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### **NDB No. 01001 Butter, salted**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin B-12	S405
Vitamin K (phylloquinone)	D4002
Cholesterol	S27
4:0	S27
6:0	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
20:4 undifferentiated	S27
22:6 n-3	S27
18:4	S27
20:1	S27
20:5 n-3	S27
22:1 undifferentiated	S27
22:5 n-3	S27

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### **NDB No. 01001 Butter, salted**

Stigmasterol	S27
Campesterol	S27
Beta-sitosterol	S27
17:0	S27
18:1 t	S27
18:2 i	S27
18:2 CLAs	S27
16:1 c	S27
18:1 c	S27
18:2 n-6 c,c	S27
18:3 n-3 c,c,c	S27

### **NDB No. 01009 Cheese, cheddar**

Sucrose	S606
Lactose	S606
Maltose	S606
Sugars, total	S606
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin K (phylloquinone)	D4002, S26

### **NDB No. 01017 Cheese, cream**

Vitamin K (phylloquinone)	D4002
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### **NDB No. 01026 Cheese, mozzarella, whole milk**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Sucrose	S25, S606

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### **NDB No. 01026 Cheese, mozzarella, whole milk**

Glucose (dextrose)	S25, S606
Fructose	S25
Lactose	S25, S606
Maltose	S25, S606
Water	S25
Sugars, total	S25, S606
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S27
Threonine	S27
Isoleucine	S27
Leucine	S27
Lysine	S27
Methionine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Valine	S27
Arginine	S27
Histidine	S27

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### **NDB No. 01026 Cheese, mozzarella, whole milk**

Alanine	S27
Aspartic acid	S27
Glutamic acid	S27
Glycine	S27
Proline	S27
Serine	S27
Cholesterol	S25

### **NDB No. 01028 Cheese, mozzarella, part skim milk**

Calcium, Ca	S5
Sodium, Na	S5
Cholesterol	S5

### **NDB No. 01029 Cheese, mozzarella, part skim milk, low moisture**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Water	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Thiamin	S27
Riboflavin	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Tryptophan	S27
Threonine	S27
Isoleucine	S27
Leucine	S27
Lysine	S27
Methionine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Valine	S27

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### **NDB No. 01029 Cheese, mozzarella, part skim milk, low moisture**

Arginine	S27
Histidine	S27
Alanine	S27
Aspartic acid	S27
Glutamic acid	S27
Glycine	S27
Proline	S27
Serine	S27

### **NDB No. 01032 Cheese, parmesan, grated**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19

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### NDB No. 01032 Cheese, parmesan, grated

Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
15:0	S19

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### **NDB No. 01032 Cheese, parmesan, grated**

17:0	S19
17:1	S19
20:3 undifferentiated	S19
13:0	S19

### **NDB No. 01040 Cheese, swiss**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Sucrose	S606
Glucose (dextrose)	S606
Lactose	S606
Maltose	S606
Water	S27
Sugars, total	S606
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27, S81
Tocopherol, delta	S27, S81
Thiamin	S27
Riboflavin	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27

### **NDB No. 01042 Cheese, pasteurized process, american, with di sodium phosphate**

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### **NDB No. 01042 Cheese, pasteurized process, american, with di sodium phosphate**

Calcium, Ca	S10, S11, S12, S19, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S19, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S19, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S19, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S19, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S19, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S19, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S19, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S19, S6, S7, S8, S9

### **NDB No. 01046 Cheese food, pasteurized process, american, without di sodium phosphate**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Glucose (dextrose)	S19
Fructose	S606
Lactose	S19, S606
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Tryptophan	S19
Threonine	S19



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### **NDB No. 01046 Cheese food, pasteurized process, american, without di sodium phosphate**

Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
15:0	S19
17:0	S19
20:2 n-6 c,c	S19
17:1	S19
20:3 undifferentiated	S19
13:0	S19

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### **NDB No. 01049 Cream, fluid, half and half**

Vitamin K (phylloquinone) D4002

### **NDB No. 01056 Cream, sour, cultured**

Vitamin K (phylloquinone) D4002

### **NDB No. 01069 Cream substitute, powdered**

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

Tocopherol, delta S84

### **NDB No. 01077 Milk, whole, 3.25% milkfat**

Protein S27

Ash S27

Sucrose S27

Glucose (dextrose) S27

Fructose S27

Lactose S27

Maltose S27

Water S27

Sugars, total S27

Galactose S27

Calcium, Ca S10, S11, S12, S27, S6, S7, S8, S9

Iron, Fe S10, S11, S12, S27, S6, S7, S8, S9

Magnesium, Mg S10, S11, S12, S27, S6, S7, S8, S9

Phosphorus, P S10, S11, S12, S27, S6, S7, S8, S9

Potassium, K S10, S11, S12, S27, S6, S7, S8, S9

Sodium, Na S10, S11, S12, S27, S6, S7, S8, S9

Zinc, Zn S10, S11, S12, S27, S6, S7, S8, S9

Copper, Cu S10, S11, S12, S27, S6, S7, S8, S9

Manganese, Mn S10, S11, S12, S27, S7, S8, S9

Selenium, Se S10, S11, S12, S27, S6, S7, S8, S9

Carotene, beta S1203, S27

Carotene, alpha S1203, S27

Vitamin E (alpha-tocopherol) S27

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### **NDB No. 01077 Milk, whole, 3.25% milkfat**

Vitamin D	S27
Cryptoxanthin, beta	S1203, S27
Lycopene	S1203, S27
Lutein + zeaxanthin	S1203, S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Tryptophan	S27
Threonine	S27
Isoleucine	S27
Leucine	S27
Lysine	S27
Methionine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Valine	S27
Arginine	S27
Histidine	S27
Alanine	S27
Aspartic acid	S27
Glutamic acid	S27
Glycine	S27
Proline	S27
Serine	S27
Cholesterol	S27
4:0	S27
6:0	S27
8:0	S27

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### **NDB No. 01077 Milk, whole, 3.25% milkfat**

10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:6 n-3	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
18:4	S27
20:1	S27
20:5 n-3	S27
22:1 undifferentiated	S27
22:5 n-3	S27
15:0	S27
17:0	S27
24:0	S27
13:0	S27

### **NDB No. 01079 Milk, reduced fat, fluid, 2% milkfat, with added vitamin A**

Protein	S1063, S20
Total lipid (fat)	S1063, S20
Ash	S1063, S20
Sucrose	S1063, S20
Glucose (dextrose)	S1063, S20
Fructose	S1063, S20
Lactose	S1063, S20
Maltose	S1063, S20
Water	S1063, S20
Sugars, total	S1063, S20
Galactose	S1063, S20

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### **NDB No. 01079 Milk, reduced fat, fluid, 2% milkfat, with added vitamin A**

Calcium, Ca	S10, S1063, S11, S12, S7, S8, S9
Iron, Fe	S1063
Magnesium, Mg	S10, S1063, S11, S12, S7, S8, S9
Phosphorus, P	S10, S1063, S11, S12, S7, S8, S9
Potassium, K	S10, S1063, S11, S12, S7, S8, S9
Sodium, Na	S10, S1063, S11, S12, S7, S8, S9
Zinc, Zn	S10, S1063, S11, S12, S7, S8, S9
Copper, Cu	S1063
Manganese, Mn	S1063
Selenium, Se	S10, S1063, S11, S12, S20, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1063
Vitamin D	S1063, S20
Tocopherol, beta	S1063
Tocopherol, gamma	S1063
Tocopherol, delta	S1063
Vitamin C, total ascorbic acid	S1063, S20
Thiamin	S1063, S20
Riboflavin	S1063, S20
Niacin	S1063, S20
Pantothenic acid	S1063, S20
Vitamin B-6	S1063, S20
Folate, total	S1063
Vitamin B-12	S1063, S20
Vitamin K (phylloquinone)	S1063
Tryptophan	S1063, S20
Threonine	S1063, S20
Isoleucine	S1063, S20
Leucine	S1063, S20
Lysine	S1063, S20
Methionine	S1063, S20
Cystine	S1063, S20
Phenylalanine	S1063, S20
Tyrosine	S1063, S20
Valine	S1063, S20
Arginine	S1063, S20
Histidine	S1063, S20
Alanine	S1063, S20

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### **NDB No. 01079 Milk, reduced fat, fluid, 2% milkfat, with added vitamin A**

Aspartic acid	S1063, S20
Glutamic acid	S1063, S20
Glycine	S1063, S20
Proline	S1063, S20
Hydroxyproline	S1063
Cholesterol	S1063, S20
4:0	S1063, S20
6:0	S1063
8:0	S1063, S20
10:0	S1063, S20
12:0	S1063, S20
14:0	S1063, S20
16:0	S1063, S20
18:0	S1063, S20
20:0	S1063
20:4 undifferentiated	S1063
22:6 n-3	S1063
22:0	S20
14:1	S1063, S20
18:4	S1063
20:1	S1063, S20
20:5 n-3	S1063
22:1 undifferentiated	S1063, S20
22:5 n-3	S1063
Stigmasterol	S1063
Campesterol	S1063
Beta-sitosterol	S1063
15:0	S1063, S20
17:0	S1063, S20
18:1 t	S1063
18:2 i	S1063
16:1 c	S1063
18:1 c	S1063
18:2 n-6 c,c	S1063
17:1	S1063, S20
20:3 undifferentiated	S20
13:0	S20

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### **NDB No. 01079 Milk, reduced fat, fluid, 2% milkfat, with added vitamin A**

15:1	S1063, S20
18:3 n-3 c,c,c	S1063

### **NDB No. 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A**

Protein	S1063
Total lipid (fat)	S1063
Ash	S1063
Sucrose	S1063
Glucose (dextrose)	S1063
Fructose	S1063
Lactose	S1063
Maltose	S1063
Water	S1063
Sugars, total	S1063
Galactose	S1063
Calcium, Ca	S1063
Iron, Fe	S1063
Magnesium, Mg	S1063
Phosphorus, P	S1063
Potassium, K	S1063
Sodium, Na	S1063
Zinc, Zn	S1063
Copper, Cu	S1063
Manganese, Mn	S1063
Selenium, Se	S1063
Vitamin E (alpha-tocopherol)	S1063
Vitamin D	S1063
Tocopherol, beta	S1063
Tocopherol, gamma	S1063
Tocopherol, delta	S1063
Vitamin C, total ascorbic acid	S1063
Thiamin	S1063
Riboflavin	S1063
Niacin	S1063
Pantothenic acid	S1063
Vitamin B-6	S1063

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### **NDB No. 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A**

Folate, total	S1063
Vitamin B-12	S1063
Vitamin K (phylloquinone)	S1063
Tryptophan	S1063
Threonine	S1063
Isoleucine	S1063
Leucine	S1063
Lysine	S1063
Methionine	S1063
Cystine	S1063
Phenylalanine	S1063
Tyrosine	S1063
Valine	S1063
Arginine	S1063
Histidine	S1063
Alanine	S1063
Aspartic acid	S1063
Glutamic acid	S1063
Glycine	S1063
Proline	S1063
Serine	S1063
Cholesterol	S1063
4:0	S1063
6:0	S1063
8:0	S1063
10:0	S1063
12:0	S1063
14:0	S1063
16:0	S1063
18:0	S1063
20:0	S1063
20:4 undifferentiated	S1063
22:6 n-3	S1063
14:1	S1063
18:4	S1063
20:1	S1063
20:5 n-3	S1063



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### **NDB No. 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A**

22:1 undifferentiated	S1063
22:5 n-3	S1063
Stigmasterol	S1063
Campesterol	S1063
Beta-sitosterol	S1063
15:0	S1063
17:0	S1063
18:1 t	S1063
18:2 i	S1063
16:1 c	S1063
18:1 c	S1063
18:2 n-6 c,c	S1063
17:1	S1063
15:1	S1063
18:3 n-3 c,c,c	S1063

### **NDB No. 01085 Milk, nonfat, fluid, with added vitamin A (fat free or skim)**

Protein	S1063
Total lipid (fat)	S1063
Ash	S1063
Sucrose	S1063
Glucose (dextrose)	S1063
Fructose	S1063
Lactose	S1063
Maltose	S1063
Water	S1063
Sugars, total	S1063
Galactose	S1063
Calcium, Ca	S10, S1063, S11, S12, S7, S8, S9
Iron, Fe	S1063
Magnesium, Mg	S10, S1063, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S1063, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S1063, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S1063, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S1063, S11, S12, S6, S7, S8, S9
Copper, Cu	S1063

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### **NDB No. 01085 Milk, nonfat, fluid, with added vitamin A (fat free or skim)**

Manganese, Mn	S1063
Selenium, Se	S1063
Vitamin E (alpha-tocopherol)	S1063
Vitamin D	S1063
Tocopherol, beta	S1063
Tocopherol, gamma	S1063
Tocopherol, delta	S1063
Vitamin C, total ascorbic acid	S1063
Thiamin	S1063
Riboflavin	S1063
Niacin	S1063
Pantothenic acid	S1063
Vitamin B-6	S1063
Folate, total	S1063
Vitamin B-12	S1063
Vitamin K (phylloquinone)	S1063
Tryptophan	S1063
Threonine	S1063
Isoleucine	S1063
Leucine	S1063
Lysine	S1063
Methionine	S1063
Cystine	S1063
Phenylalanine	S1063
Tyrosine	S1063
Valine	S1063
Arginine	S1063
Histidine	S1063
Alanine	S1063
Aspartic acid	S1063
Glutamic acid	S1063
Glycine	S1063
Proline	S1063
Serine	S1063
Hydroxyproline	S1063

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### **NDB No. 01088 Milk, buttermilk, fluid, cultured, lowfat**

Vitamin E (alpha-tocopherol)	S82
Tocopherol, beta	S82
Tocopherol, gamma	S82
Tocopherol, delta	S82

### **NDB No. 01091 Milk, dry, nonfat, regular, without added vitamin A**

Vitamin E (alpha-tocopherol)	S82
Tocopherol, beta	S82
Tocopherol, gamma	S82
Tocopherol, delta	S82

### **NDB No. 01103 Milk, chocolate, fluid, commercial, reduced fat**

Protein	S1163
Total lipid (fat)	S1163
Ash	S1163
Starch	S1163
Sucrose	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Lactose	S1163
Maltose	S1163
Water	S1163
Caffeine	S1163
Theobromine	S1163
Fiber, total dietary	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Retinol	S1163

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### **NDB No. 01103 Milk, chocolate, fluid, commercial, reduced fat**

Carotene, beta	S1163
Carotene, alpha	S1163
Vitamin E (alpha-tocopherol)	S1163
Cryptoxanthin, beta	S1163
Lycopene	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
8:0	S1163

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### **NDB No. 01103 Milk, chocolate, fluid, commercial, reduced fat**

10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Stigmasterol	S1163
Campesterol	S1163
Beta-sitosterol	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No. 01117 Yogurt, plain, low fat, 12 grams protein per 8 ounce**

Vitamin K (phylloquinone) D4002, D4043

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### **NDB No. 01118 Yogurt, plain, skim milk, 13 grams protein per 8 ounce**

Vitamin K (phylloquinone) D4002, D4043

### **NDB No. 01123 Egg, whole, raw, fresh**

Protein	S1063, S561
Total lipid (fat)	S1063, S561
Ash	S1063, S561
Sucrose	S1063, S561
Glucose (dextrose)	S1063, S561
Fructose	S1063, S561
Lactose	S1063, S561
Maltose	S1063, S561
Water	S1063, S561
Sugars, total	S1063, S561
Galactose	S1063, S561
Fiber, total dietary	S1063
Calcium, Ca	S1063, S561
Iron, Fe	S1063, S561
Magnesium, Mg	S1063, S561
Phosphorus, P	S1063, S561
Potassium, K	S1063, S561
Sodium, Na	S1063, S561
Zinc, Zn	S1063, S561
Copper, Cu	S1063, S561
Manganese, Mn	S1063, S561
Selenium, Se	S1063
Retinol	S1063, S561
Carotene, beta	S1063, S1203
Carotene, alpha	S1063, S1203
Vitamin E (alpha-tocopherol)	S1063, S561
Vitamin D	S1063, S561
Cryptoxanthin, beta	S1063, S1203
Lycopene	S1063, S1203
Tocopherol, beta	S1063, S561
Tocopherol, gamma	S1063, S561
Tocopherol, delta	S1063, S561
Vitamin C, total ascorbic acid	S1063, S561

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### **NDB No. 01123 Egg, whole, raw, fresh**

Thiamin	S1063, S561
Riboflavin	S1063, S561
Niacin	S1063
Pantothenic acid	S1063, S561
Vitamin B-6	S1063
Folate, total	S1063, S561
Vitamin B-12	S1063, S561
Vitamin K (phylloquinone)	S1063, S561
Tryptophan	S1063, S561
Threonine	S1063, S561
Isoleucine	S1063, S561
Leucine	S1063, S561
Lysine	S1063, S561
Methionine	S1063, S561
Cystine	S1063, S561
Phenylalanine	S1063, S561
Tyrosine	S1063, S561
Valine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561
Alanine	S1063, S561
Aspartic acid	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Proline	S1063, S561
Serine	S1063, S561
Cholesterol	S1063, S561

### **NDB No. 01124 Egg, white, raw, fresh**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065

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### **NDB No. 01124 Egg, white, raw, fresh**

Maltose	S1065
Water	S1065
Sugars, total	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065



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### **NDB No. 01124 Egg, white, raw, fresh**

Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### **NDB No. 01125 Egg, yolk, raw, fresh**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Sugars, total	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Vitamin D	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065

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### **NDB No. 01125 Egg, yolk, raw, fresh**

Vitamin B-6	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S1065

### **NDB No. 01128 Egg, whole, cooked, fried**

Tryptophan	S1063, S561
Threonine	S1063, S561
Isoleucine	S1063, S561
Leucine	S1063, S561
Lysine	S1063, S561
Methionine	S1063, S561
Cystine	S1063, S561
Phenylalanine	S1063, S561
Tyrosine	S1063, S561
Valine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561

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### **NDB No. 01128 Egg, whole, cooked, fried**

Alanine	S1063, S561
Aspartic acid	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Proline	S1063, S561
Serine	S1063, S561

### **NDB No. 01130 Egg, whole, cooked, omelet**

Tryptophan	S1063, S561
Threonine	S1063, S561
Isoleucine	S1063, S561
Leucine	S1063, S561
Lysine	S1063, S561
Methionine	S1063, S561
Cystine	S1063, S561
Phenylalanine	S1063, S561
Tyrosine	S1063, S561
Valine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561
Alanine	S1063, S561
Aspartic acid	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Proline	S1063, S561
Serine	S1063, S561

### **NDB No. 01131 Egg, whole, cooked, poached**

Tryptophan	S1063, S561
Threonine	S1063, S561
Isoleucine	S1063, S561
Leucine	S1063, S561
Lysine	S1063, S561
Methionine	S1063, S561
Cystine	S1063, S561
Phenylalanine	S1063, S561

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### **NDB No. 01131 Egg, whole, cooked, poached**

Tyrosine	S1063, S561
Valine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561
Alanine	S1063, S561
Aspartic acid	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Proline	S1063, S561
Serine	S1063, S561

### **NDB No. 01145 Butter, without salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin B-12	S405
Vitamin K (phylloquinone)	D4002
Cholesterol	S27
4:0	S27
6:0	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27

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### **NDB No. 01145 Butter, without salt**

16:0	S27
18:0	S27
20:0	S27
20:4 undifferentiated	S27
22:6 n-3	S27
18:4	S27
20:1	S27
20:5 n-3	S27
22:1 undifferentiated	S27
22:5 n-3	S27
Stigmasterol	S27
Campesterol	S27
Beta-sitosterol	S27
17:0	S27
18:1 t	S27
18:2 i	S27
18:2 CLAs	S27
16:1 c	S27
18:1 c	S27
18:2 n-6 c,c	S27
18:3 n-3 c,c,c	S27

### **NDB No. 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium**

Protein	S1163
Total lipid (fat)	S1163
Ash	S1163
Starch	S1163
Sucrose	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Lactose	S1163
Maltose	S1163
Water	S1163
Caffeine	S1163
Theobromine	S1163
Fiber, total dietary	S1163

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### **NDB No. 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium**

Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Retinol	S1163
Carotene, beta	S1163
Carotene, alpha	S1163
Vitamin E (alpha-tocopherol)	S1163
Cryptoxanthin, beta	S1163
Lycopene	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163

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### **NDB No. 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium**

Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Stigmasterol	S1163
Campesterol	S1163
Beta-sitosterol	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163

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### **NDB No. 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium**

17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No. 02001 Spices, allspice, ground**

Vitamin B-6	D4381
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### **NDB No. 02002 Spices, anise seed**

Vitamin B-6	D4381
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### **NDB No. 02003 Spices, basil, dried**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Vitamin E (alpha-tocopherol)	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02004 Spices, bay leaf**

Vitamin B-6	D4381
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### **NDB No. 02005 Spices, caraway seed**

Vitamin B-6 D4381

### **NDB No. 02006 Spices, cardamom**

Vitamin B-6 D4381

### **NDB No. 02007 Spices, celery seed**

Vitamin E (alpha-tocopherol) D4561

Tocopherol, beta D4561

Tocopherol, gamma D4561

Tocopherol, delta D4561

Vitamin B-6 D4381

### **NDB No. 02008 Spices, chervil, dried**

Vitamin B-6 D4381

### **NDB No. 02009 Spices, chili powder**

Sucrose S1069

Glucose (dextrose) S1069

Fructose S1069

Lactose S1069

Maltose S1069

Sugars, total S1069

Galactose S1069

Selenium, Se S1069

Vitamin A, IU S1069

Vitamin A, RAE S1069

Carotene, beta S1069

Carotene, alpha S1069

Vitamin E (alpha-tocopherol) S1069

Cryptoxanthin, beta S1069

Lycopene S1069

Lutein + zeaxanthin S1069

Tocopherol, beta S1069

Tocopherol, gamma S1069

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### **NDB No. 02009 Spices, chili powder**

Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02010 Spices, cinnamon, ground**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Vitamin A, IU	S1069
Vitamin A, RAE	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02011 Spices, cloves, ground**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	D4561

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### **NDB No. 02011 Spices, cloves, ground**

Lycopene	S1069
Lutein + zeaxanthin	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02012 Spices, coriander leaf, dried**

Vitamin B-6	D4381
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### **NDB No. 02014 Spices, cumin seed**

Sugars, total	D4682
Vitamin E (alpha-tocopherol)	D4561
Vitamin B-6	D4381

### **NDB No. 02015 Spices, curry powder**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02016 Spices, dill seed**

Vitamin B-6	D4381
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### **NDB No. 02017 Spices, dill weed, dried**

Vitamin B-6 D4381

### **NDB No. 02018 Spices, fennel seed**

Vitamin B-6 D4381

### **NDB No. 02019 Spices, fenugreek seed**

Vitamin B-6 D4381

### **NDB No. 02020 Spices, garlic powder**

Vitamin A, IU S1069

Vitamin A, RAE S1069

Carotene, beta S1069

Carotene, alpha S1069

Vitamin E (alpha-tocopherol) S1069

Cryptoxanthin, beta S1069

Lycopene S1069

Lutein + zeaxanthin S1069

Tocopherol, beta S1069

Tocopherol, gamma S1069

Tocopherol, delta S1069

Vitamin B-6 D4381

Vitamin K (phylloquinone) S1069

### **NDB No. 02021 Spices, ginger, ground**

Sucrose S1069

Glucose (dextrose) S1069

Fructose S1069

Lactose S1069

Maltose S1069

Sugars, total S1069

Galactose S1069

Carotene, alpha S1069

Vitamin E (alpha-tocopherol) S1069

Cryptoxanthin, beta S1069

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### **NDB No. 02021 Spices, ginger, ground**

Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02022 Spices, mace, ground**

Vitamin B-6	D4381
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### **NDB No. 02023 Spices, marjoram, dried**

Vitamin B-6	D4381
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### **NDB No. 02024 Spices, mustard seed, yellow**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02025 Spices, nutmeg, ground**

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### **NDB No. 02025 Spices, nutmeg, ground**

Vitamin E (alpha-tocopherol)	D4561
Tocopherol, beta	D4561
Tocopherol, gamma	D4561
Tocopherol, delta	D4561
Vitamin B-6	D4381

### **NDB No. 02026 Spices, onion powder**

Vitamin A, IU	S1069
Vitamin A, RAE	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02027 Spices, oregano, dried**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Vitamin E (alpha-tocopherol)	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Vitamin K (phylloquinone)	S1069

### **NDB No. 02028 Spices, paprika**

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### **NDB No. 02028 Spices, paprika**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Fiber, total dietary	S1069
Carotene, beta	D4721, D4722, S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	D4721, S1069
Lycopene	S1069
Lutein + zeaxanthin	D4721, S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Vitamin K (phylloquinone)	S1069

### **NDB No. 02029 Spices, parsley, dried**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Vitamin A, IU	S1069
Vitamin A, RAE	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069

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### **NDB No. 02029 Spices, parsley, dried**

Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin K (phylloquinone)	S1069

### **NDB No. 02030 Spices, pepper, black**

Sugars, total	S1069
Vitamin A, IU	S1069
Vitamin A, RAE	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin K (phylloquinone)	S1069

### **NDB No. 02031 Spices, pepper, red or cayenne**

Vitamin B-6	D4381
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### **NDB No. 02032 Spices, pepper, white**

Vitamin B-6	D4381
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### **NDB No. 02033 Spices, poppy seed**

Vitamin A, IU	S1069
Vitamin A, RAE	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069



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### **NDB No. 02033 Spices, poppy seed**

Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin K (phylloquinone)	S1069

### **NDB No. 02034 Spices, poultry seasoning**

Vitamin B-6	D4381
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### **NDB No. 02035 Spices, pumpkin pie spice**

Vitamin B-6	D4381
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### **NDB No. 02036 Spices, rosemary, dried**

Vitamin B-6	D4381
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### **NDB No. 02037 Spices, saffron**

Vitamin B-6	D4381
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### **NDB No. 02038 Spices, sage, ground**

Vitamin B-6	D4381
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### **NDB No. 02039 Spices, savory, ground**

Vitamin B-6	D4381
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### **NDB No. 02041 Spices, tarragon, dried**

Vitamin B-6	D4381
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### **NDB No. 02042 Spices, thyme, dried**

Vitamin B-6	D4381
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### **NDB No. 02043 Spices, turmeric, ground**

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### **NDB No. 02043 Spices, turmeric, ground**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Vitamin A, IU	S1069
Vitamin A, RAE	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin K (phylloquinone)	S1069

### **NDB No. 02044 Basil, fresh**

Sugars, total	S1069
Carotene, beta	D3964, D4701, S1069
Carotene, alpha	D4701
Cryptoxanthin, beta	D4701, S1069
Lycopene	D4701
Lutein + zeaxanthin	D4701, S1069
Vitamin K (phylloquinone)	S1069

### **NDB No. 02046 Mustard, prepared, yellow**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

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### **NDB No. 02048 Vinegar, cider**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Sucrose	S2922
Glucose (dextrose)	S2922
Fructose	S2922
Lactose	S2922
Maltose	S2922
Water	S2109
Calcium, Ca	S2109, S2922
Iron, Fe	S2109, S2922
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109, S2922
Sodium, Na	S2109, S2922
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

