

NDB No. 43595

Breakfast bar, corn flake crust with fruit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.000		0	MC	9				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		4				
17:1.....g									
18:1 undifferentiated.....g	4.977		0		4				
20:1.....g	0.023		0		4				
22:1 undifferentiated.....g	0.003		0		4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9				
18:2 undifferentiated.....g	0.850		0		4				
18:3 undifferentiated.....g	0.056		0		4				
18:4.....g	0.000		0		4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4				
20:5 n-3.....g	0.000		0		4				
22:5 n-3.....g	0.000		0		4				
22:6 n-3.....g	0.000		0		4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	40		0	FLA	4				

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 43100

Breakfast bars, oats, sugar, raisins, coconut (include granola bar)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.933				4				0.831
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007				4				0.003
17:1.....g									
18:1 undifferentiated.....g	1.926				4				0.828
20:1.....g	0.001				4				0.000
22:1 undifferentiated.....g	0.000				4				0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.634				4				0.703
18:2 undifferentiated.....g	1.574				4				0.677
18:3 undifferentiated.....g	0.011				4				0.005
18:4.....g	0.000				4				0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4				0.000
20:5 n-3.....g	0.000				4				0.000
22:5 n-3.....g	0.000				4				0.000
22:6 n-3.....g	0.000				4				0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7				0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4				0.0
Caffeine.....mg	0		0	FLA	4				0
Theobromine.....mg	0		0	FLA	4				0
Carotenoids:									
Carotene, beta.....mcg	91		0	FLA	4				39.190
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	107		0	FLA	4				46.089

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Common Measures:

Measure 3 = 43g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19434

Cheese puffs and twists, corn based, low fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.500				4		0.992		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026				4		0.007		
17:1.....g									
18:1 undifferentiated.....g	3.475				4		0.985		
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	5.740				4		1.627		
18:2 undifferentiated.....g	5.429				4		1.539		
18:3 undifferentiated.....g	0.314				4		0.089		
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	1				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	58		0	FLA	4		16.479		
Carotene, alpha.....mcg	30		0	FLA	4		8.515		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	643		0	FLA	4		182.275		

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 42139

Granola bar, soft, milk chocolate coated, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.561						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120						4		
17:1.....g									
18:1 undifferentiated.....g	6.411						4		
20:1.....g	0.030						4		
22:1 undifferentiated.....g	0.000						7		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.906						4		
18:2 undifferentiated.....g	1.836						4		
18:3 undifferentiated.....g	0.070						4		
18:4.....g	0.000						7		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010						4		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	12						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	3		0	BFZN			4		
Theobromine.....mg	41		0	BFZN			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA			4		
Carotene, alpha.....mcg	0		0	FLA			4		
Cryptoxanthin, beta.....mcg	0		0	FLA			4		
Lycopene.....mcg	0		0	FLA			4		
Lutein + zeaxanthin.....mcg	32		0	FLA			4		

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 43572

Popcorn, microwave, low fat 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	4.085						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038						4		
17:1.....g									
18:1 undifferentiated.....g	4.037						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.572						4		
18:2 undifferentiated.....g	3.315						4		
18:3 undifferentiated.....g	0.247						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA			4		
Caffeine.....mg	0		0	FLA			4		
Theobromine.....mg	0		0	FLA			4		
Carotenoids:									
Carotene, beta.....mcg	66		0	FLA			4		
Carotene, alpha.....mcg	43		0	FLA			4		
Cryptoxanthin, beta.....mcg	0		0	FLA			4		
Lycopene.....mcg	0		0	FLA			4		
Lutein + zeaxanthin.....mcg	1087		0	FLA			4		

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19436
Popcorn, sugar syrup/caramel, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.260			FLC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003			FLC		4			
17:1.....g									
18:1 undifferentiated.....g	0.257			FLC		4			
20:1.....g	0.000			FLC		4			
22:1 undifferentiated.....g	0.000			FLC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.634			FLC		4			
18:2 undifferentiated.....g	0.588			FLC		4			
18:3 undifferentiated.....g	0.046			FLC		4			
18:4.....g	0.000			FLC		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLC		4			
20:5 n-3.....g	0.000			FLC		4			
22:5 n-3.....g	0.000			FLC		4			
22:6 n-3.....g	0.000			FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z		7			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z		7			
Caffeine.....mg	0		0	FLC		4			
Theobromine.....mg	0		0	FLC		4			
Carotenoids:									
Carotene, beta.....mcg	15		0	FLC		4			
Carotene, alpha.....mcg	10		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	242		0	FLC		4			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19823

Potato chips, without salt, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.800								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500								
17:1.....g									
18:1 undifferentiated.....g	4.300								
20:1.....g	0.000								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.940								
18:2 undifferentiated.....g	10.750								
18:3 undifferentiated.....g	0.190								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	0								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					
Carotenoids:									
Carotene, beta.....mcg	0		0	Z					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 43109
Pretzels, soft

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.071				4		1.532	1.232	0.664
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	1.070				4		1.530	1.231	0.663
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	0.948				4		1.356	1.090	0.588
18:2 undifferentiated.....g	0.892				4		1.276	1.026	0.553
18:3 undifferentiated.....g	0.055				4		0.079	0.063	0.034
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	3				4		4	3	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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	0		0	FLA	4		0.199	0.160	0.086
Carotene, alpha.....mcg	0		0	FLA	4		0.093	0.075	0.040
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.133	0.107	0.058
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	17		0	FLA	4		24.052	19.342	10.428

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Common Measures:

Measure 1 = 143g: 1 large
 Measure 2 = 115g: 1 medium
 Measure 3 = 62g: 1 small

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 42204

Rice cake, cracker (include hain mini rice cakes)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.582				4		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015				4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.566				4		0.066		
20:1.....g	0.000				7		0.000		
22:1 undifferentiated.....g	0.000				7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.520				4		0.064		
18:2 undifferentiated.....g	1.490				4		0.063		
18:3 undifferentiated.....g	0.015				4		0.001		
18:4.....g	0.000				7		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000		
20:5 n-3.....g	0.000				7		0.000		
22:5 n-3.....g	0.000				7		0.000		
22:6 n-3.....g	0.000				7		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	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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Common Measures:

Measure 1 = 4.2g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19033
Snacks, CHEX mix

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		1		1		0.99	2.00	
Energy.....kcal	425		0	NC	4		120	242	
Energy.....kj	1778		4		4		504	1014	
Protein (N x 5.9).....g	11.00		1		1		3.12	6.27	
Total lipid (fat).....g	17.30		1		1		4.90	9.86	
Ash.....g	3.14		0		4		0.89	1.79	
Carbohydrate, by difference.....g	65.10		0	NC	4		18.46	37.11	
Fiber, total dietary.....g	5.6		0		4		1.6	3.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1		4		10	20	
Iron, Fe.....mg	24.70		1		1		7.00	14.08	
Magnesium, Mg.....mg	63		1		1		18	36	
Phosphorus, P.....mg	187		1		1		53	107	
Potassium, K.....mg	269		1		4		76	153	
Sodium, Na.....mg	1017		1		1		288	580	
Zinc, Zn.....mg	2.09		1		4		0.59	1.19	
Copper, Cu.....mg	0.448		1		4		0.127	0.255	
Manganese, Mn.....mg	1.553		1		4		0.440	0.885	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	47.5		1		1		13.5	27.1	
Thiamin.....mg	1.555		1		1		0.441	0.886	
Riboflavin.....mg	0.497		1		1		0.141	0.283	
Niacin.....mg	16.838		1		1		4.774	9.598	
Pantothenic acid.....mg	0.451		1		4		0.128	0.257	
Vitamin B-6.....mg	1.555		1		1		0.441	0.886	
Folate, total.....mcg	50			O	4		14	29	
Folic acid.....mcg	50			O	4		14	29	
Folate, food.....mcg	0			O	4		0	0	
Folate, DFE.....mcg_DFE	85			O	4		24	48	
Vitamin B-12.....mcg	12.40		1		1		3.52	7.07	
Vitamin A, IU.....IU	145		1		4		41	83	
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		2	4	
Retinol.....mcg	0		0	Z	7		0	0	
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	5.530		0		4		1.568	3.152	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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 = 28.35g: 1 oz (approx 2/3 cup)

NDB No. 19033
Snacks, CHEX mix

Measure 2 = 57g: 2 oz

Calories Factors: Protein 4

Fat 8.5

Carbohydrate 3.6

Food Group: 25 Snacks

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

NDB No. 19032

Snacks, DOO DADS snack mix, original flavor

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	3.00	0.323	3		1		1.71	0.84	
Energy.....kcal	456		0	NC	4		260	128	
Energy.....kj	1908				4		1088	534	
Protein (N x 5.8).....g	10.30	0.912	3		1		5.87	2.88	
Total lipid (fat).....g	18.50	0.512	3		1		10.55	5.18	
Ash.....g	3.80	0.122	3		1		2.17	1.06	
Carbohydrate, by difference.....g	64.30		0	NC	4		36.65	18.00	
Fiber, total dietary.....g	6.8		0		1		3.9	1.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74	2.719	3		1		42	21	
Iron, Fe.....mg	2.50	1.050	3		1		1.43	0.70	
Magnesium, Mg.....mg	60		1		4		34	17	
Phosphorus, P.....mg	296		1		4		169	83	
Potassium, K.....mg	277	12.429	3		1		158	78	
Sodium, Na.....mg	1271	95.048	3		1		724	356	
Zinc, Zn.....mg	2.25		1		4		1.28	0.63	
Copper, Cu.....mg	0.321		1		4		0.183	0.090	
Manganese, Mn.....mg	1.765		1		4		1.006	0.494	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.1	0.0	
Thiamin.....mg	0.360	0.074	3		1		0.205	0.101	
Riboflavin.....mg	0.260	0.020	3		1		0.148	0.073	
Niacin.....mg	5.370	0.667	3		1		3.061	1.504	
Pantothenic acid.....mg	0.578		1		4		0.329	0.162	
Vitamin B-6.....mg	0.204		1		4		0.116	0.057	
Folate, total.....mcg	93			O	4		53	26	
Folic acid.....mcg	73			O	4		42	20	
Folate, food.....mcg	20			O	4		11	6	
Folate, DFE.....mcg_DFE	144		0	NC	4		82	40	
Vitamin B-12.....mcg	0.01		1		4		0.01	0.00	
Vitamin A, IU.....IU	151		1		4		86	42	
Vitamin A, RAE.....mcg_RAE	43		0	NC	4		24	12	
Retinol.....mcg	42		0	NC	4		24	12	
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	3.530		0		4		2.012	0.988	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		4		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 = 57g: 1 cup

NDB No. 19032

Snacks, DOO DADS snack mix, original flavor

Measure 2 = 28g: .5 cup

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19272

Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E

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	14.70		1	A	1		3.82		
Energy.....kcal	341		0	NC	4		89		
Energy.....kj	1428				4		371		
Protein.....g	4.40		1	A	1		1.14		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.00		1	A	1		0.00		
Carbohydrate, by difference.....g	80.90		0	NC	4		21.03		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	36		1	A	1		9		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	90.3		1	A	1		23.5		
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	5436		1	MA	12		1413		
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 = 26g: 1 pouch

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19269

Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.014		1	A	1		0.004		
17:1.....g	0.004		1	A	1		0.001		
18:1 undifferentiated.....g	1.703		1	A	1		0.477		
20:1.....g	0.006		1	A	1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		4		0.026		
18:2 undifferentiated.....g	0.080		1	A	1		0.022		
18:3 undifferentiated.....g	0.011		1	A	1		0.003		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.001		
20:4 undifferentiated.....g	0.002		1	A	1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 2 rolls

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19439

Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown 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
Fatty acids, total monounsaturated.....g	1.800		0	MC	9			
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.004		0	FLC	4			
17:1.....g								
18:1 undifferentiated.....g	1.769		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	4.500		0	MC	9			
18:2 undifferentiated.....g	4.038		0	FLC	4			
18:3 undifferentiated.....g	0.043		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		0	MC	9			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19441

Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.000		0	FLM		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	FLM		4			
17:1.....g									
18:1 undifferentiated.....g	4.977		0	FLM		4			
20:1.....g	0.023		0	FLM		4			
22:1 undifferentiated.....g	0.003		0	FLM		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	FLM		4			
18:2 undifferentiated.....g	0.850		0	FLM		4			
18:3 undifferentiated.....g	0.056		0	FLM		4			
18:4.....g	0.000		0	FLM		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM		4			
20:5 n-3.....g	0.000		0	FLM		4			
22:5 n-3.....g	0.000		0	FLM		4			
22:6 n-3.....g	0.000		0	FLM		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19438

Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.500		0	FLC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLC		4			
17:1.....g									
18:1 undifferentiated.....g	1.943		0	FLC		4			
20:1.....g	0.018		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.100		0	FLC		4			
18:2 undifferentiated.....g	4.346		0	FLC		4			
18:3 undifferentiated.....g	0.579		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		0	MC		9			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0			Z		7			
Theobromine.....mg	0			Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19009
Snacks, KRAFT, CORNNUTS, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.460		0	MC	9		2.682	5.392	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.490		0	FLM	4		2.123	4.269	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.050		0	MC	9		0.865	1.739	
18:2 undifferentiated.....g	3.009		0	FLM	4		0.853	1.715	
18:3 undifferentiated.....g	0.058		0	FLM	4		0.016	0.033	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		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	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19049

Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

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	1.67		0	MC	9		0.47	0.50	
Energy.....kcal	463		0	MC	9		131	139	
Energy.....kj	1937						549	581	
Protein.....g	9.85		0	MC	9		2.79	2.96	
Total lipid (fat).....g	16.92		0	MC	9		4.80	5.08	
Ash.....g	5.01		0	MC	9		1.42	1.50	
Carbohydrate, by difference.....g	66.50		0	MC	9		18.85	19.95	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	197		0	MC	9		56	59	
Iron, Fe.....mg	0.92		0	MC	9		0.26	0.28	
Magnesium, Mg.....mg	22		1		4		6	7	
Phosphorus, P.....mg	143		1		4		41	43	
Potassium, K.....mg	130		1		1		37	39	
Sodium, Na.....mg	1117	53.770	3		1		317	335	
Zinc, Zn.....mg	0.73		1		4		0.21	0.22	
Copper, Cu.....mg	0.119		1		4		0.034	0.036	
Manganese, Mn.....mg	0.448		1		4		0.127	0.134	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	
Thiamin.....mg	0.300		0	MC	9		0.085	0.090	
Riboflavin.....mg	0.557	0.019	3		1		0.158	0.167	
Niacin.....mg	3.183	0.436	3		1		0.902	0.955	
Pantothenic acid.....mg	0.481		1		4		0.136	0.144	
Vitamin B-6.....mg	0.046		1		4		0.013	0.014	
Folate, total.....mcg	8		1		4		2	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1		4		2	2	
Folate, DFE.....mcg_DFE	8		0	NC	4		2	2	
Vitamin B-12.....mcg	0.12		1		4		0.03	0.04	
Vitamin A, IU.....IU	67	30.200	3		1		19	20	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	1	
Retinol.....mcg	1		0	NC	4		0	0	
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	5		0	MC	9		1	2	
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 = 28.35g: 1 oz

NDB No. 19049

Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

Measure 2 = 30g: 10 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19440

Snacks, M&M MARS, KUDOS Whole Grain Bars, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.243		0	FLC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.051		0	FLC		4			
17:1.....g									
18:1 undifferentiated.....g	5.161		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	0.851		0	FLC		4			
18:2 undifferentiated.....g	0.803		0	FLC		4			
18:3 undifferentiated.....g	0.048		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	136		0	MC		9			
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	6		0	NR		4			
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19273

Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E

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	14.60		1	A	1		3.07		
Energy.....kcal	342		0	NC	4		72		
Energy.....kj	1432				4		301		
Protein.....g	0.60		1	A	1		0.13		
Total lipid (fat).....g	1.00		1	A	1		0.21		
Ash.....g	1.10		1	A	1		0.23		
Carbohydrate, by difference.....g	82.70		0	NC	4		17.37		
Fiber, total dietary.....g	7.7		1	A	1		1.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	111		1	A	1		23		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	81.6		1	A	1		17.1		
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	835		1	A	1		175		
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 = 21g: 1 roll

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19400
Snacks, banana chips

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.950		0		1		0.553	1.658	0.819
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.950		1		1		0.553	1.658	0.819
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	0.630		0		1		0.179	0.536	0.265
18:2 undifferentiated.....g	0.620		1		1		0.176	0.527	0.260
18:3 undifferentiated.....g	0.010		1		1		0.003	0.009	0.004
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		1		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.008	0.023	0.011
Threonine.....g	0.076		0		1		0.022	0.065	0.032
Isoleucine.....g	0.074		0		1		0.021	0.063	0.031
Leucine.....g	0.158		0		1		0.045	0.134	0.066
Lysine.....g	0.107		0		1		0.030	0.091	0.045
Methionine.....g	0.024		0		1		0.007	0.020	0.010
Cystine.....g	0.039		0		1		0.011	0.033	0.016
Phenylalanine.....g	0.086		0		1		0.024	0.073	0.036
Tyrosine.....g	0.053		0		1		0.015	0.045	0.022
Valine.....g	0.104		0		1		0.029	0.088	0.044
Arginine.....g	0.104		0		1		0.029	0.088	0.044
Histidine.....g	0.180		0		1		0.051	0.153	0.076
Alanine.....g	0.087		0		1		0.025	0.074	0.037
Aspartic acid.....g	0.253		0		1		0.072	0.215	0.106
Glutamic acid.....g	0.248		0		1		0.070	0.211	0.104
Glycine.....g	0.082		0		1		0.023	0.070	0.034
Proline.....g	0.089		0		1		0.025	0.076	0.037
Serine.....g	0.104		0		1		0.029	0.088	0.044
Hydroxyproline.....g									
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	34		0	BNA	4		9.546	28.622	14.142
Carotene, alpha.....mcg	32		0	BNA	4		9.144	27.417	13.547
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	46		0	FLA	4		12.911	38.709	19.127

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

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 85g: 3 oz
- Measure 3 = 42g: 1.5 oz

NDB No. 19400
Snacks, banana chips

Calories Factors: Protein 3.4

Fat 8.6

Carbohydrate 3.8

Food Group: 25 Snacks

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

NDB No. 19002

Snacks, beef jerky, chopped and formed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.305		1	MA	12		3.205	2.261	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.135		0	FLC	4		0.322	0.227	
17:1.....g									
18:1 undifferentiated.....g	10.099		0	FLC	4		2.863	2.020	
20:1.....g	0.071		0	FLC	4		0.020	0.014	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.011		1	MA	12		0.287	0.202	
18:2 undifferentiated.....g	0.810		0	FLC	4		0.230	0.162	
18:3 undifferentiated.....g	0.185		0	FLC	4		0.052	0.037	
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	0.016		0	FLC	4		0.005	0.003	
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	48		1	MA	12		14	10	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 piece, large

