, Na.....mg	14		0	MC	9		29		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 210g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14276

KRAFT, KOOL-AID BURSTS Soft Drink Tropical Punch, ready-to-drink

Food Group: 14 Beverages

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

NDB No. 14178

KRAFT, KOOL-AID SPLASH Soft Drink Grape Berry Punch, ready-to-drink

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.40		0	MC	9		220.25		
Energy.....kcal	46		0	MC	9		116		
Energy.....kj	192						485		
Protein.....g	0.00		0	MC	9		0.00		
Total lipid (fat).....g	0.00		0	NR	4		0.00		
Ash.....g	0.10		0	MC	9		0.25		
Carbohydrate, by difference.....g	12.20		0	MC	9		30.74		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	11.80		0	MC	9		29.74		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9		0		
Iron, Fe.....mg	0.02		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	5		0	MC	9		13		
Sodium, Na.....mg	14		0	MC	9		35		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 252g: 1 NLEA serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14178

KRAFT, KOOL-AID SPLASH Soft Drink Grape Berry Punch, ready-to-drink

Food Group: 14 Beverages

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

NDB No. 14275

KRAFT, KOOL-AID Sugar Sweetened Soft Drink Mix Tropical Punch, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.20		0	MC	9		0.03		
Energy.....kcal	375		0	MC	9		64		
Energy.....kj	1569						267		
Protein.....g	0.00		0	MC	9		0.00		
Total lipid (fat).....g	0.00		0	NR	4		0.00		
Ash.....g	0.50		0	MC	9		0.09		
Carbohydrate, by difference (1).....g	95.60		0	MC	9		16.25		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	95.20		0	MC	9		16.18		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	164		0	MC	9		28		
Iron, Fe.....mg	0.07		0	MC	9		0.01		
Magnesium, Mg.....mg									
* Phosphorus, P.....mg	75		0	MC	9		13		
Potassium, K.....mg	2		0	MC	9		0		
Sodium, Na.....mg	9		0	MC	9		2		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	35.3		0	MC	9		6.0		
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 17g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14275

KRAFT, KOOL-AID Sugar Sweetened Soft Drink Mix Tropical Punch, powder

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14274

KRAFT, KOOL-AID Unsweetened Soft Drink Mix Tropical Punch, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.90		0	MC	9		0.01		
Energy.....kcal	198		0	MC	9		1		
Energy.....kj	828						5		
Protein.....g	0.00		0	MC	9		0.00		
Total lipid (fat).....g	0.00		0	NR	4		0.00		
Ash.....g	9.30		0	MC	9		0.06		
Carbohydrate, by difference (1).....g	9.60		0	MC	9		0.06		
Fiber, total dietary.....g	0.4		0	MC	9		0.0		
Sugars, total.....g	3.30		0	MC	9		0.02		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	1105		0	MC	9		7		
Iron, Fe.....mg	0.01		0	MC	9		0.00		
Magnesium, Mg.....mg									
* Phosphorus, P.....mg	509		0	MC	9		3		
Potassium, K.....mg	0		0	MC	9		0		
Sodium, Na.....mg	2577		0	MC	9		15		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	1000.0		0	MC	9		6.0		
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 0.6g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

NDB No. 14274

KRAFT, KOOL-AID Unsweetened Soft Drink Mix Tropical Punch, powder

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14129
KRAFT, Sugar Free COUNTRY TIME Pink Lemonade Mix, with vitamin C
Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.20		1	A	1		0.02		
Energy.....kcal	270		0	NC	4		5		
Energy.....kj	1130				4		21		
Protein (N x 6.25).....g	2.70		1	A	1		0.05		
Total lipid (fat).....g	1.20		1	A	1		0.02		
Ash.....g	6.20		1	A	1		0.12		
Carbohydrate, by difference (1).....g	88.70		0	NC	4		1.69		
Fiber, total dietary.....g									
Sugars, total.....g	1.30		1	A	1		0.02		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	9		1	A	1		0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	348.0		1	A	1		6.6		
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									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 1.9g: 1 portion (1/8 cap/tub)

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.8

Food Group: 14 Beverages

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

NDB No. 14127

KRAFT, Sugar Free KOOL-AID Mix, with aspartame and vitamin C, cherry flavor

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.20		1	A	1		0.03		
Energy.....kcal	290		0	NC	4		3		
Energy.....kj	1213				4		15		
Protein (N x 6.25).....g	6.10		1	A	1		0.07		
Total lipid (fat).....g	0.30		1	A	1		0.00		
Ash.....g	6.50		1	A	1		0.08		
Carbohydrate, by difference (1).....g	84.90		0	NC	4		1.02		
Fiber, total dietary.....g									
Sugars, total.....g	0.70		1	A	1		0.01		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	422		1	A	1		5		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	560.0		1	A	1		6.7		
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									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 1.2g: .125 envelope

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 3.1

Food Group: 14 Beverages

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

NDB No. 14128
KRAFT. COUNTRY TIME Lemonade Mix, with vitamin C
Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.10		1	A	1		0.02		
Energy.....kcal	354		0	NC	4		64		
Energy.....kj	1481				4		267		
Protein (N x 6.25).....g	0.10		1	A	1		0.02		
Total lipid (fat).....g	1.20		1	A	1		0.22		
Ash.....g	0.50		1	A	1		0.09		
Carbohydrate, by difference (1).....g	98.10		0	NC	4		17.66		
Fiber, total dietary.....g									
Sugars, total.....g	85.40		1	A	1		15.37		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	72		1	A	1		13		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	37.5		1	A	1		6.8		
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									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 portion (1/8 cap/tub)

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 3.5

Food Group: 14 Beverages

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

NDB No. 14542

Lemonade, frozen concentrate, pink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.021	0.258	0.129
18:2 undifferentiated.....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated.....g	0.017		0		1		0.006	0.074	0.037
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	0		0		1		0	0	0
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 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14543

Lemonade, frozen concentrate, pink, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.002		0		1		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0		1		0.032	0.004	
18:2 undifferentiated.....g	0.009		0		1		0.022	0.003	
18:3 undifferentiated.....g	0.004		0		1		0.010	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	0		0		1		0	0	
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 = 247g: 1 cup (8 fl oz)

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14292

Lemonade, frozen concentrate, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.022	0.258	0.129
18:2 undifferentiated.....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated.....g	0.017		0		1		0.006	0.074	0.037
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.340	4.078	2.039
Carotene, alpha.....mcg	0		0	FLA	4		0.053	0.637	0.319
Cryptoxanthin, beta.....mcg	6		0	FLA	4		2.124	25.490	12.745
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	4		0	FLA	4		1.328	15.935	7.968

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 36.5g: 1 fl oz

Measure 2 = 438g: 1 can (12 fl oz)

Measure 3 = 219g: 1 can (6 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14293

Lemonade, frozen concentrate, white, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.002		0	RPA	1		0.006	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPA	1		0.005	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0	RPA	1		0.043	0.005	
18:2 undifferentiated.....g	0.012		0	RPA	1		0.030	0.004	
18:3 undifferentiated.....g	0.005		0	RPA	1		0.012	0.002	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.673	0.084	
Carotene, alpha.....mcg	0		0	RPI	6		0.105	0.013	
Cryptoxanthin, beta.....mcg	2		0	RPI	6		4.207	0.526	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2.630	0.329	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14289

Lemonade, low calorie, with aspartame, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.010		0		4		0.001	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		4		0.001	0.002	
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	0.090		0		4		0.011	0.017	
18:2 undifferentiated.....g	0.062		0		4		0.007	0.012	
18:3 undifferentiated.....g	0.026		0		4		0.003	0.005	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 11.9g: 1 packet (0.42 oz)

Measure 2 = 19g: 1 packet (0.67 oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14290

Lemonade, low calorie, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.001	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.001	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	
Threonine.....g	0.000		0	RPA	1		0.000	0.000	
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	
Leucine.....g	0.000		0	RPA	1		0.000	0.000	
Lysine.....g	0.000		0	RPA	1		0.000	0.000	
Methionine.....g	0.000		0	RPA	1		0.000	0.000	
Cystine.....g	0.000		0	RPA	1		0.000	0.000	
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	
Valine.....g	0.000		0	RPA	1		0.000	0.000	
Arginine.....g	0.000		0	RPA	1		0.000	0.000	
Histidine.....g	0.000		0	RPA	1		0.000	0.000	
Alanine.....g	0.000		0	RPA	1		0.000	0.000	
Aspartic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glutamic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glycine.....g	0.000		0	RPA	1		0.000	0.000	
Proline.....g	0.000		0	RPA	1		0.000	0.000	
Serine.....g	0.000		0	RPA	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

NDB No. 14290

Lemonade, low calorie, with aspartame, powder, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14287
Lemonade, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0		1		0.002	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.002	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.013	0.002	0.002
18:2 undifferentiated.....g	0.004		0		1		0.009	0.001	0.001
18:3 undifferentiated.....g	0.002		0		1		0.004	0.001	0.001
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	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 = 218g: 1 cup
- Measure 2 = 27g: 1 scoop
- Measure 3 = 27g: 2 tbsp

NDB No. 14287
Lemonade, powder

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14288

Lemonade, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.002		
18:2 undifferentiated.....g	0.000		0	RPA	1		0.001		
18:3 undifferentiated.....g	0.000		0	RPA	1		0.001		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 264g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14296
Lemonade-flavor drink, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.019		0		1		0.044	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.044	0.006	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0		1		0.075	0.009	
18:2 undifferentiated.....g	0.031		0		1		0.072	0.009	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
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.