### **NDB No. 02049 Thyme, fresh**

Vitamin A, IU	S405
Vitamin A, RAE	S405
Carotene, beta	S405

### **NDB No. 02050 Vanilla extract**

Vitamin K (phylloquinone)	D4048
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### **NDB No. 02053 Vinegar, distilled**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Water	S2109
Calcium, Ca	S2109, S2922
Iron, Fe	S2109
Magnesium, Mg	S2109

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### **NDB No. 02053 Vinegar, distilled**

Phosphorus, P	S2109
Potassium, K	S2109, S2922
Sodium, Na	S2109, S2922
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Vitamin K (phylloquinone)	D4048

### **NDB No. 02054 Capers, canned**

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 02055 Horseradish, prepared**

Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 04002 Lard**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 04017 Salad dressing, thousand island, commercial, regular**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19

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### **NDB No. 04017 Salad dressing, thousand island, commercial, regular**

Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19

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### **NDB No. 04017 Salad dressing, thousand island, commercial, regular**

Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### **NDB No. 04018 Salad dressing, mayonnaise type, regular, with salt**

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### **NDB No. 04018 Salad dressing, mayonnaise type, regular, with salt**

Sugars, total	S5
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002, D4072

### **NDB No. 04020 Salad dressing, french dressing, reduced fat**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Vitamin B-6	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:1	S19

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### **NDB No. 04021 Salad dressing, italian dressing, reduced fat**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19



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### **NDB No. 04021 Salad dressing, italian dressing, reduced fat**

12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### **NDB No. 04023 Salad dressing, thousand island dressing, reduced fat**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19

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### **NDB No. 04023 Salad dressing, thousand island dressing, reduced fat**

Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19

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### **NDB No. 04023 Salad dressing, thousand island dressing, reduced fat**

Proline	S19
Serine	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### **NDB No. 04025 Salad dressing, mayonnaise, soybean oil, with salt**

Total lipid (fat)	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Vitamin K (phylloquinone)	D4002, D4072

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### **NDB No. 04025 Salad dressing, mayonnaise, soybean oil, with salt**

Cholesterol	S22
4:0	S22
6:0	S22
8:0	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
20:0	S22
20:4 undifferentiated	S22
22:6 n-3	S22
22:0	S22
14:1	S22
18:4	S22
20:1	S22
20:5 n-3	S22
22:1 undifferentiated	S22
22:5 n-3	S22
Stigmasterol	S22
Campesterol	S22
Beta-sitosterol	S22
17:0	S22
24:0	S22
18:1 t	S22
18:2 i	S22
18:2 CLAs	S22
24:1 c	S22
20:2 n-6 c,c	S22
16:1 c	S22
18:1 c	S22
18:2 n-6 c,c	S22
17:1	S22
20:3 undifferentiated	S22

### **NDB No. 04026 Salad dressing, mayonnaise, soybean and safflower oil, with salt**

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### **NDB No. 04026 Salad dressing, mayonnaise, soybean and safflower oil, with salt**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04031 Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)**

Total lipid (fat) S87  
Water S81  
Vitamin E (alpha-tocopherol) S81, S87  
Tocopherol, beta S87  
Tocopherol, gamma S81, S87  
Tocopherol, delta S81, S87

### **NDB No. 04034 Oil, soybean, salad or cooking, (hydrogenated)**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04037 Oil, vegetable, rice bran**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04038 Oil, wheat germ**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04042 Oil, peanut, salad or cooking**

Vitamin E (alpha-tocopherol) S87  
Tocopherol, beta S87  
Tocopherol, gamma S87  
Tocopherol, delta S87  
Vitamin K (phylloquinone) D4050, D4051

### **NDB No. 04044 Oil, soybean, salad or cooking**

Vitamin E (alpha-tocopherol) S87  
Vitamin K (phylloquinone) D4042, D4051, D4071, D4072, D4074, D4077

### **NDB No. 04047 Vegetable oil, coconut**

Carotene, beta D3920

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### **NDB No. 04047 Vegetable oil, coconut**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4050

### **NDB No. 04053 Oil, olive, salad or cooking**

Protein	S19
Total lipid (fat)	S19, S87
Ash	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19

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### **NDB No. 04053 Oil, olive, salad or cooking**

18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### **NDB No. 04055 Oil, vegetable, palm**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4050

### **NDB No. 04058 Oil, sesame, salad or cooking**

Vitamin K (phylloquinone)	D4050, D4051
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### **NDB No. 04060 Oil, vegetable, sunflower, linoleic (less than 60%)**

Vitamin E (alpha-tocopherol)	S84
Vitamin K (phylloquinone)	D4043, D4050, D4051, D4071, D4073

### **NDB No. 04114 Salad dressing, italian dressing, commercial, regular**

Protein	S19
Total lipid (fat)	S19
Ash	S19

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### **NDB No. 04114 Salad dressing, italian dressing, commercial, regular**

Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19



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### **NDB No. 04114 Salad dressing, italian dressing, commercial, regular**

Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19
15:1	S19

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### **NDB No. 04120 Salad dressing, french dressing, commercial, regular**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19

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### **NDB No. 04120 Salad dressing, french dressing, commercial, regular**

12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19

### **NDB No. 04141 Salad dressing, french dressing, commercial, regular, without salt**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19

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### **NDB No. 04141 Salad dressing, french dressing, commercial, regular, without salt**

Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19

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### **NDB No. 04141 Salad dressing, french dressing, commercial, regular, without salt**

20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19

### **NDB No. 04142 Salad dressing, french dressing, reduced fat, without salt**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Vitamin B-6	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19

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### **NDB No. 04142 Salad dressing, french dressing, reduced fat, without salt**

20:1 S19

### **NDB No. 04143 Salad dressing, italian dressing, commercial, regular, without salt**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19

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### **NDB No. 04143 Salad dressing, italian dressing, commercial, regular, without salt**

6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19
15:1	S19

### **NDB No. 04144 Salad dressing, italian dressing, reduced fat, without salt**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19

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### **NDB No. 04144 Salad dressing, italian dressing, reduced fat, without salt**

Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19



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### **NDB No. 04144 Salad dressing, italian dressing, reduced fat, without salt**

22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### **NDB No. 04367 Salad dressing, french dressing, fat-free**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19

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### **NDB No. 04367 Salad dressing, french dressing, fat-free**

Thiamin	S19
Riboflavin	S19
Niacin	S19
Folate, total	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
24:0	S19
20:2 n-6 c,c	S19
17:1	S19

### **NDB No. 04501 Oil, vegetable, cocoa butter**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04502 Oil, vegetable, cottonseed, salad or cooking**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04506 Oil, vegetable, sunflower, linoleic, (approx. 65%)**

Vitamin E (alpha-tocopherol) S84  
Vitamin K (phylloquinone) D4043, D4050, D4051, D4071, D4073

### **NDB No. 04510 Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)**

Vitamin K (phylloquinone) D4048, D4050, D4051

### **NDB No. 04513 Vegetable oil, palm kernel**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

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### **NDB No. 04518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking**

Vitamin K (phylloquinone)	D4043, D4051, D4072, D4073
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04543 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04545 Oil, vegetable, sunflower, linoleic, (hydrogenated)**

Vitamin K (phylloquinone) D4043, D4050, D4051, D4071, D4073

### **NDB No. 04547 Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)**

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### **NDB No. 04547 Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

### **NDB No. 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

### **NDB No. 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)**

Total lipid (fat)	S87
Water	S81

### **NDB No. 04552 Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

### **NDB No. 04554 Shortening industrial, soybean (hydrogenated) and cottonseed**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

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### **NDB No. 04560 Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

### **NDB No. 04582 Vegetable oil, canola**

Vitamin E (alpha-tocopherol)	S82, S87
Tocopherol, beta	S82, S87
Tocopherol, gamma	S82, S87
Tocopherol, delta	S82, S87
Vitamin K (phylloquinone)	D4042, D4051, D4071, D4072

### **NDB No. 04584 Oil, vegetable, sunflower, high oleic (70% and over)**

Vitamin E (alpha-tocopherol)	S84
Vitamin K (phylloquinone)	D4043, D4050, D4051, D4071, D4073

### **NDB No. 04586 Shortening, special purpose for cakes and frostings, soybean (hydrogenated)**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

### **NDB No. 04587 Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

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### **NDB No. 04588 Vegetable oil, oat**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No. 04610 Margarine, regular, stick, composite, 80% fat, with salt**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Vitamin E (alpha-tocopherol)	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Cholesterol	S18
4:0	S18
6:0	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
20:1	S18
20:5 n-3	S18

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### **NDB No. 04610 Margarine, regular, stick, composite, 80% fat, with salt**

22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
24:1 c	S18
20:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

### **NDB No. 04612 Margarine, vegetable oil spread, 60% fat, stick**

Total lipid (fat)	S19
Water	S19
Vitamin K (phylloquinone)	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19
22:0	S19
14:1	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19

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### **NDB No. 04612** Margarine, vegetable oil spread, 60% fat, stick

18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

### **NDB No. 04613** Margarine, vegetable oil spread, 60% fat, tub/bottle

Total lipid (fat)	S19
Water	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19
22:0	S19
14:1	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19



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### **NDB No. 04613** Margarine, vegetable oil spread, 60% fat, tub/bottle

20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

### **NDB No. 04614** Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Vitamin K (phylloquinone)	S19
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### **NDB No. 04615** Shortening, household, composite

Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

### **NDB No. 04619** Margarine, vegetable oil spread, 60% fat, stick, no salt

Vitamin K (phylloquinone)	S19
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### **NDB No. 04620** Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Vitamin K (phylloquinone)	S19
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### **NDB No. 04624** Margarine-like spread, fat free, liquid, salted

Vitamin K (phylloquinone)	S20
---------------------------	-----

### **NDB No. 04628** Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18

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### **NDB No. 04628 Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils**

Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Vitamin E (alpha-tocopherol)	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin K (phylloquinone)	S18
Cholesterol	S18
4:0	S18
6:0	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:6 n-3	S18
22:0	S18
14:1	S18
18:4	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18

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### **NDB No. 04628 Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils**

15:0	S18
17:0	S18
24:0	S18
16:1 t	S18
18:1 t	S18
18:2 i	S18
24:1 c	S18
20:2 n-6 c,c	S18
16:1 c	S18
18:1 c	S18
18:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

### **NDB No. 04629 Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Manganese, Mn	S18
Thiamin	S18
Riboflavin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Cholesterol	S18
12:0	S18
14:0	S18
16:0	S18

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### **NDB No. 04629 Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)**

18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
16:1 t	S18
18:1 t	S18
18:2 i	S18
24:1 c	S18
20:2 n-6 c,c	S18
16:1 c	S18
18:1 c	S18
18:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

### **NDB No. 04630 Margarine Spread, approximately 48% fat, tub**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19

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### **NDB No. 04630 Margarine Spread, approximately 48% fat, tub**

Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin E (alpha-tocopherol)	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19

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### **NDB No. 04630 Margarine Spread, approximately 48% fat, tub**

24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

### **NDB No. 04631 Margarine spread, fat-free, tub**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Water	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin E (alpha-tocopherol)	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Vitamin K (phylloquinone)	S20
Cholesterol	S20
4:0	S20

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### **NDB No. 04631 Margarine spread, fat-free, tub**

6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
20:4 undifferentiated	S20
22:6 n-3	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Stigmasterol	S20
Campesterol	S20
Beta-sitosterol	S20
18:1 t	S20
18:1 c	S20
18:2 n-6 c,c	S20
18:3 n-3 c,c,c	S20

### **NDB No. 04635 Salad dressing, thousand island dressing, fat-free**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19

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### **NDB No. 04635 Salad dressing, thousand island dressing, fat-free**

Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19



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### **NDB No. 04635 Salad dressing, thousand island dressing, fat-free**

17:0	S19
24:0	S19
20:2 n-6 c,c	S19
17:1	S19

### **NDB No. 04636 Salad dressing, italian dressing, fat-free**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19

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### **NDB No. 04636 Salad dressing, italian dressing, fat-free**

Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
22:1 undifferentiated	S19
15:0	S19
17:0	S19
17:1	S19
20:3 undifferentiated	S19
13:0	S19

### **NDB No. 04638 Salad dressing, ranch dressing, fat-free**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26

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### **NDB No. 04638 Salad dressing, ranch dressing, fat-free**

Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
17:0	S26

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### **NDB No. 04638 Salad dressing, ranch dressing, fat-free**

24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

### **NDB No. 04639 Salad dressing, ranch dressing, commercial, regular**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26

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### **NDB No. 04639 Salad dressing, ranch dressing, commercial, regular**

Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

### **NDB No. 04640 Salad dressing, ranch dressing, reduced fat**

Protein	S26
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### **NDB No. 04640 Salad dressing, ranch dressing, reduced fat**

Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26

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### **NDB No. 04640 Salad dressing, ranch dressing, reduced fat**

Phenylalanine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26

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### **NDB No. 04640 Salad dressing, ranch dressing, reduced fat**

18:3 n-3 c,c,c S26

### **NDB No. 04641 Salad dressing, mayonnaise, light**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin B-12	S25
Folic acid	S25



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### **NDB No. 04641 Salad dressing, mayonnaise, light**

Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:5 n-3	S25
Stigmasterol	S25
Campesterol	S25
Beta-sitosterol	S25
17:0	S25
24:0	S25
18:1 t	S25
18:2 i	S25
18:2 CLAs	S25
24:1 c	S25
16:1 c	S25
18:1 c	S25
18:2 n-6 c,c	S25
18:3 n-3 c,c,c	S25

### **NDB No. 04642 Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221

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### **NDB No. 04642 Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings**

8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221

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### **NDB No. 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying**

18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04644 Oil, vegetable, industrial, canola for salads, woks and light frying**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221

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### **NDB No. 04644 Oil, vegetable, industrial, canola for salads, woks and light frying**

14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04645 Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221

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### **NDB No. 04645 Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying**

18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221

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### **NDB No. 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts**

20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04648 Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221

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### **NDB No. 04648 Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables**

22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04649 Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221

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### **NDB No. 04649 Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening**

18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04650 Oil, vegetable, industrial, soy, refined, for woks and light frying**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221



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### **NDB No. 04650 Oil, vegetable, industrial, soy, refined, for woks and light frying**

14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04651 Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221

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### **NDB No. 04651 Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor**

6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04652 Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose**

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### NDB No. 04652 Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221

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### **NDB No. 04652 Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose**

18:3i S2221

### **NDB No. 04653 Oil, vegetable, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry**

Total lipid (fat) S2221

Fatty acids, total trans S2221

Fatty acids, total saturated S2221

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

18:1 undifferentiated S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

22:0 S2221

16:1 undifferentiated S2221

18:4 S2221

20:1 S2221

20:5 n-3 S2221

22:1 undifferentiated S2221

22:5 n-3 S2221

Fatty acids, total monounsaturated S2221

Fatty acids, total polyunsaturated S2221

15:0 S2221

17:0 S2221

18:1 t S2221

18:2 i S2221

16:1 c S2221

18:1 c S2221

18:2 n-6 c,c S2221

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### **NDB No. 04653 Oil, vegetable, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry**

Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221

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### **NDB No. 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening**

18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04655 Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221

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**NDB No. 04655** Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

18:3 n-3 c,c,c S2221  
18:3i S2221

**NDB No. 04656** Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Protein S2221  
Total lipid (fat) S2221  
Ash S2221  
Water S2221  
Calcium, Ca S2221  
Iron, Fe S2221  
Magnesium, Mg S2221  
Phosphorus, P S2221  
Potassium, K S2221  
Sodium, Na S2221  
Zinc, Zn S2221  
Copper, Cu S2221  
Manganese, Mn S2221  
Fatty acids, total trans S2221  
Fatty acids, total saturated S2221  
4:0 S2221  
6:0 S2221  
8:0 S2221  
10:0 S2221  
12:0 S2221  
14:0 S2221  
16:0 S2221  
18:0 S2221  
20:0 S2221  
18:1 undifferentiated S2221  
18:2 undifferentiated S2221  
18:3 undifferentiated S2221  
20:4 undifferentiated S2221  
22:6 n-3 S2221  
16:1 undifferentiated S2221  
18:4 S2221  
20:1 S2221

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### **NDB No. 04656 Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter**

20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04657 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221

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### **NDB No. 04657 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter**

18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04658 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221

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### **NDB No. 04658 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product**

Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04659 Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings**

Protein	S2221
Total lipid (fat)	S2221

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### **NDB No. 04659 Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings**

Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221

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### **NDB No. 04659 Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings**

18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04660 Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221

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### **NDB No. 04660 Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy**

18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221

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### **NDB No. 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners**

14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04662 Oil, vegetable, industrial, palm and palm kernel, filling fat**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221

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### **NDB No. 04662 Oil, vegetable, industrial, palm and palm kernel, filling fat**

Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04663 Oil, industrial, palm kernel (hydrogenated), filling fat**

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### **NDB No. 04663 Oil, industrial, palm kernel (hydrogenated), filling fat**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221

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### **NDB No. 04663 Oil, industrial, palm kernel (hydrogenated), filling fat**

18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### **NDB No. 04664 Oil, vegetable, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221

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### **NDB No. 04664 Oil, vegetable, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings**

17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04665 Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221

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### **NDB No. 04665** Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries

18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04666** Shortening, industrial, soy (partially hydrogenated ) and corn for frying

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221

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### **NDB No. 04666 Shortening, industrial, soy (partially hydrogenated ) and corn for frying**

16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04667 Shortening, industrial, soy (partially hydrogenated ) for baking and confections**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221

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### **NDB No. 04667 Shortening, industrial, soy (partially hydrogenated ) for baking and confections**

15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04668 Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221

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### **NDB No. 04668 Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy**

18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04669 USDA Commodity Food, oil, vegetable, soybean, refined**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221

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### **NDB No. 04669** USDA Commodity Food, oil, vegetable, soybean, refined

18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04670** USDA Commodity Food, oil, vegetable, low saturated fat

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221

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### **NDB No. 04670 USDA Commodity Food, oil, vegetable, low saturated fat**

18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04671 USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221



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### **NDB No. 04671 USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)**

Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04672 USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221

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### **NDB No. 04672** USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed

20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No. 04673** Margarine-like spread, SMART BALANCE Regular Buttery Spread

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Energy	S2401
Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Fatty acids, total monounsaturated	S2401

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### **NDB No. 04673 Margarine-like spread, SMART BALANCE Regular Buttery Spread**

Fatty acids, total polyunsaturated S2401

### **NDB No. 04674 Margarine-like spread, SMART BALANCE Light Buttery Spread**

Protein S2401

Total lipid (fat) S2401

Carbohydrate, by difference S2401

Ash S2401

Energy S2401

Water S2401

Sugars, total S2401

Fiber, total dietary S2401

Phosphorus, P S2401

Potassium, K S2401

Sodium, Na S2401

Vitamin A, IU S2401

Vitamin E (alpha-tocopherol) S2401

Vitamin K (phylloquinone) S2401

Cholesterol S2401

Fatty acids, total trans S2401

Fatty acids, total saturated S2401

Fatty acids, total monounsaturated S2401

Fatty acids, total polyunsaturated S2401

### **NDB No. 04675 Margarine-like spread, SMART BEAT Super Light without saturated fat**

Protein S2401

Total lipid (fat) S2401

Carbohydrate, by difference S2401

Ash S2401

Energy S2401

Water S2401

Sugars, total S2401

Fiber, total dietary S2401

Phosphorus, P S2401

Potassium, K S2401

Sodium, Na S2401

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### **NDB No. 04675** Margarine-like spread, SMART BEAT Super Light without saturated fat

Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

### **NDB No. 04676** Margarine-like spread, SMART BEAT Smart Squeeze

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Energy	S2401
Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

### **NDB No. 04677** Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401

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### **NDB No. 04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)**

Ash	S2401
Energy	S2401
Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Phytosterols	S2401
Stigmasterol	S2401
Campesterol	S2401
Beta-sitosterol	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

### **NDB No. 05023 Chicken, gizzard, all classes, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581

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### **NDB No. 05023 Chicken, gizzard, all classes, raw**

Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581

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### **NDB No. 05023 Chicken, gizzard, all classes, raw**

15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05024 Chicken, gizzard, all classes, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581

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### **NDB No. 05024 Chicken, gizzard, all classes, cooked, simmered**

Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05027 Chicken, liver, all classes, raw**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082

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### **NDB No. 05027 Chicken, liver, all classes, raw**

Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082

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### **NDB No. 05027** Chicken, liver, all classes, raw

Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 05028** Chicken, liver, all classes, cooked, simmered

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### **NDB No. 05028 Chicken, liver, all classes, cooked, simmered**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082, S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082

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### **NDB No. 05028 Chicken, liver, all classes, cooked, simmered**

Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

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### **NDB No. 05173 Turkey, gizzard, all classes, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581

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### **NDB No. 05173 Turkey, gizzard, all classes, raw**

12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05174 Turkey, gizzard, all classes, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581

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### **NDB No. 05174 Turkey, gizzard, all classes, cooked, simmered**

Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581

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### **NDB No. 05174 Turkey, gizzard, all classes, cooked, simmered**

20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05175 Turkey, heart, all classes, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581



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### **NDB No. 05175 Turkey, heart, all classes, raw**

Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05176 Turkey, heart, all classes, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581

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### **NDB No. 05176 Turkey, heart, all classes, cooked, simmered**

Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581

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### **NDB No. 05176 Turkey, heart, all classes, cooked, simmered**

20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05177 Turkey, liver, all classes, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581

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### **NDB No. 05177 Turkey, liver, all classes, raw**

Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05178 Turkey, liver, all classes, cooked, simmered**

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### **NDB No. 05178 Turkey, liver, all classes, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581

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### **NDB No. 05178 Turkey, liver, all classes, cooked, simmered**

12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 05312 Chicken, wing, frozen, glazed, barbecue flavored**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26

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### **NDB No. 05312 Chicken, wing, frozen, glazed, barbecue flavored**

Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Retinol	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26
Phenylalanine	S26
Tyrosine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26

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### **NDB No. 05312** Chicken, wing, frozen, glazed, barbecue flavored

Proline	S26
Serine	S26
Cholesterol	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
15:0	S26
17:0	S26
24:0	S26
20:2 n-6 c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### **NDB No. 05313** Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26



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### **NDB No. 05313 Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)**

Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Retinol	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26

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### **NDB No. 05313** Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Phenylalanine	S26
Tyrosine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
Fatty acids, total saturated	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
15:0	S26
17:0	S26

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### **NDB No. 05313** Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

24:0	S26
20:2 n-6 c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### **NDB No. 05320** Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Retinol	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26

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### **NDB No. 05320** Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26
Phenylalanine	S26
Tyrosine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
Fatty acids, total saturated	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26

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### **NDB No. 05320** Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
15:0	S26
17:0	S26
24:0	S26
20:2 n-6 c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### **NDB No. 05623** Emu, fan fillet, raw

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Magnesium, Mg	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282
Fatty acids, total saturated	D4282
Fatty acids, total monounsaturated	D4282
Fatty acids, total polyunsaturated	D4282

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### **NDB No. 05624 Emu, fan fillet, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

### **NDB No. 05625 Emu, flat fillet, raw**

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Magnesium, Mg	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282

### **NDB No. 05626 Emu, full rump, raw**

Protein	D4281, D4282
Total lipid (fat)	D4281, D4282
Ash	D4281, D4282
Water	D4281, D4282
Calcium, Ca	D4281, D4282
Iron, Fe	D4281, D4282
Magnesium, Mg	D4282

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### **NDB No. 05626** Emu, full rump, raw

Potassium, K	D4281, D4282
Sodium, Na	D4281, D4282
Zinc, Zn	D4281, D4282
Vitamin A, IU	D4281
Retinol	D4281
Vitamin C, total ascorbic acid	D4281
Thiamin	D4281
Vitamin B-12	D4281
Cholesterol	D4282
14:0	D4281
16:0	D4281
18:0	D4281
20:0	D4281
18:1 undifferentiated	D4281
18:2 undifferentiated	D4281
18:3 undifferentiated	D4281
20:4 undifferentiated	D4281
22:6 n-3	D4281
22:0	D4281
14:1	D4281
16:1 undifferentiated	D4281
20:1	D4281
20:5 n-3	D4281
22:1 undifferentiated	D4281
15:0	D4281
17:0	D4281
24:0	D4281
20:2 n-6 c,c	D4281
17:1	D4281

### **NDB No. 05627** Emu, full rump, cooked, broiled

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282

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### **NDB No. 05627** Emu, full rump, cooked, broiled

Iron, Fe	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Retinol	D4282
Vitamin C, total ascorbic acid	D4282
Thiamin	D4282
Vitamin B-12	D4282
Cholesterol	D4282
14:0	D4282
16:0	D4282
18:0	D4282
20:0	D4282
18:1 undifferentiated	D4282
18:2 undifferentiated	D4282
18:3 undifferentiated	D4282
20:4 undifferentiated	D4282
22:6 n-3	D4282
22:0	D4282
14:1	D4282
16:1 undifferentiated	D4282
20:1	D4282
20:5 n-3	D4282
22:1 undifferentiated	D4282
15:0	D4282
17:0	D4282
24:0	D4282
20:2 n-6 c,c	D4282
17:1	D4282

### **NDB No. 05628** Emu, inside drum, raw

Protein	D4281, D4282
Total lipid (fat)	D4281, D4282
Ash	D4281, D4282
Water	D4281, D4282
Calcium, Ca	D4281, D4282



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### **NDB No. 05628** Emu, inside drum, raw

Iron, Fe	D4281, D4282
Magnesium, Mg	D4282
Potassium, K	D4281, D4282
Sodium, Na	D4281, D4282
Zinc, Zn	D4281, D4282
Vitamin A, IU	D4281
Retinol	D4281
Vitamin C, total ascorbic acid	D4281
Thiamin	D4281
Vitamin B-12	D4281
Cholesterol	D4282
14:0	D4281
16:0	D4281
18:0	D4281
20:0	D4281
18:1 undifferentiated	D4281
18:2 undifferentiated	D4281
18:3 undifferentiated	D4281
20:4 undifferentiated	D4281
22:6 n-3	D4281
22:0	D4281
14:1	D4281
16:1 undifferentiated	D4281
20:1	D4281
20:5 n-3	D4281
22:1 undifferentiated	D4281
15:0	D4281
17:0	D4281
24:0	D4281
20:2 n-6 c,c	D4281
17:1	D4281

### **NDB No. 05629** Emu, inside drums, cooked, broiled

Protein	D4281
Total lipid (fat)	D4281
Ash	D4281

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### **NDB No. 05629** Emu, inside drums, cooked, broiled

Water	D4281
Calcium, Ca	D4281
Iron, Fe	D4281
Potassium, K	D4281
Sodium, Na	D4281
Zinc, Zn	D4281
Retinol	D4281
Vitamin C, total ascorbic acid	D4281
Thiamin	D4281
Vitamin B-12	D4281
14:0	D4281
16:0	D4281
18:0	D4281
20:0	D4281
18:1 undifferentiated	D4281
18:2 undifferentiated	D4281
18:3 undifferentiated	D4281
20:4 undifferentiated	D4281
22:6 n-3	D4281
22:0	D4281
14:1	D4281
16:1 undifferentiated	D4281
20:1	D4281
20:5 n-3	D4281
22:1 undifferentiated	D4281
15:0	D4281
17:0	D4281
24:0	D4281
20:2 n-6 c,c	D4281
17:1	D4281

### **NDB No. 05630** Emu, outside drum, raw

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282

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### **NDB No. 05630 Emu, outside drum, raw**