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19407
Snacks, beef sticks, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.470		0		1		5.803	4.094	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.300		1		1		0.652	0.460	
17:1.....g									
18:1 undifferentiated.....g	17.910		1		1		5.077	3.582	
20:1.....g	0.250		1		1		0.071	0.050	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.420		0		1		1.253	0.884	
18:2 undifferentiated.....g	4.030		1		1		1.143	0.806	
18:3 undifferentiated.....g	0.380		1		1		0.108	0.076	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		1		1		0.003	0.002	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	133	0.926	4		1		38	27	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.184		0		1		0.052	0.037	
Threonine.....g	0.832		0		1		0.236	0.166	
Isoleucine.....g	0.818		0		1		0.232	0.164	
Leucine.....g	1.473		0		1		0.418	0.295	
Lysine.....g	1.518		0		1		0.430	0.304	
Methionine.....g	0.454		0		1		0.129	0.091	
Cystine.....g	0.291		0		1		0.082	0.058	
Phenylalanine.....g	0.801		0		1		0.227	0.160	
Tyrosine.....g	0.596		0		1		0.169	0.119	
Valine.....g	0.950		0		1		0.269	0.190	
Arginine.....g	1.522		0		1		0.431	0.304	
Histidine.....g	0.530		0		1		0.150	0.106	
Alanine.....g	1.470		0		1		0.417	0.294	
Aspartic acid.....g	1.979		0		1		0.561	0.396	
Glutamic acid.....g	3.037		0		1		0.861	0.607	
Glycine.....g	2.160		0		1		0.612	0.432	
Proline.....g	1.463		0		1		0.415	0.293	
Serine.....g	0.894		0		1		0.253	0.179	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	150		0	NR	4		42.525	30.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 stick

Calories Factors: Protein 4.1

Fat 9

Carbohydrate 2.9

NDB No. 19407
Snacks, beef sticks, smoked

Food Group: 25 Snacks

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

NDB No. 19800
Snacks, corn cakes, very low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.760		0		1		0.068	0.137	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.760		1		1		0.068	0.137	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0		1		0.084	0.167	
18:2 undifferentiated.....g	0.890		1		1		0.080	0.160	
18:3 undifferentiated.....g	0.030		1		1		0.003	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		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.081		0		1		0.007	0.015	
Threonine.....g	0.301		0		1		0.027	0.054	
Isoleucine.....g	0.316		0		1		0.028	0.057	
Leucine.....g	0.837		0		1		0.075	0.151	
Lysine.....g	0.267		0		1		0.024	0.048	
Methionine.....g	0.177		0		1		0.016	0.032	
Cystine.....g	0.124		0		1		0.011	0.022	
Phenylalanine.....g	0.408		0		1		0.037	0.073	
Tyrosine.....g	0.317		0		1		0.029	0.057	
Valine.....g	0.442		0		1		0.040	0.080	
Arginine.....g	0.506		0		1		0.046	0.091	
Histidine.....g	0.227		0		1		0.020	0.041	
Alanine.....g	0.540		0		1		0.049	0.097	
Aspartic acid.....g	0.659		0		1		0.059	0.119	
Glutamic acid.....g	1.584		0		1		0.143	0.285	
Glycine.....g	0.365		0		1		0.033	0.066	
Proline.....g	0.548		0		1		0.049	0.099	
Serine.....g	0.402		0		1		0.036	0.072	
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 = 9.0g: 1 cake
 Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19004

Snacks, corn-based, extruded, chips, barbecue-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.480		0		1		2.688	18.770	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		2		1		0.026	0.178	
17:1.....g									
18:1 undifferentiated.....g	9.390		2		1		2.662	18.592	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.170		0		1		4.584	32.017	
18:2 undifferentiated.....g	14.940		2		1		4.235	29.581	
18:3 undifferentiated.....g	1.230		2		1		0.349	2.435	
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	0.111	4		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.018	0.125	
Threonine.....g	0.279		0		1		0.079	0.552	
Isoleucine.....g	0.277		0		1		0.079	0.548	
Leucine.....g	0.747		0		1		0.212	1.479	
Lysine.....g	0.284		0		1		0.081	0.562	
Methionine.....g	0.134		0		1		0.038	0.265	
Cystine.....g	0.119		0		1		0.034	0.236	
Phenylalanine.....g	0.333		0		1		0.094	0.659	
Tyrosine.....g	0.273		0		1		0.077	0.541	
Valine.....g	0.357		0		1		0.101	0.707	
Arginine.....g	0.373		0		1		0.106	0.739	
Histidine.....g	0.200		0		1		0.057	0.396	
Alanine.....g	0.475		0		1		0.135	0.941	
Aspartic acid.....g	0.586		0		1		0.166	1.160	
Glutamic acid.....g	1.243		0		1		0.352	2.461	
Glycine.....g	0.293		0		1		0.083	0.580	
Proline.....g	0.521		0		1		0.148	1.032	
Serine.....g	0.337		0		1		0.096	0.667	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.7

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19804

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.480		0	BFZN	4		2.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0	BFZN	4		0.026		
17:1.....g									
18:1 undifferentiated.....g	9.390		0	BFZN	4		2.662		
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	16.170		0	BFZN	4		4.584		
18:2 undifferentiated.....g	14.940		0	BFZN	4		4.235		
18:3 undifferentiated.....g	1.230		0	BFZN	4		0.349		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0	BFZN	4		0.018		
Threonine.....g	0.279		0	BFZN	4		0.079		
Isoleucine.....g	0.277		0	BFZN	4		0.079		
Leucine.....g	0.747		0	BFZN	4		0.212		
Lysine.....g	0.284		0	BFZN	4		0.081		
Methionine.....g	0.134		0	BFZN	4		0.038		
Cystine.....g	0.119		0	BFZN	4		0.034		
Phenylalanine.....g	0.333		0	BFZN	4		0.094		
Tyrosine.....g	0.273		0	BFZN	4		0.077		
Valine.....g	0.357		0	BFZN	4		0.101		
Arginine.....g	0.373		0	BFZN	4		0.106		
Histidine.....g	0.200		0	BFZN	4		0.057		
Alanine.....g	0.475		0	BFZN	4		0.135		
Aspartic acid.....g	0.586		0	BFZN	4		0.166		
Glutamic acid.....g	1.243		0	BFZN	4		0.352		
Glycine.....g	0.293		0	BFZN	4		0.083		
Proline.....g	0.521		0	BFZN	4		0.148		
Serine.....g	0.337		0	BFZN	4		0.096		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19003

Snacks, corn-based, extruded, chips, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.660		0		1		2.739	19.127	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		2		1		0.026	0.178	
17:1.....g									
18:1 undifferentiated.....g	9.570		2		1		2.713	18.949	
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	16.480		0		1		4.672	32.630	
18:2 undifferentiated.....g	15.230		2		1		4.318	30.155	
18:3 undifferentiated.....g	1.260		2		1		0.357	2.495	
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	0.000	12		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.091	
Threonine.....g	0.246		0		1		0.070	0.487	
Isoleucine.....g	0.235		0		1		0.067	0.465	
Leucine.....g	0.803		0		1		0.228	1.590	
Lysine.....g	0.185		0		1		0.052	0.366	
Methionine.....g	0.137		0		1		0.039	0.271	
Cystine.....g	0.119		0		1		0.034	0.236	
Phenylalanine.....g	0.322		0		1		0.091	0.638	
Tyrosine.....g	0.266		0		1		0.075	0.527	
Valine.....g	0.331		0		1		0.094	0.655	
Arginine.....g	0.326		0		1		0.092	0.645	
Histidine.....g	0.200		0		1		0.057	0.396	
Alanine.....g	0.491		0		1		0.139	0.972	
Aspartic acid.....g	0.456		0		1		0.129	0.903	
Glutamic acid.....g	1.230		0		1		0.349	2.435	
Glycine.....g	0.269		0		1		0.076	0.533	
Proline.....g	0.572		0		1		0.162	1.133	
Serine.....g	0.312		0		1		0.088	0.618	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	42		0	BNA	4		12.047	84.135	
Carotene, alpha.....mcg	28		0	BNA	4		7.886	55.075	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	212		0	BNA	4		59.960	418.770	

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Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19003

Snacks, corn-based, extruded, chips, plain

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 43447

Snacks, corn-based, extruded, chips, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.040				4		7.955	2.531	1.627
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025				4		0.022	0.007	0.005
17:1.....g									
18:1 undifferentiated.....g	8.889				4		7.822	2.489	1.600
20:1.....g	0.118				4		0.104	0.033	0.021
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.093				4		15.042	4.786	3.077
18:2 undifferentiated.....g	16.488				4		14.509	4.617	2.968
18:3 undifferentiated.....g	0.597				4		0.525	0.167	0.107
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				7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	NR	4		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	42		0	O	4		36.960	11.760	7.560
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	212		0	O	4		186.560	59.360	38.160

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Common Measures:

- Measure 1 = 88g: 1 cup, crushed
- Measure 2 = 28g: 1 bag, single serving
- Measure 3 = 18g: 10 chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19006

Snacks, corn-based, extruded, cones, nacho-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.140		0		1		0.607		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	2.120		1		1		0.601		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840		0		1		0.238		
18:2 undifferentiated.....g	0.830		1		1		0.235		
18:3 undifferentiated.....g	0.020		1		1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		4		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016		
Threonine.....g	0.252		0		1		0.071		
Isoleucine.....g	0.265		0		1		0.075		
Leucine.....g	0.758		0		1		0.215		
Lysine.....g	0.262		0		1		0.074		
Methionine.....g	0.141		0		1		0.040		
Cystine.....g	0.105		0		1		0.030		
Phenylalanine.....g	0.319		0		1		0.090		
Tyrosine.....g	0.274		0		1		0.078		
Valine.....g	0.350		0		1		0.099		
Arginine.....g	0.305		0		1		0.086		
Histidine.....g	0.199		0		1		0.056		
Alanine.....g	0.427		0		1		0.121		
Aspartic acid.....g	0.455		0		1		0.129		
Glutamic acid.....g	1.260		0		1		0.357		
Glycine.....g	0.235		0		1		0.067		
Proline.....g	0.587		0		1		0.166		
Serine.....g	0.320		0		1		0.091		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.6

Fat 8.6

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19005

Snacks, corn-based, extruded, cones, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.700		0		1		0.482		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.700		1		1		0.482		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		0.221		
18:2 undifferentiated.....g	0.780		1		1		0.221		
18:3 undifferentiated.....g	0.010		1		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		0		1		0.012		
Threonine.....g	0.219		0		1		0.062		
Isoleucine.....g	0.209		0		1		0.059		
Leucine.....g	0.715		0		1		0.203		
Lysine.....g	0.164		0		1		0.046		
Methionine.....g	0.122		0		1		0.035		
Cystine.....g	0.105		0		1		0.030		
Phenylalanine.....g	0.286		0		1		0.081		
Tyrosine.....g	0.237		0		1		0.067		
Valine.....g	0.295		0		1		0.084		
Arginine.....g	0.290		0		1		0.082		
Histidine.....g	0.178		0		1		0.050		
Alanine.....g	0.437		0		1		0.124		
Aspartic acid.....g	0.406		0		1		0.115		
Glutamic acid.....g	1.094		0		1		0.310		
Glycine.....g	0.239		0		1		0.068		
Proline.....g	0.508		0		1		0.144		
Serine.....g	0.277		0		1		0.079		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19007

Snacks, corn-based, extruded, onion-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.360		0		1		3.788	7.615	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		3		1		0.023	0.046	
17:1.....g									
18:1 undifferentiated.....g	13.270		3		1		3.762	7.564	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.140		0		1		0.890	1.790	
18:2 undifferentiated.....g	3.010		3		1		0.853	1.716	
18:3 undifferentiated.....g	0.130		3		1		0.037	0.074	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.034	
Threonine.....g	0.288		0		1		0.082	0.164	
Isoleucine.....g	0.284		0		1		0.081	0.162	
Leucine.....g	0.906		0		1		0.257	0.516	
Lysine.....g	0.241		0		1		0.068	0.137	
Methionine.....g	0.154		0		1		0.044	0.088	
Cystine.....g	0.134		0		1		0.038	0.076	
Phenylalanine.....g	0.378		0		1		0.107	0.215	
Tyrosine.....g	0.310		0		1		0.088	0.177	
Valine.....g	0.386		0		1		0.109	0.220	
Arginine.....g	0.402		0		1		0.114	0.229	
Histidine.....g	0.232		0		1		0.066	0.132	
Alanine.....g	0.548		0		1		0.155	0.312	
Aspartic acid.....g	0.570		0		1		0.162	0.325	
Glutamic acid.....g	1.445		0		1		0.410	0.824	
Glycine.....g	0.314		0		1		0.089	0.179	
Proline.....g	0.646		0		1		0.183	0.368	
Serine.....g	0.369		0		1		0.105	0.210	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	51		0	BNA	4		14.555	29.263	
Carotene, alpha.....mcg	33		0	BNA	4		9.440	18.979	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	879		0	FLA	4		249.156	500.949	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

NDB No. 19007

Snacks, corn-based, extruded, onion-flavor

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 4.2

Food Group: 25 Snacks

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

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.280		0		1		5.749	46.036	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		3		1		0.037	0.295	
17:1.....g									
18:1 undifferentiated.....g	20.160		3		1		5.715	45.763	
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	4.760		0		1		1.349	10.805	
18:2 undifferentiated.....g	4.570		3		1		1.296	10.374	
18:3 undifferentiated.....g	0.190		3		1		0.054	0.431	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4	0.172	63		1		1	9	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.213	
Threonine.....g	0.391		0		1		0.111	0.888	
Isoleucine.....g	0.366		0		1		0.104	0.831	
Leucine.....g	0.783		0		1		0.222	1.777	
Lysine.....g	0.456		0		1		0.129	1.035	
Methionine.....g	0.151		0		1		0.043	0.343	
Cystine.....g	0.138		0		1		0.039	0.313	
Phenylalanine.....g	0.299		0		1		0.085	0.679	
Tyrosine.....g	0.258		0		1		0.073	0.586	
Valine.....g	0.404		0		1		0.115	0.917	
Arginine.....g	0.283		0		1		0.080	0.642	
Histidine.....g	0.181		0		1		0.051	0.411	
Alanine.....g	0.424		0		1		0.120	0.962	
Aspartic acid.....g	0.645		0		1		0.183	1.464	
Glutamic acid.....g	1.387		0		1		0.393	3.148	
Glycine.....g	0.217		0		1		0.062	0.493	
Proline.....g	0.558		0		1		0.158	1.267	
Serine.....g	0.367		0		1		0.104	0.833	
Hydroxyproline.....g									
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	58		0	FLA	4		16.479	131.951	
Carotene, alpha.....mcg	30		0	FLA	4		8.515	68.181	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	643		0	FLA	4		182.275	1459.482	

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Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19802

Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.280		0		1		5.749	46.036	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		3		1		0.037	0.295	
17:1.....g									
18:1 undifferentiated.....g	20.160		3		1		5.715	45.763	
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	4.760		0		1		1.349	10.805	
18:2 undifferentiated.....g	4.570		3		1		1.296	10.374	
18:3 undifferentiated.....g	0.190		3		1		0.054	0.431	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4	0.172	63		1		1	9	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.213	
Threonine.....g	0.391		0		1		0.111	0.888	
Isoleucine.....g	0.366		0		1		0.104	0.831	
Leucine.....g	0.783		0		1		0.222	1.777	
Lysine.....g	0.456		0		1		0.129	1.035	
Methionine.....g	0.151		0		1		0.043	0.343	
Cystine.....g	0.138		0		1		0.039	0.313	
Phenylalanine.....g	0.299		0		1		0.085	0.679	
Tyrosine.....g	0.258		0		1		0.073	0.586	
Valine.....g	0.404		0		1		0.115	0.917	
Arginine.....g	0.283		0		1		0.080	0.642	
Histidine.....g	0.181		0		1		0.051	0.411	
Alanine.....g	0.424		0		1		0.120	0.962	
Aspartic acid.....g	0.645		0		1		0.183	1.464	
Glutamic acid.....g	1.387		0		1		0.393	3.148	
Glycine.....g	0.217		0		1		0.062	0.493	
Proline.....g	0.558		0		1		0.158	1.267	
Serine.....g	0.367		0		1		0.104	0.833	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 25 Snacks

NDB No. 19401
Snacks, cornnuts, barbecue-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.360		0		1		2.087	4.195	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	7.340		1		1		2.081	4.184	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.220		0		1		0.913	1.835	
18:2 undifferentiated.....g	3.170		1		1		0.899	1.807	
18:3 undifferentiated.....g	0.050		1		1		0.014	0.029	
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		1		4		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 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19402
Snacks, cornnuts, nacho-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.310		0		1		2.072	4.167	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	7.290		1		1		2.067	4.155	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.200		0		1		0.907	1.824	
18:2 undifferentiated.....g	3.150		1		1		0.893	1.796	
18:3 undifferentiated.....g	0.050		1		1		0.014	0.029	
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	2	0.088	3		1		1	1	
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 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19010

Snacks, crisped rice bar, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.990		0		1		1.117		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		2		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	3.970		2		1		1.112		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.650		0		1		1.022		
18:2 undifferentiated.....g	3.450		2		1		0.966		
18:3 undifferentiated.....g	0.200		2		1		0.056		
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		1		4		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.075		0		1		0.021		
Threonine.....g	0.164		0		1		0.046		
Isoleucine.....g	0.200		0		1		0.056		
Leucine.....g	0.390		0		1		0.109		
Lysine.....g	0.201		0		1		0.056		
Methionine.....g	0.102		0		1		0.029		
Cystine.....g	0.121		0		1		0.034		
Phenylalanine.....g	0.260		0		1		0.073		
Tyrosine.....g	0.198		0		1		0.055		
Valine.....g	0.287		0		1		0.080		
Arginine.....g	0.389		0		1		0.109		
Histidine.....g	0.116		0		1		0.032		
Alanine.....g	0.263		0		1		0.074		
Aspartic acid.....g	0.459		0		1		0.129		
Glutamic acid.....g	0.979		0		1		0.274		
Glycine.....g	0.244		0		1		0.068		
Proline.....g	0.253		0		1		0.071		
Serine.....g	0.253		0		1		0.071		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.6

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19435

Snacks, granola bar, fruit-filled, nonfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.240			FLC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001			FLC		4			
17:1.....g									
18:1 undifferentiated.....g	0.241			FLC		4			
20:1.....g	0.000			FLC		4			
22:1 undifferentiated.....g	0.000			FLC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350			FLC		4			
18:2 undifferentiated.....g	0.332			FLC		4			
18:3 undifferentiated.....g	0.019			FLC		4			
18:4.....g	0.000			FLC		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLC		4			
20:5 n-3.....g	0.000			FLC		4			
22:5 n-3.....g	0.000			FLC		4			
22:6 n-3.....g	0.000			FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z		7			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z		7			
Caffeine.....mg	0		0	FLM		4			
Theobromine.....mg	0		0	FLM		4			
Carotenoids:									
Carotene, beta.....mcg	173		0	BNA		4			
Carotene, alpha.....mcg	0		0	BNA		4			
Cryptoxanthin, beta.....mcg	242		0	BNA		4			
Lycopene.....mcg	1		0	FLM		4			
Lutein + zeaxanthin.....mcg	103		0	FLM		4			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 42272