Common Measures:

Measure 1 = 233g: 1 cup (8 fl oz)

Measure 2 = 29g: .5 scoop (2 tbsp)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14297

Lemonade-flavor drink, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.002		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.011		
18:2 undifferentiated.....g	0.003		0		1		0.008		
18:3 undifferentiated.....g	0.000		0		1		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	0		0		1		0		
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 = 266g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14302
Limeade, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
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	0.000		0	FLA	4		0.000	0.000	0.000
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	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0	FLA	4		0.000	0.000	0.000
Threonine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Leucine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Lysine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Methionine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Cystine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Valine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Arginine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Histidine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Alanine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	FLA	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	FLA	4		0.000	0.000	0.000
Glycine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Proline.....g	0.000		0	FLA	4		0.000	0.000	0.000
Serine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

Measure 3 = 218g: 1 can (6 fl oz)

NDB No. 14302

Limeade, frozen concentrate

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14303

Limeade, frozen concentrate, prepared with water

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				
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 31g: 1 can (1 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14305
Malt beverage

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015		0	BFFN	4		0.036	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0	BFFN	4		0.028	0.004	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	BFFN	4		0.133	0.017	
18:2 undifferentiated.....g	0.050		0	BFFN	4		0.119	0.015	
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.014	0.002	
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	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.3	0.048	3	JO	11		0.8	0.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		2	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		2	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		2	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 = 237g: 1 cup
 Measure 2 = 29.6g: 1 fl oz

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14317

Malted drink mix, chocolate, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.045		0		1		0.219		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	0.930		0		1		0.195		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		0		1		0.075		
18:2 undifferentiated.....g	0.286		0		1		0.060		
18:3 undifferentiated.....g	0.071		0		1		0.015		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.012		
Threonine.....g	0.143		0		1		0.030		
Isoleucine.....g	0.160		0		1		0.034		
Leucine.....g	0.292		0		1		0.061		
Lysine.....g	0.161		0		1		0.034		
Methionine.....g	0.064		0		1		0.013		
Cystine.....g	0.094		0		1		0.020		
Phenylalanine.....g	0.185		0		1		0.039		
Tyrosine.....g	0.151		0		1		0.032		
Valine.....g	0.197		0		1		0.041		
Arginine.....g	0.206		0		1		0.043		
Histidine.....g	0.098		0		1		0.021		
Alanine.....g	0.186		0		1		0.039		
Aspartic acid.....g	0.414		0		1		0.087		
Glutamic acid.....g	1.010		0		1		0.212		
Glycine.....g	0.133		0		1		0.028		
Proline.....g	0.438		0		1		0.092		
Serine.....g	0.264		0		1		0.055		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	37		2		1		8		
Theobromine.....mg	345		0	BFZN	4		72		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.150		
Carotene, alpha.....mcg	0		0	FLA	4		0.006		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	14		0	FLA	4		2.963		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 serving (3 heaping tsp or 1 envelope)

NDB No. 14317

Malted drink mix, chocolate, powder

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.7

Food Group: 14 Beverages

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

NDB No. 14318

Malted drink mix, chocolate, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.34		0	RPA	1		215.56		
Energy.....kcal	85		0	RPI	6		226		
Energy.....kj	357		0	RPI	6		947		
Protein.....g	3.37		0	RPA	1		8.94		
Total lipid (fat).....g	3.29		0	RPI	6		8.73		
Ash.....g	0.79		0	RPA	1		2.08		
Carbohydrate, by difference.....g	11.20		0	RPI	6		29.67		
Fiber, total dietary.....g	0.5		0	RPI	6		1.4		
Sugars, total.....g	6.68		0	RPI	6		17.71		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	98		0	RPA	1		259		
Iron, Fe.....mg	0.21		0	RPA	1		0.57		
Magnesium, Mg.....mg	15		0	RPA	1		40		
Phosphorus, P.....mg	91		0	RPA	1		242		
Potassium, K.....mg	172		0	RPI	6		455		
Sodium, Na.....mg	60		0	RPA	1		159		
Zinc, Zn.....mg	0.41		0	RPA	1		1.10		
Copper, Cu.....mg	0.037		0	RPA	1		0.098		
Manganese, Mn.....mg	0.080		0	RPI	6		0.211		
Selenium, Se.....mcg	5.4		0	RPI	6		14.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPA	1		0.3		
Thiamin.....mg	0.054		0	RPA	1		0.143		
Riboflavin.....mg	0.184		0	RPA	1		0.488		
Niacin.....mg	0.259		0	RPA	1		0.687		
Pantothenic acid.....mg	0.354		0	RPI	6		0.937		
Vitamin B-6.....mg	0.046		0	RPA	1		0.122		
Folate, total.....mcg	9		0	RPI	6		23		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	9		0	RPI	6		23		
Folate, DFE.....mcg_DFE	9		0	NC	4		23		
Vitamin B-12.....mcg	0.42		0	RPA	1		1.11		
Vitamin A, IU.....IU	95		0	RPI	6		252		
Vitamin A, RAE.....mcg_RAE	26		0	RPI	6		70		
Retinol.....mcg	26		0	RPI	6		69		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.16		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RPI	6		0.9		
Lipids:									
Fatty acids, total saturated.....g	1.883		0	RPI	6		4.989		
4:0.....g	0.076		0	RPA	1		0.202		
6:0.....g	0.073		0	RPA	1		0.194		
8:0.....g	0.071		0	RPA	1		0.189		
10:0.....g	0.075		0	RPA	1		0.198		
12:0.....g	0.077		0	RPA	1		0.205		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.297		0	RPA	1		0.788		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.838		0	RPA	1		2.222		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.375		0	RPA	1		0.993		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14318

Malted drink mix, chocolate, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.827		0	RPI	6		2.192		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPA	1		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.822		0	RPA	1		2.178		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		0	RPI	6		0.550		
18:2 undifferentiated.....g	0.133		0	RPA	1		0.353		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.197		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0	RPA	1		0.195		
Threonine.....g	0.143		0	RPA	1		0.379		
Isoleucine.....g	0.165		0	RPA	1		0.436		
Leucine.....g	0.268		0	RPA	1		0.709		
Lysine.....g	0.142		0	RPA	1		0.376		
Methionine.....g	0.074		0	RPA	1		0.196		
Cystine.....g	0.023		0	RPA	1		0.061		
Phenylalanine.....g	0.150		0	RPA	1		0.398		
Tyrosine.....g	0.152		0	RPA	1		0.402		
Valine.....g	0.193		0	RPA	1		0.510		
Arginine.....g	0.085		0	RPA	1		0.226		
Histidine.....g	0.077		0	RPA	1		0.203		
Alanine.....g	0.109		0	RPA	1		0.290		
Aspartic acid.....g	0.252		0	RPA	1		0.666		
Glutamic acid.....g	0.677		0	RPA	1		1.794		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.350		0	RPA	1		0.926		
Serine.....g	0.119		0	RPA	1		0.316		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	28		0	RPI	6		73		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		12.823		
Carotene, alpha.....mcg	0		0	RPI	6		0.006		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.008		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2.997		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 265g: 1 cup (8 fl oz)

NDB No. 14318

Malted drink mix, chocolate, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14315

Malted drink mix, chocolate, with added nutrients, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.951		0		1		0.742	0.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0		1		0.049	0.013	
17:1.....g									
18:1 undifferentiated.....g	0.846		0		1		0.660	0.178	
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	0.325		0		1		0.254	0.068	
18:2 undifferentiated.....g	0.260		0		1		0.203	0.055	
18:3 undifferentiated.....g	0.065		0		1		0.051	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	1		0	FLA	4		1	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	28		1		1		22	6	
Theobromine.....mg	345		0	FLA	4		269	72	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.230	0.062	
Carotene, alpha.....mcg	0		0	FLA	4		0.009	0.002	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.012	0.003	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	FLA	4		8.523	2.295	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 78g: 1 cup

Measure 2 = 21g: 1 serving (3 heaping tsp or 1 envelope)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.7