Calcium, Ca	D4282
Iron, Fe	D4282
Magnesium, Mg	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282

### **NDB No. 05631 Emu, oyster, raw**

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Magnesium, Mg	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282

### **NDB No. 05632 Emu, top loin, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

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### **NDB No. 05643 Ostrich, fan, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05644 Ostrich, inside leg, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05645 Ostrich, inside leg, cooked**

Protein	D4301
Total lipid (fat)	D4301

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### **NDB No. 05645 Ostrich, inside leg, cooked**

Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05646 Ostrich, inside strip, raw**

Protein	D4301
Total lipid (fat)	D4301
Ash	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
12:0	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
22:6 n-3	D4301
22:0	D4301
14:1	D4301
16:1 undifferentiated	D4301
20:1	D4301

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### **NDB No. 05646 Ostrich, inside strip, raw**

20:5 n-3	D4301
15:0	D4301
17:0	D4301
20:2 n-6 c,c	D4301
17:1	D4301

### **NDB No. 05647 Ostrich, inside strip, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05648 Ostrich, outside leg, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301

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### **NDB No. 05648 Ostrich, outside leg, raw**

18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05649 Ostrich, outside strip, raw**

Protein	D4301
Total lipid (fat)	D4301
Ash	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
12:0	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
22:6 n-3	D4301
22:0	D4301
14:1	D4301
16:1 undifferentiated	D4301
20:1	D4301
20:5 n-3	D4301
15:0	D4301
17:0	D4301
20:2 n-6 c,c	D4301
17:1	D4301

### **NDB No. 05650 Ostrich, outside strip, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301

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### **NDB No. 05650 Ostrich, outside strip, cooked**

Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05651 Ostrich, oyster, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05652 Ostrich, oyster, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301

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### **NDB No. 05652 Ostrich, oyster, cooked**

Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05653 Ostrich, round, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05654 Ostrich, tenderloin, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301

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### **NDB No. 05654 Ostrich, tenderloin, raw**

14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05655 Ostrich, tip trimmed, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05656 Ostrich, tip trimmed, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301

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### **NDB No. 05656 Ostrich, tip trimmed, cooked**

18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05657 Ostrich, top loin, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05658 Ostrich, top loin, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301

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### **NDB No. 05658 Ostrich, top loin, cooked**

18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No. 05661 Chicken, liver, all classes, cooked, pan-fried**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166

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### **NDB No. 05661 Chicken, liver, all classes, cooked, pan-fried**

Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082

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### **NDB No. 05661 Chicken, liver, all classes, cooked, pan-fried**

15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 06016 Soup, cream of chicken, canned, condensed, commercial**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18

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### **NDB No. 06016 Soup, cream of chicken, canned, condensed, commercial**

Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Cholesterol	S18
Fatty acids, total saturated	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
20:3 undifferentiated	S18
13:0	S18
15:1	S18

### **NDB No. 06019 Soup, chicken noodle, canned, condensed, commercial**

Protein	S18
Total lipid (fat)	S18
Ash	S18

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### **NDB No. 06019** Soup, chicken noodle, canned, condensed, commercial

Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Carotene, beta	S405
Carotene, alpha	S405
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18
Isoleucine	S18
Leucine	S18
Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18



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### **NDB No. 06019** Soup, chicken noodle, canned, condensed, commercial

Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Cholesterol	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
20:3 undifferentiated	S18
15:1	S18

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### **NDB No. 06040** Soup, minestrone, canned, condensed, commercial

Carotene, beta	D3851
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851

### **NDB No. 06043** Soup, cream of mushroom, canned, condensed, commercial

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Sugars, total	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Cholesterol	S18
Fatty acids, total saturated	S18
8:0	S18
10:0	S18
12:0	S18

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### **NDB No. 06043** Soup, cream of mushroom, canned, condensed, commercial

14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
15:1	S18

### **NDB No. 06068** Soup, vegetarian vegetable, canned, condensed, commercial

Carotene, beta	D3851
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851

### **NDB No. 06071** Soup, vegetable beef, canned, condensed, commercial

Carotene, beta	D3851
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851

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### **NDB No. 06094** Soup, onion mix, dehydrated, dry form

Protein	S18
Total lipid (fat)	S18
Ash	S18
Sucrose	S18
Glucose (dextrose)	S18
Water	S18
Sugars, total	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Fatty acids, total saturated	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18

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### **NDB No. 06094** Soup, onion mix, dehydrated, dry form

20:4 undifferentiated	S18
22:0	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
13:0	S18
15:1	S18

### **NDB No. 06128** Soup, chicken noodle mix, dehydrated, dry form

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18

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### **NDB No. 06128** Soup, chicken noodle mix, dehydrated, dry form

Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18
Isoleucine	S18
Leucine	S18
Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Fatty acids, total saturated	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18

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### **NDB No. 06128** Soup, chicken noodle mix, dehydrated, dry form

18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
13:0	S18
15:1	S18

### **NDB No. 06159** Soup, tomato, canned, condensed, commercial

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18

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### **NDB No. 06159** Soup, tomato, canned, condensed, commercial

Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S18
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18

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### **NDB No. 06159 Soup, tomato, canned, condensed, commercial**

Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18
13:0	S18
15:1	S18

### **NDB No. 06164 Sauce, ready-to-serve, salsa**

Protein	S23
Total lipid (fat)	S23
Ash	S23
Starch	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Selenium, Se	S23
Carotene, beta	S23
Carotene, alpha	S23
Cryptoxanthin, beta	S23
Lycopene	S23
Lutein + zeaxanthin	S23
Vitamin C, total ascorbic acid	S23
Thiamin	S23
Niacin	S23
Pantothenic acid	S23
Vitamin B-6	S23
Folate, total	S23

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### **NDB No. 06164 Sauce, ready-to-serve, salsa**

Vitamin K (phylloquinone) S23

### **NDB No. 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	S22
Fiber, total dietary	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Carotene, beta	S22
Carotene, alpha	S22
Cryptoxanthin, beta	S22
Lycopene	S22
Lutein + zeaxanthin	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Vitamin K (phylloquinone)	S22
Fatty acids, total saturated	S22

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### **NDB No. 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve**

16:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22

### **NDB No. 06982 Soup, ramen noodle, beef flavor, dehydrated, dry**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18

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### **NDB No. 06982** Soup, ramen noodle, beef flavor, dehydrated, dry

Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18
Isoleucine	S18
Leucine	S18
Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
22:0	S18
20:1	S18
Fatty acids, total monounsaturated	S18

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### **NDB No. 06982 Soup, ramen noodle, beef flavor, dehydrated, dry**

Fatty acids, total polyunsaturated	S18
17:0	S18
20:2 n-6 c,c	S18
17:1	S18
15:1	S18

### **NDB No. 06983 Soup, ramen noodle, chicken flavor, dehydrated, dry**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18

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### **NDB No. 06983** Soup, ramen noodle, chicken flavor, dehydrated, dry

Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18
Isoleucine	S18
Leucine	S18
Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:1	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
20:2 n-6 c,c	S18

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### **NDB No. 06983** Soup, ramen noodle, chicken flavor, dehydrated, dry

17:1 S18

### **NDB No. 06984** Soup, SWANSON Chicken Broth 99% Fat Free

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104
Vitamin B-12	S2104
Vitamin K (phylloquinone)	S2104
Tryptophan	S2104

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### **NDB No. 06984 Soup, SWANSON Chicken Broth 99% Fat Free**

Threonine	S2104
Isoleucine	S2104
Leucine	S2104
Lysine	S2104
Methionine	S2104
Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104
Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Cholesterol	S2104
Fatty acids, total saturated	S2104
8:0	S2104
10:0	S2104
12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
18:3 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104
14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
Fatty acids, total monounsaturated	S2104
Fatty acids, total polyunsaturated	S2104
15:0	S2104

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### **NDB No. 06984 Soup, SWANSON Chicken Broth 99% Fat Free**

17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
17:1	S2104
20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### **NDB No. 06985 Gravy, HEINZ Home Style Savory Beef Gravy**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104

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### **NDB No. 06985 Gravy, HEINZ Home Style Savory Beef Gravy**

Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104
Vitamin B-12	S2104
Tryptophan	S2104
Threonine	S2104
Isoleucine	S2104
Leucine	S2104
Lysine	S2104
Methionine	S2104
Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104
Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Hydroxyproline	S2104
Cholesterol	S2104
Fatty acids, total saturated	S2104
8:0	S2104
10:0	S2104
12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
18:3 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104

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### **NDB No. 06985 Gravy, HEINZ Home Style Savory Beef Gravy**

14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
Fatty acids, total monounsaturated	S2104
Fatty acids, total polyunsaturated	S2104
15:0	S2104
17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
17:1	S2104
20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### **NDB No. 07002 Beerwurst, beer salami, pork and beef**

Protein	S222
Total lipid (fat)	S222
Carbohydrate, by difference	S222
Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222
Magnesium, Mg	S222
Phosphorus, P	S222
Potassium, K	S222
Sodium, Na	S222
Zinc, Zn	S222
Copper, Cu	S222
Manganese, Mn	S222
Selenium, Se	S222
Vitamin A, IU	S222

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### **NDB No. 07002 Beerwurst, beer salami, pork and beef**

Retinol	S222
Vitamin C, total ascorbic acid	S222
Thiamin	S222
Riboflavin	S222
Niacin	S222
Pantothenic acid	S222
Vitamin B-6	S222
Folate, total	S222
Vitamin B-12	S222
Cholesterol	S222
Fatty acids, total saturated	S222
4:0	S222
6:0	S222
8:0	S222
10:0	S222
12:0	S222
14:0	S222
16:0	S222
18:0	S222
18:1 undifferentiated	S222
18:2 undifferentiated	S222
18:3 undifferentiated	S222
20:4 undifferentiated	S222
22:6 n-3	S222
16:1 undifferentiated	S222
18:4	S222
20:1	S222
20:5 n-3	S222
22:1 undifferentiated	S222
22:5 n-3	S222
Fatty acids, total monounsaturated	S222
Fatty acids, total polyunsaturated	S222

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

Caffeine	S248
Sugars, total	S248

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

Vitamin D S248

### **NDB No. 07005 Blood sausage**

Protein S248

Total lipid (fat) S248

Ash S248

Energy S248

Water S248

Caffeine S248

Sugars, total S248

Fiber, total dietary S248

Calcium, Ca S248

Iron, Fe S248

Magnesium, Mg S248

Phosphorus, P S248

Potassium, K S248

Sodium, Na S248

Zinc, Zn S248

Copper, Cu S248

Manganese, Mn S248

Vitamin A, IU S248

Vitamin C, total ascorbic acid S248

Thiamin S248

Riboflavin S248

Niacin S248

Pantothenic acid S248

Vitamin B-6 S248

Folate, total S248

Vitamin B-12 S248

Tryptophan S248

Threonine S248

Isoleucine S248

Leucine S248

Lysine S248

Methionine S248

Cystine S248

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### **NDB No. 07005 Blood sausage**

Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

### **NDB No. 07006 Bockwurst, pork, veal, raw**

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### **NDB No. 07006 Bockwurst, pork, veal, raw**

Protein	S247
Total lipid (fat)	S247
Carbohydrate, by difference	S247
Ash	S247
Energy	S247
Water	S247
Fiber, total dietary	S247
Calcium, Ca	S247
Iron, Fe	S247
Sodium, Na	S247
Vitamin A, IU	S247
Vitamin C, total ascorbic acid	S247
Cholesterol	S247
Fatty acids, total saturated	S247
Fatty acids, total monounsaturated	S247
Fatty acids, total polyunsaturated	S247

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

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164

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

Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164

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

20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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

Protein	S238
Total lipid (fat)	S238
Ash	S238
Water	S238
Sugars, total	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Iron, Fe	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Potassium, K	S238
Sodium, Na	S238
Zinc, Zn	S238
Copper, Cu	S238
Vitamin A, IU	S238
Vitamin D	S238
Vitamin C, total ascorbic acid	S238
Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S238
18:0	S238

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

Protein	S227, S281
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### **NDB No. 07011 Bologna, turkey**

Total lipid (fat)	S227, S281
Ash	S281
Water	S227, S281
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227, S281
Vitamin A, IU	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227, S281

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

Protein	S242, S281
Total lipid (fat)	S242, S281
Carbohydrate, by difference	S242, S281
Ash	S281
Water	S242, S281
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242, S281
Vitamin A, IU	S242, S281
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242, S281
Fatty acids, total saturated	S242, S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### **NDB No. 07014 Braunschweiger (a liver sausage), pork**

Protein	S281
Total lipid (fat)	S281

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### **NDB No. 07014 Braunschweiger (a liver sausage), pork**

Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

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

Protein	S248
Total lipid (fat)	S248
Carbohydrate, by difference	S248
Ash	S248
Water	S248
Caffeine	S248
Sugars, total	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248
Potassium, K	S248
Sodium, Na	S248
Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248
Niacin	S248

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

Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248
Vitamin B-12	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248

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

16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

### **NDB No. 07016 Cheesefurter, cheese smokie, pork, beef**

Protein	S248
Total lipid (fat)	S248
Ash	S248
Water	S248
Caffeine	S248
Sugars, total	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248
Potassium, K	S248
Sodium, Na	S248
Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248
Niacin	S248
Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248

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### **NDB No. 07016** Cheesefurter, cheese smokie, pork, beef

Vitamin B-12	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248

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### **NDB No. 07016** Cheesefurter, cheese smokie, pork, beef

20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

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

Caffeine	S248
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### **NDB No. 07018** Chicken spread

Protein	S226
Total lipid (fat)	S226
Ash	S226
Water	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Cholesterol	S226

### **NDB No. 07021** Dutch brand loaf, chicken, pork and beef

Protein	S237
Total lipid (fat)	S237
Ash	S237
Water	S237
Calcium, Ca	S237
Iron, Fe	S237
Sodium, Na	S237
Cholesterol	S237

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

Total lipid (fat)	S21
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### **NDB No. 07022 Frankfurter, beef**

Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Galactose	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2



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

Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
20:1	S21
22:1 undifferentiated	S21
15:0	S21
17:0	S21

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

Protein	S242
Total lipid (fat)	S242
Water	S242
Sugars, total	S242
Vitamin A, IU	S242

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

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281

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

Cholesterol	S281
Fatty acids, total saturated	S281

### **NDB No. 07028 Ham, sliced, extra lean**

Protein	S225, S230, S281
Total lipid (fat)	S225, S230, S281
Ash	S225, S230, S281
Water	S225, S230, S281
Calcium, Ca	S225, S230
Iron, Fe	S225, S230
Sodium, Na	S225, S230, S281
Vitamin A, IU	S281
Niacin	S230
Cholesterol	S225, S230, S281
4:0	S225
6:0	S225
8:0	S225
10:0	S225
12:0	S225
14:0	S225
16:0	S225
18:0	S225
20:0	S225
18:1 undifferentiated	S225
18:2 undifferentiated	S225
18:3 undifferentiated	S225
20:4 undifferentiated	S225
22:6 n-3	S225
22:0	S225
14:1	S225
16:1 undifferentiated	S225
20:1	S225
20:5 n-3	S225
22:1 undifferentiated	S225
15:0	S225
17:0	S225

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### **NDB No. 07028 Ham, sliced, extra lean**

24:0	S225
17:1	S225
20:3 undifferentiated	S225

### **NDB No. 07029 Ham, sliced, regular (approximately 11% fat)**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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

Protein	S249
Total lipid (fat)	S249
Ash	S249
Water	S249
Calcium, Ca	S249
Iron, Fe	S249
Phosphorus, P	S249
Sodium, Na	S249
Zinc, Zn	S249
Thiamin	S249
Riboflavin	S249
Niacin	S249

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

Cholesterol S249

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

Caffeine S248

Vitamin D S248

### **NDB No. 07038 Knackwurst, knockwurst, pork, beef**

Protein S281

Total lipid (fat) S281

Ash S281

Water S281

Iron, Fe S281

Sodium, Na S281

Cholesterol S281

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

Protein S244

Total lipid (fat) S244

Ash S244

Energy S244

Water S244

Caffeine S244

Fiber, total dietary S244

Calcium, Ca S244

Iron, Fe S244

Magnesium, Mg S244

Phosphorus, P S244

Potassium, K S244

Sodium, Na S244

Zinc, Zn S244

Copper, Cu S244

Manganese, Mn S244

Selenium, Se S244

Vitamin A, IU S244

Vitamin C, total ascorbic acid S244

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

Thiamin	S244
Riboflavin	S244
Niacin	S244
Pantothenic acid	S244
Vitamin B-6	S244
Folate, total	S244
Vitamin B-12	S244
Cholesterol	S244

### **NDB No. 07043 Luncheon meat, beef, thin sliced**

Protein	S230
Total lipid (fat)	S230
Ash	S230
Water	S230
Calcium, Ca	S230
Iron, Fe	S230
Sodium, Na	S230
Niacin	S230
Cholesterol	S230

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

Protein	S227
Total lipid (fat)	S227
Ash	S227
Water	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Retinol	S227
Carotene, beta	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227

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

Fatty acids, total saturated S227

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

Protein S248

Total lipid (fat) S248

Carbohydrate, by difference S248

Ash S248

Energy S248

Water S248

Caffeine S248

Energy S248

Fiber, total dietary S248

Calcium, Ca S248

Iron, Fe S248

Magnesium, Mg S248

Phosphorus, P S248

Potassium, K S248

Sodium, Na S248

Zinc, Zn S248

Copper, Cu S248

Manganese, Mn S248

Selenium, Se S248

Vitamin A, IU S248

Vitamin D S248

Vitamin C, total ascorbic acid S248

Thiamin S248

Riboflavin S248

Niacin S248

Pantothenic acid S248

Vitamin B-6 S248

Folate, total S248

Vitamin B-12 S248

Cholesterol S248

Fatty acids, total saturated S248

4:0 S248

6:0 S248

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

8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

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

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sugars, total	S238
Fiber, total dietary	S235, S238
Calcium, Ca	S235, S238
Iron, Fe	S235, S238
Magnesium, Mg	S238
Phosphorus, P	S235, S238
Potassium, K	S235, S238
Sodium, Na	S281
Zinc, Zn	S238
Copper, Cu	S238
Vitamin A, IU	S281

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

Vitamin D	S238
Vitamin C, total ascorbic acid	S235, S238
Thiamin	S235, S238
Riboflavin	S235, S238
Niacin	S235, S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S281
18:0	S238

### **NDB No. 07058 Pickle and pimienta loaf, pork**

Protein	S237
Total lipid (fat)	S237
Ash	S237
Water	S237
Calcium, Ca	S237
Iron, Fe	S237
Sodium, Na	S237
Vitamin A, IU	S237
Retinol	S237
Vitamin C, total ascorbic acid	S237
Cholesterol	S237
14:0	S237
16:0	S237
18:0	S237
20:0	S237
18:1 undifferentiated	S237
18:2 undifferentiated	S237
18:3 undifferentiated	S237
16:1 undifferentiated	S237
20:1	S237
17:0	S237

### **NDB No. 07063 Pork sausage, fresh, raw**

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### **NDB No. 07063 Pork sausage, fresh, raw**

Protein	S1164, S582
Total lipid (fat)	S1164, S582
Ash	S1164, S582
Water	S1164, S582
Calcium, Ca	S1164, S582
Iron, Fe	S1164, S582
Magnesium, Mg	S1164, S582
Phosphorus, P	S1164, S582
Potassium, K	S1164, S582
Sodium, Na	S1164, S582
Zinc, Zn	S1164, S582
Copper, Cu	S1164, S582
Manganese, Mn	S1164, S582
Selenium, Se	S1164, S582
Retinol	S1164, S582
Carotene, beta	S1164, S582
Carotene, alpha	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S582
Lycopene	S1164, S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164, S582
Thiamin	S1164, S582
Riboflavin	S1164, S582
Niacin	S1164, S582
Pantothenic acid	S1164, S582
Vitamin B-6	S1164, S582
Folate, total	S1164
Vitamin B-12	S1164, S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164, S582
Threonine	S1164, S582
Isoleucine	S1164, S582
Leucine	S1164, S582
Lysine	S1164, S582

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### **NDB No. 07063 Pork sausage, fresh, raw**

Methionine	S1164, S582
Cystine	S1164, S582
Phenylalanine	S1164, S582
Tyrosine	S1164, S582
Valine	S1164, S582
Arginine	S1164, S582
Histidine	S1164, S582
Alanine	S1164, S582
Aspartic acid	S1164, S582
Glutamic acid	S1164, S582
Glycine	S1164, S582
Proline	S1164, S582
Serine	S1164, S582
Hydroxyproline	S1164, S582
Cholesterol	S1164, S582
Fatty acids, total trans	S1164, S582
Fatty acids, total saturated	S1164, S582
8:0	S1164, S582
10:0	S1164, S582
12:0	S1164, S582
14:0	S1164, S582
16:0	S1164, S582
18:0	S1164, S582
20:0	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
20:4 undifferentiated	S1164, S582
22:0	S1164, S582
14:1	S1164, S582
16:1 undifferentiated	S1164, S582
20:1	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
15:0	S1164, S582
17:0	S1164, S582
20:2 n-6 c,c	S1164, S582
18:3 n-6 c,c,c	S1164, S582

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### **NDB No. 07063 Pork sausage, fresh, raw**

20:3 undifferentiated	S1164, S582
15:1	S1164, S582
18:3 n-3 c,c,c	S1164, S582

### **NDB No. 07064 Pork Sausage, Fresh, Cooked**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164

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### **NDB No. 07064 Pork Sausage, Fresh, Cooked**

Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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

Protein	S1041
Total lipid (fat)	S1041
Carbohydrate, by difference	S1041
Ash	S1041
Energy	S1041

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

Water	S1041
Sugars, total	S1041
Fiber, total dietary	S1041
Calcium, Ca	S1041
Iron, Fe	S1041
Magnesium, Mg	S1041
Phosphorus, P	S1041
Potassium, K	S1041
Sodium, Na	S1041
Zinc, Zn	S1041
Copper, Cu	S1041
Vitamin C, total ascorbic acid	S1041
Cholesterol	S1041
12:0	S1041
14:0	S1041
16:0	S1041
18:0	S1041
18:1 undifferentiated	S1041
18:2 undifferentiated	S1041
18:3 undifferentiated	S1041
16:1 undifferentiated	S1041

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

Fiber, total dietary	S238
Vitamin A, IU	S238
Vitamin D	S238
Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238

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

Protein	S281
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### **NDB No. 07072 Salami, dry or hard, pork, beef**

Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07075 Sausage, smoked link sausage, pork and beef**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

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### **NDB No. 07075 Sausage, smoked link sausage, pork and beef**

Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 07076 Smoked link sausage, pork and beef, flour and nonfat dry milk added**

Protein	S239
Total lipid (fat)	S239
Sugars, total	S239
Fiber, total dietary	S239
Calcium, Ca	S239

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### **NDB No. 07076 Smoked link sausage, pork and beef, flour and nonfat dry milk added**

Iron, Fe	S239
Sodium, Na	S239
Vitamin C, total ascorbic acid	S239
Cholesterol	S239

### **NDB No. 07078 Thuringer, cervelat, summer sausage, beef, pork**

Protein	S228, S281
Total lipid (fat)	S228, S281
Ash	S228, S281
Water	S228, S281
Sugars, total	S228
Fiber, total dietary	S228
Calcium, Ca	S228
Iron, Fe	S228, S281
Potassium, K	S228
Sodium, Na	S228, S281
Vitamin C, total ascorbic acid	S228, S281
Cholesterol	S228, S281

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

Protein	S13, S227, S281
Total lipid (fat)	S13, S227, S281
Ash	S13, S281
Water	S13, S227, S281
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S13, S227
Potassium, K	S227
Sodium, Na	S13, S227, S281
Vitamin A, IU	S227
Retinol	S227
Vitamin C, total ascorbic acid	S227
Thiamin	S227
Riboflavin	S227
Niacin	S227

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

Cholesterol	S13, S227, S281
Fatty acids, total saturated	S13, S227, S281
Fatty acids, total monounsaturated	S13, S227, S281
Fatty acids, total polyunsaturated	S13, S227, S281

### **NDB No. 07080 Turkey ham, cured turkey thigh meat**

Protein	S227
Total lipid (fat)	S227
Water	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Cholesterol	S227
Fatty acids, total saturated	S227
Fatty acids, total monounsaturated	S227
Fatty acids, total polyunsaturated	S227

### **NDB No. 07083 Sausage, Vienna, canned, chicken, beef, pork**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281

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### **NDB No. 07083 Sausage, Vienna, canned, chicken, beef, pork**

Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281

### **NDB No. 07089 Sausage, Italian, pork, cooked**

Protein	S241, S251
Total lipid (fat)	S241, S251
Ash	S241
Water	S241, S251
Sugars, total	S241, S251
Fiber, total dietary	S241, S251
Calcium, Ca	S241, S251
Iron, Fe	S241, S251
Sodium, Na	S241, S251
Vitamin A, IU	S241, S251
Retinol	S251
Vitamin C, total ascorbic acid	S241, S251
Cholesterol	S241, S251
Fatty acids, total saturated	S241, S251

### **NDB No. 07201 OSCAR MAYER, Bologna (beef)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07202 OSCAR MAYER, Bologna (beef light)**

Protein	S281
Total lipid (fat)	S281

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### **NDB No. 07202 OSCAR MAYER, Bologna (beef light)**

Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07205 OSCAR MAYER, Bologna Light (pork, chicken, beef)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07207 OSCAR MAYER, Braunschweiger Liver Sausage (sliced)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No. 07209 OSCAR MAYER, Chicken Breast (honey glazed)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281

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### **NDB No. 07209 OSCAR MAYER, Chicken Breast (honey glazed)**

Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07211 OSCAR MAYER, Ham and Cheese Loaf**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07212 OSCAR MAYER, Ham (chopped with natural juice)**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07213 OSCAR MAYER, Ham (water added, baked cooked 96% fat free)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281

### **NDB No. 07230 OSCAR MAYER, Salami (hard)**

Protein	S281
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### **NDB No. 07230 OSCAR MAYER, Salami (hard)**

Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

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

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 07240 OSCAR MAYER, Wieners (pork, turkey)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281

### **NDB No. 07241 OSCAR MAYER, Wieners (beef franks)**

Total lipid (fat)	S21
Ash	S21
Starch	S21
Water	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21

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### **NDB No. 07241 OSCAR MAYER, Wieners (beef franks)**

Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
14:1	S21
20:1	S21
15:0	S21
17:0	S21

### **NDB No. 07242 OSCAR MAYER, Wieners (beef franks, bun length)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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

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

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No. 07255 LOUIS RICH, Turkey Bologna**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No. 07256 LOUIS RICH, Turkey Breast and White Turkey (oven roasted)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

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

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281

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

Water	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No. 07276 HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S259, S281
Theobromine	S259, S281
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S281
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259, S281
Carotene, beta	S259, S281
Carotene, alpha	S259, S281
Cryptoxanthin, beta	S259, S281
Lycopene	S259, S281
Lutein + zeaxanthin	S259, S281
Vitamin C, total ascorbic acid	S259
Cholesterol	S281
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

### **NDB No. 07277 HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added**

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### **NDB No. 07277** HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

Caffeine	S259
Theobromine	S259
Fiber, total dietary	S259
Carotene, beta	S259
Carotene, alpha	S259
Cryptoxanthin, beta	S259
Lycopene	S259
Lutein + zeaxanthin	S259
Cholesterol	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