Snacks, granola bar, with coconut, chocolate coated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.970						9		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	4.970						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.100						9		
18:2 undifferentiated.....g	3.100						4		
18:3 undifferentiated.....g	0.000						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	3		1	MA			12		
Theobromine.....mg	41		0	FLC			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA			4		
Carotene, alpha.....mcg	0		0	FLA			4		
Cryptoxanthin, beta.....mcg	0		0	FLA			4		
Lycopene.....mcg	0		0	FLA			4		
Lutein + zeaxanthin.....mcg	48		0	FLA			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: 25 Snacks

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

NDB No. 19016

Snacks, granola bars, hard, almond

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.740		0		1		2.194	1.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014	0.012	
17:1.....g									
18:1 undifferentiated.....g	7.690		1		1		2.180	1.846	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.760		0		1		1.066	0.902	
18:2 undifferentiated.....g	3.660		1		1		1.038	0.878	
18:3 undifferentiated.....g	0.100		1		1		0.028	0.024	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.142		0		1		0.040	0.034	
Threonine.....g	0.221		0		1		0.063	0.053	
Isoleucine.....g	0.289		0		1		0.082	0.069	
Leucine.....g	0.585		0		1		0.166	0.140	
Lysine.....g	0.313		0		1		0.089	0.075	
Methionine.....g	0.135		0		1		0.038	0.032	
Cystine.....g	0.231		0		1		0.065	0.055	
Phenylalanine.....g	0.390		0		1		0.111	0.094	
Tyrosine.....g	0.282		0		1		0.080	0.068	
Valine.....g	0.406		0		1		0.115	0.097	
Arginine.....g	0.596		0		1		0.169	0.143	
Histidine.....g	0.178		0		1		0.050	0.043	
Alanine.....g	0.369		0		1		0.105	0.089	
Aspartic acid.....g	0.698		0		1		0.198	0.168	
Glutamic acid.....g	1.679		0		1		0.476	0.403	
Glycine.....g	0.411		0		1		0.117	0.099	
Proline.....g	0.425		0		1		0.120	0.102	
Serine.....g	0.374		0		1		0.106	0.090	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19017

Snacks, granola bars, hard, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.630		0		1		0.746	0.631	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	2.610		1		1		0.740	0.626	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0		1		0.360	0.305	
18:2 undifferentiated.....g	1.220		1		1		0.346	0.293	
18:3 undifferentiated.....g	0.050		1		1		0.014	0.012	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.038	0.032	
Threonine.....g	0.211		0		1		0.060	0.051	
Isoleucine.....g	0.274		0		1		0.078	0.066	
Leucine.....g	0.552		0		1		0.156	0.132	
Lysine.....g	0.311		0		1		0.088	0.075	
Methionine.....g	0.134		0		1		0.038	0.032	
Cystine.....g	0.222		0		1		0.063	0.053	
Phenylalanine.....g	0.368		0		1		0.104	0.088	
Tyrosine.....g	0.274		0		1		0.078	0.066	
Valine.....g	0.396		0		1		0.112	0.095	
Arginine.....g	0.517		0		1		0.147	0.124	
Histidine.....g	0.164		0		1		0.046	0.039	
Alanine.....g	0.356		0		1		0.101	0.085	
Aspartic acid.....g	0.648		0		1		0.184	0.156	
Glutamic acid.....g	1.494		0		1		0.424	0.359	
Glycine.....g	0.380		0		1		0.108	0.091	
Proline.....g	0.395		0		1		0.112	0.095	
Serine.....g	0.359		0		1		0.102	0.086	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.8

Food Group: 25 Snacks

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

NDB No. 19019

Snacks, granola bars, hard, peanut

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.760		0		1		1.633		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		2		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	5.680		2		1		1.610		
20:1.....g	0.060		2		1		0.017		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.880		0		1		3.368		
18:2 undifferentiated.....g	11.850		2		1		3.359		
18:3 undifferentiated.....g	0.030		2		1		0.009		
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		1		4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.172		0		1		0.049		
Threonine.....g	0.331		0		1		0.094		
Isoleucine.....g	0.402		0		1		0.114		
Leucine.....g	0.800		0		1		0.227		
Lysine.....g	0.443		0		1		0.126		
Methionine.....g	0.182		0		1		0.052		
Cystine.....g	0.280		0		1		0.079		
Phenylalanine.....g	0.564		0		1		0.160		
Tyrosine.....g	0.423		0		1		0.120		
Valine.....g	0.549		0		1		0.156		
Arginine.....g	0.970		0		1		0.275		
Histidine.....g	0.261		0		1		0.074		
Alanine.....g	0.503		0		1		0.143		
Aspartic acid.....g	1.098		0		1		0.311		
Glutamic acid.....g	2.306		0		1		0.654		
Glycine.....g	0.611		0		1		0.173		
Proline.....g	0.564		0		1		0.160		
Serine.....g	0.549		0		1		0.156		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		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	74		0	FLM	4		21.085		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19019

Snacks, granola bars, hard, peanut

Calories Factors: Protein 3.5

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19420

Snacks, granola bars, hard, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.000		0		1		1.985	1.680	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		2		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	6.910		2		1		1.959	1.658	
20:1.....g	0.080		2		1		0.023	0.019	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.080		0		1		3.425	2.899	
18:2 undifferentiated.....g	11.950		2		1		3.388	2.868	
18:3 undifferentiated.....g	0.110		2		1		0.031	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		2		1		0.006	0.005	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.131		0		1		0.037	0.031	
Threonine.....g	0.310		0		1		0.088	0.074	
Isoleucine.....g	0.350		0		1		0.099	0.084	
Leucine.....g	0.679		0		1		0.192	0.163	
Lysine.....g	0.376		0		1		0.107	0.090	
Methionine.....g	0.144		0		1		0.041	0.035	
Cystine.....g	0.200		0		1		0.057	0.048	
Phenylalanine.....g	0.502		0		1		0.142	0.120	
Tyrosine.....g	0.383		0		1		0.109	0.092	
Valine.....g	0.455		0		1		0.129	0.109	
Arginine.....g	0.977		0		1		0.277	0.234	
Histidine.....g	0.236		0		1		0.067	0.057	
Alanine.....g	0.424		0		1		0.120	0.102	
Aspartic acid.....g	1.059		0		1		0.300	0.254	
Glutamic acid.....g	2.036		0		1		0.577	0.489	
Glycine.....g	0.558		0		1		0.158	0.134	
Proline.....g	0.495		0		1		0.140	0.119	
Serine.....g	0.483		0		1		0.137	0.116	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19015
Snacks, granola bars, hard, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.380		0		1		1.095	1.226	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	4.370		1		1		1.093	1.224	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.050		0		1		3.013	3.374	
18:2 undifferentiated.....g	11.990		1		1		2.998	3.357	
18:3 undifferentiated.....g	0.060		1		1		0.015	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.177		0		1		0.044	0.050	
Threonine.....g	0.264		0		1		0.066	0.074	
Isoleucine.....g	0.352		0		1		0.088	0.099	
Leucine.....g	0.724		0		1		0.181	0.203	
Lysine.....g	0.400		0		1		0.100	0.112	
Methionine.....g	0.177		0		1		0.044	0.050	
Cystine.....g	0.304		0		1		0.076	0.085	
Phenylalanine.....g	0.479		0		1		0.120	0.134	
Tyrosine.....g	0.352		0		1		0.088	0.099	
Valine.....g	0.508		0		1		0.127	0.142	
Arginine.....g	0.674		0		1		0.169	0.189	
Histidine.....g	0.216		0		1		0.054	0.060	
Alanine.....g	0.460		0		1		0.115	0.129	
Aspartic acid.....g	0.830		0		1		0.208	0.232	
Glutamic acid.....g	1.975		0		1		0.494	0.553	
Glycine.....g	0.499		0		1		0.125	0.140	
Proline.....g	0.518		0		1		0.130	0.145	
Serine.....g	0.470		0		1		0.118	0.132	
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 = 25g: 1 bar

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19023

Snacks, granola bars, oats, fruits and nut

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.170						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001						4		
17:1.....g									
18:1 undifferentiated.....g	0.171						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.830						4		
18:2 undifferentiated.....g	4.666						4		
18:3 undifferentiated.....g	0.166						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	FLA			4		
Theobromine.....mg	0		0	FLA			4		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA			4		
Carotene, alpha.....mcg	0		0	FLA			4		
Cryptoxanthin, beta.....mcg	0		0	FLA			4		
Lycopene.....mcg	0		0	FLA			4		
Lutein + zeaxanthin.....mcg	59		0	FLA			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: 25 Snacks

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

NDB No. 19024

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.770		0		1		2.720	2.176	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1		1		0.067	0.053	
17:1.....g									
18:1 undifferentiated.....g	7.580		1		1		2.653	2.122	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.820		0		1		0.637	0.510	
18:2 undifferentiated.....g	1.710		1		1		0.599	0.479	
18:3 undifferentiated.....g	0.110		1		1		0.039	0.031	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		2	1	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		0		1		0.025	0.020	
Threonine.....g	0.226		0		1		0.079	0.063	
Isoleucine.....g	0.270		0		1		0.095	0.076	
Leucine.....g	0.474		0		1		0.166	0.133	
Lysine.....g	0.289		0		1		0.101	0.081	
Methionine.....g	0.114		0		1		0.040	0.032	
Cystine.....g	0.063		0		1		0.022	0.018	
Phenylalanine.....g	0.291		0		1		0.102	0.081	
Tyrosine.....g	0.244		0		1		0.085	0.068	
Valine.....g	0.345		0		1		0.121	0.097	
Arginine.....g	0.241		0		1		0.084	0.067	
Histidine.....g	0.105		0		1		0.037	0.029	
Alanine.....g	0.222		0		1		0.078	0.062	
Aspartic acid.....g	0.479		0		1		0.168	0.134	
Glutamic acid.....g	1.112		0		1		0.389	0.311	
Glycine.....g	0.177		0		1		0.062	0.050	
Proline.....g	0.393		0		1		0.138	0.110	
Serine.....g	0.254		0		1		0.089	0.071	
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 = 35g: 1 bar (1.25 oz)

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 3.6

Food Group: 25 Snacks

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

NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.540		0		1		1.854	2.420	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		1		1		0.034	0.044	
17:1.....g									
18:1 undifferentiated.....g	6.390		1		1		1.812	2.364	
20:1.....g	0.030		1		1		0.009	0.011	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0		1		0.539	0.703	
18:2 undifferentiated.....g	1.830		1		1		0.519	0.677	
18:3 undifferentiated.....g	0.070		1		1		0.020	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		1		1		0.003	0.004	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1		1		3	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0		1		0.035	0.046	
Threonine.....g	0.387		0		1		0.110	0.143	
Isoleucine.....g	0.456		0		1		0.129	0.169	
Leucine.....g	0.804		0		1		0.228	0.297	
Lysine.....g	0.519		0		1		0.147	0.192	
Methionine.....g	0.173		0		1		0.049	0.064	
Cystine.....g	0.121		0		1		0.034	0.045	
Phenylalanine.....g	0.510		0		1		0.145	0.189	
Tyrosine.....g	0.431		0		1		0.122	0.159	
Valine.....g	0.555		0		1		0.157	0.205	
Arginine.....g	0.690		0		1		0.196	0.255	
Histidine.....g	0.228		0		1		0.065	0.084	
Alanine.....g	0.387		0		1		0.110	0.143	
Aspartic acid.....g	0.972		0		1		0.276	0.360	
Glutamic acid.....g	2.055		0		1		0.583	0.760	
Glycine.....g	0.405		0		1		0.115	0.150	
Proline.....g	0.680		0		1		0.193	0.252	
Serine.....g	0.491		0		1		0.139	0.182	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	6		1		1		2	2	
Theobromine.....mg	42		1		1		12	16	
Carotenoids:									
Carotene, beta.....mcg	6		0	NR	4		1.701	2.220	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 37g: 1 bar

NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 3.8

Food Group: 25 Snacks

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

NDB No. 19404

Snacks, granola bars, soft, uncoated, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.530		0		1		1.518	0.988	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.022	0.014	
17:1.....g									
18:1 undifferentiated.....g	3.480		1		1		1.496	0.974	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.970		0		1		0.847	0.552	
18:2 undifferentiated.....g	1.870		1		1		0.804	0.524	
18:3 undifferentiated.....g	0.100		1		1		0.043	0.028	
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		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.091		0		1		0.039	0.025	
Threonine.....g	0.231		0		1		0.099	0.065	
Isoleucine.....g	0.273		0		1		0.117	0.076	
Leucine.....g	0.500		0		1		0.215	0.140	
Lysine.....g	0.278		0		1		0.120	0.078	
Methionine.....g	0.123		0		1		0.053	0.034	
Cystine.....g	0.150		0		1		0.065	0.042	
Phenylalanine.....g	0.350		0		1		0.151	0.098	
Tyrosine.....g	0.241		0		1		0.104	0.067	
Valine.....g	0.375		0		1		0.161	0.105	
Arginine.....g	0.472		0		1		0.203	0.132	
Histidine.....g	0.155		0		1		0.067	0.043	
Alanine.....g	0.345		0		1		0.148	0.097	
Aspartic acid.....g	0.586		0		1		0.252	0.164	
Glutamic acid.....g	1.400		0		1		0.602	0.392	
Glycine.....g	0.325		0		1		0.140	0.091	
Proline.....g	0.362		0		1		0.156	0.101	
Serine.....g	0.299		0		1		0.129	0.084	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19405

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.920		0		1		0.818		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	2.870		1		1		0.804		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.550		0		1		0.714		
18:2 undifferentiated.....g	2.410		1		1		0.675		
18:3 undifferentiated.....g	0.130		1		1		0.036		
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		1		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.086		0		1		0.024		
Threonine.....g	0.208		0		1		0.058		
Isoleucine.....g	0.247		0		1		0.069		
Leucine.....g	0.457		0		1		0.128		
Lysine.....g	0.246		0		1		0.069		
Methionine.....g	0.117		0		1		0.033		
Cystine.....g	0.140		0		1		0.039		
Phenylalanine.....g	0.318		0		1		0.089		
Tyrosine.....g	0.212		0		1		0.059		
Valine.....g	0.337		0		1		0.094		
Arginine.....g	0.452		0		1		0.127		
Histidine.....g	0.147		0		1		0.041		
Alanine.....g	0.312		0		1		0.087		
Aspartic acid.....g	0.522		0		1		0.146		
Glutamic acid.....g	1.313		0		1		0.368		
Glycine.....g	0.303		0		1		0.085		
Proline.....g	0.335		0		1		0.094		
Serine.....g	0.274		0		1		0.077		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19406

Snacks, granola bars, soft, uncoated, nut and raisin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.220		0		1		1.182		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		1		1		0.011		
17:1.....g									
18:1 undifferentiated.....g	4.140		1		1		1.159		
20:1.....g	0.030		1		1		0.008		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.520		0		1		1.546		
18:2 undifferentiated.....g	5.360		1		1		1.501		
18:3 undifferentiated.....g	0.170		1		1		0.048		
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		1		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.099		0		1		0.028		
Threonine.....g	0.260		0		1		0.073		
Isoleucine.....g	0.301		0		1		0.084		
Leucine.....g	0.543		0		1		0.152		
Lysine.....g	0.300		0		1		0.084		
Methionine.....g	0.137		0		1		0.038		
Cystine.....g	0.161		0		1		0.045		
Phenylalanine.....g	0.387		0		1		0.108		
Tyrosine.....g	0.259		0		1		0.073		
Valine.....g	0.397		0		1		0.111		
Arginine.....g	0.635		0		1		0.178		
Histidine.....g	0.186		0		1		0.052		
Alanine.....g	0.372		0		1		0.104		
Aspartic acid.....g	0.712		0		1		0.199		
Glutamic acid.....g	1.645		0		1		0.461		
Glycine.....g	0.391		0		1		0.109		
Proline.....g	0.397		0		1		0.111		
Serine.....g	0.345		0		1		0.097		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19021

Snacks, granola bars, soft, uncoated, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.590		0		1		1.845		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	6.410		1		1		1.795		
20:1.....g	0.160		1		1		0.045		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.270		0		1		1.196		
18:2 undifferentiated.....g	4.220		1		1		1.182		
18:3 undifferentiated.....g	0.030		1		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		1		1		0.006		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		1		0.031		
Threonine.....g	0.350		0		1		0.098		
Isoleucine.....g	0.374		0		1		0.105		
Leucine.....g	0.696		0		1		0.195		
Lysine.....g	0.374		0		1		0.105		
Methionine.....g	0.148		0		1		0.041		
Cystine.....g	0.153		0		1		0.043		
Phenylalanine.....g	0.531		0		1		0.149		
Tyrosine.....g	0.417		0		1		0.117		
Valine.....g	0.466		0		1		0.130		
Arginine.....g	1.107		0		1		0.310		
Histidine.....g	0.256		0		1		0.072		
Alanine.....g	0.441		0		1		0.123		
Aspartic acid.....g	1.158		0		1		0.324		
Glutamic acid.....g	2.121		0		1		0.594		
Glycine.....g	0.584		0		1		0.164		
Proline.....g	0.471		0		1		0.132		
Serine.....g	0.499		0		1		0.140		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19027

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.360		0		1		2.341		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	8.170		1		1		2.288		
20:1.....g	0.180		1		1		0.050		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.610		0		1		1.291		
18:2 undifferentiated.....g	4.540		1		1		1.271		
18:3 undifferentiated.....g	0.030		1		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.008		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.101		0		1		0.028		
Threonine.....g	0.330		0		1		0.092		
Isoleucine.....g	0.348		0		1		0.097		
Leucine.....g	0.641		0		1		0.179		
Lysine.....g	0.357		0		1		0.100		
Methionine.....g	0.131		0		1		0.037		
Cystine.....g	0.137		0		1		0.038		
Phenylalanine.....g	0.497		0		1		0.139		
Tyrosine.....g	0.389		0		1		0.109		
Valine.....g	0.433		0		1		0.121		
Arginine.....g	1.046		0		1		0.293		
Histidine.....g	0.236		0		1		0.066		
Alanine.....g	0.407		0		1		0.114		
Aspartic acid.....g	1.105		0		1		0.309		
Glutamic acid.....g	1.973		0		1		0.552		
Glycine.....g	0.551		0		1		0.154		
Proline.....g	0.444		0		1		0.124		
Serine.....g	0.469		0		1		0.131		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19020