Food Group: 14 Beverages

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

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.44		0	RPA	1		215.81		
Energy.....kcal	84		0	RPI	6		223		
Energy.....kj	352		0	RPI	6		932		
Protein.....g	3.36		0	RPA	1		8.90		
Total lipid (fat).....g	3.26		0	RPI	6		8.64		
Ash.....g	1.00		0	RPA	1		2.66		
Carbohydrate, by difference.....g	10.92		0	RPI	6		28.95		
Fiber, total dietary.....g	0.4		0	RPI	6		1.0		
Sugars, total.....g	10.49		0	RPI	6		27.80		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		0	RPA	1		340		
Iron, Fe.....mg	1.42		0	RPA	1		3.77		
Magnesium, Mg.....mg	17		0	RPA	1		45		
Phosphorus, P.....mg	109		0	RPA	1		290		
Potassium, K.....mg	218		0	RPA	1		577		
Sodium, Na.....mg	87		0	RPA	1		231		
Zinc, Zn.....mg	0.44		0	RPA	1		1.16		
Copper, Cu.....mg	0.072		0	RPA	1		0.191		
Manganese, Mn.....mg	0.053		0	RPA	1		0.141		
Selenium, Se.....mcg	4.7		0	RPI	6		12.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		0	RPA	1		31.9		
Thiamin.....mg	0.285		0	RPA	1		0.755		
Riboflavin.....mg	0.497		0	RPA	1		1.318		
Niacin.....mg	4.182		0	RPA	1		11.081		
Pantothenic acid.....mg	0.388		0	RPA	1		1.028		
Vitamin B-6.....mg	0.383		0	RPA	1		1.016		
Folate, total.....mcg	7		0	RPI	6		18		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	7		0	RPI	6		18		
Folate, DFE.....mcg_DFE	7		0	NC	4		18		
Vitamin B-12.....mcg	0.43		0	RPI	6		1.15		
Vitamin A, IU.....IU	1144		0	RPI	6		3031		
Vitamin A, RAE.....mcg_RAE	341		0	RPI	6		904		
Retinol.....mcg	341		0	RPI	6		903		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RPI	6		0.8		
Lipids:									
Fatty acids, total saturated.....g	1.868		0	RPI	6		4.950		
4:0.....g	0.076		0	RPA	1		0.200		
6:0.....g	0.073		0	RPA	1		0.193		
8:0.....g	0.071		0	RPA	1		0.188		
10:0.....g	0.074		0	RPA	1		0.196		
12:0.....g	0.077		0	RPA	1		0.203		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.295		0	RPA	1		0.782		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.831		0	RPA	1		2.203		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.371		0	RPA	1		0.984		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.820		0	RPI	6		2.173		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RPA	1		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.815		0	RPA	1		2.160		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0	RPI	6		0.543		
18:2 undifferentiated.....g	0.131		0	RPA	1		0.348		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.195		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0	RPA	1		0.182		
Threonine.....g	0.131		0	RPA	1		0.348		
Isoleucine.....g	0.152		0	RPA	1		0.402		
Leucine.....g	0.244		0	RPA	1		0.647		
Lysine.....g	0.129		0	RPA	1		0.342		
Methionine.....g	0.069		0	RPA	1		0.182		
Cystine.....g	0.015		0	RPA	1		0.041		
Phenylalanine.....g	0.135		0	RPA	1		0.358		
Tyrosine.....g	0.139		0	RPA	1		0.370		
Valine.....g	0.177		0	RPA	1		0.468		
Arginine.....g	0.069		0	RPA	1		0.182		
Histidine.....g	0.069		0	RPA	1		0.182		
Alanine.....g	0.095		0	RPA	1		0.251		
Aspartic acid.....g	0.218		0	RPA	1		0.579		
Glutamic acid.....g	0.596		0	RPA	1		1.580		
Glycine.....g	0.069		0	RPA	1		0.182		
Proline.....g	0.314		0	RPA	1		0.833		
Serine.....g	0.098		0	RPA	1		0.260		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		6		
Theobromine.....mg	28		0	RPI	6		73		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		12.734		
Carotene, alpha.....mcg	0		0	RPI	6		0.002		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.003		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2.321		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 265g: 1 cup (8 fl oz)

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14311

Malted drink mix, natural, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.910		0		1		0.401		
17:0.....g									
18:0.....g	0.769		0		1		0.161		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.044		0		1		0.429		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.146		0		1		0.031		
17:1.....g									
18:1 undifferentiated.....g	1.803		0		1		0.379		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.207		0		1		0.253		
18:2 undifferentiated.....g	1.007		0		1		0.211		
18:3 undifferentiated.....g	0.200		0		1		0.042		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0	FLM	4		6		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.026		
Threonine.....g	0.298		0		1		0.063		
Isoleucine.....g	0.348		0		1		0.073		
Leucine.....g	0.667		0		1		0.140		
Lysine.....g	0.317		0		1		0.067		
Methionine.....g	0.160		0		1		0.034		
Cystine.....g	0.233		0		1		0.049		
Phenylalanine.....g	0.391		0		1		0.082		
Tyrosine.....g	0.322		0		1		0.068		
Valine.....g	0.397		0		1		0.083		
Arginine.....g	0.430		0		1		0.090		
Histidine.....g	0.233		0		1		0.049		
Alanine.....g	0.410		0		1		0.086		
Aspartic acid.....g	0.901		0		1		0.189		
Glutamic acid.....g	2.488		0		1		0.522		
Glycine.....g	0.251		0		1		0.053		
Proline.....g	1.151		0		1		0.242		
Serine.....g	0.646		0		1		0.136		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	14		0	FLM	4		2.863		
Carotene, alpha.....mcg	0		0	FLM	4		0.005		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.007		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	FLM	4		1.211		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 14311

Malted drink mix, natural, powder

Common Measures:

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14312

Malted drink mix, natural, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.40		0	RPA	1		215.70		
Energy.....kcal	88		0	RPI	6		234		
Energy.....kj	369		0	RPI	6		977		
Protein.....g	3.86		0	RPA	1		10.24		
Total lipid (fat).....g	3.62		0	RPI	6		9.60		
Ash.....g	0.89		0	RPA	1		2.36		
Carbohydrate, by difference.....g	10.23		0	RPI	6		27.12		
Fiber, total dietary.....g	0.1		0	RPI	6		0.2		
Sugars, total.....g	9.56		0	RPI	6		25.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		0	RPA	1		309		
Iron, Fe.....mg	0.09		0	RPA	1		0.23		
Magnesium, Mg.....mg	17		0	RPA	1		44		
Phosphorus, P.....mg	106		0	RPA	1		280		
Potassium, K.....mg	183		0	RPA	1		485		
Sodium, Na.....mg	79		0	RPA	1		210		
Zinc, Zn.....mg	0.43		0	RPA	1		1.14		
Copper, Cu.....mg	0.037		0	RPA	1		0.098		
Manganese, Mn.....mg	0.021		0	RPI	6		0.057		
Selenium, Se.....mcg	5.2		0	RPI	6		13.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	RPA	1		0.6		
Thiamin.....mg	0.081		0	RPA	1		0.214		
Riboflavin.....mg	0.242		0	RPA	1		0.641		
Niacin.....mg	0.519		0	RPA	1		1.376		
Pantothenic acid.....mg	0.402		0	RPI	6		1.066		
Vitamin B-6.....mg	0.066		0	RPA	1		0.176		
Folate, total.....mcg	8		0	RPA	1		22		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	8		0	RPI	6		22		
Folate, DFE.....mcg_DFE	8		0	NC	4		22		
Vitamin B-12.....mcg	0.46		0	RPA	1		1.23		
Vitamin A, IU.....IU	117		0	RPI	6		310		
Vitamin A, RAE.....mcg_RAE	33		0	RPI	6		87		
Retinol.....mcg	32		0	RPI	6		85		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	RPI	6		1.3		
Lipids:									
Fatty acids, total saturated.....g	2.039		0	RPI	6		5.403		
4:0.....g	0.085		0	RPA	1		0.224		
6:0.....g	0.078		0	RPA	1		0.207		
8:0.....g	0.074		0	RPA	1		0.196		
10:0.....g	0.081		0	RPA	1		0.215		
12:0.....g	0.085		0	RPA	1		0.224		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.324		0	RPA	1		0.858		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.916		0	RPA	1		2.426		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.397		0	RPA	1		1.053		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14312

Malted drink mix, natural, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.903		0	RPI	6		2.394		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.012		0	RPA	1		0.031		
17:1.....g									
18:1 undifferentiated.....g	0.892		0	RPA	1		2.363		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0	RPI	6		0.731		
18:2 undifferentiated.....g	0.191		0	RPA	1		0.507		
18:3 undifferentiated.....g	0.085		0	RPA	1		0.224		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RPI	6		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0	RPA	1		0.209		
Threonine.....g	0.155		0	RPA	1		0.412		
Isoleucine.....g	0.180		0	RPA	1		0.476		
Leucine.....g	0.298		0	RPA	1		0.789		
Lysine.....g	0.154		0	RPA	1		0.409		
Methionine.....g	0.082		0	RPA	1		0.216		
Cystine.....g	0.034		0	RPA	1		0.090		
Phenylalanine.....g	0.167		0	RPA	1		0.441		
Tyrosine.....g	0.165		0	RPA	1		0.438		
Valine.....g	0.209		0	RPA	1		0.553		
Arginine.....g	0.103		0	RPA	1		0.274		
Histidine.....g	0.087		0	RPA	1		0.232		
Alanine.....g	0.127		0	RPA	1		0.338		
Aspartic acid.....g	0.291		0	RPA	1		0.770		
Glutamic acid.....g	0.796		0	RPA	1		2.108		
Glycine.....g	0.089		0	RPA	1		0.236		
Proline.....g	0.407		0	RPA	1		1.078		
Serine.....g	0.150		0	RPA	1		0.398		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	6		0	RPI	6		15.568		
Carotene, alpha.....mcg	0		0	RPI	6		0.005		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.007		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		1.225		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 265g: 1 cup (8 fl oz)

NDB No. 14312

Malted drink mix, natural, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14309