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

Protein	S259
Total lipid (fat)	S259
Ash	S259
Water	S259
Caffeine	S259
Theobromine	S259
Sugars, total	S259
Fiber, total dietary	S259
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Carotene, beta	S259

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

Carotene, alpha	S259
Cryptoxanthin, beta	S259
Lycopene	S259
Lutein + zeaxanthin	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

### **NDB No. 07279   HORMEL WRANGLER Beef Franks**

Protein	S259
Total lipid (fat)	S259
Ash	S259
Energy	S259
Water	S259
Sugars, total	S259
Fiber, total dietary	S259
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
Fatty acids, total saturated	S259
12:0	S259
14:0	S259

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### **NDB No. 07279** HORMEL WRANGLER Beef Franks

16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259
Fatty acids, total monounsaturated	S259
Fatty acids, total polyunsaturated	S259

### **NDB No. 07905** Frankfurter, beef, pork, and turkey, fat free

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### **NDB No. 07906** Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Carotene, beta	S281

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**NDB No. 07906 Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium**

Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281

**NDB No. 07908 Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281

**NDB No. 07909 Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite**

Protein	S259
Total lipid (fat)	S259
Carbohydrate, by difference	S259
Ash	S259
Energy	S259
Water	S259
Caffeine	S259
Theobromine	S259
Sugars, total	S259

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### **NDB No. 07909 Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite**

Fiber, total dietary	S259
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Carotene, beta	S259
Carotene, alpha	S259
Cryptoxanthin, beta	S259
Lycopene	S259
Lutein + zeaxanthin	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

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

Protein	S245
Total lipid (fat)	S245
Carbohydrate, by difference	S245
Ash	S245
Energy	S245
Water	S245
Caffeine	S245
Theobromine	S245
Sugars, total	S245
Fiber, total dietary	S245

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

Calcium, Ca	S245
Iron, Fe	S245
Magnesium, Mg	S245
Phosphorus, P	S245
Potassium, K	S245
Sodium, Na	S245
Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Vitamin A, RAE	S245
Carotene, beta	S245
Carotene, alpha	S245
Cryptoxanthin, beta	S245
Lycopene	S245
Lutein + zeaxanthin	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245
Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
18:0	S245
Fatty acids, total monounsaturated	S245
Fatty acids, total polyunsaturated	S245

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

Protein	S226
Total lipid (fat)	S226
Carbohydrate, by difference	S226
Ash	S226
Energy	S226
Water	S226

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

Caffeine	S226
Theobromine	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Retinol	S226
Carotene, beta	S226
Carotene, alpha	S226
Cryptoxanthin, beta	S226
Lycopene	S226
Lutein + zeaxanthin	S226
Vitamin C, total ascorbic acid	S226
Cholesterol	S226
Fatty acids, total saturated	S226

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

Protein	S226
Total lipid (fat)	S226
Carbohydrate, by difference	S226
Ash	S226
Energy	S226
Water	S226
Caffeine	S226
Theobromine	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Vitamin A, RAE	S226
Carotene, beta	S226
Carotene, alpha	S226

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

Cryptoxanthin, beta	S226
Lycopene	S226
Lutein + zeaxanthin	S226
Vitamin C, total ascorbic acid	S226
Cholesterol	S226
Fatty acids, total saturated	S226
4:0	S226

### **NDB No. 07913 Salami, pork, beef, less sodium**

Protein	S238
Total lipid (fat)	S238
Carbohydrate, by difference	S238
Ash	S238
Energy	S238
Water	S238
Caffeine	S238
Theobromine	S238
Sugars, total	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Iron, Fe	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Potassium, K	S238
Sodium, Na	S238
Zinc, Zn	S238
Copper, Cu	S238
Vitamin A, IU	S238
Vitamin A, RAE	S238
Carotene, beta	S238
Carotene, alpha	S238
Vitamin D	S238
Cryptoxanthin, beta	S238
Lycopene	S238
Lutein + zeaxanthin	S238
Vitamin C, total ascorbic acid	S238



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### **NDB No. 07913 Salami, pork, beef, less sodium**

Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S238
Fatty acids, total saturated	S238
18:0	S238
Fatty acids, total monounsaturated	S238
Fatty acids, total polyunsaturated	S238

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

Protein	S252
Total lipid (fat)	S252
Carbohydrate, by difference	S252
Ash	S252
Energy	S252
Water	S252
Caffeine	S252
Theobromine	S252
Sugars, total	S252
Fiber, total dietary	S252
Calcium, Ca	S252
Iron, Fe	S252
Sodium, Na	S252
Carotene, beta	S252
Carotene, alpha	S252
Cryptoxanthin, beta	S252
Lycopene	S252
Lutein + zeaxanthin	S252

### **NDB No. 07915 Sausage, Polish, beef with chicken, hot**

Protein	S281
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### **NDB No. 07915 Sausage, Polish, beef with chicken, hot**

Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Iron, Fe	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### **NDB No. 07916 Sausage, Polish, pork and beef, smoked**

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Energy	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242

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### **NDB No. 07916 Sausage, Polish, pork and beef, smoked**

Sodium, Na	S242
Vitamin A, IU	S242
Vitamin A, RAE	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Fatty acids, total saturated	S242

### **NDB No. 07917 Sausage, pork and beef, with cheddar cheese, smoked**

Protein	S242
Total lipid (fat)	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, RAE	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

### **NDB No. 07918 Sausage, summer, pork and beef, sticks, with cheddar cheese**

Protein	S242
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### **NDB No. 07918 Sausage, summer, pork and beef, sticks, with cheddar cheese**

Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin A, RAE	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

### **NDB No. 07919 Sausage, turkey, breakfast links, mild**

Protein	S252
Total lipid (fat)	S252
Carbohydrate, by difference	S252
Ash	S252
Energy	S252
Water	S252
Caffeine	S252
Theobromine	S252
Sugars, total	S252
Fiber, total dietary	S252
Calcium, Ca	S252
Iron, Fe	S252
Sodium, Na	S252

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### **NDB No. 07919 Sausage, turkey, breakfast links, mild**

Vitamin A, IU	S252
Vitamin A, RAE	S252
Carotene, beta	S252
Carotene, alpha	S252
Cryptoxanthin, beta	S252
Lycopene	S252
Lutein + zeaxanthin	S252

### **NDB No. 07920 Swisswurst, pork and beef, with swiss cheese, smoked**

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

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

Protein	S228
Total lipid (fat)	S228
Carbohydrate, by difference	S228
Ash	S228

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

Energy	S228
Water	S228
Caffeine	S228
Theobromine	S228
Sugars, total	S228
Fiber, total dietary	S228
Calcium, Ca	S228
Iron, Fe	S228
Potassium, K	S228
Sodium, Na	S228
Vitamin A, IU	S228
Vitamin A, RAE	S228
Carotene, beta	S228
Carotene, alpha	S228
Cryptoxanthin, beta	S228
Lycopene	S228
Lutein + zeaxanthin	S228
Cholesterol	S228
Fatty acids, total saturated	S228
Fatty acids, total monounsaturated	S228
Fatty acids, total polyunsaturated	S228

### **NDB No. 07922 Bratwurst, beef and pork, smoked**

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242

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### **NDB No. 07922 Bratwurst, beef and pork, smoked**

Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

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

Protein	S245
Total lipid (fat)	S245
Carbohydrate, by difference	S245
Ash	S245
Energy	S245
Water	S245
Caffeine	S245
Theobromine	S245
Sugars, total	S245
Fiber, total dietary	S245
Calcium, Ca	S245
Iron, Fe	S245
Magnesium, Mg	S245
Phosphorus, P	S245
Potassium, K	S245
Sodium, Na	S245
Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Carotene, beta	S245
Carotene, alpha	S245
Cryptoxanthin, beta	S245
Lycopene	S245
Lutein + zeaxanthin	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245

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

Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
Fatty acids, total monounsaturated	S245
Fatty acids, total polyunsaturated	S245

### **NDB No. 07924 Bratwurst, pork, beef and turkey, lite, smoked**

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

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

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

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Iron, Fe	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

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

Protein	S228
Total lipid (fat)	S228
Carbohydrate, by difference	S228
Ash	S228
Water	S228
Caffeine	S228
Theobromine	S228
Sugars, total	S228
Fiber, total dietary	S228
Calcium, Ca	S228

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

Iron, Fe	S228
Potassium, K	S228
Sodium, Na	S228
Carotene, beta	S228
Carotene, alpha	S228
Cryptoxanthin, beta	S228
Lycopene	S228
Lutein + zeaxanthin	S228
Vitamin C, total ascorbic acid	S228
Cholesterol	S228
Fatty acids, total saturated	S228
Fatty acids, total monounsaturated	S228
Fatty acids, total polyunsaturated	S228

### **NDB No. 07927 Sausage, Italian, turkey, smoked**

Protein	S227
Total lipid (fat)	S227
Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227

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### **NDB No. 07927 Sausage, Italian, turkey, smoked**

Cholesterol S227

### **NDB No. 07928 Sausage, chicken, beef, pork, skinless, smoked**

Protein S225

Total lipid (fat) S225

Carbohydrate, by difference S225

Ash S225

Energy S225

Water S225

Caffeine S225

Theobromine S225

Sugars, total S225

Fiber, total dietary S225

Calcium, Ca S225

Iron, Fe S225

Sodium, Na S225

Carotene, beta S225

Carotene, alpha S225

Cryptoxanthin, beta S225

Lycopene S225

Lutein + zeaxanthin S225

Vitamin C, total ascorbic acid S225

Cholesterol S225

Fatty acids, total saturated S225

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

Protein S227

Total lipid (fat) S227

Carbohydrate, by difference S227

Ash S227

Energy S227

Water S227

Caffeine S227

Theobromine S227

Sugars, total S227

Fiber, total dietary S227

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

Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227

### **NDB No. 07930 Yachtwurst, with pistachio nuts, cooked**

Protein	S222
Total lipid (fat)	S222
Carbohydrate, by difference	S222
Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222
Sodium, Na	S222
Vitamin A, IU	S222
Carotene, beta	S222
Carotene, alpha	S222
Cryptoxanthin, beta	S222
Lycopene	S222
Lutein + zeaxanthin	S222
Vitamin C, total ascorbic acid	S222
Cholesterol	S222

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### **NDB No. 07930 Yachtwurst, with pistachio nuts, cooked**

Fatty acids, total saturated S222

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

Protein S222

Total lipid (fat) S222

Carbohydrate, by difference S222

Ash S222

Energy S222

Water S222

Caffeine S222

Theobromine S222

Sugars, total S222

Fiber, total dietary S222

Calcium, Ca S222

Iron, Fe S222

Magnesium, Mg S222

Phosphorus, P S222

Potassium, K S222

Sodium, Na S222

Zinc, Zn S222

Copper, Cu S222

Manganese, Mn S222

Selenium, Se S222

Vitamin A, IU S222

Vitamin C, total ascorbic acid S222

Thiamin S222

Riboflavin S222

Niacin S222

Pantothenic acid S222

Vitamin B-6 S222

Folate, total S222

Vitamin B-12 S222

Cholesterol S222

Fatty acids, total saturated S222

4:0 S222

6:0 S222

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

8:0	S222
10:0	S222
12:0	S222
14:0	S222
16:0	S222
18:0	S222
18:1 undifferentiated	S222
18:2 undifferentiated	S222
18:3 undifferentiated	S222
20:4 undifferentiated	S222
22:6 n-3	S222
16:1 undifferentiated	S222
18:4	S222
20:1	S222
20:5 n-3	S222
22:1 undifferentiated	S222
22:5 n-3	S222
Fatty acids, total monounsaturated	S222
Fatty acids, total polyunsaturated	S222

### **NDB No. 07932 Chicken breast, fat-free, mesquite flavor, sliced**

Protein	S224
Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224

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### **NDB No. 07932 Chicken breast, fat-free, mesquite flavor, sliced**

Carotene, beta	S224
Carotene, alpha	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

### **NDB No. 07933 Chicken breast, oven-roasted, fat-free, sliced**

Protein	S224
Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Carotene, beta	S224
Carotene, alpha	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

### **NDB No. 07934 Kielbasa, Polish, turkey and beef, smoked**

Protein	S281
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### **NDB No. 07934 Kielbasa, Polish, turkey and beef, smoked**

Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Iron, Fe	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### **NDB No. 07935 Oven-roasted chicken breast roll**

Protein	S224
Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224



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### **NDB No. 07935 Oven-roasted chicken breast roll**

Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Carotene, beta	S224
Carotene, alpha	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

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

Protein	S247
Total lipid (fat)	S247
Carbohydrate, by difference	S247
Ash	S247
Energy	S247
Water	S247
Caffeine	S247
Theobromine	S247
Sugars, total	S247
Fiber, total dietary	S247
Calcium, Ca	S247
Iron, Fe	S247
Sodium, Na	S247
Vitamin A, IU	S247
Carotene, beta	S247
Carotene, alpha	S247
Cryptoxanthin, beta	S247
Lycopene	S247
Lutein + zeaxanthin	S247
Vitamin C, total ascorbic acid	S247
Cholesterol	S247
Fatty acids, total saturated	S247

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

Fatty acids, total monounsaturated	S247
Fatty acids, total polyunsaturated	S247

### **NDB No. 07937 Bologna, pork, turkey and beef**

Protein	S239
Total lipid (fat)	S239
Caffeine	S239
Theobromine	S239
Sugars, total	S239
Fiber, total dietary	S239
Calcium, Ca	S239
Iron, Fe	S239
Sodium, Na	S239
Vitamin A, IU	S239
Carotene, beta	S239
Carotene, alpha	S239
Cryptoxanthin, beta	S239
Lycopene	S239
Lutein + zeaxanthin	S239
Vitamin C, total ascorbic acid	S239
Cholesterol	S239
Fatty acids, total saturated	S239

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

Protein	S233
Total lipid (fat)	S233
Carbohydrate, by difference	S233
Ash	S233
Energy	S233
Water	S233
Caffeine	S233
Theobromine	S233
Sugars, total	S233
Fiber, total dietary	S233
Calcium, Ca	S233

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

Iron, Fe	S233
Magnesium, Mg	S233
Phosphorus, P	S233
Potassium, K	S233
Sodium, Na	S233
Zinc, Zn	S233
Copper, Cu	S233
Manganese, Mn	S233
Selenium, Se	S233
Vitamin A, IU	S233
Carotene, beta	S233
Carotene, alpha	S233
Cryptoxanthin, beta	S233
Lycopene	S233
Lutein + zeaxanthin	S233
Vitamin C, total ascorbic acid	S233
Thiamin	S233
Riboflavin	S233
Niacin	S233
Pantothenic acid	S233
Vitamin B-6	S233
Folate, total	S233
Vitamin B-12	S233
Cholesterol	S233
Fatty acids, total saturated	S233

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

Protein	S235
Total lipid (fat)	S235
Carbohydrate, by difference	S235
Ash	S235
Energy	S235
Water	S235
Caffeine	S235
Theobromine	S235
Sugars, total	S235

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

Fiber, total dietary	S235
Calcium, Ca	S235
Iron, Fe	S235
Magnesium, Mg	S235
Phosphorus, P	S235
Potassium, K	S235
Sodium, Na	S235
Zinc, Zn	S235
Copper, Cu	S235
Manganese, Mn	S235
Selenium, Se	S235
Vitamin A, IU	S235
Carotene, beta	S235
Carotene, alpha	S235
Cryptoxanthin, beta	S235
Lycopene	S235
Lutein + zeaxanthin	S235
Vitamin C, total ascorbic acid	S235
Thiamin	S235
Riboflavin	S235
Niacin	S235
Pantothenic acid	S235
Vitamin B-6	S235
Folate, total	S235
Vitamin B-12	S235
Cholesterol	S235
Fatty acids, total saturated	S235
10:0	S235
12:0	S235
14:0	S235
16:0	S235
18:0	S235
18:1 undifferentiated	S235
18:2 undifferentiated	S235
18:3 undifferentiated	S235
20:4 undifferentiated	S235
16:1 undifferentiated	S235

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

18:4	S235
20:1	S235
Fatty acids, total monounsaturated	S235
Fatty acids, total polyunsaturated	S235

### **NDB No. 07940 Macaroni and cheese loaf, chicken, pork and beef**

Protein	S237
Total lipid (fat)	S237
Carbohydrate, by difference	S237
Ash	S237
Energy	S237
Water	S237
Caffeine	S237
Theobromine	S237
Sugars, total	S237
Fiber, total dietary	S237
Calcium, Ca	S237
Iron, Fe	S237
Sodium, Na	S237
Carotene, beta	S237
Carotene, alpha	S237
Cryptoxanthin, beta	S237
Lycopene	S237
Cholesterol	S237
Fatty acids, total saturated	S237
Fatty acids, total monounsaturated	S237
Fatty acids, total polyunsaturated	S237

### **NDB No. 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281

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### **NDB No. 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium**

Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

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

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Vitamin A, IU	S281
Carotene, beta	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

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### **NDB No. 07943 Turkey, breast, smoked, lemon pepper flavor, 97% fat-free**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### **NDB No. 07944 Turkey, white, rotisserie, deli cut**

Protein	S227
Total lipid (fat)	S227
Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227

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### **NDB No. 07944 Turkey, white, rotisserie, deli cut**

Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227
Fatty acids, total monounsaturated	S227
Fatty acids, total polyunsaturated	S227

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

Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Galactose	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21



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

Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
14:1	S21
16:1 undifferentiated	S21
20:1	S21
22:1 undifferentiated	S21
15:0	S21
17:0	S21

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

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23

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

18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

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

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2

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

Proline	S2
Serine	S2
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

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

Protein	S243
Total lipid (fat)	S243
Ash	S243
Sucrose	S243
Glucose (dextrose)	S243
Fructose	S243
Lactose	S243
Maltose	S243
Water	S243
Fiber, total dietary	S243
Calcium, Ca	S243
Iron, Fe	S243
Magnesium, Mg	S243
Phosphorus, P	S243
Potassium, K	S243
Sodium, Na	S243
Zinc, Zn	S243
Copper, Cu	S243
Vitamin A, IU	S243
Vitamin C, total ascorbic acid	S243
Thiamin	S243

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

Riboflavin	S243
Niacin	S243
Cholesterol	S243

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

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164

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

Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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

Protein	S1164, S582
Total lipid (fat)	S1164, S582
Ash	S1164, S582
Water	S1164, S582
Calcium, Ca	S1164, S582

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

Iron, Fe	S1164, S582
Magnesium, Mg	S1164, S582
Phosphorus, P	S1164, S582
Potassium, K	S1164, S582
Sodium, Na	S1164, S582
Zinc, Zn	S1164, S582
Copper, Cu	S1164, S582
Manganese, Mn	S1164, S582
Selenium, Se	S1164, S582
Retinol	S1164, S582
Carotene, beta	S1164, S582
Carotene, alpha	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S582
Lycopene	S1164, S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164, S582
Thiamin	S1164, S582
Riboflavin	S1164, S582
Niacin	S1164, S582
Pantothenic acid	S1164, S582
Vitamin B-6	S1164, S582
Folate, total	S1164
Vitamin B-12	S1164, S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164, S582
Threonine	S1164, S582
Isoleucine	S1164, S582
Leucine	S1164, S582
Lysine	S1164, S582
Methionine	S1164, S582
Cystine	S1164, S582
Phenylalanine	S1164, S582
Tyrosine	S1164, S582
Valine	S1164, S582

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

Arginine	S1164, S582
Histidine	S1164, S582
Alanine	S1164, S582
Aspartic acid	S1164, S582
Glutamic acid	S1164, S582
Glycine	S1164, S582
Proline	S1164, S582
Serine	S1164, S582
Hydroxyproline	S1164, S582
Cholesterol	S1164, S582
Fatty acids, total trans	S1164, S582
Fatty acids, total saturated	S1164, S582
8:0	S1164, S582
10:0	S1164, S582
12:0	S1164, S582
14:0	S1164, S582
16:0	S1164, S582
18:0	S1164, S582
20:0	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
20:4 undifferentiated	S1164, S582
22:0	S1164, S582
14:1	S1164, S582
16:1 undifferentiated	S1164, S582
20:1	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
15:0	S1164, S582
17:0	S1164, S582
20:2 n-6 c,c	S1164, S582
18:3 n-6 c,c,c	S1164, S582
20:3 undifferentiated	S1164, S582
15:1	S1164, S582
18:3 n-3 c,c,c	S1164, S582



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

Protein	S582
Total lipid (fat)	S582
Ash	S582
Water	S582
Calcium, Ca	S582
Iron, Fe	S582
Magnesium, Mg	S582
Phosphorus, P	S582
Potassium, K	S582
Sodium, Na	S582
Zinc, Zn	S582
Copper, Cu	S582
Manganese, Mn	S582
Selenium, Se	S582
Retinol	S582
Carotene, beta	S582
Carotene, alpha	S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S582
Lycopene	S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S582
Thiamin	S582
Riboflavin	S582
Niacin	S582
Pantothenic acid	S582
Vitamin B-6	S582
Folate, total	S1164
Vitamin B-12	S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582

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

Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582
Hydroxyproline	S582
Cholesterol	S582
Fatty acids, total trans	S582
Fatty acids, total saturated	S582
8:0	S582
10:0	S582
12:0	S582
14:0	S582
16:0	S582
18:0	S582
20:0	S582
18:1 undifferentiated	S582
18:2 undifferentiated	S582
20:4 undifferentiated	S582
22:0	S582
14:1	S582
16:1 undifferentiated	S582
20:1	S582
Fatty acids, total monounsaturated	S582
Fatty acids, total polyunsaturated	S582
15:0	S582
17:0	S582
20:2 n-6 c,c	S582
18:3 n-6 c,c,c	S582

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

20:3 undifferentiated	S582
15:1	S582
18:3 n-3 c,c,c	S582

### **NDB No. 07955 Turkey sausage, fresh, raw**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164

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### **NDB No. 07955 Turkey sausage, fresh, raw**

Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164

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### **NDB No. 07955 Turkey sausage, fresh, raw**

Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164

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

Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164

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

20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 07957 Pork and turkey sausage, pre-cooked**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164

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### **NDB No. 07957 Pork and turkey sausage, pre-cooked**

Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164



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### **NDB No. 07957 Pork and turkey sausage, pre-cooked**

18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 07958 Turkey sausage, fresh, cooked**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164

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### **NDB No. 07958 Turkey sausage, fresh, cooked**

Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164

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### **NDB No. 07958 Turkey sausage, fresh, cooked**

Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164

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

Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164

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

18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164

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

Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164

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

8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Energy	S2664
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065

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### **NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original**

Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	D3358, D3359, S1065
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S2664
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065

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### **NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original**

Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2161
Fatty acids, total trans	S2664
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS**

Protein	S2664
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### **NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS**

Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664

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### **NDB No. 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS**

Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702

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### **NDB No. 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH**

Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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### **NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES**

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH**

Protein	S1065
Total lipid (fat)	S1065
Carbohydrate, by difference	S702
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065

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### **NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH**

Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S1065
Riboflavin	S702
Niacin	S1065
Pantothenic acid	S702
Vitamin B-6	S1065
Folate, total	S702
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S702

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### **NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH**

8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS**

Protein	S1065
Total lipid (fat)	S1065
Carbohydrate, by difference	S603
Ash	S1065
Energy	S603
Water	S1065
Fiber, total dietary	S1065

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### **NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS**

Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S2421
Sodium, Na	S2421
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	D3357, D3359, S1065
Vitamin A, IU	S603
Vitamin E (alpha-tocopherol)	S84
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S603
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065



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### **NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS**

Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S603
Fatty acids, total saturated	S603
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES**

Protein	S1065
Total lipid (fat)	S1065

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### **NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES**

Ash	S1065
Energy	S2664
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S2664
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S2664
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S1065
Riboflavin	S1065
Niacin	S2664
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065

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### **NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES**

Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2664
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065

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### **NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES**

17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08017 Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702

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### **NDB No. 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN**

Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603

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### **NDB No. 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX**

Sodium, Na	S603
Zinc, Zn	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Energy	S2664
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065

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### **NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes**

Carotene, alpha	S1065
Vitamin D	S2664
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S2664
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2664
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065

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### **NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes**

18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664



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### **NDB No. 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN**

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08025 Cereals ready-to-eat, Ralston Crispy Rice**

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662

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### **NDB No. 08025 Cereals ready-to-eat, Ralston Crispy Rice**

Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662

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### **NDB No. 08025 Cereals ready-to-eat, Ralston Crispy Rice**

8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08026 Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran**

Protein	S603
Total lipid (fat)	S603

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### **NDB No. 08026 Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran**

Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664

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### **NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes**

Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Energy	S2664
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065

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### **NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS**

Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S2664
Vitamin D	S2161
Vitamin C, total ascorbic acid	S2664
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2664

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### **NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS**

8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664

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### **NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original**

Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664



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### **NDB No. 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES**

Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603

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### **NDB No. 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS**

Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN**

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### **NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603

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### **NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX**

Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702

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### **NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain**

Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603

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### **NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS**

Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702

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### **NDB No. 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey**

Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19**

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### **NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP**

Protein	S702
Total lipid (fat)	S702

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### **NDB No. 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP**

Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664

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### **NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN**

Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065

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### **NDB No. 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal**

Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065

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### **NDB No. 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal**

Glycine	S1065
Proline	S1065
Serine	S1065
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603

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### **NDB No. 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX**

Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES**

Protein	S1065, S2662
Total lipid (fat)	S1065, S2662
Ash	S1065, S2662
Energy	S2664
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S1065, S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S1065, S2662
Calcium, Ca	S1065, S2662
Iron, Fe	S1065, S2662

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### **NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES**

Magnesium, Mg	S1065, S2662
Phosphorus, P	S1065, S2662
Potassium, K	S1065, S2662
Sodium, Na	S1065, S2662
Zinc, Zn	S1065, S2662
Copper, Cu	S1065, S2662
Manganese, Mn	S1065, S2662
Selenium, Se	S1065, S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S1065, S2662
Thiamin	S1065, S2662
Riboflavin	S1065, S2662
Niacin	S1065, S2662
Pantothenic acid	S1065, S2662
Vitamin B-6	S1065, S2662
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065, S2662
Tryptophan	S1065, S2662
Threonine	S1065, S2662
Isoleucine	S1065, S2662
Leucine	S1065, S2662
Lysine	S1065, S2662
Methionine	S1065, S2662
Cystine	S1065, S2662
Phenylalanine	S1065, S2662
Tyrosine	S1065, S2662
Valine	S1065, S2662
Arginine	S1065, S2662
Histidine	S1065, S2662
Alanine	S1065, S2662
Aspartic acid	S1065, S2662
Glutamic acid	S1065, S2662

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### **NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES**

Glycine	S1065, S2662
Proline	S1065, S2662
Serine	S1065, S2662
Cholesterol	S2664
8:0	S1065, S2662
10:0	S1065, S2662
12:0	S1065, S2662
14:0	S1065, S2662
16:0	S1065, S2662
18:0	S1065, S2662
20:0	S1065, S2662
18:1 undifferentiated	S1065, S2662
18:2 undifferentiated	S1065, S2662
18:3 undifferentiated	S1065, S2662
20:4 undifferentiated	S1065, S2662
22:6 n-3	S1065, S2662
22:0	S1065, S2662
14:1	S1065, S2662
16:1 undifferentiated	S1065, S2662
18:4	S1065, S2662
20:1	S1065, S2662
20:5 n-3	S1065, S2662
22:1 undifferentiated	S1065, S2662
22:5 n-3	S1065, S2662
15:0	S1065, S2662
17:0	S1065, S2662
24:0	S1065, S2662
24:1 c	S2662
20:2 n-6 c,c	S1065, S2662
17:1	S1065, S2662
20:3 undifferentiated	S1065, S2662
15:1	S1065, S2662
21:5	S2662
22:4	S2662