Snacks, granola bars, soft, uncoated, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.810		0		1		1.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	3.770		1		1		1.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.320		0		1		1.490		
18:2 undifferentiated.....g	5.020		1		1		1.406		
18:3 undifferentiated.....g	0.300		1		1		0.084		
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		1		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.101		0		1		0.028		
Threonine.....g	0.239		0		1		0.067		
Isoleucine.....g	0.293		0		1		0.082		
Leucine.....g	0.536		0		1		0.150		
Lysine.....g	0.292		0		1		0.082		
Methionine.....g	0.128		0		1		0.036		
Cystine.....g	0.163		0		1		0.046		
Phenylalanine.....g	0.381		0		1		0.107		
Tyrosine.....g	0.250		0		1		0.070		
Valine.....g	0.396		0		1		0.111		
Arginine.....g	0.490		0		1		0.137		
Histidine.....g	0.163		0		1		0.046		
Alanine.....g	0.365		0		1		0.102		
Aspartic acid.....g	0.645		0		1		0.181		
Glutamic acid.....g	1.495		0		1		0.419		
Glycine.....g	0.347		0		1		0.097		
Proline.....g	0.601		0		1		0.168		
Serine.....g	0.318		0		1		0.089		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19022

Snacks, granola bars, soft, uncoated, raisin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.840		0		1		1.221	0.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.022	0.014	
17:1.....g									
18:1 undifferentiated.....g	2.790		1		1		1.200	0.781	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.210		0		1		1.380	0.899	
18:2 undifferentiated.....g	3.040		1		1		1.307	0.851	
18:3 undifferentiated.....g	0.170		1		1		0.073	0.048	
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		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.108		0		1		0.046	0.030	
Threonine.....g	0.257		0		1		0.111	0.072	
Isoleucine.....g	0.305		0		1		0.131	0.085	
Leucine.....g	0.565		0		1		0.243	0.158	
Lysine.....g	0.301		0		1		0.129	0.084	
Methionine.....g	0.141		0		1		0.061	0.039	
Cystine.....g	0.173		0		1		0.074	0.048	
Phenylalanine.....g	0.394		0		1		0.169	0.110	
Tyrosine.....g	0.255		0		1		0.110	0.071	
Valine.....g	0.411		0		1		0.177	0.115	
Arginine.....g	0.586		0		1		0.252	0.164	
Histidine.....g	0.183		0		1		0.079	0.051	
Alanine.....g	0.385		0		1		0.166	0.108	
Aspartic acid.....g	0.650		0		1		0.280	0.182	
Glutamic acid.....g	1.646		0		1		0.708	0.461	
Glycine.....g	0.381		0		1		0.164	0.107	
Proline.....g	0.414		0		1		0.178	0.116	
Serine.....g	0.335		0		1		0.144	0.094	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19031
Snacks, oriental mix, rice-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	9.860		0	FLC	4		2.795	5.620	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.089		0	FLC	4		0.025	0.051	
17:1.....g									
18:1 undifferentiated.....g	9.709		0	FLC	4		2.753	5.534	
20:1.....g	0.029		0	FLC	4		0.008	0.017	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.643		0	FLC	4		3.017	6.067	
18:2 undifferentiated.....g	10.286		0	FLC	4		2.916	5.863	
18:3 undifferentiated.....g	0.317		0	FLC	4		0.090	0.181	
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	0.001		0	FLC	4		0.000	0.001	
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		1		0	0	
Phytosterols.....mg	25		0		1		7	14	
<u>Amino Acids:</u>									
Tryptophan.....g	0.192		0		1		0.054	0.109	
Threonine.....g	0.640		0		1		0.181	0.365	
Isoleucine.....g	0.675		0		1		0.191	0.385	
Leucine.....g	1.240		0		1		0.352	0.707	
Lysine.....g	0.681		0		1		0.193	0.388	
Methionine.....g	0.247		0		1		0.070	0.141	
Cystine.....g	0.254		0		1		0.072	0.145	
Phenylalanine.....g	0.972		0		1		0.276	0.554	
Tyrosine.....g	0.743		0		1		0.211	0.424	
Valine.....g	0.797		0		1		0.226	0.454	
Arginine.....g	2.103		0		1		0.596	1.199	
Histidine.....g	0.473		0		1		0.134	0.270	
Alanine.....g	0.745		0		1		0.211	0.425	
Aspartic acid.....g	2.161		0		1		0.613	1.232	
Glutamic acid.....g	4.109		0		1		1.165	2.342	
Glycine.....g	1.081		0		1		0.306	0.616	
Proline.....g	0.945		0		1		0.268	0.539	
Serine.....g	0.929		0		1		0.263	0.530	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0			NR	4		0	0	
Theobromine.....mg	0			NR	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

NDB No. 19031
Snacks, oriental mix, rice-based

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19034
Snacks, popcorn, air-popped

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.100		0		1		0.088	0.312	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.100		1		1		0.088	0.312	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0		1		0.152	0.539	
18:2 undifferentiated.....g	1.840		1		1		0.147	0.522	
18:3 undifferentiated.....g	0.060		1		1		0.005	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		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.007	0.024	
Threonine.....g	0.452		0		1		0.036	0.128	
Isoleucine.....g	0.431		0		1		0.034	0.122	
Leucine.....g	1.473		0		1		0.118	0.418	
Lysine.....g	0.338		0		1		0.027	0.096	
Methionine.....g	0.252		0		1		0.020	0.071	
Cystine.....g	0.217		0		1		0.017	0.062	
Phenylalanine.....g	0.590		0		1		0.047	0.167	
Tyrosine.....g	0.488		0		1		0.039	0.138	
Valine.....g	0.607		0		1		0.049	0.172	
Arginine.....g	0.598		0		1		0.048	0.170	
Histidine.....g	0.367		0		1		0.029	0.104	
Alanine.....g	0.900		0		1		0.072	0.255	
Aspartic acid.....g	0.836		0		1		0.067	0.237	
Glutamic acid.....g	2.255		0		1		0.180	0.639	
Glycine.....g	0.492		0		1		0.039	0.139	
Proline.....g	1.048		0		1		0.084	0.297	
Serine.....g	0.571		0		1		0.046	0.162	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	89		0	BNA	4		7.088	25.118	
Carotene, alpha.....mcg	58		0	BNA	4		4.640	16.443	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	1450		0	BFSN	4		115.983	411.015	

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Common Measures:

Measure 1 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19034
Snacks, popcorn, air-popped

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 25 Snacks

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

NDB No. 19806

Snacks, popcorn, air-popped, white popcorn

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.100		0		1		0.088	0.312	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.100		1		1		0.088	0.312	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0		1		0.152	0.539	
18:2 undifferentiated.....g	1.840		1		1		0.147	0.522	
18:3 undifferentiated.....g	0.060		1		1		0.005	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.007	0.024	
Threonine.....g	0.452		0		1		0.036	0.128	
Isoleucine.....g	0.431		0		1		0.034	0.122	
Leucine.....g	1.473		0		1		0.118	0.418	
Lysine.....g	0.338		0		1		0.027	0.096	
Methionine.....g	0.252		0		1		0.020	0.071	
Cystine.....g	0.217		0		1		0.017	0.062	
Phenylalanine.....g	0.590		0		1		0.047	0.167	
Tyrosine.....g	0.488		0		1		0.039	0.138	
Valine.....g	0.607		0		1		0.049	0.172	
Arginine.....g	0.598		0		1		0.048	0.170	
Histidine.....g	0.367		0		1		0.029	0.104	
Alanine.....g	0.900		0		1		0.072	0.255	
Aspartic acid.....g	0.836		0		1		0.067	0.237	
Glutamic acid.....g	2.255		0		1		0.180	0.639	
Glycine.....g	0.492		0		1		0.039	0.139	
Proline.....g	1.048		0		1		0.084	0.297	
Serine.....g	0.571		0		1		0.046	0.162	
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 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 25 Snacks

NDB No. 19036
Snacks, popcorn, cakes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.920		0		1		0.092	0.184	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.910		1		1		0.091	0.182	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.350		0		1		0.135	0.270	
18:2 undifferentiated.....g	1.310		1		1		0.131	0.262	
18:3 undifferentiated.....g	0.040		1		1		0.004	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.091		0		1		0.009	0.018	
Threonine.....g	0.363		0		1		0.036	0.073	
Isoleucine.....g	0.372		0		1		0.037	0.074	
Leucine.....g	1.053		0		1		0.105	0.211	
Lysine.....g	0.312		0		1		0.031	0.062	
Methionine.....g	0.210		0		1		0.021	0.042	
Cystine.....g	0.156		0		1		0.016	0.031	
Phenylalanine.....g	0.488		0		1		0.049	0.098	
Tyrosine.....g	0.387		0		1		0.039	0.077	
Valine.....g	0.523		0		1		0.052	0.105	
Arginine.....g	0.581		0		1		0.058	0.116	
Histidine.....g	0.280		0		1		0.028	0.056	
Alanine.....g	0.671		0		1		0.067	0.134	
Aspartic acid.....g	0.767		0		1		0.077	0.153	
Glutamic acid.....g	1.890		0		1		0.189	0.378	
Glycine.....g	0.431		0		1		0.043	0.086	
Proline.....g	0.706		0		1		0.071	0.141	
Serine.....g	0.480		0		1		0.048	0.096	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	33		0	BNA	4		3.255	6.509	
Carotene, alpha.....mcg	21		0	BNA	4		2.131	4.261	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	537		0	O	4		53.700	107.400	

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Common Measures:

Measure 1 = 10.0g: 1 cake
 Measure 2 = 20g: 2 cakes

NDB No. 19036
Snacks, popcorn, cakes

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19038

Snacks, popcorn, caramel-coated, with peanuts

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.730		0		1		0.774	1.556	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	2.670		1		1		0.757	1.522	
20:1.....g	0.050		1		1		0.014	0.029	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.270		0		1		0.927	1.864	
18:2 undifferentiated.....g	3.210		1		1		0.910	1.830	
18:3 undifferentiated.....g	0.060		1		1		0.017	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0		1		0.015	0.030	
Threonine.....g	0.231		0		1		0.065	0.132	
Isoleucine.....g	0.227		0		1		0.064	0.129	
Leucine.....g	0.641		0		1		0.182	0.365	
Lysine.....g	0.199		0		1		0.056	0.113	
Methionine.....g	0.112		0		1		0.032	0.064	
Cystine.....g	0.103		0		1		0.029	0.059	
Phenylalanine.....g	0.320		0		1		0.091	0.182	
Tyrosine.....g	0.261		0		1		0.074	0.149	
Valine.....g	0.303		0		1		0.086	0.173	
Arginine.....g	0.489		0		1		0.139	0.279	
Histidine.....g	0.182		0		1		0.052	0.104	
Alanine.....g	0.392		0		1		0.111	0.223	
Aspartic acid.....g	0.572		0		1		0.162	0.326	
Glutamic acid.....g	1.250		0		1		0.354	0.713	
Glycine.....g	0.309		0		1		0.088	0.176	
Proline.....g	0.452		0		1		0.128	0.258	
Serine.....g	0.308		0		1		0.087	0.176	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	35		0	FLM	4		10.040	20.187	
Carotene, alpha.....mcg	23		0	FLM	4		6.572	13.214	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	580		0	FLM	4		164.293	330.324	

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Common Measures:

Measure 1 = 28.35g: 1 oz (approx 2/3 cup)

Measure 2 = 57g: 2 oz

NDB No. 19038

Snacks, popcorn, caramel-coated, with peanuts

Calories Factors: Protein 3

Fat 8.5

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19039

Snacks, popcorn, caramel-coated, without peanuts

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.880		0		1		0.816		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.028		
17:1.....g									
18:1 undifferentiated.....g	2.780		1		1		0.788		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.480		0		1		1.270		
18:2 undifferentiated.....g	4.070		1		1		1.154		
18:3 undifferentiated.....g	0.400		1		1		0.113		
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	5		1		4		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.013		
Threonine.....g	0.151		0		1		0.043		
Isoleucine.....g	0.157		0		1		0.045		
Leucine.....g	0.284		0		1		0.081		
Lysine.....g	0.281		0		1		0.080		
Methionine.....g	0.073		0		1		0.021		
Cystine.....g	0.039		0		1		0.011		
Phenylalanine.....g	0.154		0		1		0.044		
Tyrosine.....g	0.109		0		1		0.031		
Valine.....g	0.177		0		1		0.050		
Arginine.....g	0.235		0		1		0.067		
Histidine.....g	0.109		0		1		0.031		
Alanine.....g	0.208		0		1		0.059		
Aspartic acid.....g	0.389		0		1		0.110		
Glutamic acid.....g	0.658		0		1		0.187		
Glycine.....g	0.224		0		1		0.064		
Proline.....g	0.171		0		1		0.048		
Serine.....g	0.156		0		1		0.044		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		0.146		
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 = 28.35g: 1 oz

NDB No. 19039

Snacks, popcorn, caramel-coated, without peanuts

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19040
Snacks, popcorn, cheese-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.700		0		1		1.067	2.750	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.011	0.028	
17:1.....g									
18:1 undifferentiated.....g	9.600		1		1		1.056	2.722	
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	15.370		0		1		1.691	4.357	
18:2 undifferentiated.....g	14.500		1		1		1.595	4.111	
18:3 undifferentiated.....g	0.880		1		1		0.097	0.249	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11	2.722	5		1		1	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.010	0.027	
Threonine.....g	0.417		0		1		0.046	0.118	
Isoleucine.....g	0.402		0		1		0.044	0.114	
Leucine.....g	1.024		0		1		0.113	0.290	
Lysine.....g	0.443		0		1		0.049	0.126	
Methionine.....g	0.191		0		1		0.021	0.054	
Cystine.....g	0.160		0		1		0.018	0.045	
Phenylalanine.....g	0.405		0		1		0.045	0.115	
Tyrosine.....g	0.349		0		1		0.038	0.099	
Valine.....g	0.489		0		1		0.054	0.139	
Arginine.....g	0.391		0		1		0.043	0.111	
Histidine.....g	0.252		0		1		0.028	0.071	
Alanine.....g	0.580		0		1		0.064	0.164	
Aspartic acid.....g	0.718		0		1		0.079	0.204	
Glutamic acid.....g	1.729		0		1		0.190	0.490	
Glycine.....g	0.308		0		1		0.034	0.087	
Proline.....g	0.743		0		1		0.082	0.211	
Serine.....g	0.446		0		1		0.049	0.126	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 11.0g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19035
Snacks, popcorn, oil-popped

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.170		0		1		0.899	2.316	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.006	0.014	
17:1.....g									
18:1 undifferentiated.....g	8.120		1		1		0.893	2.302	
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	13.420		0		1		1.476	3.805	
18:2 undifferentiated.....g	12.680		1		1		1.395	3.595	
18:3 undifferentiated.....g	0.730		1		1		0.080	0.207	
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	0.000	6		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.007	0.018	
Threonine.....g	0.338		0		1		0.037	0.096	
Isoleucine.....g	0.323		0		1		0.036	0.092	
Leucine.....g	1.103		0		1		0.121	0.313	
Lysine.....g	0.253		0		1		0.028	0.072	
Methionine.....g	0.189		0		1		0.021	0.054	
Cystine.....g	0.163		0		1		0.018	0.046	
Phenylalanine.....g	0.442		0		1		0.049	0.125	
Tyrosine.....g	0.366		0		1		0.040	0.104	
Valine.....g	0.455		0		1		0.050	0.129	
Arginine.....g	0.448		0		1		0.049	0.127	
Histidine.....g	0.275		0		1		0.030	0.078	
Alanine.....g	0.674		0		1		0.074	0.191	
Aspartic acid.....g	0.626		0		1		0.069	0.177	
Glutamic acid.....g	1.689		0		1		0.186	0.479	
Glycine.....g	0.369		0		1		0.041	0.105	
Proline.....g	0.785		0		1		0.086	0.223	
Serine.....g	0.428		0		1		0.047	0.121	
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	70		0	BNA	4		7.658	19.736	
Carotene, alpha.....mcg	46		0	BNA	4		5.013	12.919	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1087		0	FLA	4		119.608	308.263	

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Common Measures:

Measure 1 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19035
Snacks, popcorn, oil-popped

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 42271

Snacks, popcorn, oil-popped, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.085								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038								
17:1.....g									
18:1 undifferentiated.....g	4.037								
20:1.....g	0.000								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.572								
18:2 undifferentiated.....g	3.315								
18:3 undifferentiated.....g	0.247								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	0								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					
Carotenoids:									
Carotene, beta.....mcg	84		0	BFNN					
Carotene, alpha.....mcg	55		0	BFNN					
Cryptoxanthin, beta.....mcg	0		0	BFNN					
Lycopene.....mcg	0		0	BFNN					
Lutein + zeaxanthin.....mcg	1380		0	BFNN					

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 42259

Snacks, popcorn, oil-popped, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.170						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060						4		
17:1.....g									
18:1 undifferentiated.....g	8.230						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.420						4		
18:2 undifferentiated.....g	12.730						4		
18:3 undifferentiated.....g	0.790						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	70		0	BNA			4		
Carotene, alpha.....mcg	46		0	BNA			4		
Cryptoxanthin, beta.....mcg	0		0	BNA			4		
Lycopene.....mcg	0		0	Z			7		
Lutein + zeaxanthin.....mcg	1087		0	O			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: 25 Snacks

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

NDB No. 19807

Snacks, popcorn, oil-popped, white popcorn

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.170		0		1		0.899	2.316	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.006	0.014	
17:1.....g									
18:1 undifferentiated.....g	8.120		1		1		0.893	2.302	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.420		0		1		1.476	3.805	
18:2 undifferentiated.....g	12.680		1		1		1.395	3.595	
18:3 undifferentiated.....g	0.730		1		1		0.080	0.207	
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	0.000	6		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.007	0.018	
Threonine.....g	0.338		0		1		0.037	0.096	
Isoleucine.....g	0.323		0		1		0.036	0.092	
Leucine.....g	1.103		0		1		0.121	0.313	
Lysine.....g	0.253		0		1		0.028	0.072	
Methionine.....g	0.189		0		1		0.021	0.054	
Cystine.....g	0.163		0		1		0.018	0.046	
Phenylalanine.....g	0.442		0		1		0.049	0.125	
Tyrosine.....g	0.366		0		1		0.040	0.104	
Valine.....g	0.455		0		1		0.050	0.129	
Arginine.....g	0.448		0		1		0.049	0.127	
Histidine.....g	0.275		0		1		0.030	0.078	
Alanine.....g	0.674		0		1		0.074	0.191	
Aspartic acid.....g	0.626		0		1		0.069	0.177	
Glutamic acid.....g	1.689		0		1		0.186	0.479	
Glycine.....g	0.369		0		1		0.041	0.105	
Proline.....g	0.785		0		1		0.086	0.223	
Serine.....g	0.428		0		1		0.047	0.121	
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 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19408