Malted drink mix, natural, with added nutrients, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.722		0		1		0.152		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.052		0		1		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.637		0		1		0.134		
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	0.426		0		1		0.089		
18:2 undifferentiated.....g	0.356		0		1		0.075		
18:3 undifferentiated.....g	0.071		0		1		0.015		
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	20		0		4		4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.074		
Carotene, alpha.....mcg	0		0	FLA	4		0.019		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.030		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	33		0	FLA	4		6.966		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 individual serving (4-5 heaping tsp or 1 envelope)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14310

Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.49		0	RPA	1		215.94		
Energy.....kcal	86		0	RPI	6		227		
Energy.....kj	359		0	RPI	6		951		
Protein.....g	3.67		0	RPA	1		9.73		
Total lipid (fat).....g	3.21		0	RPI	6		8.52		
Ash.....g	0.97		0	RPA	1		2.57		
Carbohydrate, by difference.....g	10.67		0	RPI	6		28.27		
Fiber, total dietary.....g	0.0		0	RPI	6		0.1		
Sugars, total.....g	8.37		0	RPI	6		22.19		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	123		0	RPA	1		326		
Iron, Fe.....mg	1.36		0	RPA	1		3.61		
Magnesium, Mg.....mg	15		0	RPA	1		39		
Phosphorus, P.....mg	107		0	RPA	1		284		
Potassium, K.....mg	200		0	RPA	1		529		
Sodium, Na.....mg	72		0	RPA	1		191		
Zinc, Zn.....mg	0.41		0	RPA	1		1.08		
Copper, Cu.....mg	0.044		0	RPA	1		0.116		
Manganese, Mn.....mg	0.037		0	RPA	1		0.097		
Selenium, Se.....mcg	4.2		0	RPI	6		11.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.4		0	RPA	1		27.5		
Thiamin.....mg	0.277		0	RPA	1		0.734		
Riboflavin.....mg	0.455		0	RPA	1		1.204		
Niacin.....mg	3.993		0	RPA	1		10.583		
Pantothenic acid.....mg	0.353		0	RPI	6		0.935		
Vitamin B-6.....mg	0.325		0	RPA	1		0.860		
Folate, total.....mcg	6		0	RPI	6		15		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	6		0	RPI	6		15		
Folate, DFE.....mcg_DFE	6		0	NC	4		15		
Vitamin B-12.....mcg	0.40		0	RPI	6		1.07		
Vitamin A, IU.....IU	942		0	RPI	6		2496		
Vitamin A, RAE.....mcg_RAE	281		0	RPI	6		744		
Retinol.....mcg	280		0	RPI	6		743		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	RPI	6		1.0		
Lipids:									
Fatty acids, total saturated.....g	1.830		0	RPI	6		4.849		
4:0.....g	0.074		0	RPA	1		0.197		
6:0.....g	0.072		0	RPA	1		0.191		
8:0.....g	0.070		0	RPA	1		0.187		
10:0.....g	0.073		0	RPA	1		0.193		
12:0.....g	0.075		0	RPA	1		0.200		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.291		0	RPA	1		0.771		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.817		0	RPA	1		2.164		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.357		0	RPA	1		0.947		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14310

Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.802		0	RPI	6		2.127		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.004		0	RPA	1		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.798		0	RPA	1		2.116		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0	RPI	6		0.565		
18:2 undifferentiated.....g	0.139		0	RPA	1		0.368		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.197		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6		30		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		12.747		
Carotene, alpha.....mcg	0		0	RPI	6		0.019		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.030		
Lycopene.....mcg	0		0	RPI	6		0.000		
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 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14119

Mixed vegetable and fruit juice drink

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.003		0	FLA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA		4			
17:1.....g									
18:1 undifferentiated.....g	0.003		0	FLA		4			
20:1.....g	0.000		0	FLA		4			
22:1 undifferentiated.....g	0.000		0	FLA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0	FLA		4			
18:2 undifferentiated.....g	0.016		0	FLA		4			
18:3 undifferentiated.....g	0.004		0	FLA		4			
18:4.....g	0.000		0	FLA		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA		4			
20:5 n-3.....g	0.000		0	FLA		4			
22:5 n-3.....g	0.000		0	FLA		4			
22:6 n-3.....g	0.000		0	FLA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA		4			
Caffeine.....mg			0	FLA		4			
Theobromine.....mg			0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	998		0	FLA		4			
Carotene, alpha.....mcg	503		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	0		0	FLA		4			
Lutein + zeaxanthin.....mcg	8		0	FLA		4			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14118

NABISCO, KNOX DRINKING GELATIN, Orange Flavor, with aspartame, low calorie, powder

Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.00		1	A	1		0.66		
Energy.....kcal	375		0	NC	4		41		
Energy.....kj	1567				4		172		
Protein.....g	67.20		1	A	1		7.39		
Total lipid (fat).....g	0.79		1	A	1		0.09		
Ash.....g	1.10		1	A	1		0.12		
Carbohydrate, by difference.....g	24.91		0	NC	4		2.74		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	67		0	MC	9		7		
Iron, Fe.....mg	0.89		0	MC	9		0.10		
Magnesium, Mg.....mg	16		0	MC	9		2		
Phosphorus, P.....mg	42		0	MC	9		5		
Potassium, K.....mg	13		0	MC	9		1		
Sodium, Na.....mg	167		0	MC	9		18		
Zinc, Zn.....mg	0.10		0	MC	9		0.01		
Copper, Cu.....mg	1.550		0	MC	9		0.171		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	270.0		0	MC	9		29.7		
Thiamin.....mg	0.010		0	MC	9		0.001		
Riboflavin.....mg	0.160		0	MC	9		0.018		
Niacin.....mg	0.060		0	MC	9		0.007		
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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.450		0	MC	9		0.050		
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.033		
Fatty acids, total polyunsaturated.....g	0.040		0	MC	9		0.004		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 11.0g: 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14118

NABISCO, KNOX DRINKING GELATIN, Orange Flavor, with aspartame, low calorie, powder

Food Group: 14 Beverages

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

NDB No. 14137

NESTLE, NESTEA Ice Tea, Lemon Flavor, ready-to-drink

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

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14327

Orange and apricot juice drink, 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	0.031		0		1		0.078	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.073	0.009	
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	0.022		0		1		0.055	0.007	
18:2 undifferentiated.....g	0.019		0		1		0.048	0.006	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	79		0	FLA	4		196.631	24.540	
Carotene, alpha.....mcg	2		0	FLA	4		4.829	0.603	
Cryptoxanthin, beta.....mcg	60		0	FLA	4		149.580	18.668	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	47		0	FLA	4		117.964	14.722	

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Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14435
Orange breakfast drink, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	240		0	FLA	4		600.028	75.123	
Carotene, alpha.....mcg	0		0	FLA	4		0.011	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.175	0.022	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.197	0.025	

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

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14436

Orange breakfast drink, ready-to-drink, calcium fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	240		0	BFZN	4		607.216	75.842	
Carotene, alpha.....mcg	0		0	BFZN	4		0.006	0.001	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.106	0.013	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.145	0.018	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 253g: 1 cup (8 fl oz)

Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14426

Orange drink, breakfast type, with juice and pulp, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.003		0		1		0.001	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		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	0.004		0		1		0.001	0.017	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.000	0.004	
Threonine.....g	0.004		0		1		0.001	0.017	
Isoleucine.....g	0.004		0		1		0.001	0.017	
Leucine.....g	0.007		0		1		0.003	0.031	
Lysine.....g	0.005		0		1		0.002	0.022	
Methionine.....g	0.002		0		1		0.001	0.009	
Cystine.....g	0.003		0		1		0.001	0.013	
Phenylalanine.....g	0.005		0		1		0.002	0.022	
Tyrosine.....g	0.002		0		1		0.001	0.009	
Valine.....g	0.006		0		1		0.002	0.026	
Arginine.....g	0.025		0		1		0.009	0.109	
Histidine.....g	0.002		0		1		0.001	0.009	
Alanine.....g	0.008		0		1		0.003	0.035	
Aspartic acid.....g	0.040		0		1		0.015	0.174	
Glutamic acid.....g	0.018		0		1		0.007	0.078	
Glycine.....g	0.005		0		1		0.002	0.022	
Proline.....g	0.023		0		1		0.008	0.100	
Serine.....g	0.007		0		1		0.003	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	11		0	O	4		3.993	47.960	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 36.3g: 1 fl oz

Measure 2 = 436g: 1 can (12 fl oz)

NDB No. 14426

Orange drink, breakfast type, with juice and pulp, frozen concentrate

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14427

Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPA	1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.001	0.000	
Threonine.....g	0.001		0	RPA	1		0.003	0.000	
Isoleucine.....g	0.001		0	RPA	1		0.003	0.000	
Leucine.....g	0.002		0	RPA	1		0.005	0.001	
Lysine.....g	0.001		0	RPA	1		0.004	0.000	
Methionine.....g	0.001		0	RPA	1		0.001	0.000	
Cystine.....g	0.001		0	RPA	1		0.002	0.000	
Phenylalanine.....g	0.001		0	RPA	1		0.004	0.000	
Tyrosine.....g	0.001		0	RPA	1		0.001	0.000	
Valine.....g	0.002		0	RPA	1		0.004	0.001	
Arginine.....g	0.007		0	RPA	1		0.018	0.002	
Histidine.....g	0.001		0	RPA	1		0.001	0.000	
Alanine.....g	0.002		0	RPA	1		0.006	0.001	
Aspartic acid.....g	0.012		0	RPA	1		0.029	0.004	
Glutamic acid.....g	0.005		0	RPA	1		0.013	0.002	
Glycine.....g	0.001		0	RPA	1		0.004	0.000	
Proline.....g	0.007		0	RPA	1		0.017	0.002	
Serine.....g	0.002		0	RPA	1		0.005	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