### **NDB No. 08066 Cereals ready-to-eat, QAKER, QAKER Puffed Rice**

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### **NDB No. 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664

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### **NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K**

Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664

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### **NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS**

Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664

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### **NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES**

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664

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### **NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS**

Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08074 Cereals ready-to-eat, Ralston TASTEEOS**

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662

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### **NDB No. 08074 Cereals ready-to-eat, Ralston TASTEEOS**

Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662

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### **NDB No. 08074 Cereals ready-to-eat, Ralston TASTEEOS**

18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL**

Protein	S1065
Total lipid (fat)	S1065
Carbohydrate, by difference	S603
Ash	S1065
Energy	S603
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065

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### **NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL**

Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S603
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S2421
Riboflavin	S2421
Niacin	S2421
Pantothenic acid	S2421
Vitamin B-6	S2421
Folate, total	S2421
Vitamin B-12	S2421
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065

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### **NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL**

Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S603
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX**



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### **NDB No. 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603

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### **NDB No. 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX**

Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08083 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502

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### **NDB No. 08083 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS**

Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08084 Cereals ready-to-eat, wheat germ, toasted, plain**

Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068

### **NDB No. 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702

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### **NDB No. 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ**

Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios**

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### **NDB No. 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603

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### **NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES**

Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08090 Cereals, corn grits, white, regular and quick, enriched, dry**

Folate, total	D4901
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### **NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702

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### **NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry**

Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin D	S702

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### **NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry**

Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08102 Cereals, CREAM OF WHEAT, regular, dry**

Selenium, Se	D3359
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### **NDB No. 08112 Cereals, farina, enriched, dry**

Folate, total	D4901
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### **NDB No. 08116 Cereals, MALT-O-MEAL, plain, dry**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502



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### **NDB No. 08116 Cereals, MALT-O-MEAL, plain, dry**

Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08120 Cereals, oats, regular and quick and instant, not fortified, dry**

Fiber, total dietary	D3771
Vitamin A, IU	D3921
Vitamin A, RAE	D3921
Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4043, D4048, D4068, D4073

### **NDB No. 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702

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### **NDB No. 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry**

Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702

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### **NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry**

Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702

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### **NDB No. 08138 Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08139 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603

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### **NDB No. 08139 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams**

Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08146 Cereals ready-to-eat, Quaker, Quaker Puffed Wheat**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702

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### **NDB No. 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat**

Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free**

Protein	S1065, S2422
Total lipid (fat)	S1065, S2422
Carbohydrate, by difference	S2422
Ash	S1065, S2422
Energy	S2422
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065, S2422
Caffeine	S2422
Sugars, total	S2422
Fiber, total dietary	S1065, S2422
Calcium, Ca	S1065, S2422
Iron, Fe	S1065, S2422
Magnesium, Mg	S1065, S2422
Phosphorus, P	S1065, S2422
Potassium, K	S1065, S2422
Sodium, Na	S1065, S2422
Zinc, Zn	S1065, S2422
Copper, Cu	S1065, S2422
Manganese, Mn	S1065

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### **NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free**

Selenium, Se	S1065
Vitamin A, IU	S2422
Retinol	S2422
Carotene, beta	S2422
Vitamin E (alpha-tocopherol)	S2422
Vitamin D	S2422
Vitamin C, total ascorbic acid	S1065, S2422
Thiamin	S1065, S2422
Riboflavin	S1065, S2422
Niacin	S1065, S2422
Pantothenic acid	S1065, S2422
Vitamin B-6	S1065, S2422
Folate, total	S1065, S2422
Vitamin B-12	S1065, S2422
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2422
Fatty acids, total trans	S2422
8:0	S1065
10:0	S1065

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### **NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free**

12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08177 Cereals, MALT-O-MEAL, chocolate, dry**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502



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### **NDB No. 08177 Cereals, MALT-O-MEAL, chocolate, dry**

Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664

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### **NDB No. 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins**

Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH APPLES**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603

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### **NDB No. 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH APPLES**

Fatty acids, total saturated S603

### **NDB No. 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS**

Protein S603

Total lipid (fat) S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

Calcium, Ca S603

Iron, Fe S603

Phosphorus, P S603

Potassium, K S603

Sodium, Na S603

Zinc, Zn S603

Vitamin D S603

Vitamin C, total ascorbic acid S603

Thiamin S603

Riboflavin S603

Niacin S603

Vitamin B-6 S603

Folate, total S603

Vitamin B-12 S603

Cholesterol S603

Fatty acids, total saturated S603

### **NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry**

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

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### **NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry**

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603

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### **NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS**

Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502

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### **NDB No. 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS**

Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

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### **NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE**

Fatty acids, total monounsaturated S702  
Fatty acids, total polyunsaturated S702

### **NDB No. 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S**

Protein S702  
Total lipid (fat) S702  
Carbohydrate, by difference S702  
Ash S702  
Energy S702  
Water S702  
Sugars, total S702  
Fiber, total dietary S702  
Calcium, Ca S702  
Iron, Fe S702  
Magnesium, Mg S702  
Phosphorus, P S702  
Potassium, K S702  
Sodium, Na S702  
Zinc, Zn S702  
Copper, Cu S702  
Manganese, Mn S702  
Selenium, Se S702  
Vitamin A, IU S702  
Vitamin D S702  
Vitamin C, total ascorbic acid S702  
Thiamin S702  
Riboflavin S702  
Niacin S702  
Pantothenic acid S702  
Vitamin B-6 S702  
Folate, total S702  
Vitamin B-12 S702  
Fatty acids, total saturated S702  
Fatty acids, total monounsaturated S702  
Fatty acids, total polyunsaturated S702

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### **NDB No. 08212 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702

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### **NDB No. 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES**

Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702

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### **NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES**

Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702

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### **NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal**

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08217 Cereals ready to eat, composite character cereals (movies, TV), brand A**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664

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### **NDB No. 08217 Cereals ready to eat, composite character cereals (movies, TV), brand A**

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065

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### **NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins**

Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S702
8:0	S1065
10:0	S1065

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### **NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins**

12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702

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### **NDB No. 08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven**

Iron, Fe	S702
Magnesium, Mg	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702

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### **NDB No. 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins**

Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702

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### **NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry**

Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Carotene, beta	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702

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### **NDB No. 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry**

Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702

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### **NDB No. 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry**

Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702

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### **NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry**

Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

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### **NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry**

Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603

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### **NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE**

Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603

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### **NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp**

Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes**

Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603

### **NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603

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### **NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran**

Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664



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### **NDB No. 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER**

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664

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### **NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes**

Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX**

Protein	S2662
Total lipid (fat)	S2662
Carbohydrate, by difference	S2664
Ash	S2662
Energy	S2664
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662

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### **NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX**

Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662
Vitamin E (alpha-tocopherol)	S2662
Vitamin D	S2664
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Folate, total	S2664
Vitamin B-12	S2664
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662

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### **NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX**

Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Cholesterol	S2664
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662

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### **NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX**

15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN**

Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603

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### **NDB No. 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4**

Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603

### **NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603

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### **NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS**

Fatty acids, total saturated S603

### **NDB No. 08266 Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES**

Protein S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

Calcium, Ca S603

Iron, Fe S603

Phosphorus, P S603

Potassium, K S603

Sodium, Na S603

Zinc, Zn S603

Vitamin A, IU S603

Vitamin D S603

Vitamin C, total ascorbic acid S603

Thiamin S603

Riboflavin S603

Niacin S603

Vitamin B-6 S603

Folate, total S603

Vitamin B-12 S603

Cholesterol S603

Fatty acids, total saturated S603

### **NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS**

Protein S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

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### **NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS**

Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603

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### **NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY**

Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08269 Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603

### **NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603

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### **NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA**

Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603

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### **NDB No. 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS**

Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603

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### **NDB No. 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY**

Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603

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### **NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX**

Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08277 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603

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### **NDB No. 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM**

Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664

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### **NDB No. 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut**

Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664

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### **NDB No. 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins**

Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664



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### **NDB No. 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX**

Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664

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### **NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS**

Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664

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### **NDB No. 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal**

Fatty acids, total monounsaturated S2664  
Fatty acids, total polyunsaturated S2664

### **NDB No. 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS**

Protein S2664  
Total lipid (fat) S2664  
Carbohydrate, by difference S2664  
Ash S2664  
Energy S2664  
Water S2664  
Sugars, total S2664  
Fiber, total dietary S2664  
Calcium, Ca S2664  
Iron, Fe S2664  
Magnesium, Mg S2664  
Phosphorus, P S2664  
Potassium, K S2664  
Sodium, Na S2664  
Zinc, Zn S2664  
Copper, Cu S2664  
Thiamin S2664  
Riboflavin S2664  
Niacin S2664  
Vitamin B-6 S2664  
Folate, total S2664  
Vitamin B-12 S2664  
Cholesterol S2664  
Fatty acids, total trans S2664  
Fatty acids, total saturated S2664  
Fatty acids, total monounsaturated S2664  
Fatty acids, total polyunsaturated S2664

### **NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS**

Protein S702

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### **NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS**

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702

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### **NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS**

Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702

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### **NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS**

Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664

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### **NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES**

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702

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### **NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry**

Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702

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### **NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, dry**

Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702

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### **NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry**

Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

### **NDB No. 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664

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### **NDB No. 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal**

Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX**

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### **NDB No. 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin E (alpha-tocopherol)	S84
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502

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### **NDB No. 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH**

Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502

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### **NDB No. 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH**

Fatty acids, total monounsaturated S2502  
Fatty acids, total polyunsaturated S2502

### **NDB No. 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice**

Protein S2502  
Carbohydrate, by difference S2502  
Ash S2502  
Energy S2502  
Water S2502  
Sugars, total S2502  
Fiber, total dietary S2502  
Calcium, Ca S2502  
Iron, Fe S2502  
Magnesium, Mg S2502  
Phosphorus, P S2502  
Potassium, K S2502  
Sodium, Na S2502  
Zinc, Zn S2502  
Copper, Cu S2502  
Vitamin A, IU S2502  
Vitamin D S2502  
Vitamin C, total ascorbic acid S2502  
Thiamin S2502  
Riboflavin S2502  
Niacin S2502  
Vitamin B-6 S2502  
Vitamin B-12 S2502  
Folic acid S2502  
Cholesterol S2502  
Fatty acids, total trans S2502  
Fatty acids, total saturated S2502  
Fatty acids, total monounsaturated S2502  
Fatty acids, total polyunsaturated S2502

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### **NDB No. 08349 Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08350 Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502

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### **NDB No. 08350 Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S**

Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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### **NDB No. 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal**

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08352 Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702

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### **NDB No. 08352 Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor**

Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08353 Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702

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### **NDB No. 08353 Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH**

Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702

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### **NDB No. 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS**

Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702

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### **NDB No. 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS**

Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

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### **NDB No. 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal**

Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

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### **NDB No. 08359 Cereals ready-to-eat, QUAKER, Frosted Oats**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702

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### **NDB No. 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss**

Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702

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### **NDB No. 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal**

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702

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### **NDB No. 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S**

Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702

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### **NDB No. 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran**

Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702

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### **NDB No. 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal**

Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702

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### **NDB No. 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular**

Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08367 Cereals ready-to-eat, GENERAL MILLS, SUNRISE**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Cholesterol	S603
Fatty acids, total saturated	S603

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### **NDB No. 08368 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Cinnamon Corn Stars**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08370 Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603

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### **NDB No. 08370 Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS**

Sodium, Na	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08371 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603

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### **NDB No. 08371 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran**

Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08372 Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH**

Protein	S2664
Total lipid (fat)	S2664

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### **NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH**

Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664

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### **NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS**

Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08378 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice**

Protein	S2161
Total lipid (fat)	S2161
Carbohydrate, by difference	S2161
Ash	S2161
Energy	S2161
Water	S2161
Sugars, total	S2161
Fiber, total dietary	S2161
Calcium, Ca	S2161
Iron, Fe	S2161
Magnesium, Mg	S2161
Phosphorus, P	S2161

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### **NDB No. 08378 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice**

Potassium, K	S2161
Sodium, Na	S2161
Zinc, Zn	S2161
Copper, Cu	S2161
Cholesterol	S2161
Fatty acids, total trans	S2161
Fatty acids, total saturated	S2161
Fatty acids, total monounsaturated	S2161
Fatty acids, total polyunsaturated	S2161

### **NDB No. 08379 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664

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### **NDB No. 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH**

Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664

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### **NDB No. 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES**

Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Selenium, Se	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664

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### **NDB No. 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures**

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08385 Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Manganese, Mn	S2664
Vitamin A, IU	S2664

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### **NDB No. 08385 Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein**

Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08386 Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Manganese, Mn	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664

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### **NDB No. 08386 Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG**

Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08387 Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664

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### **NDB No. 08387 Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG**

Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08388 Cereals ready-to-eat, Puffed KASHI by Kellogg**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664
Phosphorus, P	S682
Potassium, K	S2664
Sodium, Na	S2664
Thiamin	S682
Riboflavin	S2664
Niacin	S682
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08389 Cereals ready-to-eat, Honey Puffed KASHI by Kellogg**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Iron, Fe	S682

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### **NDB No. 08389 Cereals ready-to-eat, Honey Puffed KASHI by Kellogg**

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Thiamin	S682
Riboflavin	S682
Niacin	S2664
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S2664
Fatty acids, total trans	S2664

### **NDB No. 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664

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### **NDB No. 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg**

Fatty acids, total polyunsaturated S2664

### **NDB No. 08391 Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors**

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S682

### **NDB No. 08392 Cereals ready-to-eat, KASHI Medley by Kellogg**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664

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### **NDB No. 08392 Cereals ready-to-eat, KASHI Medley by Kellogg**

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08393 Cereals ready-to-eat, KASHI GoLEAN by Kellogg**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664

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### **NDB No. 08393 Cereals ready-to-eat, KASHI GoLEAN by Kellogg**

Fatty acids, total monounsaturated S2664  
Fatty acids, total polyunsaturated S2664

### **NDB No. 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP**

Protein S702  
Total lipid (fat) S702  
Carbohydrate, by difference S702  
Ash S702  
Energy S702  
Water S702  
Fiber, total dietary S702  
Calcium, Ca S702  
Iron, Fe S702  
Magnesium, Mg S702  
Phosphorus, P S702  
Potassium, K S702  
Sodium, Na S702  
Zinc, Zn S702  
Copper, Cu S702  
Manganese, Mn S702  
Vitamin A, IU S702  
Vitamin D S702  
Vitamin C, total ascorbic acid S702  
Thiamin S702  
Riboflavin S702  
Niacin S702  
Pantothenic acid S702  
Vitamin B-6 S702  
Folate, total S702  
Vitamin B-12 S702  
Cholesterol S702  
Fatty acids, total saturated S702  
Fatty acids, total monounsaturated S702  
Fatty acids, total polyunsaturated S702

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### **NDB No. 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08396 Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702

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### **NDB No. 08396 Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes**

Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08397 Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes**

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603

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### **NDB No. 08397 Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes**

Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08398 Cereals ready-to-eat, GENERAL MILLS, HARMONY**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603



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### **NDB No. 08398 Cereals ready-to-eat, GENERAL MILLS, HARMONY**

Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No. 08399 Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603

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### **NDB No. 08399 Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat**

Fatty acids, total saturated S603

### **NDB No. 08400 Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal**

Protein	S881
Total lipid (fat)	S881
Carbohydrate, by difference	S881
Ash	S881
Energy	S881
Water	S881
Sugars, total	S881
Fiber, total dietary	S881
Calcium, Ca	S881
Iron, Fe	S881
Magnesium, Mg	S881
Phosphorus, P	S881
Potassium, K	S881
Sodium, Na	S881
Zinc, Zn	S881
Copper, Cu	S881
Manganese, Mn	S881
Selenium, Se	S881
Vitamin A, IU	S881
Vitamin D	S881
Vitamin C, total ascorbic acid	S881
Thiamin	S881
Riboflavin	S881
Niacin	S881
Pantothenic acid	S881
Vitamin B-6	S881
Folate, total	S881
Vitamin B-12	S881
Fatty acids, total saturated	S881
Fatty acids, total monounsaturated	S881
Fatty acids, total polyunsaturated	S881

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### **NDB No. 08401 Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal**

Protein	S881
Total lipid (fat)	S881
Carbohydrate, by difference	S881
Ash	S881
Energy	S881
Water	S881
Sugars, total	S881
Fiber, total dietary	S881
Calcium, Ca	S881
Iron, Fe	S881
Magnesium, Mg	S881
Phosphorus, P	S881
Potassium, K	S881
Sodium, Na	S881
Zinc, Zn	S881
Copper, Cu	S881
Manganese, Mn	S881
Selenium, Se	S881
Vitamin A, IU	S881
Vitamin D	S881
Vitamin C, total ascorbic acid	S881
Thiamin	S881
Riboflavin	S881
Niacin	S881
Pantothenic acid	S881
Vitamin B-6	S881
Folate, total	S881
Vitamin B-12	S881
Cholesterol	S881
Fatty acids, total saturated	S881
Fatty acids, total monounsaturated	S881
Fatty acids, total polyunsaturated	S881

### **NDB No. 08402 Cereals, QUAKER, Quick Oats, Dry**

Protein	S702
Total lipid (fat)	S702

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### **NDB No. 08402 Cereals, QUAKER, Quick Oats, Dry**

Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08403 Cereals ready-to-eat, KELLOGG, POKEMON**

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209

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### **NDB No. 08403 Cereals ready-to-eat, KELLOGG, POKEMON**

Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

### **NDB No. 08408 Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon Toasty O's**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502

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### **NDB No. 08408 Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon Toasty O's**

Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08409 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Fatty acids, total	S2502

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### **NDB No. 08409 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes**

monounsaturated

Fatty acids, total polyunsaturated S2502

### **NDB No. 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry**

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Carotene, beta S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

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### **NDB No. 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry**

Fatty acids, total polyunsaturated S702

### **NDB No. 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry**

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

### **NDB No. 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry**

Protein S702

Total lipid (fat) S702



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### **NDB No. 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry**

Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702

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### **NDB No. 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry**

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702

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### **NDB No. 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry**

Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08415 Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702

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### **NDB No. 08415 Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry**

Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702

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### **NDB No. 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry**

Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry**

Protein	S702
Total lipid (fat)	S702

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### **NDB No. 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry**

Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702

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### **NDB No. 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry**

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Carotene, beta	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702

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### **NDB No. 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry**

Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702



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### **NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry**

Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702

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### **NDB No. 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry**

Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No. 08435 Cereals ready-to-eat, UNCLE SAM CEREAL**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065

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### **NDB No. 08435 Cereals ready-to-eat, UNCLE SAM CEREAL**

Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### **NDB No. 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702

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### **NDB No. 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry**

Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702

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### **NDB No. 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry**

Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702

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### **NDB No. 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry**

Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702

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### **NDB No. 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry**

Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702

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### **NDB No. 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry**

Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702

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### **NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese**

Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No. 08454 Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S1209
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664

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### **NDB No. 08454 Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs**

Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08455 Cereals ready-to-eat, KELLOGG'S DISNEY MICKEY'S MAGIX**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664

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### **NDB No. 08455 Cereals ready-to-eat, KELLOGG'S DISNEY MICKEY'S MAGIX**

Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08456 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08457 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry**

Protein	S2664
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### **NDB No. 08457 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry**

Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08458 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664

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### **NDB No. 08458 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry**

Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08459 Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664

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### **NDB No. 08459 Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size**

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08460 Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664

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### **NDB No. 08460 Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS**

Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08461 Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH by KELLOGG**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

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### **NDB No. 08462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat by KELLOGG**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08463 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Strawberry Fields by KELLOGG**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664



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### **NDB No. 08463 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Strawberry Fields by KELLOGG**

Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08464 Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING by KELLOGG**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Sodium, Na	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08465 Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664

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### **NDB No. 08465 Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS**

Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08466 Cereals ready-to-eat, KELLOGG'S, CINNAMON MARSHMALLOW SCOOPY-DOO! cereal**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664

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### **NDB No. 08466 Cereals ready-to-eat, KELLOGG'S, CINNAMON MARSHMALLOW SCOOPY-DOO! cereal**

Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08467 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Cranberry Sunshine**

Protein	S2161
Total lipid (fat)	S2161
Carbohydrate, by difference	S2161
Ash	S2161
Energy	S2161
Water	S2161
Sugars, total	S2161
Fiber, total dietary	S2161
Iron, Fe	S2161
Potassium, K	S2161
Sodium, Na	S2161
Cholesterol	S2161
Fatty acids, total trans	S2161
Fatty acids, total saturated	S2161
Fatty acids, total monounsaturated	S2161
Fatty acids, total polyunsaturated	S2161

### **NDB No. 08468 Cereals ready-to-eat, KELLOGG'S, FROOT LOOPS 1/3 Less Sugar**

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### **NDB No. 08468 Cereals ready-to-eat, KELLOGG'S, FROOT LOOPS 1/3 Less Sugar**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08469 Cereals ready-to-eat, KELLOGG'S, FROSTED FLAKES 1/3 Less Sugar**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664

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### **NDB No. 08469 Cereals ready-to-eat, KELLOGG'S, FROSTED FLAKES 1/3 Less Sugar**

Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08470 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664

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### **NDB No. 08470 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry**

Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Manganese, Mn	S2664
Selenium, Se	S2664

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### **NDB No. 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle**

Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08472 Cereals ready-to-eat, KELLOGG'S, CORN FLAKES With Real Bananas**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664

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### **NDB No. 08472 Cereals ready-to-eat, KELLOGG'S, CORN FLAKES With Real Bananas**

Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08473 Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR FINDING NEMO**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664

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### **NDB No. 08473 Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR FINDING NEMO**

Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No. 08474 Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR INCREDIBLES**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

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### **NDB No. 08476 Cereals ready-to-eat, MALT-O-MEAL, Honey Sweetened Corn & Oat Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08478 Cereals ready-to-eat, MALT-O-MEAL, Sugar Coated Wheat Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502

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### **NDB No. 08478 Cereals ready-to-eat, MALT-O-MEAL, Sugar Coated Wheat Cereal**

Fiber, total dietary	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08481 Cereals ready-to-eat, Malt-O-Meal Honey Graham Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502

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### **NDB No. 08481 Cereals ready-to-eat, Malt-O-Meal Honey Graham Cereal**

Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08482 Cereals ready-to-eat, MALT-O-MEAL, Perfect Balance Hot Wheat Cereal, dry**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502

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### **NDB No. 08482 Cereals ready-to-eat, MALT-O-MEAL, Perfect Balance Hot Wheat Cereal, dry**

Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08483 Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502

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### **NDB No. 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal**

Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08487 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502

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### **NDB No. 08487 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal**

Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08488 Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502

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### **NDB No. 08488 Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry**

Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08489 Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08490 Cereals ready-to-eat, MALT-O-MEAL, High Fiber Bran Flakes**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502



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### **NDB No. 08490 Cereals ready-to-eat, MALT-O-MEAL, High Fiber Bran Flakes**

Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin E (alpha-tocopherol)	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08491 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut Toasted Oat Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502

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### **NDB No. 08491 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut Toasted Oat Cereal**

Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08492 Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502

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### **NDB No. 08492 Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal**

Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple Multi-Grain Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

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### **NDB No. 08494 Cereals ready-to-eat, MALT-O-MEAL, Cinnamon Sweet Whole Wheat and Rice Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08495 Cereals ready-to-eat, MALT-O-MEAL, Chocolate Flavored Crisp Rice Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502

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### **NDB No. 08495 Cereals ready-to-eat, MALT-O-MEAL, Chocolate Flavored Crisp Rice Cereal**

Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08497 Cereals ready-to-eat, MALT-O-MEAL, Corn Flakes**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502

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### **NDB No. 08497 Cereals ready-to-eat, MALT-O-MEAL, Corn Flakes**

Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08498 Cereals ready-to-eat, MALT-O-MEAL, Lightly Frosted Bran Flakes with Strawberries**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin E (alpha-tocopherol)	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502

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### **NDB No. 08498 Cereals ready-to-eat, MALT-O-MEAL, Lightly Frosted Bran Flakes with Strawberries**

Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No. 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total	S2502

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### **NDB No. 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal**

monounsaturated

Fatty acids, total polyunsaturated S2502

### **NDB No. 08501 Cereals ready-to-eat, MALT-O-MEAL, Fruit Flavored Crisp Rice Cereal**

Protein S2502

Carbohydrate, by difference S2502

Ash S2502

Energy S2502

Water S2502

Sugars, total S2502

Fiber, total dietary S2502

Calcium, Ca S2502

Iron, Fe S2502

Potassium, K S2502

Sodium, Na S2502

Zinc, Zn S2502

Vitamin A, IU S2502

Vitamin D S2502

Vitamin C, total ascorbic acid S2502

Thiamin S2502

Riboflavin S2502

Niacin S2502

Vitamin B-6 S2502

Vitamin B-12 S2502

Folic acid S2502

Cholesterol S2502

Fatty acids, total trans S2502

Fatty acids, total saturated S2502

Fatty acids, total  
monounsaturated S2502

Fatty acids, total polyunsaturated S2502

### **NDB No. 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes**

Protein S2662

Total lipid (fat) S2662

Ash S2662

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### **NDB No. 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes**

Starch	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662

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### **NDB No. 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes**

Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662

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### **NDB No. 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes**

17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08505 Cereals ready-to-eat, Ralston Corn Biscuits**

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662

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### **NDB No. 08505 Cereals ready-to-eat, Ralston Corn Biscuits**

Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662

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### **NDB No. 08505 Cereals ready-to-eat, Ralston Corn Biscuits**

18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08506 Cereals ready-to-eat, Ralston Corn Flakes**

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Starch	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662

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### **NDB No. 08506 Cereals ready-to-eat, Ralston Corn Flakes**

Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662
Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662

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### **NDB No. 08506 Cereals ready-to-eat, Ralston Corn Flakes**

Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662

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### **NDB No. 08506 Cereals ready-to-eat, Ralston Corn Flakes**

17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08507 Cereals ready-to-eat, Ralston Crispy Hexagons**

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662



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### **NDB No. 08507 Cereals ready-to-eat, Ralston Crispy Hexagons**

Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662

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### **NDB No. 08507 Cereals ready-to-eat, Ralston Crispy Hexagons**

18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)**

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662

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### **NDB No. 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)**

Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662
Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662

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### **NDB No. 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)**

Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662

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### **NDB No. 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)**

24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)**

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662

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### **NDB No. 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)**

Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662

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### **NDB No. 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)**

20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No. 08510 Milk and cereal bar**

Energy	S2201
Calcium, Ca	S2201
Iron, Fe	S2201
Vitamin A, IU	S2201
Vitamin D	S2201
Vitamin C, total ascorbic acid	S2201
Thiamin	S2201
Riboflavin	S2201
Niacin	S2201
Vitamin B-6	S2201
Folate, total	S2201
Vitamin B-12	S2201

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### **NDB No. 09003 Apples, raw, with skin**