Snacks, pork skins, barbecue-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.030		0		1		4.261	2.134	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.990		1		1		0.281	0.141	
17:1.....g									
18:1 undifferentiated.....g	13.780		1		1		3.907	1.957	
20:1.....g	0.250		1		1		0.071	0.036	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.450		0		1		0.978	0.490	
18:2 undifferentiated.....g	3.410		1		1		0.967	0.484	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		1		1		0.011	0.006	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	115	4.853	8		1		33	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.037	0.019	
Threonine.....g	1.765		0		1		0.500	0.251	
Isoleucine.....g	1.373		0		1		0.389	0.195	
Leucine.....g	3.221		0		1		0.913	0.457	
Lysine.....g	2.698		0		1		0.765	0.383	
Methionine.....g	0.476		0		1		0.135	0.068	
Cystine.....g	0.514		0		1		0.146	0.073	
Phenylalanine.....g	1.877		0		1		0.532	0.267	
Tyrosine.....g	1.186		0		1		0.336	0.168	
Valine.....g	2.334		0		1		0.662	0.331	
Arginine.....g	4.547		0		1		1.289	0.646	
Histidine.....g	0.719		0		1		0.204	0.102	
Alanine.....g	5.472		0		1		1.551	0.777	
Aspartic acid.....g	4.295		0		1		1.218	0.610	
Glutamic acid.....g	7.302		0		1		2.070	1.037	
Glycine.....g	11.036		0		1		3.129	1.567	
Proline.....g	6.769		0		1		1.919	0.961	
Serine.....g	2.484		0		1		0.704	0.353	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	324		0	NR	4		91.854	46.008	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 19408

Snacks, pork skins, barbecue-flavor

Food Group: 25 Snacks

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

NDB No. 19041
Snacks, pork skins, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.780		0		1		4.190	2.099	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		1		1		0.275	0.138	
17:1.....g									
18:1 undifferentiated.....g	13.560		1		1		3.844	1.926	
20:1.....g	0.250		1		1		0.071	0.036	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.640		0		1		1.032	0.517	
18:2 undifferentiated.....g	3.350		1		1		0.950	0.476	
18:3 undifferentiated.....g	0.260		1		1		0.074	0.037	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.009	0.004	
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	95	6.090	15		1		27	13	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.118		0		1		0.033	0.017	
Threonine.....g	1.823		0		1		0.517	0.259	
Isoleucine.....g	1.382		0		1		0.392	0.196	
Leucine.....g	3.322		0		1		0.942	0.472	
Lysine.....g	2.783		0		1		0.789	0.395	
Methionine.....g	0.480		0		1		0.136	0.068	
Cystine.....g	0.529		0		1		0.150	0.075	
Phenylalanine.....g	1.940		0		1		0.550	0.275	
Tyrosine.....g	1.205		0		1		0.342	0.171	
Valine.....g	2.421		0		1		0.686	0.344	
Arginine.....g	4.841		0		1		1.372	0.687	
Histidine.....g	0.725		0		1		0.206	0.103	
Alanine.....g	5.811		0		1		1.647	0.825	
Aspartic acid.....g	4.469		0		1		1.267	0.635	
Glutamic acid.....g	7.625		0		1		2.162	1.083	
Glycine.....g	11.917		0		1		3.378	1.692	
Proline.....g	7.262		0		1		2.059	1.031	
Serine.....g	2.597		0		1		0.736	0.369	
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	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

NDB No. 19041
Snacks, pork skins, plain

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 25 Snacks

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

NDB No. 19042
Snacks, potato chips, barbecue-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.540		0		1		1.854	12.949	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		1		1		0.071	0.495	
17:1.....g									
18:1 undifferentiated.....g	6.260		1		1		1.775	12.395	
20:1.....g	0.030		1		1		0.009	0.059	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.370		0		1		4.641	32.413	
18:2 undifferentiated.....g	16.280		1		1		4.615	32.234	
18:3 undifferentiated.....g	0.090		1		1		0.026	0.178	
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	0.000	5		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.031	0.214	
Threonine.....g	0.322		0		1		0.091	0.638	
Isoleucine.....g	0.344		0		1		0.098	0.681	
Leucine.....g	0.506		0		1		0.143	1.002	
Lysine.....g	0.501		0		1		0.142	0.992	
Methionine.....g	0.127		0		1		0.036	0.251	
Cystine.....g	0.108		0		1		0.031	0.214	
Phenylalanine.....g	0.336		0		1		0.095	0.665	
Tyrosine.....g	0.275		0		1		0.078	0.545	
Valine.....g	0.426		0		1		0.121	0.843	
Arginine.....g	0.380		0		1		0.108	0.752	
Histidine.....g	0.176		0		1		0.050	0.348	
Alanine.....g	0.342		0		1		0.097	0.677	
Aspartic acid.....g	1.363		0		1		0.386	2.699	
Glutamic acid.....g	1.188		0		1		0.337	2.352	
Glycine.....g	0.288		0		1		0.082	0.570	
Proline.....g	0.304		0		1		0.086	0.602	
Serine.....g	0.345		0		1		0.098	0.683	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.4 Fat 8.7 Carbohydrate 3.6

Food Group: 25 Snacks

NDB No. 19421
Snacks, potato chips, cheese-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.720		0		1		2.189	13.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		31		1		0.040	0.238	
17:1.....g									
18:1 undifferentiated.....g	7.470		31		1		2.118	12.699	
20:1.....g	0.120		31		1		0.034	0.204	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.560		0		1		2.710	16.252	
18:2 undifferentiated.....g	9.410		31		1		2.668	15.997	
18:3 undifferentiated.....g	0.150		31		1		0.043	0.255	
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	4		1		4		1	7	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.073		0		1		0.021	0.124	
Threonine.....g	0.365		0		1		0.103	0.621	
Isoleucine.....g	0.392		0		1		0.111	0.666	
Leucine.....g	0.594		0		1		0.168	1.010	
Lysine.....g	0.554		0		1		0.157	0.942	
Methionine.....g	0.116		0		1		0.033	0.197	
Cystine.....g	0.104		0		1		0.029	0.177	
Phenylalanine.....g	0.388		0		1		0.110	0.660	
Tyrosine.....g	0.329		0		1		0.093	0.559	
Valine.....g	0.501		0		1		0.142	0.852	
Arginine.....g	0.400		0		1		0.113	0.680	
Histidine.....g	0.194		0		1		0.055	0.330	
Alanine.....g	0.299		0		1		0.085	0.508	
Aspartic acid.....g	1.494		0		1		0.424	2.540	
Glutamic acid.....g	1.446		0		1		0.410	2.458	
Glycine.....g	0.268		0		1		0.076	0.456	
Proline.....g	0.394		0		1		0.112	0.670	
Serine.....g	0.357		0		1		0.101	0.607	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19437

Snacks, potato chips, fat free, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.015			BFFN	4		0.004	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000			BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.015			BFFN	4		0.004	0.034	
20:1.....g	0.000			BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000			BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.255			BFFN	4		0.072	0.579	
18:2 undifferentiated.....g	0.200			BFFN	4		0.057	0.454	
18:3 undifferentiated.....g	0.060			BFFN	4		0.017	0.136	
18:4.....g	0.000			BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000			BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000			BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000			BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7		0	BFSN	4		1.928	15.438	
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	39		0	BFSN	4		11.040	88.394	

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Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19423

Snacks, potato chips, fat-free, made with olestra

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.252		1	MA	12		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1	MA	12		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.246		1	MA	12		0.070		
20:1.....g	0.003		1	MA	12		0.001		
22:1 undifferentiated.....g	0.000		1	MA	12		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.284		1	MA	12		0.081		
18:2 undifferentiated.....g	0.275		1	MA	12		0.078		
18:3 undifferentiated.....g	0.009		1	MA	12		0.003		
18:4.....g	0.000		1	MA	12		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	MA	12		0.000		
20:5 n-3.....g	0.000		1	MA	12		0.000		
22:5 n-3.....g	0.000		1	MA	12		0.000		
22:6 n-3.....g	0.000		1	MA	12		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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		
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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19412

Snacks, potato chips, made from dried potatoes, cheese-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.140		0		1		2.024	13.637	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		1		1		0.102	0.688	
17:1.....g									
18:1 undifferentiated.....g	6.780		1		1		1.922	12.950	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.660		0		1		5.290	35.641	
18:2 undifferentiated.....g	18.310		1		1		5.191	34.972	
18:3 undifferentiated.....g	0.350		1		1		0.099	0.669	
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	4		1		1		1	8	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.066		0		1		0.019	0.126	
Threonine.....g	0.291		0		1		0.082	0.556	
Isoleucine.....g	0.329		0		1		0.093	0.628	
Leucine.....g	0.509		0		1		0.144	0.972	
Lysine.....g	0.476		0		1		0.135	0.909	
Methionine.....g	0.109		0		1		0.031	0.208	
Cystine.....g	0.081		0		1		0.023	0.155	
Phenylalanine.....g	0.320		0		1		0.091	0.611	
Tyrosine.....g	0.282		0		1		0.080	0.539	
Valine.....g	0.411		0		1		0.117	0.785	
Arginine.....g	0.321		0		1		0.091	0.613	
Histidine.....g	0.171		0		1		0.048	0.327	
Alanine.....g	0.237		0		1		0.067	0.453	
Aspartic acid.....g	1.062		0		1		0.301	2.028	
Glutamic acid.....g	1.242		0		1		0.352	2.372	
Glycine.....g	0.202		0		1		0.057	0.386	
Proline.....g	0.395		0		1		0.112	0.754	
Serine.....g	0.308		0		1		0.087	0.588	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 191g: 1 can (6.25 oz)

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19445

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	FLM	4		0.085		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.300		0	FLM	4		0.085		
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	0.190		0	FLM	4		0.054		
18:2 undifferentiated.....g	0.160		0	FLM	4		0.045		
18:3 undifferentiated.....g	0.030		0	FLM	4		0.009		
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	Z	7		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		
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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19045

Snacks, potato chips, made from dried potatoes, 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	5.920		0		1		1.678	10.064	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620		1		1		0.176	1.054	
17:1.....g									
18:1 undifferentiated.....g	5.300		1		1		1.503	9.010	
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	13.490		0		1		3.824	22.933	
18:2 undifferentiated.....g	13.250		1		1		3.756	22.525	
18:3 undifferentiated.....g	0.240		1		1		0.068	0.408	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.012	0.075	
Threonine.....g	0.245		0		1		0.069	0.417	
Isoleucine.....g	0.248		0		1		0.070	0.422	
Leucine.....g	0.369		0		1		0.105	0.627	
Lysine.....g	0.353		0		1		0.100	0.600	
Methionine.....g	0.065		0		1		0.018	0.111	
Cystine.....g	0.073		0		1		0.021	0.124	
Phenylalanine.....g	0.258		0		1		0.073	0.439	
Tyrosine.....g	0.221		0		1		0.063	0.376	
Valine.....g	0.329		0		1		0.093	0.559	
Arginine.....g	0.272		0		1		0.077	0.462	
Histidine.....g	0.125		0		1		0.035	0.213	
Alanine.....g	0.202		0		1		0.057	0.343	
Aspartic acid.....g	1.134		0		1		0.321	1.928	
Glutamic acid.....g	0.939		0		1		0.266	1.596	
Glycine.....g	0.194		0		1		0.055	0.330	
Proline.....g	0.204		0		1		0.058	0.347	
Serine.....g	0.230		0		1		0.065	0.391	
Hydroxyproline.....g									
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	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19045

Snacks, potato chips, made from dried potatoes, light

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19410

Snacks, potato chips, made from dried potatoes, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.270		0		1		2.061	14.395	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		2		1		0.102	0.713	
17:1.....g									
18:1 undifferentiated.....g	6.900		2		1		1.956	13.662	
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	19.980		0		1		5.664	39.560	
18:2 undifferentiated.....g	19.620		2		1		5.562	38.848	
18:3 undifferentiated.....g	0.360		2		1		0.102	0.713	
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		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.091	
Threonine.....g	0.258		0		1		0.073	0.511	
Isoleucine.....g	0.261		0		1		0.074	0.517	
Leucine.....g	0.389		0		1		0.110	0.770	
Lysine.....g	0.372		0		1		0.105	0.737	
Methionine.....g	0.069		0		1		0.020	0.137	
Cystine.....g	0.076		0		1		0.022	0.150	
Phenylalanine.....g	0.272		0		1		0.077	0.539	
Tyrosine.....g	0.233		0		1		0.066	0.461	
Valine.....g	0.346		0		1		0.098	0.685	
Arginine.....g	0.287		0		1		0.081	0.568	
Histidine.....g	0.132		0		1		0.037	0.261	
Alanine.....g	0.213		0		1		0.060	0.422	
Aspartic acid.....g	1.195		0		1		0.339	2.366	
Glutamic acid.....g	0.989		0		1		0.280	1.958	
Glycine.....g	0.204		0		1		0.058	0.404	
Proline.....g	0.215		0		1		0.061	0.426	
Serine.....g	0.243		0		1		0.069	0.481	
Hydroxyproline.....g									
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 = 28.35g: 1 oz

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

NDB No. 19410

Snacks, potato chips, made from dried potatoes, plain

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19046

Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.120		0		1		2.019	14.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		1		1		0.102	0.713	
17:1.....g									
18:1 undifferentiated.....g	6.760		1		1		1.916	13.385	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.780		0		1		5.324	37.184	
18:2 undifferentiated.....g	18.430		1		1		5.225	36.491	
18:3 undifferentiated.....g	0.350		1		1		0.099	0.693	
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	3		1		1		1	6	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.072		0		1		0.020	0.143	
Threonine.....g	0.284		0		1		0.081	0.562	
Isoleucine.....g	0.313		0		1		0.089	0.620	
Leucine.....g	0.485		0		1		0.137	0.960	
Lysine.....g	0.437		0		1		0.124	0.865	
Methionine.....g	0.102		0		1		0.029	0.202	
Cystine.....g	0.076		0		1		0.022	0.150	
Phenylalanine.....g	0.290		0		1		0.082	0.574	
Tyrosine.....g	0.254		0		1		0.072	0.503	
Valine.....g	0.380		0		1		0.108	0.752	
Arginine.....g	0.306		0		1		0.087	0.606	
Histidine.....g	0.148		0		1		0.042	0.293	
Alanine.....g	0.252		0		1		0.071	0.499	
Aspartic acid.....g	0.928		0		1		0.263	1.837	
Glutamic acid.....g	1.100		0		1		0.312	2.178	
Glycine.....g	0.206		0		1		0.058	0.408	
Proline.....g	0.373		0		1		0.106	0.739	
Serine.....g	0.291		0		1		0.082	0.576	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 can (6.75 oz)

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19809

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.000		0		1		5.103	40.860	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	17.930		1		1		5.083	40.701	
20:1.....g	0.070		1		1		0.020	0.159	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.160		0		1		2.597	20.793	
18:2 undifferentiated.....g	8.900		1		1		2.523	20.203	
18:3 undifferentiated.....g	0.260		1		1		0.074	0.590	
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	0.000	24		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.108		0		1		0.031	0.245	
Threonine.....g	0.253		0		1		0.072	0.574	
Isoleucine.....g	0.283		0		1		0.080	0.642	
Leucine.....g	0.419		0		1		0.119	0.951	
Lysine.....g	0.424		0		1		0.120	0.962	
Methionine.....g	0.110		0		1		0.031	0.250	
Cystine.....g	0.089		0		1		0.025	0.202	
Phenylalanine.....g	0.310		0		1		0.088	0.704	
Tyrosine.....g	0.259		0		1		0.073	0.588	
Valine.....g	0.392		0		1		0.111	0.890	
Arginine.....g	0.321		0		1		0.091	0.729	
Histidine.....g	0.153		0		1		0.043	0.347	
Alanine.....g	0.214		0		1		0.061	0.486	
Aspartic acid.....g	1.706		0		1		0.484	3.873	
Glutamic acid.....g	1.170		0		1		0.332	2.656	
Glycine.....g	0.207		0		1		0.059	0.470	
Proline.....g	0.251		0		1		0.071	0.570	
Serine.....g	0.303		0		1		0.086	0.688	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19810

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.000		0		1		5.103	40.860	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	17.930		1		1		5.083	40.701	
20:1.....g	0.070		1		1		0.020	0.159	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.160		0		1		2.597	20.793	
18:2 undifferentiated.....g	8.900		1		1		2.523	20.203	
18:3 undifferentiated.....g	0.260		1		1		0.074	0.590	
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	0.000	24		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.031	0.245	
Threonine.....g	0.253		0		1		0.072	0.574	
Isoleucine.....g	0.283		0		1		0.080	0.642	
Leucine.....g	0.419		0		1		0.119	0.951	
Lysine.....g	0.424		0		1		0.120	0.962	
Methionine.....g	0.110		0		1		0.031	0.250	
Cystine.....g	0.089		0		1		0.025	0.202	
Phenylalanine.....g	0.310		0		1		0.088	0.704	
Tyrosine.....g	0.259		0		1		0.073	0.588	
Valine.....g	0.392		0		1		0.111	0.890	
Arginine.....g	0.321		0		1		0.091	0.729	
Histidine.....g	0.153		0		1		0.043	0.347	
Alanine.....g	0.214		0		1		0.061	0.486	
Aspartic acid.....g	1.706		0		1		0.484	3.873	
Glutamic acid.....g	1.170		0		1		0.332	2.656	
Glycine.....g	0.207		0		1		0.059	0.470	
Proline.....g	0.251		0		1		0.071	0.570	
Serine.....g	0.303		0		1		0.086	0.688	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19411
Snacks, potato chips, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.840		0		1		2.790	22.337	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		31		1		0.051	0.409	
17:1.....g									
18:1 undifferentiated.....g	9.510		31		1		2.696	21.588	
20:1.....g	0.150		31		1		0.043	0.341	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.170		0		1		3.450	27.626	
18:2 undifferentiated.....g	11.980		31		1		3.396	27.195	
18:3 undifferentiated.....g	0.190		31		1		0.054	0.431	
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	0.000	24		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.108		0		1		0.031	0.245	
Threonine.....g	0.253		0		1		0.072	0.574	
Isoleucine.....g	0.283		0		1		0.080	0.642	
Leucine.....g	0.419		0		1		0.119	0.951	
Lysine.....g	0.424		0		1		0.120	0.962	
Methionine.....g	0.110		0		1		0.031	0.250	
Cystine.....g	0.089		0		1		0.025	0.202	
Phenylalanine.....g	0.310		0		1		0.088	0.704	
Tyrosine.....g	0.259		0		1		0.073	0.588	
Valine.....g	0.392		0		1		0.111	0.890	
Arginine.....g	0.321		0		1		0.091	0.729	
Histidine.....g	0.153		0		1		0.043	0.347	
Alanine.....g	0.214		0		1		0.061	0.486	
Aspartic acid.....g	1.706		0		1		0.484	3.873	
Glutamic acid.....g	1.170		0		1		0.332	2.656	
Glycine.....g	0.207		0		1		0.059	0.470	
Proline.....g	0.251		0		1		0.071	0.570	
Serine.....g	0.303		0		1		0.086	0.688	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		0	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19411