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Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

NDB No. 14427

Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14323
Orange drink, 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	0.002		0		1		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
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	0.003		0		1		0.007	0.001	
18:2 undifferentiated.....g	0.002		0		1		0.005	0.001	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.057	0.507	
Carotene, alpha.....mcg	0		0	FLA	4		0.685	0.086	
Cryptoxanthin, beta.....mcg	8		0	FLA	4		21.005	2.626	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	FLA	4		26.695	3.337	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 42270
Orange juice drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.010				4		0.025	0.003	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
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	0.010				4		0.025	0.003	0.026
18:2 undifferentiated.....g	0.000				4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000				4		0.000	0.000	0.000
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	0				4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	7		0	FLC	4		17.897	2.235	18.903
Carotene, alpha.....mcg	1		0	FLC	4		3.023	0.378	3.193
Cryptoxanthin, beta.....mcg	37		0	FLC	4		92.656	11.573	97.865
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	29		0	FLC	4		72.014	8.994	76.063

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14403

Orange-flavor drink, KRAFT, TANG Drink Mix

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.30		0	MC	9		0.08	0.08	
Energy.....kcal	366		0	MC	9		92	92	
Energy.....kj	1531						383	383	
Protein.....g	0.00		0	MC	9		0.00	0.00	
Total lipid (fat).....g	0.00		0	MC	9		0.00	0.00	
Ash.....g	1.30		0	MC	9		0.33	0.33	
Carbohydrate, by difference (1).....g	98.40		0	NC	4		24.60	24.60	
Fiber, total dietary.....g	0.3		0	MC	9		0.1	0.1	
Sugars, total.....g	90.20		0	MC	9		22.55	22.55	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	369		0	MC	9		92	92	
Iron, Fe.....mg	0.07		0	MC	9		0.02	0.02	
Magnesium, Mg.....mg	0		0	MC	9		0	0	
Phosphorus, P.....mg	169		0	MC	9		42	42	
Potassium, K.....mg	190		0	MC	9		48	48	
Sodium, Na.....mg	8		0	MC	9		2	2	
Zinc, Zn.....mg	0.04		0	MC	9		0.01	0.01	
Copper, Cu.....mg	0.014		0	MC	9		0.004	0.004	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	240.0		0	MC	9		60.0	60.0	
Thiamin.....mg	0.000		0	MC	9		0.000	0.000	
Riboflavin.....mg	0.680		0	MC	9		0.170	0.170	
Niacin.....mg	8.000		0	MC	9		2.000	2.000	
Pantothenic acid.....mg	0.000		0	MC	9		0.000	0.000	
Vitamin B-6.....mg	0.800		0	MC	9		0.200	0.200	
Folate, total.....mcg	0		0	MC	9		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0	MC	9		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	MC	9		0.00	0.00	
Vitamin A, IU.....IU	2000		0	MC	9		500	500	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
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 = 25g: 2 tbsp

NDB No. 14403

Orange-flavor drink, KRAFT, TANG Drink Mix

Measure 2 = 25g: 1 portion, amount of dry mix to make 8 fl oz prepared

Footnotes

1 Contains citric acid.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14404

Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink Mix

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.80		0	MC	9		0.05		
Energy.....kcal	217		0	MC	9		5		
Energy.....kj	908						23		
Protein.....g	3.60		0	MC	9		0.09		
Total lipid (fat).....g	0.00		0	MC	9		0.00		
Ash.....g	8.70		0	MC	9		0.22		
Carbohydrate, by difference (1).....g	85.90		0	NC	4		2.15		
Fiber, total dietary.....g	3.8		0	MC	9		0.1		
Sugars, total.....g	2.60		0	MC	9		0.07		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	1378		0	MC	9		34		
Iron, Fe.....mg	0.07		0	MC	9		0.00		
Magnesium, Mg.....mg	275		0	MC	9		7		
Phosphorus, P.....mg	629		0	MC	9		16		
Potassium, K.....mg	3132		0	MC	9		78		
Sodium, Na.....mg	81		0	MC	9		2		
Zinc, Zn.....mg	0.00		0	MC	9		0.00		
Copper, Cu.....mg	0.003		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2400.0		0	MC	9		60.0		
Thiamin.....mg	0.000		0	MC	9		0.000		
* Riboflavin.....mg	6.800		0	MC	9		0.170		
* Niacin.....mg	80.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
* Vitamin B-6.....mg	8.000		0	MC	9		0.200		
Folate, total.....mcg	0		0	MC	9		0		
Folic acid.....mcg	0		0	O	4		0		
Folate, food.....mcg	0		0	MC	9		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU.....IU	20000		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
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 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

NDB No. 14404

Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink Mix

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14409

Orange-flavor drink, breakfast type, low calorie, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
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	0.000		0	FLM	4		0.000		
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	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		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 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14407

Orange-flavor drink, breakfast type, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
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	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
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	0.000		0	FLA	4		0.000		
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	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.069		
Carotene, alpha.....mcg	0		0	FLA	4		0.012		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.359		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.279		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 24g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14408

Orange-flavor drink, breakfast type, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.100	0.013	
Carotene, alpha.....mcg	0		0	RPI	6		0.017	0.002	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.518	0.065	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.402	0.050	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 271g: 1 cup (8 fl oz)

Measure 2 = 33.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14424

Orange-flavor drink, breakfast type, with pulp, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.226		0		1		0.080	0.958	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.223		0		1		0.079	0.946	
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	0.197		0		1		0.070	0.835	
18:2 undifferentiated.....g	0.183		0		1		0.065	0.776	
18:3 undifferentiated.....g	0.014		0		1		0.005	0.059	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		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 = 35.3g: 1 fl oz

Measure 2 = 424g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14425

Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.064		0	RPA	1		0.159	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.063		0	RPA	1		0.157	0.020	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	RPA	1		0.139	0.017	
18:2 undifferentiated.....g	0.052		0	RPA	1		0.129	0.016	
18:3 undifferentiated.....g	0.004		0	RPA	1		0.010	0.001	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	
Threonine.....g	0.000		0	RPA	1		0.000	0.000	
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	
Leucine.....g	0.000		0	RPA	1		0.000	0.000	
Lysine.....g	0.000		0	RPA	1		0.000	0.000	
Methionine.....g	0.000		0	RPA	1		0.000	0.000	
Cystine.....g	0.000		0	RPA	1		0.000	0.000	
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	
Valine.....g	0.000		0	RPA	1		0.000	0.000	
Arginine.....g	0.000		0	RPA	1		0.000	0.000	
Histidine.....g	0.000		0	RPA	1		0.000	0.000	
Alanine.....g	0.000		0	RPA	1		0.000	0.000	
Aspartic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glutamic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glycine.....g	0.000		0	RPA	1		0.000	0.000	
Proline.....g	0.000		0	RPA	1		0.000	0.000	
Serine.....g	0.000		0	RPA	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

NDB No. 14425

Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14334

Pineapple and grapefruit juice drink, 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	0.010		0		1		0.025	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.023	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.070	0.009	
18:2 undifferentiated.....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated.....g	0.011		0		1		0.028	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		3.315	0.415	
Carotene, alpha.....mcg	0		0	FLA	4		0.342	0.043	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.141	0.018	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.900	0.238	

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

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14341

Pineapple and orange juice drink, 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	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		9.536	1.194	
Carotene, alpha.....mcg	0		0	FLA	4		1.207	0.151	
Cryptoxanthin, beta.....mcg	15		0	FLA	4		37.000	4.632	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	12		0	FLA	4		28.757	3.600	

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Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14342
Rice beverage, RICE DREAM, 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	0.549		2	A	1		1.345	0.168	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.549		2	A	1		1.345	0.168	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		2	A	1		0.309	0.039	
18:2 undifferentiated.....g	0.126		2	A	1		0.309	0.039	
18:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 245g: 1 cup
 Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

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

NDB No. 14123

SNAPPLE, SNAPPLE Kiwi Strawberry Cocktail, ready-to-drink

Snapple Beverage Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.00		1	A	1		214.72		
Energy.....kcal	48		0	NC	4		116		
Energy.....kj	199				4		486		
Protein.....g	0.10		1	A	1		0.24		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.10		1	A	1		0.24		
Carbohydrate, by difference.....g	11.80		0	NC	4		28.79		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	9.30		1	A	1		22.69		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	LC	8		0		
Iron, Fe.....mg	0.15		1	LC	8		0.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	3		1	A	1		6		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		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	123		1	LC	8		300		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
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 = 244g: 8 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