Protein	S1183, S502, S561
Total lipid (fat)	S1183, S502, S561, S87
Ash	S1183, S502, S561
Starch	S561
Sucrose	S502, S561
Glucose (dextrose)	S502, S561
Fructose	S502, S561
Lactose	S502, S561
Maltose	S502, S561
Water	S1183, S502, S561, S87
Sugars, total	S502, S561
Galactose	S502, S561
Fiber, total dietary	S1183, S502, S561
Calcium, Ca	D4070, S1183, S502, S561
Iron, Fe	D4070, S1183, S561
Magnesium, Mg	D4070, S1183, S502, S561
Phosphorus, P	S1183, S502, S561
Potassium, K	D4070, S1183, S502, S561
Sodium, Na	D4070, S1183
Zinc, Zn	D4070, S1183, S502, S561
Copper, Cu	D4070, S561
Manganese, Mn	D4070, S1183, S502, S561
Selenium, Se	S502, S561
Vitamin A, IU	S502, S561
Vitamin A, RAE	S502, S561
Carotene, beta	S502, S561
Carotene, alpha	S502, S561
Vitamin E (alpha-tocopherol)	S561, S87
Cryptoxanthin, beta	S502, S561
Lycopene	S502, S561
Lutein + zeaxanthin	S502, S561
Tocopherol, beta	S561, S87
Tocopherol, gamma	S561, S87
Tocopherol, delta	S561, S87
Vitamin C, total ascorbic acid	S1183
Thiamin	S1183, S502, S561
Riboflavin	S502, S561



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### **NDB No. 09003 Apples, raw, with skin**

Niacin	S1183, S561
Pantothenic acid	S1183, S502, S561
Vitamin B-6	S1183, S502, S561
Vitamin K (phylloquinone)	S502, S561
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561
Alanine	S561
Aspartic acid	S561
Glutamic acid	S561
Glycine	S561
Proline	S561
Serine	S561

### **NDB No. 09004 Apples, raw, without skin**

Protein	S502
Total lipid (fat)	S502, S84
Ash	S502
Sucrose	S502
Glucose (dextrose)	S502
Fructose	S502
Lactose	S502
Maltose	S502
Water	S502, S84
Sugars, total	S502
Galactose	S502
Fiber, total dietary	S502

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### **NDB No. 09004 Apples, raw, without skin**

Calcium, Ca	S502
Magnesium, Mg	S502
Phosphorus, P	S502
Potassium, K	S502
Zinc, Zn	S502
Manganese, Mn	S502
Vitamin A, IU	S502
Vitamin A, RAE	S502
Carotene, beta	S502
Carotene, alpha	S502
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S502
Lycopene	S502
Lutein + zeaxanthin	S502
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Thiamin	S502
Riboflavin	S502
Pantothenic acid	S502
Vitamin B-6	S502
Vitamin K (phylloquinone)	S502
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561
Alanine	S561
Aspartic acid	S561
Glutamic acid	S561

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### **NDB No. 09004 Apples, raw, without skin**

Proline	S561
Serine	S561

### **NDB No. 09011 Apples, dried, sulfured, uncooked**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic acid**

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581
Vitamin K (phylloquinone)	D4002

### **NDB No. 09020 Applesauce, canned, sweetened, without salt**

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 09021 Apricots, raw**

Sucrose	D3321, D3344, S604
Glucose (dextrose)	D3321, D3344, S604
Fructose	D3321, D3344, S604
Maltose	D3321
Fiber, total dietary	D3780, S604
Calcium, Ca	S10, S11, S12, S206, S208, S7, S8, S9

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### **NDB No. 09021 Apricots, raw**

Iron, Fe	S10, S11, S12, S206, S208, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S7, S8, S9
Vitamin A, IU	D3887, D3924, D3949
Vitamin A, RAE	D3887, D3924, D3949
Carotene, beta	D3887, D3924, D3949
Carotene, alpha	D3887, D3924, D3949
Cryptoxanthin, beta	D3887, D3924, D3949
Lutein + zeaxanthin	D3924, D3949
Vitamin K (phylloquinone)	D4002

### **NDB No. 09032 Apricots, dried, sulfured, uncooked**

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	D3780, S21
Sugars, total	S21
Galactose	S21
Fiber, total dietary	D3780, S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Zinc, Zn	S21

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### **NDB No. 09032 Apricots, dried, sulfured, uncooked**

Copper, Cu	S21
Manganese, Mn	S21
Vitamin A, IU	S21
Vitamin A, RAE	S21
Carotene, beta	S21
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S21
Tocopherol, gamma	S21
Tocopherol, delta	S21
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin K (phylloquinone)	D4002, S21
Tryptophan	S21
Threonine	S21
Isoleucine	S21
Leucine	S21
Lysine	S21
Methionine	S21
Cystine	S21
Phenylalanine	S21
Tyrosine	S21
Valine	S21
Arginine	S21
Histidine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Glycine	S21

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### **NDB No. 09032 Apricots, dried, sulfured, uncooked**

Proline	S21
Serine	S21
4:0	S21
6:0	S21
8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21
17:0	S21
24:0	S21

### **NDB No. 09033 Apricots, dried, sulfured, stewed, without added sugar**

Tryptophan	S21
Threonine	S21
Isoleucine	S21
Leucine	S21
Lysine	S21
Methionine	S21
Cystine	S21

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### **NDB No. 09033 Apricots, dried, sulfured, stewed, without added sugar**

Phenylalanine	S21
Tyrosine	S21
Valine	S21
Arginine	S21
Histidine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Glycine	S21
Proline	S21
Serine	S21

### **NDB No. 09037 Avocados, raw, all commercial varieties**

Protein	S1031, S1621, S381, S481, S502
Total lipid (fat)	S1031, S121, S1621, S381, S481, S502
Ash	S1031, S1621, S381, S481, S502
Starch	S481, S502
Sucrose	S481, S502, S837
Glucose (dextrose)	S481, S502, S837
Fructose	S481, S502, S837
Lactose	S481, S502, S837
Maltose	S481, S502, S837
Water	S1031, S121, S1401, S1621, S381, S481, S502, S837
Sugars, total	S1621, S481, S502, S837
Galactose	S481, S502
Fiber, total dietary	S1031, S1401, S1621, S381, S481, S502, S642, S837
Calcium, Ca	D4070, S1031, S1621, S381, S481, S502
Iron, Fe	D4070, S1031, S1621, S381, S481, S502
Magnesium, Mg	D4070, S1031, S381, S481, S502
Phosphorus, P	S1031, S381, S481, S502
Potassium, K	D4070, S1031, S1621, S381, S481, S502
Sodium, Na	D4070, S1031, S1621, S381, S481
Zinc, Zn	D4070, S1031, S381, S481, S502
Copper, Cu	D4070, S1031, S381, S481, S502
Manganese, Mn	D4070, S1031, S381, S481, S502
Selenium, Se	S481, S502

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### **NDB No. 09037 Avocados, raw, all commercial varieties**

Vitamin A, IU	S1031, S1621, S381, S481, S502, S986
Vitamin A, RAE	S1621, S381, S481, S502, S986
Carotene, beta	S1031, S1621, S381, S481, S502, S986
Carotene, alpha	S1031, S1621, S381, S481, S502, S986
Vitamin E (alpha-tocopherol)	S1031, S121, S1621, S481, S502
Cryptoxanthin, beta	S1621, S381, S481, S502, S986
Lycopene	S481, S502
Lutein + zeaxanthin	S1621, S481, S502
Tocopherol, beta	S121, S481, S502
Tocopherol, gamma	S121, S1621, S481, S502
Tocopherol, delta	S121, S481, S502
Vitamin C, total ascorbic acid	S1031, S1621, S381
Thiamin	S1031, S381, S481, S502
Riboflavin	S1031, S381, S481, S502
Niacin	S1031, S381, S481, S502
Pantothenic acid	S1031, S381, S481, S502
Vitamin B-6	S1031, S381, S481, S502
Folate, total	S1031, S1621, S381, S481
Vitamin K (phylloquinone)	S481, S502
8:0	S481, S502
10:0	S481, S502
12:0	S481, S502
14:0	S481, S502
16:0	S481, S502
18:0	S481, S502
20:0	S481, S502
18:1 undifferentiated	S481, S502
18:2 undifferentiated	S481, S502
20:4 undifferentiated	S481, S502
22:6 n-3	S502
22:0	S481, S502
14:1	S481, S502
16:1 undifferentiated	S481, S502
18:4	S502
20:1	S481, S502
20:5 n-3	S502
22:1 undifferentiated	S502



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### **NDB No. 09037 Avocados, raw, all commercial varieties**

22:5 n-3	S502
Stigmasterol	D4761
Campesterol	D4761
Beta-sitosterol	D4761
15:0	S481, S502
17:0	S481, S502
24:0	S502
20:2 n-6 c,c	S481, S502
18:3 n-6 c,c,c	S481
17:1	S481, S502
20:3 undifferentiated	S481, S502
15:1	S481, S502
18:3 n-3 c,c,c	S481

### **NDB No. 09038 Avocados, raw, California**

Protein	S1031, S1621, S481, S502
Total lipid (fat)	S1031, S121, S1621, S481, S502
Ash	S1031, S1621, S481, S502
Starch	S481, S502
Sucrose	S481, S502, S837
Glucose (dextrose)	S481, S502, S837
Fructose	S481, S502, S837
Lactose	S481, S502, S837
Maltose	S481, S502, S837
Water	S1031, S121, S1401, S1621, S481, S502, S837
Sugars, total	S1621, S481, S502, S837
Galactose	S481, S502
Fiber, total dietary	S1031, S1401, S1621, S481, S502, S642, S837
Calcium, Ca	S1031, S1621, S481, S502
Iron, Fe	S1031, S1621, S481, S502
Magnesium, Mg	S1031, S481, S502
Phosphorus, P	S1031, S481, S502
Potassium, K	S1031, S1621, S481, S502
Sodium, Na	S1031, S1621, S481
Zinc, Zn	S1031, S481, S502
Copper, Cu	S1031, S481, S502

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### NDB No. 09038 Avocados, raw, California

Manganese, Mn	S1031, S481, S502
Selenium, Se	S481, S502
Vitamin A, IU	S1031, S1621, S502, S986
Vitamin A, RAE	S481, S502, S986
Carotene, beta	S1031, S1621, S481, S502, S986
Carotene, alpha	S1031, S1621, S481, S502, S986
Vitamin E (alpha-tocopherol)	S1031, S121, S1621, S481, S502
Cryptoxanthin, beta	S1621, S481, S502, S986
Lycopene	S481, S502
Lutein + zeaxanthin	S1621, S481, S502
Tocopherol, beta	S121, S481, S502
Tocopherol, gamma	S121, S1621, S481, S502
Tocopherol, delta	S121, S481, S502
Vitamin C, total ascorbic acid	S1031, S1621
Thiamin	S1031, S481, S502
Riboflavin	S1031, S481, S502
Niacin	S1031, S481, S502
Pantothenic acid	S1031, S481, S502
Vitamin B-6	S1031, S481, S502
Folate, total	S1031, S1621, S481
Vitamin K (phylloquinone)	S481, S502
Tryptophan	S481, S502
Threonine	S481, S502
Isoleucine	S481, S502
Leucine	S481, S502
Lysine	S481, S502
Methionine	S481, S502
Cystine	S481, S502
Phenylalanine	S481, S502
Tyrosine	S481, S502
Valine	S481, S502
Arginine	S481, S502
Histidine	S481, S502
Alanine	S481, S502
Aspartic acid	S481, S502
Glutamic acid	S481, S502
Glycine	S481, S502

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### **NDB No. 09038 Avocados, raw, California**

Proline	S481, S502
Serine	S481, S502
8:0	S481, S502
10:0	S481, S502
12:0	S481, S502
14:0	S481, S502
16:0	S481, S502
18:0	S481, S502
20:0	S481, S502
18:1 undifferentiated	S481, S502
18:2 undifferentiated	S481, S502
20:4 undifferentiated	S481, S502
22:6 n-3	S502
22:0	S481, S502
14:1	S481, S502
16:1 undifferentiated	S481, S502
18:4	S502
20:1	S481, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
Stigmasterol	D4761
Campesterol	D4761
Beta-sitosterol	D4761
15:0	S481, S502
17:0	S481, S502
24:0	S502
20:2 n-6 c,c	S481, S502
18:3 n-6 c,c,c	S481
17:1	S481, S502
20:3 undifferentiated	S481, S502
15:1	S481, S502
18:3 n-3 c,c,c	S481

### **NDB No. 09039 Avocados, raw, Florida**

Protein	S381
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### **NDB No. 09039 Avocados, raw, Florida**

Total lipid (fat)	S381
Ash	S381
Sucrose	S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S121, S1401, S381, S837
Sugars, total	S837
Fiber, total dietary	S1401, S381, S837
Calcium, Ca	D4070, S381
Iron, Fe	D4070, S381
Magnesium, Mg	D4070, S381
Phosphorus, P	S381
Potassium, K	D4070, S381
Sodium, Na	D4070, S381
Zinc, Zn	D4070, S381
Copper, Cu	D4070, S381
Manganese, Mn	D4070, S381
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	S381
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

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### NDB No. 09040 Bananas, raw

Protein	S1023, S481, S562
Total lipid (fat)	S1023, S121, S481, S562, S87
Ash	S1023, S481, S562
Starch	S481, S562
Sucrose	S481, S562
Glucose (dextrose)	S481, S562
Fructose	S481, S562
Lactose	S481, S562
Maltose	S481, S562
Water	D3764, S1023, S121, S481, S562, S87
Sugars, total	S481, S562
Galactose	S481, S562
Fiber, total dietary	D3764, S1023, S481, S562, S642
Calcium, Ca	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S1023, S11, S12, S206, S208, S562, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S481, S562, S6, S7, S8, S9
Vitamin A, IU	S1023, S481, S562
Vitamin A, RAE	S1023, S481, S562
Carotene, beta	S1023, S481, S562
Carotene, alpha	S1023, S481, S562
Vitamin E (alpha-tocopherol)	S121, S481, S562, S87
Cryptoxanthin, beta	S481, S562
Lycopene	S481, S562
Lutein + zeaxanthin	S481, S562
Tocopherol, beta	S121, S481, S562, S87
Tocopherol, gamma	S121, S481, S562, S87
Tocopherol, delta	S121, S481, S562, S87
Vitamin C, total ascorbic acid	S1023, S562
Thiamin	S1023, S481, S562
Riboflavin	S1023, S481, S562

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### **NDB No. 09040 Bananas, raw**

Niacin	S1023, S481, S562
Pantothenic acid	S1023, S481, S562
Vitamin B-6	S1023, S481, S562
Folate, total	S1023, S481, S562
Vitamin K (phylloquinone)	D4002, D4048, S562
Tryptophan	S481, S562
Threonine	S481, S562
Isoleucine	S481, S562
Leucine	S481, S562
Lysine	S481, S562
Methionine	S481, S562
Cystine	S481, S562
Phenylalanine	S481, S562
Tyrosine	S481, S562
Valine	S481, S562
Arginine	S481, S562
Histidine	S481, S562
Alanine	S481, S562
Aspartic acid	S481, S562
Glutamic acid	S481, S562
Glycine	S481, S562
Proline	S481, S562
Serine	S481, S562

### **NDB No. 09042 Blackberries, raw**

Protein	S461, S566
Total lipid (fat)	S461, S566
Ash	S461, S566
Starch	S461
Sucrose	S461, S566
Glucose (dextrose)	S461, S566
Fructose	S461, S566
Lactose	S461, S566
Maltose	S461, S566
Water	S461, S566
Sugars, total	S461, S566

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### **NDB No. 09042 Blackberries, raw**

Galactose	S461, S566
Fiber, total dietary	S461, S566
Calcium, Ca	S461, S566
Iron, Fe	S461, S566
Magnesium, Mg	S461, S566
Phosphorus, P	S461, S566
Potassium, K	S566
Sodium, Na	S566
Zinc, Zn	S461, S566
Copper, Cu	S461, S566
Manganese, Mn	S461, S566
Selenium, Se	S566
Vitamin A, IU	S461, S566
Vitamin A, RAE	S461, S566
Carotene, beta	S461, S566
Carotene, alpha	S461, S566
Vitamin E (alpha-tocopherol)	S461, S566
Cryptoxanthin, beta	S461, S566
Lycopene	S461, S566
Lutein + zeaxanthin	S461, S566
Tocopherol, beta	S461, S566
Tocopherol, gamma	S461, S566
Tocopherol, delta	S461, S566
Thiamin	S461, S566
Riboflavin	S461, S566
Niacin	S461, S566
Pantothenic acid	S461, S566
Vitamin B-6	S461, S566
Folate, total	S461, S566
Vitamin K (phylloquinone)	S461, S566

### **NDB No. 09050 Blueberries, raw**

Protein	S1141, S421, S441
Total lipid (fat)	S1141, S421, S441
Ash	S1141, S421, S441
Starch	S421

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### **NDB No. 09050 Blueberries, raw**

Sucrose	S421, S441
Glucose (dextrose)	S421, S441
Fructose	S421, S441
Lactose	S421, S441
Maltose	S421, S441
Water	S1141, S421, S441
Sugars, total	S421, S441
Galactose	S421, S441
Fiber, total dietary	S421
Calcium, Ca	S1141, S421, S441
Iron, Fe	S1141, S421, S441
Magnesium, Mg	S1141, S421, S441
Phosphorus, P	S1141, S421, S441
Potassium, K	S1141, S441
Sodium, Na	S1141, S441
Zinc, Zn	S1141, S421, S441
Copper, Cu	S1141, S421, S441
Manganese, Mn	S1141, S421
Selenium, Se	S441
Vitamin A, IU	S1141, S421, S441
Vitamin A, RAE	S1141, S421, S441
Carotene, beta	D3887, S1141, S421, S441
Carotene, alpha	D3887, S421, S441
Vitamin E (alpha-tocopherol)	S421
Cryptoxanthin, beta	D3887, S421, S441
Lycopene	S421, S441
Lutein + zeaxanthin	S421, S441
Tocopherol, beta	S421
Tocopherol, gamma	S421
Tocopherol, delta	S421
Vitamin C, total ascorbic acid	S1141
Thiamin	S1141, S421, S441
Riboflavin	S1141, S421, S441
Niacin	S1141, S421, S441
Pantothenic acid	S1141, S421, S441
Vitamin B-6	S1141, S421, S441
Folate, total	S1141, S421, S441



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### **NDB No. 09050 Blueberries, raw**

Vitamin K (phylloquinone) S421, S441

### **NDB No. 09052 Blueberries, canned, heavy syrup, solids and liquids**

Vitamin K (phylloquinone) D4048

### **NDB No. 09059 Breadfruit, raw**

Vitamin A, IU D3899

Vitamin A, RAE D3899

Carotene, beta D3899

Carotene, alpha D3899

Cryptoxanthin, beta D3899

### **NDB No. 09060 Carambola, (starfruit), raw**

Protein S381

Total lipid (fat) S381

Ash S381

Water S381

Fiber, total dietary S381

Calcium, Ca D4070, S381

Iron, Fe D4070, S381

Magnesium, Mg D4070, S381

Phosphorus, P S381

Potassium, K D4070, S381

Sodium, Na D4070, S381

Zinc, Zn D4070, S381

Copper, Cu D4070, S381

Manganese, Mn D4070, S381

Vitamin A, IU S381

Vitamin A, RAE S381

Carotene, beta D3899

Carotene, alpha D3899

Cryptoxanthin, beta D3899

Lycopene D3969

Lutein + zeaxanthin D3969

Vitamin C, total ascorbic acid S381

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### **NDB No. 09060 Carambola, (starfruit), raw**

Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### **NDB No. 09062 Cherimoya, raw**

Protein	S381, S404
Total lipid (fat)	S381, S404
Ash	S381, S404
Sucrose	S404
Water	S381, S404
Fiber, total dietary	S381
Calcium, Ca	S381, S404
Iron, Fe	S381, S404
Magnesium, Mg	S381, S404
Phosphorus, P	S381, S404
Potassium, K	S381, S404
Sodium, Na	S381, S404
Zinc, Zn	S381, S404
Copper, Cu	S381, S404
Manganese, Mn	S381, S404
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Cryptoxanthin, beta	S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381, S404
Riboflavin	S381, S404
Niacin	S381, S404
Pantothenic acid	S381, S404
Vitamin B-6	S381, S404
Folate, total	S381

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### **NDB No. 09063 Cherries, sour, red, raw**

Sucrose	D3321
Glucose (dextrose)	D3321, D3336
Fructose	D3321, D3336

### **NDB No. 09070 Cherries, sweet, raw**

Protein	S53, S582
Total lipid (fat)	S53, S582
Ash	S53, S582
Starch	S582
Sucrose	D3321, D3336, D3344, S582
Glucose (dextrose)	D3321, D3336, D3344, S582
Fructose	D3321, D3336, D3344, S582
Lactose	S582
Maltose	D3321, S582
Water	D3344, S121, S53, S582
Galactose	S582
Fiber, total dietary	S53, S582
Calcium, Ca	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Iron, Fe	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Selenium, Se	S582
Vitamin A, IU	S53, S582
Vitamin A, RAE	S53, S582
Carotene, beta	S53, S582

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### **NDB No. 09070 Cherries, sweet, raw**

Carotene, alpha	S582
Vitamin E (alpha-tocopherol)	S121, S582
Cryptoxanthin, beta	S582
Lycopene	S582
Lutein + zeaxanthin	S582
Tocopherol, beta	S121, S582
Tocopherol, gamma	S121, S582
Tocopherol, delta	S121, S582
Vitamin C, total ascorbic acid	S53, S582
Thiamin	S53, S582
Riboflavin	S53, S582
Niacin	S53, S582
Pantothenic acid	S53, S582
Vitamin B-6	S53, S582
Folate, total	S53
Vitamin K (phylloquinone)	D4002, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582

### **NDB No. 09074 Cherries, sweet, canned, heavy syrup pack, solids and liquids**

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### **NDB No. 09074 Cherries, sweet, canned, heavy syrup pack, solids and liquids**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 09078 Cranberries, raw**

Protein	S561
Total lipid (fat)	S561
Ash	S561
Starch	S561
Sucrose	S561
Glucose (dextrose)	S561
Fructose	S561
Lactose	S561
Maltose	S561
Water	S561
Sugars, total	S561
Galactose	S561
Fiber, total dietary	S561
Calcium, Ca	S561
Iron, Fe	S561
Magnesium, Mg	S561
Phosphorus, P	S561
Potassium, K	S561
Sodium, Na	S561
Zinc, Zn	S561
Copper, Cu	S561
Manganese, Mn	S561
Selenium, Se	S561
Vitamin A, IU	S561
Vitamin A, RAE	S561
Carotene, beta	S561
Carotene, alpha	S561
Vitamin E (alpha-tocopherol)	S561
Cryptoxanthin, beta	S561
Lycopene	S561

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### **NDB No. 09078 Cranberries, raw**

Lutein + zeaxanthin	S561
Tocopherol, beta	S561
Tocopherol, gamma	S561
Tocopherol, delta	S561
Vitamin C, total ascorbic acid	S561
Thiamin	S561
Riboflavin	S561
Niacin	S561
Pantothenic acid	S561
Vitamin B-6	S561
Folate, total	S561
Vitamin K (phylloquinone)	S561
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561
Alanine	S561
Aspartic acid	S561
Glutamic acid	S561
Glycine	S561
Proline	S561
Serine	S561

### **NDB No. 09079 Cranberries, dried, sweetened**

Protein	S1701
Total lipid (fat)	S1701
Ash	S1701
Water	S1701

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### **NDB No. 09079 Cranberries, dried, sweetened**

Sugars, total	S1701
Fiber, total dietary	S1701
Calcium, Ca	S1701
Iron, Fe	S1701
Magnesium, Mg	S1701
Phosphorus, P	S1701
Potassium, K	S1701
Sodium, Na	S1701
Zinc, Zn	S1701
Copper, Cu	S1701
Vitamin A, IU	S1701
Vitamin C, total ascorbic acid	S1701
Thiamin	S1701
Riboflavin	S1701
Niacin	S1701

### **NDB No. 09081 Cranberry sauce, canned, sweetened**

Vitamin K (phylloquinone)	D4048
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### **NDB No. 09084 Currants, red and white, raw**

Sucrose	D3321
Glucose (dextrose)	D3321
Fructose	D3321
Vitamin A, IU	D3919
Vitamin A, RAE	D3919
Carotene, beta	D3919
Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919
Vitamin K (phylloquinone)	D4052

### **NDB No. 09087 Dates, deglet noor**

Protein	S1032, S564, S582
Total lipid (fat)	S1032, S564, S582

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### **NDB No. 09087 Dates, deglet noor**

Ash	S1032, S564, S582
Sucrose	S564, S582
Glucose (dextrose)	S564, S582
Fructose	S564, S582
Lactose	S564, S582
Maltose	S564, S582
Water	S1032, S564, S582
Sugars, total	S564, S582
Galactose	S564, S582
Fiber, total dietary	S1032, S564, S582
Calcium, Ca	S1032, S564, S582
Iron, Fe	S1032, S564, S582
Magnesium, Mg	S1032, S564, S582
Phosphorus, P	S1032, S564, S582
Potassium, K	S1032, S564, S582
Sodium, Na	S1032, S564
Zinc, Zn	S1032, S564, S582
Copper, Cu	S1032, S564, S582
Manganese, Mn	S1032, S564, S582
Selenium, Se	S564, S582
Vitamin A, IU	S564, S582
Vitamin A, RAE	S564, S582
Carotene, beta	S564, S582
Carotene, alpha	S564, S582
Vitamin E (alpha-tocopherol)	S564
Cryptoxanthin, beta	S564, S582
Lycopene	S564, S582
Lutein + zeaxanthin	S564, S582
Tocopherol, beta	S564
Tocopherol, gamma	S564
Tocopherol, delta	S564
Vitamin C, total ascorbic acid	S564, S582
Thiamin	S1032, S564, S582
Riboflavin	S1032, S564, S582
Niacin	S1032, S564, S582
Pantothenic acid	S1032, S564, S582
Vitamin B-6	S1032, S564, S582



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### **NDB No. 09087** Dates, deglet noor

Folate, total	S1032, S564, S582
Vitamin K (phylloquinone)	S564, S582
Tryptophan	S564, S582
Threonine	S564, S582
Isoleucine	S564, S582
Leucine	S564, S582
Lysine	S564, S582
Methionine	S564, S582
Cystine	S564, S582
Phenylalanine	S564, S582
Tyrosine	S564, S582
Valine	S564, S582
Arginine	S564, S582
Histidine	S564, S582
Alanine	S564, S582
Aspartic acid	S564, S582
Glutamic acid	S564, S582
Glycine	S564, S582
Proline	S564, S582
Serine	S564, S582
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564

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### **NDB No. 09087** Dates, deglet noor

20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### **NDB No. 09094** Figs, dried, uncooked

Protein	S363, S582
Total lipid (fat)	S363, S582
Ash	S363, S582
Starch	S363
Sucrose	S363, S582
Glucose (dextrose)	S363, S582
Fructose	S363, S582
Lactose	S363, S582
Maltose	S363, S582
Water	S363, S582
Sugars, total	S363, S582
Galactose	S363, S582
Fiber, total dietary	S363, S582
Calcium, Ca	S363, S582
Iron, Fe	S363, S582
Magnesium, Mg	S363, S582
Phosphorus, P	S363, S582
Potassium, K	S363, S582
Sodium, Na	S363, S582
Zinc, Zn	S363, S582
Copper, Cu	S363, S582
Manganese, Mn	S363, S582
Selenium, Se	S363
Vitamin A, IU	S363, S582
Vitamin A, RAE	S363, S582
Carotene, beta	S363, S582
Carotene, alpha	S363, S582
Vitamin E (alpha-tocopherol)	S363
Cryptoxanthin, beta	S363, S582