Snacks, potato chips, plain, salted

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19811

Snacks, potato chips, plain, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.840		0		1		2.790	22.337	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		31		1		0.051	0.409	
17:1.....g									
18:1 undifferentiated.....g	9.510		31		1		2.696	21.588	
20:1.....g	0.150		31		1		0.043	0.341	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.170		0		1		3.450	27.626	
18:2 undifferentiated.....g	11.980		31		1		3.396	27.195	
18:3 undifferentiated.....g	0.190		31		1		0.054	0.431	
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	0.000	24		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.031	0.245	
Threonine.....g	0.253		0		1		0.072	0.574	
Isoleucine.....g	0.283		0		1		0.080	0.642	
Leucine.....g	0.419		0		1		0.119	0.951	
Lysine.....g	0.424		0		1		0.120	0.962	
Methionine.....g	0.110		0		1		0.031	0.250	
Cystine.....g	0.089		0		1		0.025	0.202	
Phenylalanine.....g	0.310		0		1		0.088	0.704	
Tyrosine.....g	0.259		0		1		0.073	0.588	
Valine.....g	0.392		0		1		0.111	0.890	
Arginine.....g	0.321		0		1		0.091	0.729	
Histidine.....g	0.153		0		1		0.043	0.347	
Alanine.....g	0.214		0		1		0.061	0.486	
Aspartic acid.....g	1.706		0		1		0.484	3.873	
Glutamic acid.....g	1.170		0		1		0.332	2.656	
Glycine.....g	0.207		0		1		0.059	0.470	
Proline.....g	0.251		0		1		0.071	0.570	
Serine.....g	0.303		0		1		0.086	0.688	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19811

Snacks, potato chips, plain, unsalted

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19422

Snacks, potato chips, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.800		0		1		1.361	8.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		1		1		0.142	0.850	
17:1.....g									
18:1 undifferentiated.....g	4.300		1		1		1.219	7.310	
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	10.940		0		1		3.101	18.598	
18:2 undifferentiated.....g	10.750		1		1		3.048	18.275	
18:3 undifferentiated.....g	0.190		1		1		0.054	0.323	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0		1		0.031	0.189	
Threonine.....g	0.260		0		1		0.074	0.442	
Isoleucine.....g	0.291		0		1		0.082	0.495	
Leucine.....g	0.430		0		1		0.122	0.731	
Lysine.....g	0.435		0		1		0.123	0.740	
Methionine.....g	0.113		0		1		0.032	0.192	
Cystine.....g	0.092		0		1		0.026	0.156	
Phenylalanine.....g	0.318		0		1		0.090	0.541	
Tyrosine.....g	0.265		0		1		0.075	0.451	
Valine.....g	0.403		0		1		0.114	0.685	
Arginine.....g	0.329		0		1		0.093	0.559	
Histidine.....g	0.157		0		1		0.045	0.267	
Alanine.....g	0.220		0		1		0.062	0.374	
Aspartic acid.....g	1.750		0		1		0.496	2.975	
Glutamic acid.....g	1.200		0		1		0.340	2.040	
Glycine.....g	0.213		0		1		0.060	0.362	
Proline.....g	0.257		0		1		0.073	0.437	
Serine.....g	0.311		0		1		0.088	0.529	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		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	BFFN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFFN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFFN	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 = 28.35g: 1 oz

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

NDB No. 19422

Snacks, potato chips, reduced fat

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19043

Snacks, potato chips, sour-cream-and-onion-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.120		0		1		1.735	12.118	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		2		1		0.079	0.554	
17:1.....g									
18:1 undifferentiated.....g	5.840		2		1		1.656	11.563	
20:1.....g	0.000		2		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.420		0		1		4.939	34.492	
18:2 undifferentiated.....g	17.340		2		1		4.916	34.333	
18:3 undifferentiated.....g	0.080		2		1		0.023	0.158	
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	7	0.992	5		1		2	14	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.118		0		1		0.033	0.234	
Threonine.....g	0.425		0		1		0.120	0.842	
Isoleucine.....g	0.403		0		1		0.114	0.798	
Leucine.....g	0.655		0		1		0.186	1.297	
Lysine.....g	0.576		0		1		0.163	1.140	
Methionine.....g	0.141		0		1		0.040	0.279	
Cystine.....g	0.129		0		1		0.037	0.255	
Phenylalanine.....g	0.272		0		1		0.077	0.539	
Tyrosine.....g	0.238		0		1		0.067	0.471	
Valine.....g	0.421		0		1		0.119	0.834	
Arginine.....g	0.256		0		1		0.073	0.507	
Histidine.....g	0.151		0		1		0.043	0.299	
Alanine.....g	0.327		0		1		0.093	0.647	
Aspartic acid.....g	0.898		0		1		0.255	1.778	
Glutamic acid.....g	1.321		0		1		0.375	2.616	
Glycine.....g	0.182		0		1		0.052	0.360	
Proline.....g	0.462		0		1		0.131	0.915	
Serine.....g	0.362		0		1		0.103	0.717	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	90		0	NR	4		25.515	178.200	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

NDB No. 19043

Snacks, potato chips, sour-cream-and-onion-flavor

Food Group: 25 Snacks

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

NDB No. 42283

Snacks, potato chips, white, restructured, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.910			MC	9		3.369	1.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000			MA	12		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.910			MA	12		3.369	1.189	
20:1.....g	0.000			MA	12		0.000	0.000	
22:1 undifferentiated.....g	0.000			MA	12		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.234			MC	9		1.440	0.508	
18:2 undifferentiated.....g	4.037			MA	12		1.373	0.484	
18:3 undifferentiated.....g	0.197			MA	12		0.067	0.024	
18:4.....g	0.000			MA	12		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			MA	12		0.000	0.000	
20:5 n-3.....g	0.000			MA	12		0.000	0.000	
22:5 n-3.....g	0.000			MA	12		0.000	0.000	
22:6 n-3.....g	0.000			MA	12		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				12		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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 = 34g: 1 cup

Measure 2 = 12.0g: 10 chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19415
Snacks, potato sticks

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.160		0		1		1.746	1.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		1		1		0.077	0.049	
17:1.....g									
18:1 undifferentiated.....g	5.880		1		1		1.667	1.058	
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	17.900		0		1		5.075	3.222	
18:2 undifferentiated.....g	17.800		1		1		5.046	3.204	
18:3 undifferentiated.....g	0.070		1		1		0.020	0.013	
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	0.030		1		1		0.009	0.005	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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 = 28.35g: 1 oz

Measure 2 = 18g: .5 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 25 Snacks

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

NDB No. 19048

Snacks, pretzels, hard, confectioner's coating, chocolate-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.390		0		1		1.528	0.593	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.002	
17:1.....g									
18:1 undifferentiated.....g	5.370		1		1		1.522	0.591	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.150		0		1		0.610	0.237	
18:2 undifferentiated.....g	1.990		1		1		0.564	0.219	
18:3 undifferentiated.....g	0.160		1		1		0.045	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		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.096		0		1		0.027	0.011	
Threonine.....g	0.251		0		1		0.071	0.028	
Isoleucine.....g	0.287		0		1		0.081	0.032	
Leucine.....g	0.531		0		1		0.151	0.058	
Lysine.....g	0.253		0		1		0.072	0.028	
Methionine.....g	0.131		0		1		0.037	0.014	
Cystine.....g	0.147		0		1		0.042	0.016	
Phenylalanine.....g	0.357		0		1		0.101	0.039	
Tyrosine.....g	0.234		0		1		0.066	0.026	
Valine.....g	0.332		0		1		0.094	0.037	
Arginine.....g	0.306		0		1		0.087	0.034	
Histidine.....g	0.163		0		1		0.046	0.018	
Alanine.....g	0.274		0		1		0.078	0.030	
Aspartic acid.....g	0.420		0		1		0.119	0.046	
Glutamic acid.....g	2.183		0		1		0.619	0.240	
Glycine.....g	0.268		0		1		0.076	0.029	
Proline.....g	0.743		0		1		0.211	0.082	
Serine.....g	0.365		0		1		0.103	0.040	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 11.0g: 1 pretzel

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19814

Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.360		0		1		0.386	0.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		4		1		0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.350		7		1		0.383	0.810	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0		1		0.346	0.732	
18:2 undifferentiated.....g	1.150		7		1		0.326	0.690	
18:3 undifferentiated.....g	0.060		7		1		0.017	0.036	
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	0.000	13		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.031	0.065	
Threonine.....g	0.259		0		1		0.073	0.155	
Isoleucine.....g	0.345		0		1		0.098	0.207	
Leucine.....g	0.636		0		1		0.180	0.382	
Lysine.....g	0.221		0		1		0.063	0.133	
Methionine.....g	0.164		0		1		0.046	0.098	
Cystine.....g	0.196		0		1		0.056	0.118	
Phenylalanine.....g	0.453		0		1		0.128	0.272	
Tyrosine.....g	0.266		0		1		0.075	0.160	
Valine.....g	0.392		0		1		0.111	0.235	
Arginine.....g	0.349		0		1		0.099	0.209	
Histidine.....g	0.201		0		1		0.057	0.121	
Alanine.....g	0.304		0		1		0.086	0.182	
Aspartic acid.....g	0.415		0		1		0.118	0.249	
Glutamic acid.....g	3.037		0		1		0.861	1.822	
Glycine.....g	0.327		0		1		0.093	0.196	
Proline.....g	1.018		0		1		0.289	0.611	
Serine.....g	0.447		0		1		0.127	0.268	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		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	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

NDB No. 19814

Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19812

Snacks, pretzels, hard, plain, made with unenriched flour, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.360		0		1		0.386	0.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		4		1		0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.350		7		1		0.383	0.810	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0		1		0.346	0.732	
18:2 undifferentiated.....g	1.150		7		1		0.326	0.690	
18:3 undifferentiated.....g	0.060		7		1		0.017	0.036	
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	0.000	13		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.109		0		1		0.031	0.065	
Threonine.....g	0.259		0		1		0.073	0.155	
Isoleucine.....g	0.345		0		1		0.098	0.207	
Leucine.....g	0.636		0		1		0.180	0.382	
Lysine.....g	0.221		0		1		0.063	0.133	
Methionine.....g	0.164		0		1		0.046	0.098	
Cystine.....g	0.196		0		1		0.056	0.118	
Phenylalanine.....g	0.453		0		1		0.128	0.272	
Tyrosine.....g	0.266		0		1		0.075	0.160	
Valine.....g	0.392		0		1		0.111	0.235	
Arginine.....g	0.349		0		1		0.099	0.209	
Histidine.....g	0.201		0		1		0.057	0.121	
Alanine.....g	0.304		0		1		0.086	0.182	
Aspartic acid.....g	0.415		0		1		0.118	0.249	
Glutamic acid.....g	3.037		0		1		0.861	1.822	
Glycine.....g	0.327		0		1		0.093	0.196	
Proline.....g	1.018		0		1		0.289	0.611	
Serine.....g	0.447		0		1		0.127	0.268	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19813

Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.360		0		1		0.386	0.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		4		1		0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.350		7		1		0.383	0.810	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0		1		0.346	0.732	
18:2 undifferentiated.....g	1.150		7		1		0.326	0.690	
18:3 undifferentiated.....g	0.060		7		1		0.017	0.036	
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	0.000	13		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.109		0		1		0.031	0.065	
Threonine.....g	0.259		0		1		0.073	0.155	
Isoleucine.....g	0.345		0		1		0.098	0.207	
Leucine.....g	0.636		0		1		0.180	0.382	
Lysine.....g	0.221		0		1		0.063	0.133	
Methionine.....g	0.164		0		1		0.046	0.098	
Cystine.....g	0.196		0		1		0.056	0.118	
Phenylalanine.....g	0.453		0		1		0.128	0.272	
Tyrosine.....g	0.266		0		1		0.075	0.160	
Valine.....g	0.392		0		1		0.111	0.235	
Arginine.....g	0.349		0		1		0.099	0.209	
Histidine.....g	0.201		0		1		0.057	0.121	
Alanine.....g	0.304		0		1		0.086	0.182	
Aspartic acid.....g	0.415		0		1		0.118	0.249	
Glutamic acid.....g	3.037		0		1		0.861	1.822	
Glycine.....g	0.327		0		1		0.093	0.196	
Proline.....g	1.018		0		1		0.289	0.611	
Serine.....g	0.447		0		1		0.127	0.268	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19047

Snacks, pretzels, hard, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.360		0		1		0.386	0.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		4		1		0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.350		7		1		0.383	0.810	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0		1		0.346	0.732	
18:2 undifferentiated.....g	1.150		7		1		0.326	0.690	
18:3 undifferentiated.....g	0.060		7		1		0.017	0.036	
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	0.000	13		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.031	0.065	
Threonine.....g	0.259		0		1		0.073	0.155	
Isoleucine.....g	0.345		0		1		0.098	0.207	
Leucine.....g	0.636		0		1		0.180	0.382	
Lysine.....g	0.221		0		1		0.063	0.133	
Methionine.....g	0.164		0		1		0.046	0.098	
Cystine.....g	0.196		0		1		0.056	0.118	
Phenylalanine.....g	0.453		0		1		0.128	0.272	
Tyrosine.....g	0.266		0		1		0.075	0.160	
Valine.....g	0.392		0		1		0.111	0.235	
Arginine.....g	0.349		0		1		0.099	0.209	
Histidine.....g	0.201		0		1		0.057	0.121	
Alanine.....g	0.304		0		1		0.086	0.182	
Aspartic acid.....g	0.415		0		1		0.118	0.249	
Glutamic acid.....g	3.037		0		1		0.861	1.822	
Glycine.....g	0.327		0		1		0.093	0.196	
Proline.....g	1.018		0		1		0.289	0.611	
Serine.....g	0.447		0		1		0.127	0.268	
Hydroxyproline.....g									
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		0.027	0.057	
Carotene, alpha.....mcg	0		0	FLA	4		0.010	0.022	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.039	0.082	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLA	4		2.671	5.653	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

NDB No. 19047

Snacks, pretzels, hard, plain, salted

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19050

Snacks, pretzels, hard, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.030		0		1		0.292	0.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.030		3		1		0.292	0.587	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0		1		0.235	0.473	
18:2 undifferentiated.....g	0.790		3		1		0.224	0.450	
18:3 undifferentiated.....g	0.040		3		1		0.011	0.023	
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		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.172		0		1		0.049	0.098	
Threonine.....g	0.325		0		1		0.092	0.185	
Isoleucine.....g	0.412		0		1		0.117	0.235	
Leucine.....g	0.750		0		1		0.213	0.428	
Lysine.....g	0.307		0		1		0.087	0.175	
Methionine.....g	0.178		0		1		0.050	0.101	
Cystine.....g	0.252		0		1		0.071	0.144	
Phenylalanine.....g	0.523		0		1		0.148	0.298	
Tyrosine.....g	0.328		0		1		0.093	0.187	
Valine.....g	0.504		0		1		0.143	0.287	
Arginine.....g	0.563		0		1		0.160	0.321	
Histidine.....g	0.258		0		1		0.073	0.147	
Alanine.....g	0.399		0		1		0.113	0.227	
Aspartic acid.....g	0.592		0		1		0.168	0.337	
Glutamic acid.....g	3.414		0		1		0.968	1.946	
Glycine.....g	0.456		0		1		0.129	0.260	
Proline.....g	1.140		0		1		0.323	0.650	
Serine.....g	0.523		0		1		0.148	0.298	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.5

Fat 8.5

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19052

Snacks, rice cakes, brown rice, buckwheat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.110		0		1		0.100	0.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.090		1		1		0.098	0.196	
20:1.....g									
22:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.110		0		1		0.100	0.200	
18:2 undifferentiated.....g	1.050		1		1		0.095	0.189	
18:3 undifferentiated.....g	0.070		1		1		0.006	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		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.125		0		1		0.011	0.023	
Threonine.....g	0.340		0		1		0.031	0.061	
Isoleucine.....g	0.358		0		1		0.032	0.064	
Leucine.....g	0.638		0		1		0.057	0.115	
Lysine.....g	0.414		0		1		0.037	0.075	
Methionine.....g	0.152		0		1		0.014	0.027	
Cystine.....g	0.137		0		1		0.012	0.025	
Phenylalanine.....g	0.399		0		1		0.036	0.072	
Tyrosine.....g	0.233		0		1		0.021	0.042	
Valine.....g	0.489		0		1		0.044	0.088	
Arginine.....g	0.677		0		1		0.061	0.122	
Histidine.....g	0.218		0		1		0.020	0.039	
Alanine.....g	0.517		0		1		0.047	0.093	
Aspartic acid.....g	0.800		0		1		0.072	0.144	
Glutamic acid.....g	1.568		0		1		0.141	0.282	
Glycine.....g	0.603		0		1		0.054	0.109	
Proline.....g	0.376		0		1		0.034	0.068	
Serine.....g	0.467		0		1		0.042	0.084	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19817

Snacks, rice cakes, brown rice, buckwheat, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.110		0		1		0.100	0.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.090		1		1		0.098	0.196	
20:1.....g									
22:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.110		0		1		0.100	0.200	
18:2 undifferentiated.....g	1.050		1		1		0.095	0.189	
18:3 undifferentiated.....g	0.070		1		1		0.006	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		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.125		0		1		0.011	0.023	
Threonine.....g	0.340		0		1		0.031	0.061	
Isoleucine.....g	0.358		0		1		0.032	0.064	
Leucine.....g	0.638		0		1		0.057	0.115	
Lysine.....g	0.414		0		1		0.037	0.075	
Methionine.....g	0.152		0		1		0.014	0.027	
Cystine.....g	0.137		0		1		0.012	0.025	
Phenylalanine.....g	0.399		0		1		0.036	0.072	
Tyrosine.....g	0.233		0		1		0.021	0.042	
Valine.....g	0.489		0		1		0.044	0.088	
Arginine.....g	0.677		0		1		0.061	0.122	
Histidine.....g	0.218		0		1		0.020	0.039	
Alanine.....g	0.517		0		1		0.047	0.093	
Aspartic acid.....g	0.800		0		1		0.072	0.144	
Glutamic acid.....g	1.568		0		1		0.141	0.282	
Glycine.....g	0.603		0		1		0.054	0.109	
Proline.....g	0.376		0		1		0.034	0.068	
Serine.....g	0.467		0		1		0.042	0.084	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19413
Snacks, rice cakes, brown rice, corn

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.140		0		1		0.103	0.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.130		1		1		0.102	0.203	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0		1		0.102	0.203	
18:2 undifferentiated.....g	1.090		1		1		0.098	0.196	
18:3 undifferentiated.....g	0.050		1		1		0.005	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.092		0		1		0.008	0.017	
Threonine.....g	0.306		0		1		0.028	0.055	
Isoleucine.....g	0.337		0		1		0.030	0.061	
Leucine.....g	0.781		0		1		0.070	0.141	
Lysine.....g	0.293		0		1		0.026	0.053	
Methionine.....g	0.183		0		1		0.016	0.033	
Cystine.....g	0.114		0		1		0.010	0.021	
Phenylalanine.....g	0.423		0		1		0.038	0.076	
Tyrosine.....g	0.319		0		1		0.029	0.057	
Valine.....g	0.469		0		1		0.042	0.084	
Arginine.....g	0.569		0		1		0.051	0.102	
Histidine.....g	0.223		0		1		0.020	0.040	
Alanine.....g	0.524		0		1		0.047	0.094	
Aspartic acid.....g	0.721		0		1		0.065	0.130	
Glutamic acid.....g	1.655		0		1		0.149	0.298	
Glycine.....g	0.390		0		1		0.035	0.070	
Proline.....g	0.485		0		1		0.044	0.087	
Serine.....g	0.420		0		1		0.038	0.076	
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 = 9.0g: 1 cake
 Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19414