NDB No. 14123

SNAPPLE, SNAPPLE Kiwi Strawberry Cocktail, ready-to-drink

Food Group: 14 Beverages

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

NDB No. 14346
Shake, fast food, chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.075		0		1		1.785	0.224	4.924
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.037	0.005	0.101
17:1.....g									
18:1 undifferentiated.....g	0.935		0		1		1.552	0.194	4.282
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		0		1		0.232	0.029	0.641
18:2 undifferentiated.....g	0.085		0		1		0.141	0.018	0.389
18:3 undifferentiated.....g	0.055		0		1		0.091	0.011	0.252
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		7		1		22	3	60
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.080	0.010	0.220
Threonine.....g	0.154		0		1		0.256	0.032	0.705
Isoleucine.....g	0.206		0		1		0.342	0.043	0.943
Leucine.....g	0.334		0		1		0.554	0.069	1.530
Lysine.....g	0.270		0		1		0.448	0.056	1.237
Methionine.....g	0.085		0		1		0.141	0.018	0.389
Cystine.....g	0.031		0		1		0.051	0.006	0.142
Phenylalanine.....g	0.164		0		1		0.272	0.034	0.751
Tyrosine.....g	0.164		0		1		0.272	0.034	0.751
Valine.....g	0.228		0		1		0.378	0.047	1.044
Arginine.....g	0.123		0		1		0.204	0.026	0.563
Histidine.....g	0.093		0		1		0.154	0.019	0.426
Alanine.....g	0.117		0		1		0.194	0.024	0.536
Aspartic acid.....g	0.257		0		1		0.427	0.053	1.177
Glutamic acid.....g	0.713		0		1		1.184	0.148	3.266
Glycine.....g	0.072		0		1		0.120	0.015	0.330
Proline.....g	0.329		0		1		0.546	0.068	1.507
Serine.....g	0.185		0		1		0.307	0.038	0.847
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	1		0	FLA	4		2	0	6
Theobromine.....mg	45		0	FLA	4		75	9	207
Carotenoids:									
Carotene, beta.....mcg	5		0	FLA	4		7.646	0.958	21.096
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.077	0.135	2.972

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

NDB No. 14346
Shake, fast food, chocolate

Calories Factors: Protein 4.27

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14428
Shake, fast food, strawberry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	11		5		1		31		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.047		0		1		0.133		
Threonine.....g	0.152		0		1		0.430		
Isoleucine.....g	0.204		0		1		0.577		
Leucine.....g	0.329		0		1		0.931		
Lysine.....g	0.266		0		1		0.753		
Methionine.....g	0.084		0		1		0.238		
Cystine.....g	0.031		0		1		0.088		
Phenylalanine.....g	0.162		0		1		0.458		
Tyrosine.....g	0.162		0		1		0.458		
Valine.....g	0.225		0		1		0.637		
Arginine.....g	0.121		0		1		0.342		
Histidine.....g	0.092		0		1		0.260		
Alanine.....g	0.116		0		1		0.328		
Aspartic acid.....g	0.254		0		1		0.719		
Glutamic acid.....g	0.703		0		1		1.989		
Glycine.....g	0.072		0		1		0.204		
Proline.....g	0.325		0		1		0.920		
Serine.....g	0.183		0		1		0.518		
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 = 283g; 10 fl oz

Calories Factors: Protein 4.27

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14347
Shake, fast food, vanilla

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.862		0		1		1.431	0.179	3.948
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0		1		0.111	0.014	0.307
17:1.....g									
18:1 undifferentiated.....g	0.751		0		1		1.247	0.156	3.440
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0		1		0.184	0.023	0.508
18:2 undifferentiated.....g	0.067		0		1		0.111	0.014	0.307
18:3 undifferentiated.....g	0.043		0		1		0.071	0.009	0.197
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	11		5		1		18	2	50
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.049		0		1		0.081	0.010	0.224
Threonine.....g	0.158		0		1		0.262	0.033	0.724
Isoleucine.....g	0.211		0		1		0.350	0.044	0.966
Leucine.....g	0.341		0		1		0.566	0.071	1.562
Lysine.....g	0.276		0		1		0.458	0.057	1.264
Methionine.....g	0.087		0		1		0.144	0.018	0.398
Cystine.....g	0.032		0		1		0.053	0.007	0.147
Phenylalanine.....g	0.168		0		1		0.279	0.035	0.769
Tyrosine.....g	0.168		0		1		0.279	0.035	0.769
Valine.....g	0.233		0		1		0.387	0.048	1.067
Arginine.....g	0.125		0		1		0.208	0.026	0.573
Histidine.....g	0.095		0		1		0.158	0.020	0.435
Alanine.....g	0.120		0		1		0.199	0.025	0.550
Aspartic acid.....g	0.263		0		1		0.437	0.055	1.205
Glutamic acid.....g	0.729		0		1		1.210	0.152	3.339
Glycine.....g	0.074		0		1		0.123	0.015	0.339
Proline.....g	0.336		0		1		0.558	0.070	1.539
Serine.....g	0.189		0		1		0.314	0.039	0.866
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	5		0	FLA	4		7.981	1.000	22.019
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

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Common Measures:

Measure 1 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

NDB No. 14347
Shake, fast food, vanilla

Calories Factors: Protein 4.27

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14350
Strawberry-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.062		0		4		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.062		0		4		0.014		
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	0.098		0		4		0.022		
18:2 undifferentiated.....g	0.098		0		4		0.022		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		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	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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Common Measures:

Measure 1 = 22g: 1 serving (2-3 heaping tsp)

Calories Factors: Protein 3.9

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14351

Strawberry-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.886		0		1		2.357		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0		1		0.184		
17:1.....g									
18:1 undifferentiated.....g	0.772		0		1		2.054		
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	0.114		0		1		0.303		
18:2 undifferentiated.....g	0.069		0		1		0.184		
18:3 undifferentiated.....g	0.045		0		1		0.120		
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	12		0		1		32		
Phytosterols.....mg	0		0		1		0		
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.112		
Threonine.....g	0.137		0		1		0.364		
Isoleucine.....g	0.183		0		1		0.487		
Leucine.....g	0.296		0		1		0.787		
Lysine.....g	0.240		0		1		0.638		
Methionine.....g	0.076		0		1		0.202		
Cystine.....g	0.028		0		1		0.074		
Phenylalanine.....g	0.146		0		1		0.388		
Tyrosine.....g	0.146		0		1		0.388		
Valine.....g	0.202		0		1		0.537		
Arginine.....g	0.109		0		1		0.290		
Histidine.....g	0.082		0		1		0.218		
Alanine.....g	0.104		0		1		0.277		
Aspartic acid.....g	0.230		0		1		0.612		
Glutamic acid.....g	0.633		0		1		1.684		
Glycine.....g	0.064		0		1		0.170		
Proline.....g	0.293		0		1		0.779		
Serine.....g	0.164		0		1		0.436		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 266g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14133

TABASCO Tomato Cocktail, bloody mary mix, mild, ready-to-drink

McIlhenny Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.30		1	A	1		223.37		
Energy.....kcal	23		0	NC	4		56		
Energy.....kj	97				4		235		
Protein.....g	0.90		1	A	1		2.18		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	1.90		1	A	1		4.60		
Carbohydrate, by difference.....g	4.90		0	NC	4		11.86		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	2.60		1	A	1		6.29		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		1	LC	8		60		
Iron, Fe.....mg	0.72		1	A	1		1.74		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	485		1	A	1		1174		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

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Common Measures:

Measure 1 = 242g; 8 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14139

TROPICANA TWISTER Orange Strawberry Banana Drink, frozen concentrate

Tropicana Products, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.30		1	A	1				
Energy.....kcal	191		0	NC	4				
Energy.....kj	799				4				
Protein.....g	0.40		1	A	1				
Total lipid (fat).....g	0.40		1	A	1				
Ash.....g	0.40		1	A	1				
Carbohydrate, by difference.....g	46.50		0	NC	4				
Fiber, total dietary.....g	0.0		1	LC	8				
Sugars, total.....g	36.60		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	26		1	A	1				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	10.4		1	A	1				
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									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
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:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 14139

TROPICANA TWISTER Orange Strawberry Banana Drink, frozen concentrate

Food Group: 14 Beverages

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

NDB No. 14544

Tea, brewed, prepared with distilled water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001	0.007	
18:2 undifferentiated.....g	0.001		0		1		0.000	0.002	
18:3 undifferentiated.....g	0.003		0		1		0.001	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	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	20		41		1		6	36	
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 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

NDB No. 14355

Tea, brewed, prepared with tap water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0		1		0.002	0.000	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.009	0.001	0.007
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	20		41		1		47	6	36
Theobromine.....mg	2		0		1		5	1	4
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

NDB No. 14355

Tea, brewed, prepared with tap water

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

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

NDB No. 14352

Tea, brewed, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0	BFZN	4		0.002	0.000	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0	BFZN	4		0.009	0.001	0.007
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	1		0	BFZN	4		2	0	2
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 237g: 1 cup (8 fl oz)
- Measure 2 = 29.6g: 1 fl oz
- Measure 3 = 178g: 6 fl oz

NDB No. 14352

Tea, brewed, prepared with tap water, decaffeinated

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14545
Tea, herb, chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0		1		0.002	0.000	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.012	0.001	0.009
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	12		0	NR	4		28.440	3.552	21.360
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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

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

NDB No. 14381

Tea, herb, other than chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0		1		0.002	0.000	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.012	0.001	0.009
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