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### **NDB No. 09094 Figs, dried, uncooked**

Lycopene	S363, S582
Lutein + zeaxanthin	S363, S582
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S363, S582
Thiamin	S363, S582
Riboflavin	S363, S582
Niacin	S363, S582
Pantothenic acid	S363, S582
Vitamin B-6	S363, S582
Folate, total	S363, S582
Vitamin K (phylloquinone)	S363, S582
Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582
Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

### **NDB No. 09095 Figs, dried, stewed**

Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582

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### **NDB No. 09095 Figs, dried, stewed**

Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582
Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

### **NDB No. 09099 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 09100 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 09111 Grapefruit, raw, pink and red and white, all areas**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563

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### **NDB No. 09111 Grapefruit, raw, pink and red and white, all areas**

Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No. 09112 Grapefruit, raw, pink and red, all areas**

Protein	S482, S563
Total lipid (fat)	S482, S563
Ash	S482, S563
Starch	S563
Sucrose	S482, S563
Glucose (dextrose)	S482, S563
Fructose	S482, S563
Lactose	S482, S563
Maltose	S482, S563
Water	D3764, S482, S563
Sugars, total	S482, S563
Galactose	S482, S563
Fiber, total dietary	D3764, S563
Calcium, Ca	D4070, S482, S563
Iron, Fe	D4070, S563
Magnesium, Mg	D4070, S482, S563
Phosphorus, P	S482, S563
Potassium, K	D4070, S482, S563
Zinc, Zn	D4070, S482, S563
Copper, Cu	D4070, S563

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### **NDB No. 09112 Grapefruit, raw, pink and red, all areas**

Manganese, Mn	D4070, S482, S563
Selenium, Se	S563
Carotene, beta	D3845, D3887, D3888, D3904, D3912, S1203, S482, S563
Carotene, alpha	D3887, D3888, D3904, S1203, S482, S563
Vitamin E (alpha-tocopherol)	S482, S563
Cryptoxanthin, beta	D3887, D3904, D3912, S1203, S482, S563
Lycopene	D3845, D3904, S1203, S482, S563
Lutein + zeaxanthin	D3904, S1203, S482, S563
Tocopherol, beta	S482, S563
Tocopherol, gamma	S482, S563
Tocopherol, delta	S482, S563
Vitamin C, total ascorbic acid	S482, S563
Thiamin	S482, S563
Riboflavin	S482, S563
Niacin	S482, S563
Pantothenic acid	S482, S563
Vitamin B-6	S482, S563
Folate, total	S482, S563
Vitamin K (phylloquinone)	S482, S563
Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

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### **NDB No. 09113 Grapefruit, raw, pink and red, California and Arizona**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No. 09114 Grapefruit, raw, pink and red, Florida**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563

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### **NDB No. 09114 Grapefruit, raw, pink and red, Florida**

Proline	S482, S563
Serine	S482, S563

### **NDB No. 09116 Grapefruit, raw, white, all areas**

Carotene, beta	D3888
Carotene, alpha	D3888
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No. 09117 Grapefruit, raw, white, California**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563



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### **NDB No. 09117 Grapefruit, raw, white, California**

Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No. 09118 Grapefruit, raw, white, Florida**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No. 09119 Grapefruit, sections, canned, water pack, solids and liquids**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563

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### **NDB No. 09119 Grapefruit, sections, canned, water pack, solids and liquids**

Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No. 09120 Grapefruit, sections, canned, juice pack, solids and liquids**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

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### **NDB No. 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No. 09123 Grapefruit juice, white, canned, unsweetened**

Vitamin K (phylloquinone)	D4048
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### **NDB No. 09128 Grapefruit juice, white, raw**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 09132 Grapes, red or green (european type varieties, such as, Thompson seedless), raw**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062

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### **NDB No. 09132 Grapes, red or green (european type varieties, such as, Thompson seedless), raw**

Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Sugars, total	S1062
Galactose	S1062
Fiber, total dietary	S1062
Calcium, Ca	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Iron, Fe	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Magnesium, Mg	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Potassium, K	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Sodium, Na	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Zinc, Zn	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Copper, Cu	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Manganese, Mn	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Selenium, Se	S1062
Carotene, beta	S1206
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S1062, S121
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062

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### **NDB No. 09132 Grapes, red or green (european type varieties, such as, Thompson seedless), raw**

Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062

### **NDB No. 09135 Grape juice, canned or bottled, unsweetened, without added vitamin C**

Vitamin E (alpha-tocopherol)	S121, S81
Tocopherol, beta	S121, S81
Tocopherol, gamma	S121, S81
Tocopherol, delta	S121, S81
Vitamin K (phylloquinone)	D4002

### **NDB No. 09137 Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C**

Vitamin K (phylloquinone)	D4002
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### **NDB No. 09139 Guavas, common, raw**

Protein	S381
Total lipid (fat)	S381
Ash	S381
Water	S381
Calcium, Ca	S381
Iron, Fe	S381
Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381

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### **NDB No. 09139 Guavas, common, raw**

Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Carotene, beta	D3899, D4863, D4864
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899
Lycopene	D4863, D4864
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### **NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw**

Protein	S1033, S363, S582
Total lipid (fat)	S1033, S363, S582
Ash	S1033, S363, S582
Starch	S363
Sucrose	S363, S582
Glucose (dextrose)	S363, S582
Fructose	S363, S582
Lactose	S363, S582
Maltose	S363, S582
Water	S1033, S363, S582
Sugars, total	S363, S582
Galactose	S363, S582
Fiber, total dietary	S363, S582
Calcium, Ca	D4070, S1033, S363, S582
Iron, Fe	D4070, S1033, S363, S582
Magnesium, Mg	D4070, S1033, S363, S582
Phosphorus, P	S1033, S363, S582
Potassium, K	D4070, S1033, S363
Sodium, Na	D4070, S1033, S363, S582
Zinc, Zn	D4070, S1033, S363, S582

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### **NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw**

Copper, Cu	D4070, S1033, S363, S582
Manganese, Mn	D4070, S1033, S363
Selenium, Se	S363, S582
Vitamin A, IU	S1033, S363, S582
Vitamin A, RAE	S1033, S363, S582
Carotene, beta	S1033, S363, S582
Carotene, alpha	S363, S582
Vitamin E (alpha-tocopherol)	S1033, S363
Cryptoxanthin, beta	S363, S582
Lycopene	S363, S582
Lutein + zeaxanthin	S363, S582
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S1033, S582
Thiamin	S582
Riboflavin	S1033, S363, S582
Niacin	S1033, S363, S582
Pantothenic acid	S1033, S363, S582
Vitamin B-6	S1033, S363, S582
Folate, total	S1033, S363, S582
Vitamin K (phylloquinone)	S363, S582
Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582
Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582

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### **NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw**

Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

### **NDB No. 09149 Kumquats, raw**

Protein	S381
Total lipid (fat)	S381
Ash	S381
Water	S381
Fiber, total dietary	S381
Calcium, Ca	S381
Iron, Fe	S381
Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899, S381
Carotene, alpha	D3899, S381
Cryptoxanthin, beta	D3899, S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### **NDB No. 09150 Lemons, raw, without peel**

Carotene, beta	D3919, D3949
Carotene, alpha	D3919, D3949
Cryptoxanthin, beta	D3949

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### **NDB No. 09150 Lemons, raw, without peel**

Lycopene	D3919
Lutein + zeaxanthin	D3919, D3949

### **NDB No. 09153 Lemon juice, canned or bottled**

Vitamin K (phylloquinone)	D4048
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### **NDB No. 09160 Lime juice, raw**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Sugars, total	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S1065
Vitamin A, RAE	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Vitamin E (alpha-tocopherol)	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065

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### **NDB No. 09160** Lime juice, raw

Lutein + zeaxanthin	S1065
Tocopherol, beta	S1065
Tocopherol, gamma	S1065
Tocopherol, delta	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### **NDB No. 09176** Mangos, raw

Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

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### **NDB No. 09177 Mangosteen, canned, syrup pack**

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 09181 Melons, cantaloupe, raw**

Protein	S1024, S1121, S461
Total lipid (fat)	S1024, S1121, S121, S461, S87
Ash	S1024, S1121, S461
Starch	S461
Sucrose	S1121, S461, S604, S606
Glucose (dextrose)	S1121, S461, S604, S606
Fructose	S1121, S461, S604, S606
Lactose	S1121, S461
Maltose	S1121, S461, S604
Water	S1024, S1121, S121, S461, S604, S606, S87
Galactose	S1121, S461
Fiber, total dietary	S1024, S1121, S461
Calcium, Ca	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S1024, S11, S1121, S12, S206, S208, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S1121
Carotene, beta	D3887, D3889, D3912, S1024, S1121, S1203, S461
Carotene, alpha	D3887, D3889, D3904, S1121, S1203, S461
Vitamin E (alpha-tocopherol)	S121, S461, S87
Cryptoxanthin, beta	D3887, D3904, S1121, S1203, S461
Lycopene	D3904, S1121, S1203, S461
Lutein + zeaxanthin	D3904, S1121, S1203, S461
Tocopherol, beta	S121, S461, S87

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### **NDB No. 09181 Melons, cantaloupe, raw**

Tocopherol, gamma	S121, S461, S87
Tocopherol, delta	S121, S461, S87
Vitamin C, total ascorbic acid	S1024
Thiamin	S1024, S1121, S461
Riboflavin	S1121
Niacin	S1024, S1121, S461
Pantothenic acid	S1024, S1121, S461
Vitamin B-6	S1024, S1121
Folate, total	S1024, S1121, S461
Vitamin K (phylloquinone)	S1121, S461
Tryptophan	S1121
Threonine	S1121
Isoleucine	S1121
Leucine	S1121
Lysine	S1121
Methionine	S1121
Cystine	S1121
Phenylalanine	S1121
Tyrosine	S1121
Valine	S1121
Arginine	S1121
Histidine	S1121
Alanine	S1121
Aspartic acid	S1121
Glutamic acid	S1121
Glycine	S1121
Proline	S1121
Serine	S1121

### **NDB No. 09183 Melons, casaba, raw**

Protein	S381
Ash	S381
Water	S381
Fiber, total dietary	S381
Calcium, Ca	S381
Iron, Fe	S381

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### **NDB No. 09183 Melons, casaba, raw**

Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Cryptoxanthin, beta	S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### **NDB No. 09184 Melons, honeydew, raw**

Protein	S1026, S562, S565
Total lipid (fat)	S562, S565
Ash	S1026, S562, S565
Starch	S562
Sucrose	S562, S565
Glucose (dextrose)	S562, S565
Fructose	S562, S565
Lactose	S562, S565
Maltose	S562, S565
Water	D3765, S1026, S562, S565
Sugars, total	S562, S565
Galactose	S562, S565
Fiber, total dietary	D3765, S1026, S562, S565
Calcium, Ca	D4070, S1026, S562, S565
Iron, Fe	D4070, S1026, S562, S565

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### **NDB No. 09184 Melons, honeydew, raw**

Magnesium, Mg	D4070, S1026, S562, S565
Phosphorus, P	S1026, S562, S565
Potassium, K	D4070, S1026, S562, S565
Sodium, Na	D4070, S1026, S562, S565
Zinc, Zn	D4070, S1026, S562, S565
Copper, Cu	D4070, S1026, S562, S565
Manganese, Mn	D4070, S1026, S562, S565
Selenium, Se	S562
Vitamin A, IU	S1026, S562, S565
Vitamin A, RAE	S1026, S562, S565
Carotene, beta	S1026, S562, S565
Carotene, alpha	S562, S565
Vitamin E (alpha-tocopherol)	S562
Cryptoxanthin, beta	S562, S565
Lycopene	S562, S565
Lutein + zeaxanthin	S562, S565
Tocopherol, beta	S562
Tocopherol, gamma	S562
Tocopherol, delta	S562
Vitamin C, total ascorbic acid	S1026, S562
Thiamin	S1026, S562
Riboflavin	S562, S565
Niacin	S1026, S562, S565
Pantothenic acid	S562, S565
Vitamin B-6	S1026, S562, S565
Folate, total	S1026, S562, S565
Vitamin K (phylloquinone)	S562, S565
Tryptophan	S562, S565
Threonine	S562, S565
Isoleucine	S562, S565
Leucine	S562, S565
Lysine	S562, S565
Methionine	S562, S565
Cystine	S562, S565
Phenylalanine	S562, S565
Tyrosine	S562, S565
Valine	S562, S565

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### **NDB No. 09184 Melons, honeydew, raw**

Arginine	S562, S565
Histidine	S562, S565
Alanine	S562, S565
Aspartic acid	S562, S565
Glutamic acid	S562, S565
Glycine	S562, S565
Proline	S562, S565
Serine	S562, S565

### **NDB No. 09191 Nectarines, raw**

Protein	S421, S582
Total lipid (fat)	S421, S582, S84
Ash	S421, S582
Starch	S421
Sucrose	D3344, S421, S582
Glucose (dextrose)	D3344, S421, S582
Fructose	D3344, S421, S582
Lactose	S421, S582
Maltose	S421, S582
Water	D3344, D3764, S1206, S421, S582, S837, S84
Sugars, total	S421, S582
Galactose	S421, S582
Fiber, total dietary	D3764, S1206, S421, S582, S837
Calcium, Ca	D4070, S421
Iron, Fe	D4070, S421, S582
Magnesium, Mg	D4070, S421, S582
Phosphorus, P	S421, S582
Potassium, K	D4070, S421, S582
Sodium, Na	D4070, S582
Zinc, Zn	D4070, S421, S582
Copper, Cu	D4070, S421, S582
Manganese, Mn	D4070, S421, S582
Selenium, Se	S582
Carotene, beta	D3888, S1206, S421, S582
Carotene, alpha	D3888, S421, S582
Vitamin E (alpha-tocopherol)	S421, S84

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### **NDB No. 09191 Nectarines, raw**

Cryptoxanthin, beta	S1206, S421, S582
Lycopene	S421, S582
Lutein + zeaxanthin	S421, S582
Tocopherol, beta	S421, S84
Tocopherol, gamma	S421, S84
Tocopherol, delta	S421, S84
Thiamin	S421, S582
Riboflavin	S421, S582
Niacin	S421, S582
Pantothenic acid	S421, S582
Vitamin B-6	S421, S582
Folate, total	S582
Vitamin K (phylloquinone)	S421, S582
Tryptophan	S421, S582
Threonine	S421, S582
Isoleucine	S421, S582
Leucine	S421, S582
Lysine	S421, S582
Methionine	S421, S582
Cystine	S421, S582
Phenylalanine	S421, S582
Tyrosine	S421, S582
Valine	S421, S582
Arginine	S421, S582
Histidine	S421, S582
Alanine	S421, S582
Aspartic acid	S421, S582
Glutamic acid	S421, S582
Glycine	S421, S582
Proline	S421, S582
Serine	S421, S582

### **NDB No. 09193 Olives, ripe, canned (small-extra large)**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84



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### **NDB No. 09193 Olives, ripe, canned (small-extra large)**

Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 09194 Olives, ripe, canned (jumbo-super colossal)**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 09195 Olives, pickled, canned or bottled, green**

Protein	S1202, S1562
Total lipid (fat)	S1202, S1562, S84
Ash	S1202
Water	S1202, S1562, S84
Fiber, total dietary	S1202, S1562
Calcium, Ca	S1202, S1562
Iron, Fe	S1202, S1562
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202, S1562
Sodium, Na	S1202, S1562
Zinc, Zn	S1202
Copper, Cu	S1202
Vitamin A, IU	D3919, S1202, S1562
Vitamin A, RAE	D3919, S1202
Carotene, beta	D3919, S1202
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3919, S1202
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S1202, S1562

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### **NDB No. 09195 Olives, pickled, canned or bottled, green**

Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### **NDB No. 09200 Oranges, raw, all commercial varieties**

Vitamin A, IU	D3887, S1203, S482
Vitamin A, RAE	D3887, S1203, S482
Carotene, beta	D3887, S1203, S482
Carotene, alpha	D3887, S1203, S482
Vitamin E (alpha-tocopherol)	S482, S564, S84
Cryptoxanthin, beta	S1203, S482
Lycopene	S1203, S482
Lutein + zeaxanthin	S1203, S482
Vitamin K (phylloquinone)	D4002, D4048, S482, S564

### **NDB No. 09202 Oranges, raw, navels**

Protein	S482, S564
Total lipid (fat)	S482, S564
Ash	S482, S564
Starch	S564
Sucrose	S482, S564, S837
Glucose (dextrose)	S482, S564, S837
Fructose	S482, S564, S837
Lactose	S482, S564, S837
Maltose	S482, S564, S837
Water	S482, S564, S837
Sugars, total	S482, S564, S837
Galactose	S482, S564
Fiber, total dietary	S564, S837
Calcium, Ca	S482, S564
Iron, Fe	S564
Magnesium, Mg	S482, S564
Phosphorus, P	S482, S564

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### **NDB No. 09202 Oranges, raw, navels**

Potassium, K	S482, S564
Sodium, Na	S564
Zinc, Zn	S482, S564
Copper, Cu	S564
Manganese, Mn	S482, S564
Selenium, Se	S564
Vitamin A, IU	S1203, S482
Vitamin A, RAE	S1203, S482
Carotene, beta	S1203, S482
Carotene, alpha	S1203, S482
Vitamin E (alpha-tocopherol)	S482, S564
Cryptoxanthin, beta	S1203, S482
Lycopene	S1203, S482
Lutein + zeaxanthin	S1203, S482
Tocopherol, beta	S482, S564
Tocopherol, gamma	S482, S564
Tocopherol, delta	S482, S564
Vitamin C, total ascorbic acid	S482, S564
Thiamin	S482, S564
Riboflavin	S482, S564
Niacin	S482, S564
Pantothenic acid	S482, S564
Vitamin B-6	S482, S564
Vitamin K (phylloquinone)	S482, S564
Tryptophan	S482, S564
Threonine	S482, S564
Isoleucine	S482, S564
Leucine	S482, S564
Lysine	S482, S564
Methionine	S482, S564
Cystine	S482, S564
Phenylalanine	S482, S564
Tyrosine	S482, S564
Valine	S482, S564
Arginine	S482, S564
Histidine	S482, S564
Alanine	S482, S564

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### **NDB No. 09202 Oranges, raw, navels**

Aspartic acid	S482, S564
Glutamic acid	S482, S564
Glycine	S482, S564
Proline	S482, S564
Serine	S482, S564

### **NDB No. 09214 Orange juice, frozen concentrate, unsweetened, undiluted**

Vitamin K (phylloquinone)	S23
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### **NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water**

Sucrose	S404, S837
Glucose (dextrose)	S404, S837
Fructose	S404, S837
Lactose	S837
Maltose	S837
Vitamin A, IU	D3848, S1203, S23
Vitamin A, RAE	D3848, S1203, S23
Carotene, beta	D3848, D3912, S1203, S23
Carotene, alpha	D3848, S1203, S23
Vitamin E (alpha-tocopherol)	S81, S84
Cryptoxanthin, beta	D3848, D3912, S1203, S23
Lycopene	S1203, S23
Lutein + zeaxanthin	S1203, S23
Tocopherol, beta	S81, S84
Tocopherol, gamma	S81, S84
Tocopherol, delta	S81, S84

### **NDB No. 09218 Tangerines, (mandarin oranges), raw**

Protein	S1065, S1161
Total lipid (fat)	S1065, S1161
Ash	S1065, S1161
Starch	S1065
Sucrose	S1065, S606
Glucose (dextrose)	S1065, S606
Fructose	S1065, S606

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### **NDB No. 09218** Tangerines, (mandarin oranges), raw

Lactose	S1065
Maltose	S1065
Water	D3764, S1065, S1161, S1222, S606
Sugars, total	S1065, S606
Galactose	S1065
Fiber, total dietary	D3764, S1065, S1222, S642
Calcium, Ca	S1065, S1161
Iron, Fe	S1065, S1161
Magnesium, Mg	S1065, S1161
Phosphorus, P	S1065, S1161
Potassium, K	S1065, S1161
Sodium, Na	S1065
Zinc, Zn	S1065, S1161
Copper, Cu	S1065, S1161
Manganese, Mn	S1065, S1161
Selenium, Se	S1065
Vitamin A, IU	S1161, S1203
Vitamin A, RAE	S1161, S1203
Carotene, beta	S1065, S1161, S1203
Carotene, alpha	S1065, S1203
Vitamin E (alpha-tocopherol)	S1065
Cryptoxanthin, beta	S1065, S1203
Lycopene	S1065, S1203
Lutein + zeaxanthin	S1065, S1203
Tocopherol, beta	S1065
Tocopherol, gamma	S1065
Tocopherol, delta	S1065
Vitamin C, total ascorbic acid	S1065, S1161
Thiamin	S1065, S1161
Riboflavin	S1065, S1161
Niacin	S1065, S1161
Pantothenic acid	S1065, S1161
Vitamin B-6	S1065, S1161
Folate, total	S1065, S1161
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065

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### **NDB No. 09218** Tangerines, (mandarin oranges), raw

Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### **NDB No. 09221** Tangerine juice, raw

Vitamin A, IU	D3849
Vitamin A, RAE	D3849
Carotene, beta	D3849
Carotene, alpha	D3849
Cryptoxanthin, beta	D3849
Lutein + zeaxanthin	D3849

### **NDB No. 09224** Tangerine juice, frozen concentrate, sweetened, undiluted

Vitamin A, IU	D3912
Vitamin A, RAE	D3912
Carotene, beta	D3912
Cryptoxanthin, beta	D3912

### **NDB No. 09226** Papayas, raw

Carotene, beta	D3842, D3912, S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	D3842, D3912, S1203

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### **NDB No. 09226 Papayas, raw**

Lycopene	S1203
Lutein + zeaxanthin	S1203

### **NDB No. 09231 Passion-fruit, (granadilla), purple, raw**

Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

### **NDB No. 09236 Peaches, raw**

Protein	S461, S582
Total lipid (fat)	S121, S461, S582
Ash	S461, S582
Starch	S461
Sucrose	S461, S582
Glucose (dextrose)	S461, S582
Fructose	S461, S582
Lactose	S461, S582
Maltose	S461, S582
Water	S121, S461, S582
Sugars, total	S461, S582
Galactose	S461, S582
Fiber, total dietary	S461, S582
Calcium, Ca	D4070, S10, S11, S12, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S582, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S11, S12, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S582
Vitamin A, IU	D3887, D3904, S1203, S461, S582
Vitamin A, RAE	D3887, D3904, S1203, S461, S582

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### **NDB No. 09236 Peaches, raw**

Carotene, beta	D3887, D3904, S1203, S461, S582
Carotene, alpha	D3887, D3904, S1203, S461, S582
Vitamin E (alpha-tocopherol)	S121, S461
Cryptoxanthin, beta	D3887, D3904, S1203, S461, S582
Lycopene	D3904, S1203, S461, S582
Lutein + zeaxanthin	D3904, S1203, S461, S582
Tocopherol, beta	S121, S461
Tocopherol, gamma	S121, S461
Tocopherol, delta	S121, S461
Thiamin	S461, S582
Riboflavin	S461, S582
Niacin	S461, S582
Pantothenic acid	S461, S582
Vitamin B-6	S461, S582
Folate, total	S582
Vitamin K (phylloquinone)	D4002, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582

### **NDB No. 09246 Peaches, dried, sulfured, uncooked**



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### **NDB No. 09246 Peaches, dried, sulfured, uncooked**

Sucrose	D3315, S606
Glucose (dextrose)	D3315, S606
Fructose	D3315, S606
Sugars, total	D3315, S606
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 09252 Pears, raw**

Protein	S482, S541
Total lipid (fat)	S482, S541
Ash	S482, S541
Sucrose	S482, S541
Glucose (dextrose)	S482, S541
Fructose	S482, S541
Lactose	S482, S541
Maltose	S482, S541
Water	S482, S541
Sugars, total	S482, S541
Galactose	S482, S541
Fiber, total dietary	S482, S541
Calcium, Ca	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S206, S208, S541, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Selenium, Se	S541
Vitamin A, IU	S1206, S482, S541
Vitamin A, RAE	S1206, S482, S541
Carotene, beta	S1206, S482, S541
Carotene, alpha	S1206, S482, S541

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### **NDB No. 09252 Pears, raw**

Vitamin E (alpha-tocopherol)	S541
Cryptoxanthin, beta	S482, S541
Lycopene	S482, S541
Lutein + zeaxanthin	S482, S541
Tocopherol, beta	S541
Tocopherol, gamma	S541
Tocopherol, delta	S541
Vitamin C, total ascorbic acid	S482, S541
Thiamin	S482, S541
Riboflavin	S482, S541
Niacin	S482, S541
Pantothenic acid	S482, S541
Vitamin B-6	S482, S541
Folate, total	S482, S541
Vitamin K (phylloquinone)	S482, S541
Tryptophan	S541
Threonine	S541
Isoleucine	S541
Leucine	S541
Lysine	S541
Methionine	S541
Cystine	S541
Phenylalanine	S541
Tyrosine	S541
Valine	S541
Arginine	S541
Histidine	S541
Alanine	S541
Aspartic acid	S541
Glutamic acid	S541
Glycine	S541
Proline	S541
Serine	S541

### **NDB No. 09253 Pears, canned, water pack, solids and liquids**

Sucrose	D4841
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### **NDB No. 09253 Pears, canned, water pack, solids and liquids**

Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 09254 Pears, canned, juice pack, solids and liquids**

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 09256 Pears, canned, light syrup pack, solids and liquids**

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 09257 Pears, canned, heavy syrup pack, solids and liquids**

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 09259 Pears, dried, sulfured, uncooked**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121

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### **NDB No. 09259 Pears, dried, sulfured, uncooked**

Tocopherol, delta S121

### **NDB No. 09263 Persimmons, japanese, raw**

Sucrose D4941, S606

Glucose (dextrose) D4941, S606

Fructose D4941, S606

Sugars, total D4941, S606

Carotene, beta D3842, D3912

Cryptoxanthin, beta D3842, D3912

Lycopene D3842

Lutein + zeaxanthin D3842

### **NDB No. 09264 Persimmons, japanese, dried**

Vitamin A, IU D3899

Vitamin A, RAE D3899

Carotene, beta D3899

Carotene, alpha D3899

Cryptoxanthin, beta D3899

### **NDB No. 09266 Pineapple, raw, all varieties**

Protein S1167, S441, S561

Total lipid (fat) S1167, S441, S561

Ash S1167, S441, S561

Starch S561

Sucrose S441, S561

Glucose (dextrose) S441, S561

Fructose S441, S561

Lactose S441, S561

Maltose S441, S561

Water S1167, S441, S561

Sugars, total S441, S561

Galactose S441, S561

Fiber, total dietary S561

Calcium, Ca D4070, S1167, S441, S561

Iron, Fe D4070, S1167, S441, S561

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### **NDB No. 09266 Pineapple, raw, all varieties**