Snacks, rice cakes, brown rice, multigrain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.160		0		1		0.104	0.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.150		1		1		0.104	0.207	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0		1		0.130	0.259	
18:2 undifferentiated.....g	1.000		1		1		0.090	0.180	
18:3 undifferentiated.....g	0.440		1		1		0.040	0.079	
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	0.107		0		1		0.010	0.019	
Threonine.....g	0.303		0		1		0.027	0.055	
Isoleucine.....g	0.351		0		1		0.032	0.063	
Leucine.....g	0.682		0		1		0.061	0.123	
Lysine.....g	0.313		0		1		0.028	0.056	
Methionine.....g	0.182		0		1		0.016	0.033	
Cystine.....g	0.107		0		1		0.010	0.019	
Phenylalanine.....g	0.424		0		1		0.038	0.076	
Tyrosine.....g	0.299		0		1		0.027	0.054	
Valine.....g	0.481		0		1		0.043	0.087	
Arginine.....g	0.624		0		1		0.056	0.112	
Histidine.....g	0.208		0		1		0.019	0.037	
Alanine.....g	0.484		0		1		0.044	0.087	
Aspartic acid.....g	0.771		0		1		0.069	0.139	
Glutamic acid.....g	1.714		0		1		0.154	0.309	
Glycine.....g	0.409		0		1		0.037	0.074	
Proline.....g	0.409		0		1		0.037	0.074	
Serine.....g	0.427		0		1		0.038	0.077	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19818

Snacks, rice cakes, brown rice, multigrain, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.160		0		1		0.104	0.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.150		1		1		0.104	0.207	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0		1		0.130	0.259	
18:2 undifferentiated.....g	1.000		1		1		0.090	0.180	
18:3 undifferentiated.....g	0.440		1		1		0.040	0.079	
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	0.107		0		1		0.010	0.019	
Threonine.....g	0.303		0		1		0.027	0.055	
Isoleucine.....g	0.351		0		1		0.032	0.063	
Leucine.....g	0.682		0		1		0.061	0.123	
Lysine.....g	0.313		0		1		0.028	0.056	
Methionine.....g	0.182		0		1		0.016	0.033	
Cystine.....g	0.107		0		1		0.010	0.019	
Phenylalanine.....g	0.424		0		1		0.038	0.076	
Tyrosine.....g	0.299		0		1		0.027	0.054	
Valine.....g	0.481		0		1		0.043	0.087	
Arginine.....g	0.624		0		1		0.056	0.112	
Histidine.....g	0.208		0		1		0.019	0.037	
Alanine.....g	0.484		0		1		0.044	0.087	
Aspartic acid.....g	0.771		0		1		0.069	0.139	
Glutamic acid.....g	1.714		0		1		0.154	0.309	
Glycine.....g	0.409		0		1		0.037	0.074	
Proline.....g	0.409		0		1		0.037	0.074	
Serine.....g	0.427		0		1		0.038	0.077	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19051

Snacks, rice cakes, brown rice, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.030		0		1		0.093	0.185	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.020		1		1		0.092	0.184	
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	0.990		0		1		0.089	0.178	
18:2 undifferentiated.....g	0.970		1		1		0.087	0.175	
18:3 undifferentiated.....g	0.010		1		1		0.001	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.104		0		1		0.009	0.019	
Threonine.....g	0.299		0		1		0.027	0.054	
Isoleucine.....g	0.346		0		1		0.031	0.062	
Leucine.....g	0.675		0		1		0.061	0.122	
Lysine.....g	0.311		0		1		0.028	0.056	
Methionine.....g	0.184		0		1		0.017	0.033	
Cystine.....g	0.099		0		1		0.009	0.018	
Phenylalanine.....g	0.421		0		1		0.038	0.076	
Tyrosine.....g	0.306		0		1		0.028	0.055	
Valine.....g	0.479		0		1		0.043	0.086	
Arginine.....g	0.618		0		1		0.056	0.111	
Histidine.....g	0.207		0		1		0.019	0.037	
Alanine.....g	0.476		0		1		0.043	0.086	
Aspartic acid.....g	0.764		0		1		0.069	0.138	
Glutamic acid.....g	1.662		0		1		0.150	0.299	
Glycine.....g	0.402		0		1		0.036	0.072	
Proline.....g	0.383		0		1		0.034	0.069	
Serine.....g	0.422		0		1		0.038	0.076	
Hydroxyproline.....g									
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	

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

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19051

Snacks, rice cakes, brown rice, plain

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 25 Snacks

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

NDB No. 19816

Snacks, rice cakes, brown rice, plain, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.030		0		1		0.093	0.185	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.020		1		1		0.092	0.184	
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	0.990		0		1		0.089	0.178	
18:2 undifferentiated.....g	0.970		1		1		0.087	0.175	
18:3 undifferentiated.....g	0.010		1		1		0.001	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.104		0		1		0.009	0.019	
Threonine.....g	0.299		0		1		0.027	0.054	
Isoleucine.....g	0.346		0		1		0.031	0.062	
Leucine.....g	0.675		0		1		0.061	0.122	
Lysine.....g	0.311		0		1		0.028	0.056	
Methionine.....g	0.184		0		1		0.017	0.033	
Cystine.....g	0.099		0		1		0.009	0.018	
Phenylalanine.....g	0.421		0		1		0.038	0.076	
Tyrosine.....g	0.306		0		1		0.028	0.055	
Valine.....g	0.479		0		1		0.043	0.086	
Arginine.....g	0.618		0		1		0.056	0.111	
Histidine.....g	0.207		0		1		0.019	0.037	
Alanine.....g	0.476		0		1		0.043	0.086	
Aspartic acid.....g	0.764		0		1		0.069	0.138	
Glutamic acid.....g	1.662		0		1		0.150	0.299	
Glycine.....g	0.402		0		1		0.036	0.072	
Proline.....g	0.383		0		1		0.034	0.069	
Serine.....g	0.422		0		1		0.038	0.076	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19816

Snacks, rice cakes, brown rice, plain, unsalted

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 25 Snacks

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

NDB No. 19416
Snacks, rice cakes, brown rice, rye

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.310		0		1		0.118	0.236	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.300		1		1		0.117	0.234	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0		1		0.140	0.279	
18:2 undifferentiated.....g	1.490		1		1		0.134	0.268	
18:3 undifferentiated.....g	0.060		1		1		0.005	0.011	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.097		0		1		0.009	0.017	
Threonine.....g	0.294		0		1		0.026	0.053	
Isoleucine.....g	0.328		0		1		0.030	0.059	
Leucine.....g	0.621		0		1		0.056	0.112	
Lysine.....g	0.316		0		1		0.028	0.057	
Methionine.....g	0.165		0		1		0.015	0.030	
Cystine.....g	0.127		0		1		0.011	0.023	
Phenylalanine.....g	0.399		0		1		0.036	0.072	
Tyrosine.....g	0.261		0		1		0.023	0.047	
Valine.....g	0.451		0		1		0.041	0.081	
Arginine.....g	0.553		0		1		0.050	0.100	
Histidine.....g	0.204		0		1		0.018	0.037	
Alanine.....g	0.443		0		1		0.040	0.080	
Aspartic acid.....g	0.716		0		1		0.064	0.129	
Glutamic acid.....g	1.769		0		1		0.159	0.318	
Glycine.....g	0.392		0		1		0.035	0.071	
Proline.....g	0.531		0		1		0.048	0.096	
Serine.....g	0.402		0		1		0.036	0.072	
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 = 9.0g: 1 cake
 Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.3

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19053

Snacks, rice cakes, brown rice, sesame seed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.100		0		1		0.099	0.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.090		1		1		0.098	0.196	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.150		0		1		0.104	0.207	
18:2 undifferentiated.....g	1.110		1		1		0.100	0.200	
18:3 undifferentiated.....g	0.040		1		1		0.004	0.007	
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		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.100		0		1		0.009	0.018	
Threonine.....g	0.279		0		1		0.025	0.050	
Isoleucine.....g	0.321		0		1		0.029	0.058	
Leucine.....g	0.625		0		1		0.056	0.113	
Lysine.....g	0.288		0		1		0.026	0.052	
Methionine.....g	0.174		0		1		0.016	0.031	
Cystine.....g	0.094		0		1		0.008	0.017	
Phenylalanine.....g	0.391		0		1		0.035	0.070	
Tyrosine.....g	0.286		0		1		0.026	0.051	
Valine.....g	0.444		0		1		0.040	0.080	
Arginine.....g	0.595		0		1		0.054	0.107	
Histidine.....g	0.193		0		1		0.017	0.035	
Alanine.....g	0.440		0		1		0.040	0.079	
Aspartic acid.....g	0.710		0		1		0.064	0.128	
Glutamic acid.....g	1.550		0		1		0.140	0.279	
Glycine.....g	0.380		0		1		0.034	0.068	
Proline.....g	0.355		0		1		0.032	0.064	
Serine.....g	0.394		0		1		0.035	0.071	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19819

Snacks, rice cakes, brown rice, sesame seed, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.100		0		1		0.099	0.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.090		1		1		0.098	0.196	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.150		0		1		0.104	0.207	
18:2 undifferentiated.....g	1.110		1		1		0.100	0.200	
18:3 undifferentiated.....g	0.040		1		1		0.004	0.007	
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		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.100		0		1		0.009	0.018	
Threonine.....g	0.279		0		1		0.025	0.050	
Isoleucine.....g	0.321		0		1		0.029	0.058	
Leucine.....g	0.625		0		1		0.056	0.113	
Lysine.....g	0.288		0		1		0.026	0.052	
Methionine.....g	0.174		0		1		0.016	0.031	
Cystine.....g	0.094		0		1		0.008	0.017	
Phenylalanine.....g	0.391		0		1		0.035	0.070	
Tyrosine.....g	0.286		0		1		0.026	0.051	
Valine.....g	0.444		0		1		0.040	0.080	
Arginine.....g	0.595		0		1		0.054	0.107	
Histidine.....g	0.193		0		1		0.017	0.035	
Alanine.....g	0.440		0		1		0.040	0.079	
Aspartic acid.....g	0.710		0		1		0.064	0.128	
Glutamic acid.....g	1.550		0		1		0.140	0.279	
Glycine.....g	0.380		0		1		0.034	0.068	
Proline.....g	0.355		0		1		0.032	0.064	
Serine.....g	0.394		0		1		0.035	0.071	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19418

Snacks, sesame sticks, wheat-based, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.910		0		1		3.093	6.219	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.020	0.040	
17:1.....g									
18:1 undifferentiated.....g	10.830		1		1		3.070	6.173	
20:1.....g	0.000		1		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	17.420		0		1		4.939	9.929	
18:2 undifferentiated.....g	16.440		1		1		4.661	9.371	
18:3 undifferentiated.....g	0.970		1		1		0.275	0.553	
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		1		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0		1		0.041	0.082	
Threonine.....g	0.330		0		1		0.094	0.188	
Isoleucine.....g	0.420		0		1		0.119	0.239	
Leucine.....g	0.767		0		1		0.217	0.437	
Lysine.....g	0.359		0		1		0.102	0.205	
Methionine.....g	0.192		0		1		0.054	0.109	
Cystine.....g	0.201		0		1		0.057	0.115	
Phenylalanine.....g	0.545		0		1		0.155	0.311	
Tyrosine.....g	0.353		0		1		0.100	0.201	
Valine.....g	0.468		0		1		0.133	0.267	
Arginine.....g	0.650		0		1		0.184	0.371	
Histidine.....g	0.259		0		1		0.073	0.148	
Alanine.....g	0.389		0		1		0.110	0.222	
Aspartic acid.....g	0.716		0		1		0.203	0.408	
Glutamic acid.....g	3.089		0		1		0.876	1.761	
Glycine.....g	0.436		0		1		0.124	0.249	
Proline.....g	0.994		0		1		0.282	0.567	
Serine.....g	0.545		0		1		0.155	0.311	
Hydroxyproline.....g									
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	3		0	FLA	4		0.831	1.670	
Carotene, alpha.....mcg	0		0	FLA	4		0.010	0.019	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.014	0.028	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	19		0	FLA	4		5.323	10.702	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

NDB No. 19418

Snacks, sesame sticks, wheat-based, salted

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19820

Snacks, sesame sticks, wheat-based, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.910		0		1		3.093	6.219	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.020	0.040	
17:1.....g									
18:1 undifferentiated.....g	10.830		1		1		3.070	6.173	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.420		0		1		4.939	9.929	
18:2 undifferentiated.....g	16.440		1		1		4.661	9.371	
18:3 undifferentiated.....g	0.970		1		1		0.275	0.553	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0		1		0.041	0.082	
Threonine.....g	0.330		0		1		0.094	0.188	
Isoleucine.....g	0.420		0		1		0.119	0.239	
Leucine.....g	0.767		0		1		0.217	0.437	
Lysine.....g	0.359		0		1		0.102	0.205	
Methionine.....g	0.192		0		1		0.054	0.109	
Cystine.....g	0.201		0		1		0.057	0.115	
Phenylalanine.....g	0.545		0		1		0.155	0.311	
Tyrosine.....g	0.353		0		1		0.100	0.201	
Valine.....g	0.468		0		1		0.133	0.267	
Arginine.....g	0.650		0		1		0.184	0.371	
Histidine.....g	0.259		0		1		0.073	0.148	
Alanine.....g	0.389		0		1		0.110	0.222	
Aspartic acid.....g	0.716		0		1		0.203	0.408	
Glutamic acid.....g	3.089		0		1		0.876	1.761	
Glycine.....g	0.436		0		1		0.124	0.249	
Proline.....g	0.994		0		1		0.282	0.567	
Serine.....g	0.545		0		1		0.155	0.311	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19524
Snacks, taro chips

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.430		0		1		1.256	1.019	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.057	0.046	
17:1.....g									
18:1 undifferentiated.....g	4.230		1		1		1.199	0.973	
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	12.880		0		1		3.651	2.962	
18:2 undifferentiated.....g	12.820		1		1		3.634	2.949	
18:3 undifferentiated.....g	0.060		1		1		0.017	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		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.036		0		1		0.010	0.008	
Threonine.....g	0.106		0		1		0.030	0.024	
Isoleucine.....g	0.084		0		1		0.024	0.019	
Leucine.....g	0.172		0		1		0.049	0.040	
Lysine.....g	0.104		0		1		0.029	0.024	
Methionine.....g	0.032		0		1		0.009	0.007	
Cystine.....g	0.049		0		1		0.014	0.011	
Phenylalanine.....g	0.126		0		1		0.036	0.029	
Tyrosine.....g	0.085		0		1		0.024	0.020	
Valine.....g	0.127		0		1		0.036	0.029	
Arginine.....g	0.160		0		1		0.045	0.037	
Histidine.....g	0.052		0		1		0.015	0.012	
Alanine.....g	0.113		0		1		0.032	0.026	
Aspartic acid.....g	0.296		0		1		0.084	0.068	
Glutamic acid.....g	0.268		0		1		0.076	0.062	
Glycine.....g	0.114		0		1		0.032	0.026	
Proline.....g	0.092		0		1		0.026	0.021	
Serine.....g	0.142		0		1		0.040	0.033	
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	66		0	FLA	4		18.760	15.219	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	37		0	FLA	4		10.629	8.623	
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 = 28.35g: 1 oz

Measure 2 = 23g: 10 chips

NDB No. 19524
Snacks, taro chips

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 43566

Snacks, tortilla chips, light (baked with less oil)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.341				4		3.995	1.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028				4		0.018	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.149				4		3.874	0.984	
20:1.....g	0.152				4		0.096	0.024	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.024				4		3.165	0.804	
18:2 undifferentiated.....g	4.977				4		3.136	0.796	
18:3 undifferentiated.....g	0.047				4		0.030	0.008	
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	3				9		2	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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	37		0	FLA	4		23.017	5.846	
Carotene, alpha.....mcg	24		0	FLA	4		14.890	3.782	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.298	0.076	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	507		0	FLA	4		319.565	81.159	

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

Common Measures:

Measure 1 = 63g: 1 cup, crushed

Measure 2 = 16g: 10 chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19444

Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.379		0	MA	12		0.391		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	MA	12		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.337		0	MA	12		0.379		
20:1.....g	0.019		0	MA	12		0.005		
22:1 undifferentiated.....g	0.003		0	MA	12		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.495		0	MA	12		0.424		
18:2 undifferentiated.....g	1.445		0	MA	12		0.410		
18:3 undifferentiated.....g	0.050		0	MA	12		0.014		
18:4.....g	0.000		0	MA	12		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000		
20:5 n-3.....g	0.000		0	MA	12		0.000		
22:5 n-3.....g	0.000		0	MA	12		0.000		
22:6 n-3.....g	0.000		0	MA	12		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	PAE	4		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	NR	4		0		
Carotenoids:									
Carotene, beta.....mcg	37		0	BFSN	4		10.352		
Carotene, alpha.....mcg	24		0	BFSN	4		6.697		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.134		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	507		0	BFSN	4		143.721		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19833

Snacks, tortilla chips, low fat, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.660			BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005			BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	1.500			BFFN	4				
20:1.....g	0.000			BFFN	4				
22:1 undifferentiated.....g	0.000			BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870			BFFN	4				
18:2 undifferentiated.....g	2.524			BFFN	4				
18:3 undifferentiated.....g	0.078			BFFN	4				
18:4.....g	0.000			BFFN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			BFFN	4				
20:5 n-3.....g	0.000			BFFN	4				
22:5 n-3.....g	0.000			BFFN	4				
22:6 n-3.....g	0.000			BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	37		0	O	4				
Carotene, alpha.....mcg	24		0	O	4				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	507		0	O	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: 25 Snacks

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

NDB No. 19057
Snacks, tortilla chips, nacho-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.090		0		1		4.278	34.254	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		3		1		0.028	0.227	
17:1.....g									
18:1 undifferentiated.....g	15.000		3		1		4.253	34.050	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.540		0		1		1.004	8.036	
18:2 undifferentiated.....g	3.400		3		1		0.964	7.718	
18:3 undifferentiated.....g	0.140		3		1		0.040	0.318	
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	3	0.393	10		1		1	7	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.066		0		1		0.019	0.150	
Threonine.....g	0.282		0		1		0.080	0.640	
Isoleucine.....g	0.296		0		1		0.084	0.672	
Leucine.....g	0.881		0		1		0.250	2.000	
Lysine.....g	0.291		0		1		0.082	0.661	
Methionine.....g	0.163		0		1		0.046	0.370	
Cystine.....g	0.125		0		1		0.035	0.284	
Phenylalanine.....g	0.374		0		1		0.106	0.849	
Tyrosine.....g	0.318		0		1		0.090	0.722	
Valine.....g	0.402		0		1		0.114	0.913	
Arginine.....g	0.387		0		1		0.110	0.878	
Histidine.....g	0.238		0		1		0.067	0.540	
Alanine.....g	0.503		0		1		0.143	1.142	
Aspartic acid.....g	0.537		0		1		0.152	1.219	
Glutamic acid.....g	1.507		0		1		0.427	3.421	
Glycine.....g	0.286		0		1		0.081	0.649	
Proline.....g	0.676		0		1		0.192	1.535	
Serine.....g	0.370		0		1		0.105	0.840	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19857