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

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.023		0		1		0.000	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.000	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.182		0		1		0.002	0.026	
18:2 undifferentiated.....g	0.060		0		1		0.001	0.009	
18:3 undifferentiated.....g	0.123		0		1		0.001	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	0		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.032		0		1		0.000	0.005	
Threonine.....g	0.015		0		1		0.000	0.002	
Isoleucine.....g	0.011		0		1		0.000	0.002	
Leucine.....g	0.011		0		1		0.000	0.002	
Lysine.....g	0.013		0		1		0.000	0.002	
Methionine.....g	0.002		0		1		0.000	0.000	
Cystine.....g	0.017		0		1		0.000	0.002	
Phenylalanine.....g	0.011		0		1		0.000	0.002	
Tyrosine.....g	0.014		0		1		0.000	0.002	
Valine.....g	0.013		0		1		0.000	0.002	
Arginine.....g	0.018		0		1		0.000	0.003	
Histidine.....g	0.005		0		1		0.000	0.001	
Alanine.....g	0.019		0		1		0.000	0.003	
Aspartic acid.....g	0.096		0		1		0.001	0.014	
Glutamic acid.....g	0.175		0		1		0.002	0.025	
Glycine.....g	0.026		0		1		0.000	0.004	
Proline.....g	0.011		0		1		0.000	0.002	
Serine.....g	0.024		0		1		0.000	0.003	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	1344		0	FLA	4		16	194	
Theobromine.....mg	90		0	FLA	4		1	13	
<u>Carotenoids:</u>									
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	

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Common Measures:

Measure 1 = 1.2g: 1 serving 1 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

*Vitamin or mineral added for enrichment or fortification

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14356

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.023		0	BFZN	4		0.000	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.020		0	BFZN	4		0.000	0.003	
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	0.182		0	BFZN	4		0.003	0.026	
18:2 undifferentiated.....g	0.060		0	BFZN	4		0.001	0.009	
18:3 undifferentiated.....g	0.123		0	BFZN	4		0.002	0.018	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	87		0	BFZN	4		1	13	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

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

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.000	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:1.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.002	0.000	0.004
18:2 undifferentiated.....g	0.000		0	RPA	1		0.001	0.000	0.001
18:3 undifferentiated.....g	0.001		0	RPA	1		0.001	0.000	0.003
18:4.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	0.001
Threonine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Leucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Lysine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Methionine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Cystine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Valine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Arginine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Histidine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Alanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	RPA	1		0.001	0.000	0.002
Glutamic acid.....g	0.001		0	RPA	1		0.002	0.000	0.004
Glycine.....g	0.000		0	RPA	1		0.000	0.000	0.001
Proline.....g	0.000		0	RPA	1		0.000	0.000	0.000
Serine.....g	0.000		0	RPA	1		0.000	0.000	0.001
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	7		0	RPI	6		16	2	32
Theobromine.....mg	0		0	RPI	6		1	0	2
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 474g: 1 bottle (10 fl oz)

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.011		0		1		0.020	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.018	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.166	0.021	
18:2 undifferentiated.....g	0.030		0		1		0.055	0.007	
18:3 undifferentiated.....g	0.061		0		1		0.111	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	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.009	0.001	
Threonine.....g	0.003		0		1		0.005	0.001	
Isoleucine.....g	0.003		0		1		0.005	0.001	
Leucine.....g	0.003		0		1		0.005	0.001	
Lysine.....g	0.003		0		1		0.005	0.001	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.003		0		1		0.005	0.001	
Phenylalanine.....g	0.001		0		1		0.002	0.000	
Tyrosine.....g	0.003		0		1		0.005	0.001	
Valine.....g	0.003		0		1		0.005	0.001	
Arginine.....g	0.003		0		1		0.005	0.001	
Histidine.....g	0.001		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.007	0.001	
Aspartic acid.....g	0.017		0		1		0.031	0.004	
Glutamic acid.....g	0.031		0		1		0.056	0.007	
Glycine.....g	0.005		0		1		0.009	0.001	
Proline.....g	0.003		0		1		0.005	0.001	
Serine.....g	0.004		0		1		0.007	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	124		19.934	6		1	226	29	
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 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14549

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0		1		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008		0		1		0.021		
18:2 undifferentiated.....g	0.003		0		1		0.008		
18:3 undifferentiated.....g	0.005		0		1		0.013		
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	0		0		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000		
Threonine.....g	0.000		0		1		0.000		
Isoleucine.....g	0.000		0		1		0.000		
Leucine.....g	0.000		0		1		0.000		
Lysine.....g	0.000		0		1		0.000		
Methionine.....g	0.000		0		1		0.000		
Cystine.....g	0.000		0		1		0.000		
Phenylalanine.....g	0.000		0		1		0.000		
Tyrosine.....g	0.000		0		1		0.000		
Valine.....g	0.000		0		1		0.000		
Arginine.....g	0.000		0		1		0.000		
Histidine.....g	0.000		0		1		0.000		
Alanine.....g	0.000		0		1		0.000		
Aspartic acid.....g	0.001		0		1		0.003		
Glutamic acid.....g	0.002		0		1		0.005		
Glycine.....g	0.000		0		1		0.000		
Proline.....g	0.000		0		1		0.000		
Serine.....g	0.000		0		1		0.000		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	11		0		1		28		
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 = 259g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.011		0		1		0.020	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.018	0.002	
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	0.091		0		1		0.166	0.021	
18:2 undifferentiated.....g	0.030		0		1		0.055	0.007	
18:3 undifferentiated.....g	0.061		0		1		0.111	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	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.009	0.001	
Threonine.....g	0.003		0		1		0.005	0.001	
Isoleucine.....g	0.003		0		1		0.005	0.001	
Leucine.....g	0.003		0		1		0.005	0.001	
Lysine.....g	0.003		0		1		0.005	0.001	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.003		0		1		0.005	0.001	
Phenylalanine.....g	0.001		0		1		0.002	0.000	
Tyrosine.....g	0.003		0		1		0.005	0.001	
Valine.....g	0.003		0		1		0.005	0.001	
Arginine.....g	0.003		0		1		0.005	0.001	
Histidine.....g	0.001		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.007	0.001	
Aspartic acid.....g	0.017		0		1		0.031	0.004	
Glutamic acid.....g	0.031		0		1		0.056	0.007	
Glycine.....g	0.005		0		1		0.009	0.001	
Proline.....g	0.003		0		1		0.005	0.001	
Serine.....g	0.004		0		1		0.007	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	124	19.934	6	FLA	1		226	29	
Theobromine.....mg	9		0	FLA	4		16	2	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.241	0.031	
Carotene, alpha.....mcg	0		0	FLA	4		0.038	0.005	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.509	0.191	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.184	0.150	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.011		0	BFZN	4		0.020	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0	BFZN	4		0.018	0.002	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0	BFZN	4		0.166	0.021	
18:2 undifferentiated.....g	0.030		0	BFZN	4		0.055	0.007	
18:3 undifferentiated.....g	0.061		0	BFZN	4		0.111	0.014	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0	BFZN	4		0.009	0.001	
Threonine.....g	0.003		0	BFZN	4		0.005	0.001	
Isoleucine.....g	0.003		0	BFZN	4		0.005	0.001	
Leucine.....g	0.003		0	BFZN	4		0.005	0.001	
Lysine.....g	0.003		0	BFZN	4		0.005	0.001	
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	
Cystine.....g	0.003		0	BFZN	4		0.005	0.001	
Phenylalanine.....g	0.001		0	BFZN	4		0.002	0.000	
Tyrosine.....g	0.003		0	BFZN	4		0.005	0.001	
Valine.....g	0.003		0	BFZN	4		0.005	0.001	
Arginine.....g	0.003		0	BFZN	4		0.005	0.001	
Histidine.....g	0.001		0	BFZN	4		0.002	0.000	
Alanine.....g	0.004		0	BFZN	4		0.007	0.001	
Aspartic acid.....g	0.017		0	BFZN	4		0.031	0.004	
Glutamic acid.....g	0.031		0	BFZN	4		0.056	0.007	
Glycine.....g	0.005		0	BFZN	4		0.009	0.001	
Proline.....g	0.003		0	BFZN	4		0.005	0.001	
Serine.....g	0.004		0	BFZN	4		0.007	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	5		0	BFZN	4		9	1	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008		0	RPA	1		0.021		
18:2 undifferentiated.....g	0.003		0	RPA	1		0.007		
18:3 undifferentiated.....g	0.005		0	RPA	1		0.014		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.001		
Threonine.....g	0.000		0	RPA	1		0.001		
Isoleucine.....g	0.000		0	RPA	1		0.001		
Leucine.....g	0.000		0	RPA	1		0.001		
Lysine.....g	0.000		0	RPA	1		0.001		
Methionine.....g	0.000		0	RPA	1		0.000		
Cystine.....g	0.000		0	RPA	1		0.001		
Phenylalanine.....g	0.000		0	RPA	1		0.000		
Tyrosine.....g	0.000		0	RPA	1		0.001		
Valine.....g	0.000		0	RPA	1		0.001		
Arginine.....g	0.000		0	RPA	1		0.001		
Histidine.....g	0.000		0	RPA	1		0.000		
Alanine.....g	0.000		0	RPA	1		0.001		
Aspartic acid.....g	0.001		0	RPA	1		0.004		
Glutamic acid.....g	0.003		0	RPA	1		0.007		
Glycine.....g	0.000		0	RPA	1		0.001		
Proline.....g	0.000		0	RPA	1		0.001		
Serine.....g	0.000		0	RPA	1		0.001		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	11		0	RPI	6		28		
Theobromine.....mg	1		0	RPI	6		2		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 259g: 1 cup (8 fl oz)