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.090		0	BFZN	4		4.278		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0	BFZN	4		0.028		
17:1.....g									
18:1 undifferentiated.....g	15.000		0	BFZN	4		4.253		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.540		0	BFZN	4		1.004		
18:2 undifferentiated.....g	3.400		0	BFZN	4		0.964		
18:3 undifferentiated.....g	0.140		0	BFZN	4		0.040		
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	3		0	BFZN	4		1		
Phytosterols.....mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan.....g	0.066		0	BFZN	4		0.019		
Threonine.....g	0.282		0	BFZN	4		0.080		
Isoleucine.....g	0.296		0	BFZN	4		0.084		
Leucine.....g	0.881		0	BFZN	4		0.250		
Lysine.....g	0.291		0	BFZN	4		0.082		
Methionine.....g	0.163		0	BFZN	4		0.046		
Cystine.....g	0.125		0	BFZN	4		0.035		
Phenylalanine.....g	0.374		0	BFZN	4		0.106		
Tyrosine.....g	0.318		0	BFZN	4		0.090		
Valine.....g	0.402		0	BFZN	4		0.114		
Arginine.....g	0.387		0	BFZN	4		0.110		
Histidine.....g	0.238		0	BFZN	4		0.067		
Alanine.....g	0.503		0	BFZN	4		0.143		
Aspartic acid.....g	0.537		0	BFZN	4		0.152		
Glutamic acid.....g	1.507		0	BFZN	4		0.427		
Glycine.....g	0.286		0	BFZN	4		0.081		
Proline.....g	0.676		0	BFZN	4		0.192		
Serine.....g	0.370		0	BFZN	4		0.105		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19424

Snacks, tortilla chips, nacho-flavor, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.950		0		1		2.537	15.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		3		1		0.017	0.102	
17:1.....g									
18:1 undifferentiated.....g	8.890		3		1		2.520	15.113	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0		1		0.595	3.570	
18:2 undifferentiated.....g	2.020		3		1		0.573	3.434	
18:3 undifferentiated.....g	0.090		3		1		0.026	0.153	
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	3	0.084	15		1		1	5	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.069		0		1		0.020	0.117	
Threonine.....g	0.314		0		1		0.089	0.534	
Isoleucine.....g	0.331		0		1		0.094	0.563	
Leucine.....g	0.989		0		1		0.280	1.681	
Lysine.....g	0.316		0		1		0.090	0.537	
Methionine.....g	0.181		0		1		0.051	0.308	
Cystine.....g	0.139		0		1		0.039	0.236	
Phenylalanine.....g	0.417		0		1		0.118	0.709	
Tyrosine.....g	0.352		0		1		0.100	0.598	
Valine.....g	0.446		0		1		0.126	0.758	
Arginine.....g	0.429		0		1		0.122	0.729	
Histidine.....g	0.262		0		1		0.074	0.445	
Alanine.....g	0.569		0		1		0.161	0.967	
Aspartic acid.....g	0.596		0		1		0.169	1.013	
Glutamic acid.....g	1.669		0		1		0.473	2.837	
Glycine.....g	0.320		0		1		0.091	0.544	
Proline.....g	0.755		0		1		0.214	1.284	
Serine.....g	0.411		0		1		0.117	0.699	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.9

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19056
Snacks, tortilla chips, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.450		0		1		4.380	32.909	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		3		1		0.028	0.213	
17:1.....g									
18:1 undifferentiated.....g	15.350		3		1		4.352	32.696	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.630		0		1		1.029	7.732	
18:2 undifferentiated.....g	3.480		3		1		0.987	7.412	
18:3 undifferentiated.....g	0.150		3		1		0.043	0.320	
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		2		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.050		0		1		0.014	0.107	
Threonine.....g	0.266		0		1		0.075	0.567	
Isoleucine.....g	0.254		0		1		0.072	0.541	
Leucine.....g	0.868		0		1		0.246	1.849	
Lysine.....g	0.199		0		1		0.056	0.424	
Methionine.....g	0.148		0		1		0.042	0.315	
Cystine.....g	0.128		0		1		0.036	0.273	
Phenylalanine.....g	0.348		0		1		0.099	0.741	
Tyrosine.....g	0.288		0		1		0.082	0.613	
Valine.....g	0.358		0		1		0.101	0.763	
Arginine.....g	0.352		0		1		0.100	0.750	
Histidine.....g	0.216		0		1		0.061	0.460	
Alanine.....g	0.530		0		1		0.150	1.129	
Aspartic acid.....g	0.493		0		1		0.140	1.050	
Glutamic acid.....g	1.329		0		1		0.377	2.831	
Glycine.....g	0.290		0		1		0.082	0.618	
Proline.....g	0.618		0		1		0.175	1.316	
Serine.....g	0.337		0		1		0.096	0.718	
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	37		0	FLA	4		10.358	77.820	
Carotene, alpha.....mcg	24		0	FLA	4		6.701	50.343	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.134	1.008	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	507		0	FLA	4		143.804	1080.434	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 213g: 1 bag (7-1/2 oz)

NDB No. 19056
Snacks, tortilla chips, plain

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19058
Snacks, tortilla chips, ranch-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.050		0		1		3.983	27.819	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		3		1		0.026	0.178	
17:1.....g									
18:1 undifferentiated.....g	13.960		3		1		3.958	27.641	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.300		0		1		0.936	6.534	
18:2 undifferentiated.....g	3.160		3		1		0.896	6.257	
18:3 undifferentiated.....g	0.130		3		1		0.037	0.257	
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	0.323	6		1		0	2	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0		1		0.016	0.115	
Threonine.....g	0.285		0		1		0.081	0.564	
Isoleucine.....g	0.280		0		1		0.079	0.554	
Leucine.....g	0.871		0		1		0.247	1.725	
Lysine.....g	0.246		0		1		0.070	0.487	
Methionine.....g	0.154		0		1		0.044	0.305	
Cystine.....g	0.131		0		1		0.037	0.259	
Phenylalanine.....g	0.358		0		1		0.101	0.709	
Tyrosine.....g	0.297		0		1		0.084	0.588	
Valine.....g	0.380		0		1		0.108	0.752	
Arginine.....g	0.385		0		1		0.109	0.762	
Histidine.....g	0.223		0		1		0.063	0.442	
Alanine.....g	0.528		0		1		0.150	1.045	
Aspartic acid.....g	0.542		0		1		0.154	1.073	
Glutamic acid.....g	1.463		0		1		0.415	2.897	
Glycine.....g	0.295		0		1		0.084	0.584	
Proline.....g	0.633		0		1		0.179	1.253	
Serine.....g	0.351		0		1		0.100	0.695	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19063
Snacks, tortilla chips, taco-flavor

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.290		0		1		4.051	32.438	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		3		1		0.026	0.204	
17:1.....g									
18:1 undifferentiated.....g	14.200		3		1		4.026	32.234	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.360		0		1		0.953	7.627	
18:2 undifferentiated.....g	3.220		3		1		0.913	7.309	
18:3 undifferentiated.....g	0.140		3		1		0.040	0.318	
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	5		1		4		1	11	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.067		0		1		0.019	0.152	
Threonine.....g	0.292		0		1		0.083	0.663	
Isoleucine.....g	0.315		0		1		0.089	0.715	
Leucine.....g	0.890		0		1		0.252	2.020	
Lysine.....g	0.300		0		1		0.085	0.681	
Methionine.....g	0.163		0		1		0.046	0.370	
Cystine.....g	0.127		0		1		0.036	0.288	
Phenylalanine.....g	0.384		0		1		0.109	0.872	
Tyrosine.....g	0.318		0		1		0.090	0.722	
Valine.....g	0.412		0		1		0.117	0.935	
Arginine.....g	0.401		0		1		0.114	0.910	
Histidine.....g	0.240		0		1		0.068	0.545	
Alanine.....g	0.512		0		1		0.145	1.162	
Aspartic acid.....g	0.587		0		1		0.166	1.332	
Glutamic acid.....g	1.519		0		1		0.431	3.448	
Glycine.....g	0.300		0		1		0.085	0.681	
Proline.....g	0.679		0		1		0.192	1.541	
Serine.....g	0.383		0		1		0.109	0.869	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.9

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 43364
Snacks, tortilla chips, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.585				4		3.012	3.244	2.085
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026				4		0.007	0.007	0.005
17:1.....g									
18:1 undifferentiated.....g	11.254				4		2.926	3.151	2.026
20:1.....g	0.305				4		0.079	0.085	0.055
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.805				4		2.289	2.465	1.585
18:2 undifferentiated.....g	8.766				4		2.279	2.454	1.578
18:3 undifferentiated.....g	0.039				4		0.010	0.011	0.007
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				7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	37		0	O	4		9.620	10.360	6.660
Carotene, alpha.....mcg	24		0	O	4		6.240	6.720	4.320
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	507		0	O	4		131.820	141.960	91.260

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

Common Measures:

- Measure 1 = 26g: 1 cup
- Measure 2 = 28g: 1 bag, single serving
- Measure 3 = 18g: 10 chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19059
Snacks, trail mix, 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
Fatty acids, total monounsaturated.....g	12.530		0		1		18.795	3.552	5.263
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.105	0.020	0.029
17:1.....g									
18:1 undifferentiated.....g	12.290		1		1		18.435	3.484	5.162
20:1.....g	0.170		1		1		0.255	0.048	0.071
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.650		0		1		14.475	2.736	4.053
18:2 undifferentiated.....g	9.580		1		1		14.370	2.716	4.024
18:3 undifferentiated.....g	0.070		1		1		0.105	0.020	0.029
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		1		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.166		0		1		0.249	0.047	0.070
Threonine.....g	0.482		0		1		0.723	0.137	0.202
Isoleucine.....g	0.515		0		1		0.773	0.146	0.216
Leucine.....g	0.890		0		1		1.335	0.252	0.374
Lysine.....g	0.515		0		1		0.773	0.146	0.216
Methionine.....g	0.202		0		1		0.303	0.057	0.085
Cystine.....g	0.217		0		1		0.326	0.062	0.091
Phenylalanine.....g	0.658		0		1		0.987	0.187	0.276
Tyrosine.....g	0.457		0		1		0.686	0.130	0.192
Valine.....g	0.658		0		1		0.987	0.187	0.276
Arginine.....g	1.520		0		1		2.280	0.431	0.638
Histidine.....g	0.357		0		1		0.536	0.101	0.150
Alanine.....g	0.587		0		1		0.881	0.166	0.247
Aspartic acid.....g	1.523		0		1		2.285	0.432	0.640
Glutamic acid.....g	3.023		0		1		4.535	0.857	1.270
Glycine.....g	0.775		0		1		1.163	0.220	0.326
Proline.....g	0.625		0		1		0.938	0.177	0.263
Serine.....g	0.650		0		1		0.975	0.184	0.273
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 = 150g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19821
Snacks, trail mix, regular, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.530		0		1		18.795	3.552	5.263
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.105	0.020	0.029
17:1.....g									
18:1 undifferentiated.....g	12.290		1		1		18.435	3.484	5.162
20:1.....g	0.170		1		1		0.255	0.048	0.071
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.650		0		1		14.475	2.736	4.053
18:2 undifferentiated.....g	9.580		1		1		14.370	2.716	4.024
18:3 undifferentiated.....g	0.070		1		1		0.105	0.020	0.029
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		1		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.166		0		1		0.249	0.047	0.070
Threonine.....g	0.482		0		1		0.723	0.137	0.202
Isoleucine.....g	0.515		0		1		0.773	0.146	0.216
Leucine.....g	0.890		0		1		1.335	0.252	0.374
Lysine.....g	0.515		0		1		0.773	0.146	0.216
Methionine.....g	0.202		0		1		0.303	0.057	0.085
Cystine.....g	0.217		0		1		0.326	0.062	0.091
Phenylalanine.....g	0.658		0		1		0.987	0.187	0.276
Tyrosine.....g	0.457		0		1		0.686	0.130	0.192
Valine.....g	0.658		0		1		0.987	0.187	0.276
Arginine.....g	1.520		0		1		2.280	0.431	0.638
Histidine.....g	0.357		0		1		0.536	0.101	0.150
Alanine.....g	0.587		0		1		0.881	0.166	0.247
Aspartic acid.....g	1.523		0		1		2.285	0.432	0.640
Glutamic acid.....g	3.023		0		1		4.535	0.857	1.270
Glycine.....g	0.775		0		1		1.163	0.220	0.326
Proline.....g	0.625		0		1		0.938	0.177	0.263
Serine.....g	0.650		0		1		0.975	0.184	0.273
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 = 150g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19062

Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.540		0		1		19.768	3.839	5.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.102	0.020	0.029
17:1.....g									
18:1 undifferentiated.....g	13.280		1		1		19.389	3.765	5.578
20:1.....g	0.190		1		1		0.277	0.054	0.080
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.290		0		1		16.483	3.201	4.742
18:2 undifferentiated.....g	11.210		1		1		16.367	3.178	4.708
18:3 undifferentiated.....g	0.080		1		1		0.117	0.023	0.034
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1		1		6	1	2
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.238	0.046	0.068
Threonine.....g	0.501		0		1		0.731	0.142	0.210
Isoleucine.....g	0.555		0		1		0.810	0.157	0.233
Leucine.....g	0.955		0		1		1.394	0.271	0.401
Lysine.....g	0.584		0		1		0.853	0.166	0.245
Methionine.....g	0.217		0		1		0.317	0.062	0.091
Cystine.....g	0.191		0		1		0.279	0.054	0.080
Phenylalanine.....g	0.687		0		1		1.003	0.195	0.289
Tyrosine.....g	0.506		0		1		0.739	0.143	0.213
Valine.....g	0.702		0		1		1.025	0.199	0.295
Arginine.....g	1.498		0		1		2.187	0.425	0.629
Histidine.....g	0.356		0		1		0.520	0.101	0.150
Alanine.....g	0.581		0		1		0.848	0.165	0.244
Aspartic acid.....g	1.531		0		1		2.235	0.434	0.643
Glutamic acid.....g	3.006		0		1		4.389	0.852	1.263
Glycine.....g	0.767		0		1		1.120	0.217	0.322
Proline.....g	0.689		0		1		1.006	0.195	0.289
Serine.....g	0.656		0		1		0.958	0.186	0.276
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 = 146g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19822

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.540		0		1		19.768	3.839	5.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.102	0.020	0.029
17:1.....g									
18:1 undifferentiated.....g	13.280		1		1		19.389	3.765	5.578
20:1.....g	0.190		1		1		0.277	0.054	0.080
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.290		0		1		16.483	3.201	4.742
18:2 undifferentiated.....g	11.210		1		1		16.367	3.178	4.708
18:3 undifferentiated.....g	0.080		1		1		0.117	0.023	0.034
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1		1		6	1	2
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.238	0.046	0.068
Threonine.....g	0.501		0		1		0.731	0.142	0.210
Isoleucine.....g	0.555		0		1		0.810	0.157	0.233
Leucine.....g	0.955		0		1		1.394	0.271	0.401
Lysine.....g	0.584		0		1		0.853	0.166	0.245
Methionine.....g	0.217		0		1		0.317	0.062	0.091
Cystine.....g	0.191		0		1		0.279	0.054	0.080
Phenylalanine.....g	0.687		0		1		1.003	0.195	0.289
Tyrosine.....g	0.506		0		1		0.739	0.143	0.213
Valine.....g	0.702		0		1		1.025	0.199	0.295
Arginine.....g	1.498		0		1		2.187	0.425	0.629
Histidine.....g	0.356		0		1		0.520	0.101	0.150
Alanine.....g	0.581		0		1		0.848	0.165	0.244
Aspartic acid.....g	1.531		0		1		2.235	0.434	0.643
Glutamic acid.....g	3.006		0		1		4.389	0.852	1.263
Glycine.....g	0.767		0		1		1.120	0.217	0.322
Proline.....g	0.689		0		1		1.006	0.195	0.289
Serine.....g	0.656		0		1		0.958	0.186	0.276
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 = 146g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19061
Snacks, trail mix, tropical

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.490		0		1		3.486	0.706	1.046
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.014	0.003	0.004
17:1.....g									
18:1 undifferentiated.....g	2.460		0		1		3.444	0.697	1.033
20:1.....g	0.010		0		1		0.014	0.003	0.004
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.160		0		1		7.224	1.463	2.167
18:2 undifferentiated.....g	5.120		0		1		7.168	1.452	2.150
18:3 undifferentiated.....g	0.040		0		1		0.056	0.011	0.017
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg	80		0		1		112	23	34
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.105	0.021	0.032
Threonine.....g	0.223		0		1		0.312	0.063	0.094
Isoleucine.....g	0.222		0		1		0.311	0.063	0.093
Leucine.....g	0.360		0		1		0.504	0.102	0.151
Lysine.....g	0.224		0		1		0.314	0.064	0.094
Methionine.....g	0.146		0		1		0.204	0.041	0.061
Cystine.....g	0.115		0		1		0.161	0.033	0.048
Phenylalanine.....g	0.259		0		1		0.363	0.073	0.109
Tyrosine.....g	0.160		0		1		0.224	0.045	0.067
Valine.....g	0.296		0		1		0.414	0.084	0.124
Arginine.....g	0.586		0		1		0.820	0.166	0.246
Histidine.....g	0.211		0		1		0.295	0.060	0.089
Alanine.....g	0.289		0		1		0.405	0.082	0.121
Aspartic acid.....g	0.698		0		1		0.977	0.198	0.293
Glutamic acid.....g	1.403		0		1		1.964	0.398	0.589
Glycine.....g	0.267		0		1		0.374	0.076	0.112
Proline.....g	0.228		0		1		0.319	0.065	0.096
Serine.....g	0.209		0		1		0.293	0.059	0.088
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 = 140g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 42g: 1.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 19433

Tortilla chips, low fat, baked without fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.660			MC	9				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005			MC	9				
17:1.....g									
18:1 undifferentiated.....g	1.500			MC	9				
20:1.....g	0.000			MC	9				
22:1 undifferentiated.....g	0.000			MC	9				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870			MC	9				
18:2 undifferentiated.....g	2.524			MC	9				
18:3 undifferentiated.....g	0.078			MC	9				
18:4.....g	0.000			MC	9				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			MC	9				
20:5 n-3.....g	0.000			MC	9				
22:5 n-3.....g	0.000			MC	9				
22:6 n-3.....g	0.000			MC	9				
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	BFFN	4				
Theobromine.....mg	0		0	BFFN	4				
Carotenoids:									
Carotene, beta.....mcg	47		0	BFFN	4				
Carotene, alpha.....mcg	30		0	BFFN	4				
Cryptoxanthin, beta.....mcg	1		0	BFFN	4				
Lycopene.....mcg	0		0	BFFN	4				
Lutein + zeaxanthin.....mcg	652		0	BFFN	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: 25 Snacks

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