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14368

Tea, instant, unsweetened, lemon-flavored, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015		0		1		0.000	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.000	0.001	
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	0.122		0		1		0.002	0.014	
18:2 undifferentiated.....g	0.040		0		1		0.001	0.005	
18:3 undifferentiated.....g	0.082		0		1		0.001	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.001	0.008	
Threonine.....g	0.033		0		1		0.000	0.004	
Isoleucine.....g	0.025		0		1		0.000	0.003	
Leucine.....g	0.025		0		1		0.000	0.003	
Lysine.....g	0.028		0		1		0.000	0.003	
Methionine.....g	0.004		0		1		0.000	0.000	
Cystine.....g	0.038		0		1		0.001	0.004	
Phenylalanine.....g	0.023		0		1		0.000	0.003	
Tyrosine.....g	0.032		0		1		0.000	0.004	
Valine.....g	0.030		0		1		0.000	0.003	
Arginine.....g	0.041		0		1		0.001	0.005	
Histidine.....g	0.011		0		1		0.000	0.001	
Alanine.....g	0.043		0		1		0.001	0.005	
Aspartic acid.....g	0.213		0		1		0.003	0.024	
Glutamic acid.....g	0.390		0		1		0.005	0.044	
Glycine.....g	0.058		0		1		0.001	0.007	
Proline.....g	0.025		0		1		0.000	0.003	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	1794		1		1		25	203	
Theobromine.....mg	121		0		4		2	14	
Carotenoids:									
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.

Common Measures:

Measure 1 = 1.4g: 1 tsp, rounded

Measure 2 = 11.3g: 2 tbsp, rounded

NDB No. 14368

Tea, instant, unsweetened, lemon-flavored, powder

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

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

NDB No. 14369

Tea, instant, unsweetened, lemon-flavored, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0		1		0.002		
18:2 undifferentiated.....g	0.000		0		1		0.000		
18:3 undifferentiated.....g	0.001		0		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	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000		
Threonine.....g	0.000		0		1		0.000		
Isoleucine.....g	0.000		0		1		0.000		
Leucine.....g	0.000		0		1		0.000		
Lysine.....g	0.000		0		1		0.000		
Methionine.....g	0.000		0		1		0.000		
Cystine.....g	0.000		0		1		0.000		
Phenylalanine.....g	0.000		0		1		0.000		
Tyrosine.....g	0.000		0		1		0.000		
Valine.....g	0.000		0		1		0.000		
Arginine.....g	0.000		0		1		0.000		
Histidine.....g	0.000		0		1		0.000		
Alanine.....g	0.000		0		1		0.000		
Aspartic acid.....g	0.001		0		1		0.002		
Glutamic acid.....g	0.002		0		1		0.005		
Glycine.....g	0.000		0		1		0.000		
Proline.....g	0.000		0		1		0.000		
Serine.....g	0.000		0		1		0.000		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	11		0		1		26		
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 = 238g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14366

Tea, instant, unsweetened, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.000		
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	0.122		0		1		0.001		
18:2 undifferentiated.....g	0.040		0		1		0.000		
18:3 undifferentiated.....g	0.082		0		1		0.001		
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	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.001		
Threonine.....g	0.052		0		1		0.000		
Isoleucine.....g	0.039		0		1		0.000		
Leucine.....g	0.039		0		1		0.000		
Lysine.....g	0.045		0		1		0.000		
Methionine.....g	0.006		0		1		0.000		
Cystine.....g	0.060		0		1		0.000		
Phenylalanine.....g	0.037		0		1		0.000		
Tyrosine.....g	0.051		0		1		0.000		
Valine.....g	0.047		0		1		0.000		
Arginine.....g	0.064		0		1		0.000		
Histidine.....g	0.017		0		1		0.000		
Alanine.....g	0.067		0		1		0.000		
Aspartic acid.....g	0.337		0		1		0.002		
Glutamic acid.....g	0.618		0		1		0.004		
Glycine.....g	0.092		0		1		0.001		
Proline.....g	0.039		0		1		0.000		
Serine.....g	0.086		0		1		0.001		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	4352		4		1		30		
Theobromine.....mg	293		0		1		2		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 0.7g: 1 tsp

NDB No. 14366

Tea, instant, unsweetened, powder

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

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

NDB No. 14353

Tea, instant, unsweetened, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0	BFZN	4		0.000		
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	0.122		0	BFZN	4		0.001		
18:2 undifferentiated.....g	0.040		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.082		0	BFZN	4		0.001		
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	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	169		0	BFZN	4		1		
Theobromine.....mg	11		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		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 = 0.7g: 1 tsp

Calories Factors: Protein 2.44

Fat 3.348

Carbohydrate 3.57

Food Group: 14 Beverages

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

NDB No. 14367

Tea, instant, unsweetened, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:1.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPA	1		0.001	0.000	0.001
18:2 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPA	1		0.001	0.000	0.000
18:4.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.001	0.000	0.001
Threonine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Leucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Lysine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Methionine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Cystine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Valine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Arginine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Histidine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Alanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Aspartic acid.....g	0.001		0	RPA	1		0.002	0.000	0.002
Glutamic acid.....g	0.002		0	RPA	1		0.004	0.001	0.003
Glycine.....g	0.000		0	RPA	1		0.001	0.000	0.000
Proline.....g	0.000		0	RPA	1		0.000	0.000	0.000
Serine.....g	0.000		0	RPA	1		0.001	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	13		0	RPI	6		30	4	23
Theobromine.....mg	1		0	RPI	6		2	0	2
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 237g: 1 cup (8 fl oz)
- Measure 2 = 29.6g: 1 fl oz
- Measure 3 = 178g: 6 fl oz

NDB No. 14367

Tea, instant, unsweetened, powder, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14382
Thirst quencher drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
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.

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

NDB No. 14382

Thirst quencher drink, bottled

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14122

VERYFINE APPLE QUENCHERS Apple Raspberry Cherry Juice Cocktail, ready-to-drink

Veryfine Products, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.80		1	A	1				
Energy.....kcal	52		0	NC	4				
Energy.....kj	219				4				
Protein.....g	0.10		1	A	1				
Total lipid (fat).....g	0.00		1	A	1				
Ash.....g	0.10		1	A	1				
Carbohydrate, by difference.....g	13.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	10.00		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	5		1	A	1				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.3		1	A	1				
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									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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: 14 Beverages

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

NDB No. 14141

WELCH'S ORCHARD TROPICALS Passion Fruit Drink, frozen concentrate

Welch Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.00		1	A	1				
Energy.....kcal	198		0	NC	4				
Energy.....kj	830				4				
Protein.....g	0.30		1	A	1				
Total lipid (fat).....g	0.00		1	A	1				
Ash.....g	0.40		1	A	1				
Carbohydrate, by difference.....g	49.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	38.40		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	44		1	A	1				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.5		1	A	1				
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									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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: 14 Beverages

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

NDB No. 14384
Water, bottled, PERRIER

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 192g: 1 bottle (6.5 fl oz)

Footnotes

1 One fl oz = 29.57 g.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14385
Water, bottled, POLAND SPRING

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000		
18:2 undifferentiated.....g	0.000		0		1		0.000		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		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	0		0		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000		
Threonine.....g	0.000		0		1		0.000		
Isoleucine.....g	0.000		0		1		0.000		
Leucine.....g	0.000		0		1		0.000		
Lysine.....g	0.000		0		1		0.000		
Methionine.....g	0.000		0		1		0.000		
Cystine.....g	0.000		0		1		0.000		
Phenylalanine.....g	0.000		0		1		0.000		
Tyrosine.....g	0.000		0		1		0.000		
Valine.....g	0.000		0		1		0.000		
Arginine.....g	0.000		0		1		0.000		
Histidine.....g	0.000		0		1		0.000		
Alanine.....g	0.000		0		1		0.000		
Aspartic acid.....g	0.000		0		1		0.000		
Glutamic acid.....g	0.000		0		1		0.000		
Glycine.....g	0.000		0		1		0.000		
Proline.....g	0.000		0		1		0.000		
Serine.....g	0.000		0		1		0.000		
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 = 237g: 1 cup (8 fl oz)

Footnotes

1 One fl oz = 29.57 g.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14429
Water, municipal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0		Z 7		0	0	0
Theobromine.....mg	0		0		Z 7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 64g: 3 ice cube (3/4 fl oz)

NDB No. 14429

Water, municipal

Footnotes

1 One fl oz = 29.57 g.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14028
Whiskey sour mix, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
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	0.020		0		1		0.006	0.013	
18:2 undifferentiated.....g	0.013		0		1		0.004	0.008	
18:3 undifferentiated.....g	0.005		0		1		0.002	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
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.

Common Measures:

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

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

NDB No. 14530

Whiskey sour mix, bottled, with added potassium and 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	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.006	0.013	
18:2 undifferentiated.....g	0.013		0		1		0.004	0.008	
18:3 undifferentiated.....g	0.005		0		1		0.002	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	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		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 = 32.3g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14024
Whiskey sour mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.006		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0		1		0.006		
18:2 undifferentiated.....g	0.025		0		1		0.004		
18:3 undifferentiated.....g	0.012		0		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	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 = 17g: 1 packet

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

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

NDB No. 14553
Wine, non-alcoholic

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	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				4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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