Magnesium, Mg	D4070, S1167, S441, S561
Phosphorus, P	S1167, S441, S561
Potassium, K	D4070, S1167, S441, S561
Zinc, Zn	D4070, S1167, S441, S561
Copper, Cu	D4070, S1167, S441, S561
Manganese, Mn	D4070, S1167, S441, S561
Selenium, Se	S441, S561
Vitamin A, IU	S1167, S441, S561
Vitamin A, RAE	S1167, S441, S561
Carotene, beta	S1167, S441, S561
Carotene, alpha	S441, S561
Vitamin E (alpha-tocopherol)	S441, S561
Cryptoxanthin, beta	S441, S561
Lycopene	S441, S561
Lutein + zeaxanthin	S441, S561
Tocopherol, beta	S441, S561
Tocopherol, gamma	S441, S561
Tocopherol, delta	S441, S561
Vitamin C, total ascorbic acid	S1167, S441, S561
Thiamin	S1167, S441, S561
Riboflavin	S1167, S441, S561
Niacin	S1167, S441, S561
Pantothenic acid	S1167, S441, S561
Vitamin B-6	S1167, S441, S561
Folate, total	S1167, S441, S561
Vitamin K (phylloquinone)	S441, S561
Tryptophan	S441, S561
Threonine	S441, S561
Isoleucine	S441, S561
Leucine	S441, S561
Lysine	S441, S561
Methionine	S441, S561
Cystine	S441, S561
Phenylalanine	S441, S561
Tyrosine	S441, S561
Valine	S441, S561
Arginine	S441, S561

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### **NDB No. 09266 Pineapple, raw, all varieties**

Histidine	S441, S561
Alanine	S441, S561
Aspartic acid	S441, S561
Glutamic acid	S441, S561
Glycine	S441, S561
Proline	S441, S561
Serine	S441, S561

### **NDB No. 09268 Pineapple, canned, juice pack, solids and liquids**

Sucrose	D3315
Glucose (dextrose)	D3315
Fructose	D3315
Sugars, total	D3315
Vitamin K (phylloquinone)	D4002

### **NDB No. 09270 Pineapple, canned, heavy syrup pack, solids and liquids**

Sucrose	D3315
Glucose (dextrose)	D3315
Fructose	D3315
Sugars, total	D3315

### **NDB No. 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid**

Protein	S2104, S2985
Total lipid (fat)	S2104, S2985
Ash	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104, S2985

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### **NDB No. 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid**

Iron, Fe	S2104, S2985
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104, S2985
Sodium, Na	S2104, S2985
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Thiamin	S2104, S2985
Riboflavin	S2104, S2985
Niacin	S2104, S2985
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104

### **NDB No. 09275 Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water**

Vitamin K (phylloquinone)	D4002
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### **NDB No. 09279 Plums, raw**

Protein	S421, S582
Total lipid (fat)	S121, S421, S582
Ash	S421, S582
Starch	S421
Sucrose	S421, S582
Glucose (dextrose)	S421, S582
Fructose	S421, S582
Lactose	S421, S582
Maltose	S421, S582
Water	S121, S421, S582
Sugars, total	S421, S582
Galactose	S421, S582
Fiber, total dietary	S421, S582
Calcium, Ca	S10, S11, S12, S206, S208, S421, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9

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### **NDB No. 09279 Plums, raw**

Potassium, K	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S582, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Selenium, Se	S582
Vitamin A, IU	S421, S582
Vitamin A, RAE	S421, S582
Carotene, beta	S421, S582
Carotene, alpha	S421, S582
Vitamin E (alpha-tocopherol)	S121, S421
Cryptoxanthin, beta	S421, S582
Lycopene	S421, S582
Lutein + zeaxanthin	S421, S582
Tocopherol, beta	S121, S421
Tocopherol, gamma	S121, S421
Tocopherol, delta	S121, S421
Thiamin	S421, S582
Riboflavin	S421, S582
Niacin	S421, S582
Pantothenic acid	S421, S582
Vitamin B-6	S421, S582
Folate, total	S421, S582
Vitamin K (phylloquinone)	D4002, S421, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582



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### **NDB No. 09279 Plums, raw**

Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582

### **NDB No. 09287 Prickly pears, raw**

Vitamin A, IU	D3899, S1202
Vitamin A, RAE	D3899, S1202
Carotene, beta	D3899, S1202
Carotene, alpha	D3899, S1202
Cryptoxanthin, beta	D3899, S1202

### **NDB No. 09291 Plums, dried (prunes), uncooked**

Protein	S564, S566
Total lipid (fat)	S121, S564, S566
Ash	S564, S566
Starch	S564, S566
Sucrose	D3315, S564, S566, S606, S837
Glucose (dextrose)	D3315, D3318, S564, S566, S606, S837
Fructose	D3315, D3318, S564, S566, S606, S837
Lactose	S564, S566, S837
Maltose	S564, S566, S837
Water	D3780, S121, S564, S566, S606, S837
Sugars, total	D3315, S566, S606, S837
Galactose	S566
Fiber, total dietary	D3780, S564, S566
Calcium, Ca	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

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### **NDB No. 09291 Plums, dried (prunes), uncooked**

Selenium, Se	S564, S566
Vitamin A, IU	S1341, S564, S566
Vitamin A, RAE	S1341, S564, S566
Carotene, beta	S1341, S564, S566
Carotene, alpha	S1341, S564, S566
Vitamin E (alpha-tocopherol)	S121, S564
Cryptoxanthin, beta	S1341, S564, S566
Lycopene	S564, S566
Lutein + zeaxanthin	S1341, S564, S566
Tocopherol, beta	S121, S564
Tocopherol, gamma	S121, S564
Tocopherol, delta	S121, S564
Vitamin C, total ascorbic acid	S564, S566
Thiamin	S564, S566
Riboflavin	S564, S566
Niacin	S564, S566
Pantothenic acid	S564, S566
Vitamin B-6	S564, S566
Folate, total	S564
Vitamin K (phylloquinone)	S564, S566
Tryptophan	S564, S566
Threonine	S564, S566
Isoleucine	S564, S566
Leucine	S564, S566
Lysine	S564, S566
Methionine	S564, S566
Cystine	S564, S566
Phenylalanine	S564, S566
Tyrosine	S564, S566
Valine	S564, S566
Arginine	S564, S566
Histidine	S564, S566
Alanine	S564, S566
Aspartic acid	S564, S566
Glutamic acid	S564, S566
Glycine	S564, S566
Proline	S564, S566

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### **NDB No. 09291 Plums, dried (prunes), uncooked**

Serine	S564, S566
8:0	S564, S566
10:0	S564, S566
12:0	S564, S566
14:0	S564, S566
16:0	S564, S566
18:0	S564, S566
20:0	S564, S566
18:1 undifferentiated	S564, S566
18:2 undifferentiated	S564, S566
18:3 undifferentiated	S564, S566
20:4 undifferentiated	S564, S566
22:0	S564, S566
14:1	S564, S566
16:1 undifferentiated	S564, S566
20:1	S564, S566
15:0	S564, S566
17:0	S564, S566
20:2 n-6 c,c	S564, S566
18:3 n-6 c,c,c	S564
17:1	S564, S566
20:3 undifferentiated	S564, S566
15:1	S564, S566

### **NDB No. 09294 Prune juice, canned**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 09295 Pummelo, raw**

Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

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### **NDB No. 09298 Raisins, seedless**

Protein	S5, S564, S566
Total lipid (fat)	S121, S5, S564, S566
Ash	S564, S566
Starch	S564, S566
Sucrose	D3315, S564, S566, S837
Glucose (dextrose)	D3315, S564, S566, S837
Fructose	D3315, S564, S566, S837
Lactose	S564, S566
Maltose	S564, S566
Water	D3764, D3779, S121, S564, S566
Sugars, total	D3315, S564, S566, S837
Galactose	S564, S566
Fiber, total dietary	D3764, D3779, S5, S564, S566, S837
Calcium, Ca	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S5, S564, S566, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S5, S564, S566, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Selenium, Se	S564, S566
Vitamin A, IU	S564, S566
Vitamin A, RAE	S564, S566
Carotene, beta	S564, S566
Carotene, alpha	S564, S566
Vitamin E (alpha-tocopherol)	S121, S564
Cryptoxanthin, beta	S564, S566
Lycopene	S564, S566
Lutein + zeaxanthin	S564, S566
Tocopherol, beta	S121, S564
Tocopherol, gamma	S121, S564
Tocopherol, delta	S121, S564
Vitamin C, total ascorbic acid	S5, S564, S566
Thiamin	S564, S566
Riboflavin	S564, S566

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### **NDB No. 09298 Raisins, seedless**

Niacin	S564, S566
Pantothenic acid	S564, S566
Vitamin B-6	S564, S566
Folate, total	S564
Vitamin K (phylloquinone)	D4002, S564, S566
Tryptophan	S564, S566
Threonine	S564, S566
Isoleucine	S564, S566
Leucine	S564, S566
Lysine	S564, S566
Methionine	S564, S566
Cystine	S564, S566
Phenylalanine	S564, S566
Tyrosine	S564, S566
Valine	S564, S566
Arginine	S564, S566
Histidine	S564, S566
Alanine	S564, S566
Aspartic acid	S564, S566
Glutamic acid	S564, S566
Glycine	S564, S566
Proline	S564, S566
Serine	S564, S566
8:0	S564, S566
10:0	S564, S566
12:0	S564, S566
14:0	S564, S566
16:0	S564, S566
18:0	S564, S566
20:0	S564, S566
18:1 undifferentiated	S564, S566
18:2 undifferentiated	S564, S566
18:3 undifferentiated	S564, S566
20:4 undifferentiated	S564, S566
22:0	S564, S566
14:1	S564, S566
16:1 undifferentiated	S564, S566

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### **NDB No. 09298 Raisins, seedless**

20:1	S564, S566
15:0	S564, S566
17:0	S564, S566
20:2 n-6 c,c	S564, S566
18:3 n-6 c,c,c	S564
17:1	S564, S566
20:3 undifferentiated	S564, S566
15:1	S564, S566

### **NDB No. 09301 Rambutan, canned, syrup pack**

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 09302 Raspberries, raw**

Protein	S381, S461, S566, S963
Total lipid (fat)	S381, S461, S566, S963
Ash	S381, S461, S566, S963
Starch	S461
Sucrose	S461, S566
Glucose (dextrose)	S461, S566
Fructose	S461, S566
Lactose	S461, S566
Maltose	S461, S566
Water	D3780, S381, S461, S566, S963
Sugars, total	S461, S566
Galactose	S461, S566
Fiber, total dietary	D3780, S381, S461, S566, S963
Calcium, Ca	S381, S461, S566, S963
Iron, Fe	S381, S461, S566, S963
Magnesium, Mg	S381, S461, S566, S963
Phosphorus, P	S381, S461, S566, S963
Potassium, K	S381, S461, S566, S963
Sodium, Na	S381, S566, S963

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### **NDB No. 09302 Raspberries, raw**

Zinc, Zn	S381, S461, S566, S963
Copper, Cu	S381, S461, S566, S963
Manganese, Mn	S381, S461, S566, S963
Selenium, Se	S566
Carotene, beta	D3887, D3899, S461, S566, S963
Carotene, alpha	D3887, D3899, S461, S566
Vitamin E (alpha-tocopherol)	S461, S566
Cryptoxanthin, beta	D3887, D3899, S461, S566
Lycopene	S461, S566
Lutein + zeaxanthin	S461, S566
Tocopherol, beta	S461, S566
Tocopherol, gamma	S461, S566
Tocopherol, delta	S461, S566
Vitamin C, total ascorbic acid	S381, S461, S566, S963
Thiamin	S381, S461, S566, S963
Riboflavin	S381, S461, S566, S963
Niacin	S381, S461, S566, S963
Pantothenic acid	S381, S461, S566, S963
Vitamin B-6	S381, S461, S566, S963
Folate, total	S381, S461, S566, S963
Vitamin K (phylloquinone)	S461, S566

### **NDB No. 09307 Rhubarb, raw**

Vitamin A, IU	D3919
Vitamin A, RAE	D3919
Carotene, beta	D3919
Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919

### **NDB No. 09316 Strawberries, raw**

Protein	S1162, S421, S566, S581, S604
Total lipid (fat)	S1162, S421, S566, S581, S604
Ash	S1162, S421, S566, S581, S604
Starch	S421, S566

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### NDB No. 09316 Strawberries, raw

Sucrose	S421, S566, S606
Glucose (dextrose)	S421, S566, S604, S606
Fructose	S421, S566, S604, S606
Lactose	S421, S566
Maltose	S421, S566
Water	D3764, S1162, S421, S566, S581, S604, S606
Galactose	S421, S566
Fiber, total dietary	D3764, S1162, S421, S566, S581, S604, S642
Calcium, Ca	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S1162, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S1162, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S566, S581, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S581, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Selenium, Se	S566
Vitamin A, IU	S421, S566, S581
Vitamin A, RAE	S421, S566, S581
Carotene, beta	S421, S566, S581
Carotene, alpha	S421, S566
Vitamin E (alpha-tocopherol)	S421, S566
Cryptoxanthin, beta	S421, S566
Lycopene	S421, S566
Lutein + zeaxanthin	S421, S566
Tocopherol, beta	S421, S566
Tocopherol, gamma	S421, S566
Tocopherol, delta	S421, S566
Vitamin C, total ascorbic acid	S1162, S421, S581
Thiamin	S421, S566, S581



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### **NDB No. 09316 Strawberries, raw**

Riboflavin	S421, S566, S581
Niacin	S421, S566, S581
Pantothenic acid	S421, S566, S581
Vitamin B-6	S421, S566, S581
Folate, total	D4781, S1662
Vitamin K (phylloquinone)	D4002, S421, S566

### **NDB No. 09318 Strawberries, frozen, unsweetened**

Sucrose	S604
Glucose (dextrose)	S604, S606
Fructose	S604, S606

### **NDB No. 09326 Watermelon, raw**

Protein	S1027, S441, S461
Total lipid (fat)	S1027, S441, S461
Ash	S1027, S441, S461
Starch	S461
Sucrose	S441, S461, S837
Glucose (dextrose)	S441, S461, S837
Fructose	S441, S461, S837
Lactose	S441, S461, S837
Maltose	S441, S461, S837
Water	D3764, S1027, S441, S461, S837, S84
Sugars, total	S441, S461, S837
Galactose	S441, S461
Fiber, total dietary	D3764, S1027, S461, S837
Calcium, Ca	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S1027, S11, S12, S206, S208, S441, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S441

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### **NDB No. 09326 Watermelon, raw**

Vitamin A, IU	S1027, S441, S461
Vitamin A, RAE	S441, S461
Carotene, beta	D3912, S1027, S1203, S441, S461
Carotene, alpha	S1203, S441, S461
Vitamin E (alpha-tocopherol)	S441, S461, S84
Cryptoxanthin, beta	D3912, S1203, S441, S461
Lycopene	D4801, S1203, S441, S461
Lutein + zeaxanthin	S1203, S441, S461
Tocopherol, beta	S441, S461, S84
Tocopherol, gamma	S441, S461, S84
Tocopherol, delta	S441, S461, S84
Vitamin C, total ascorbic acid	S1027, S461
Thiamin	S1027, S441, S461
Riboflavin	S1027, S441, S461
Niacin	S1027, S441, S461
Pantothenic acid	S1027, S441, S461
Vitamin B-6	S1027, S441, S461
Folate, total	S441
Vitamin K (phylloquinone)	D4002, S441, S461

### **NDB No. 09328 Maraschino cherries, canned, drained**

Protein	S1206
Total lipid (fat)	S1206
Ash	S1206
Water	S1206
Fiber, total dietary	S1206
Calcium, Ca	S1206
Iron, Fe	S1206
Magnesium, Mg	S1206
Phosphorus, P	S1206
Potassium, K	S1206
Sodium, Na	S1206
Zinc, Zn	S1206
Copper, Cu	S1206
Manganese, Mn	S1206
Riboflavin	S1206

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### **NDB No. 09328 Maraschino cherries, canned, drained**

Niacin	S1206
Pantothenic acid	S1206
Vitamin B-6	S1206

### **NDB No. 09351 Fruit cocktail, canned, heavy syrup, drained**

Vitamin A, IU	S1203
Vitamin A, RAE	S1203
Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

### **NDB No. 09354 Pineapple, canned, juice pack, drained**

Carotene, beta	D3912
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### **NDB No. 09357 Apricots, canned, heavy syrup, drained**

Carotene, beta	D3843, D3846, D3912, D3919, D3924
Carotene, alpha	D3919, D3924
Cryptoxanthin, beta	D3919, D3924
Lutein + zeaxanthin	D3919, D3924

### **NDB No. 09370 Peaches, canned, heavy syrup, drained**

Vitamin A, IU	D3843, D3904, D3912
Vitamin A, RAE	D3843, D3904, D3912
Carotene, beta	D3843, D3904, D3912
Carotene, alpha	D3904
Cryptoxanthin, beta	D3904, D3912
Lycopene	D3904
Lutein + zeaxanthin	D3904

### **NDB No. 09374 Pears, canned, heavy syrup, drained**

Carotene, beta	D3843
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### **NDB No. 09409 Pineapple juice, canned, unsweetened, with added ascorbic acid**

Protein	S2104, S2985
Total lipid (fat)	S2104, S2985
Ash	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104, S2985
Iron, Fe	S2104, S2985
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104, S2985
Sodium, Na	S2104, S2985
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104, S2985
Riboflavin	S2104, S2985
Niacin	S2104, S2985
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104

### **NDB No. 09421 Dates, medjool**

Protein	S564, S582
Total lipid (fat)	S564, S582
Ash	S564, S582
Sucrose	S564, S582
Glucose (dextrose)	S564, S582
Fructose	S564, S582

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### **NDB No. 09421** Dates, medjool

Lactose	S564, S582
Maltose	S564, S582
Water	S564, S582
Sugars, total	S564, S582
Galactose	S564, S582
Fiber, total dietary	S564, S582
Calcium, Ca	S564, S582
Iron, Fe	S564, S582
Magnesium, Mg	S564, S582
Phosphorus, P	S564, S582
Potassium, K	S564, S582
Sodium, Na	S564, S582
Zinc, Zn	S564, S582
Copper, Cu	S564, S582
Manganese, Mn	S564, S582
Vitamin A, IU	S564, S582
Vitamin A, RAE	S564, S582
Carotene, beta	S564, S582
Carotene, alpha	S564, S582
Cryptoxanthin, beta	S564, S582
Lycopene	S564, S582
Lutein + zeaxanthin	S564, S582
Vitamin C, total ascorbic acid	S564, S582
Thiamin	S564, S582
Riboflavin	S564, S582
Niacin	S564, S582
Pantothenic acid	S564, S582
Vitamin B-6	S564, S582
Folate, total	S564
Vitamin K (phylloquinone)	S564, S582
Tryptophan	S564, S582
Threonine	S564, S582
Isoleucine	S564, S582
Leucine	S564, S582
Lysine	S564, S582
Methionine	S564, S582
Cystine	S564, S582

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### **NDB No. 09421** Dates, medjool

Phenylalanine	S564, S582
Tyrosine	S564, S582
Valine	S564, S582
Arginine	S564, S582
Histidine	S564, S582
Alanine	S564, S582
Aspartic acid	S564, S582
Glutamic acid	S564, S582
Glycine	S564, S582
Proline	S564, S582
Serine	S564, S582

### **NDB No. 09422** Durian, raw or frozen

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202

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### **NDB No. 09422 Durian, raw or frozen**

Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### **NDB No. 09427 Abiyuch, raw**

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Carotene, beta	D4053
Carotene, alpha	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

### **NDB No. 09428 Rowal, raw**

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053

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### **NDB No. 09428 Rowal, raw**

Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Carotene, beta	D4053
Carotene, alpha	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

### **NDB No. 09429 Pineapple, raw, traditional varieties**

Protein	S1167, S441
Total lipid (fat)	S1167, S441
Ash	S1167, S441
Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441
Water	S1167, S441
Sugars, total	S441
Galactose	S441



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### **NDB No. 09429 Pineapple, raw, traditional varieties**

Calcium, Ca	D4070, S1167, S441
Iron, Fe	D4070, S1167, S441
Magnesium, Mg	D4070, S1167, S441
Phosphorus, P	S1167, S441
Potassium, K	D4070, S1167, S441
Zinc, Zn	D4070, S1167, S441
Copper, Cu	D4070, S1167, S441
Manganese, Mn	D4070, S1167, S441
Selenium, Se	S441
Vitamin A, IU	S1167, S441
Vitamin A, RAE	S1167, S441
Carotene, beta	S1167, S441
Carotene, alpha	S441
Cryptoxanthin, beta	S441
Lycopene	S441
Lutein + zeaxanthin	S441
Vitamin C, total ascorbic acid	S1167, S441
Thiamin	S1167, S441
Riboflavin	S1167, S441
Niacin	S1167, S441
Pantothenic acid	S1167, S441
Vitamin B-6	S1167, S441
Folate, total	S1167, S441
Vitamin K (phylloquinone)	S441

### **NDB No. 09430 Pineapple, raw, extra sweet variety**

Protein	S441, S561
Total lipid (fat)	S441, S561
Ash	S441, S561
Starch	S561
Sucrose	S441, S561
Glucose (dextrose)	S441, S561
Fructose	S441, S561
Lactose	S441, S561
Maltose	S441, S561
Water	S441, S561

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### **NDB No. 09430 Pineapple, raw, extra sweet variety**

Sugars, total	S441, S561
Galactose	S441, S561
Fiber, total dietary	S561
Calcium, Ca	S441, S561
Iron, Fe	S441, S561
Magnesium, Mg	S441, S561
Phosphorus, P	S441, S561
Potassium, K	S441, S561
Zinc, Zn	S441, S561
Copper, Cu	S441, S561
Manganese, Mn	S441, S561
Selenium, Se	S561
Vitamin A, IU	S441, S561
Vitamin A, RAE	S441, S561
Carotene, beta	S441, S561
Carotene, alpha	S441, S561
Vitamin E (alpha-tocopherol)	S441, S561
Cryptoxanthin, beta	S441, S561
Lycopene	S441, S561
Lutein + zeaxanthin	S441, S561
Tocopherol, beta	S441, S561
Tocopherol, gamma	S441, S561
Tocopherol, delta	S441, S561
Vitamin C, total ascorbic acid	S441, S561
Thiamin	S441, S561
Riboflavin	S441, S561
Niacin	S441, S561
Pantothenic acid	S441, S561
Vitamin B-6	S441, S561
Folate, total	S441, S561
Vitamin K (phylloquinone)	S441, S561

### **NDB No. 09431 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained**

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203

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### **NDB No. 09431 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained**

Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Iron, Fe	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Carotene, beta	S2203
Carotene, alpha	S2203
Cryptoxanthin, beta	S2203
Lycopene	S2203
Lutein + zeaxanthin	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Riboflavin	S2203
Niacin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Folate, total	S2203
Vitamin K (phylloquinone)	S2203

### **NDB No. 09432 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids**

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203
Sucrose	S2203
Glucose (dextrose)	S2203

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### **NDB No. 09432** USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Carotene, beta	S2203
Carotene, alpha	S2203
Cryptoxanthin, beta	S2203
Lycopene	S2203
Lutein + zeaxanthin	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Riboflavin	S2203
Niacin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Folate, total	S2203
Vitamin K (phylloquinone)	S2203

### **NDB No. 09433** Clementines, raw

Protein	S2105, S2961
Total lipid (fat)	S2105, S2961
Ash	S2105, S2961
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105

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### **NDB No. 09433 Clementines, raw**

Maltose	S2105
Water	S2105, S2961
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105, S2961
Calcium, Ca	S2105, S2961
Iron, Fe	S2105, S2961
Magnesium, Mg	S2105, S2961
Phosphorus, P	S2105, S2961
Potassium, K	S2105, S2961
Sodium, Na	S2961
Zinc, Zn	S2105, S2961
Copper, Cu	S2105, S2961
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105, S2961
Riboflavin	S2105, S2961
Niacin	S2105, S2961
Pantothenic acid	S2105, S2961
Vitamin B-6	S2105, S2961
Folate, total	S2105, S2961
Vitamin K (phylloquinone)	S2105

### **NDB No. 10007 Pork, fresh, separable fat, cooked**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082

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### **NDB No. 10007 Pork, fresh, separable fat, cooked**

Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082

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### **NDB No. 10007 Pork, fresh, separable fat, cooked**

Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled**

Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Folate, total	S1166

### **NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw**

Protein	S1082
Total lipid (fat)	S1082, S1166
Ash	S1082

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### **NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw**

Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	D1243, S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082



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### **NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw**

Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10067 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised**

Protein	S1082
Total lipid (fat)	S1082, S1166

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### **NDB No. 10067 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised**

Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082

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### **NDB No. 10067 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised**

Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled**

Protein	S1082
Total lipid (fat)	S1082, S1166

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### **NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled**

Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082

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### **NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled**

Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked**

Folate, total	S1166
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### **NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw**

Protein	S1581
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### **NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw**

Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581

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### **NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw**

14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581

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### **NDB No. 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered**

Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581

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### **NDB No. 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered**

15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581

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### **NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw**

Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581

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### **NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw**

Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581

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### **NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw**

Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 10123 Pork, cured, bacon, raw**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082

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### **NDB No. 10123 Pork, cured, bacon, raw**

Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082

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### **NDB No. 10123 Pork, cured, bacon, raw**

20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166

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### **NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted**

Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082

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### **NDB No. 10124** Pork, cured, bacon, cooked, broiled, pan-fried or roasted

18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10173** Pork, fresh, variety meats and by-products, feet, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581



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### **NDB No. 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered**

Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled**

Protein	S1082
Total lipid (fat)	S1082, S1166
Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082

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### **NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled**

Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082

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### **NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled**

Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10860 Pork, cured, bacon, cooked, baked**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082

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### **NDB No. 10860 Pork, cured, bacon, cooked, baked**

Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082

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### **NDB No. 10860 Pork, cured, bacon, cooked, baked**

Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10861 Pork, cured, bacon, cooked, microwaved**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082

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### **NDB No. 10861 Pork, cured, bacon, cooked, microwaved**

Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Tocopherol, beta	S1166, S502
Tocopherol, gamma	S1166, S502
Tocopherol, delta	S1166, S502
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166, S502
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082

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### **NDB No. 10861 Pork, cured, bacon, cooked, microwaved**

Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10862 Pork, cured, bacon, cooked, pan-fried**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082

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### **NDB No. 10862 Pork, cured, bacon, cooked, pan-fried**

Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082



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### **NDB No. 10862 Pork, cured, bacon, cooked, pan-fried**

Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581

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### **NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered**

Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581

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### **NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered**

14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 10864 Pork, bacon, rendered fat, cooked**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Vitamin B-12	S1082
Cholesterol	S1082

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### **NDB No. 10864 Pork, bacon, rendered fat, cooked**

Fatty acids, total trans	S1082
Fatty acids, total saturated	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 11001 Alfalfa seeds, sprouted, raw**

Sucrose	S606
Glucose (dextrose)	S604, S606
Fructose	S604, S606
Sugars, total	S606

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### **NDB No. 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt**

Sugars, total	S565
Carotene, beta	S565
Carotene, alpha	S565
Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Vitamin K (phylloquinone)	S565

### **NDB No. 11011 Asparagus, raw**

Protein	S1069
Total lipid (fat)	S1069, S81
Ash	S1069
Sucrose	D3321, S1069
Glucose (dextrose)	D3321, D3326, S1069
Fructose	D3321, D3326, S1069
Lactose	S1069
Maltose	S1069
Water	D3326, S1069, S81
Sugars, total	D3326
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Carotene, beta	D3887, D3888
Carotene, alpha	D3887, D3888
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	D3887
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069

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### **NDB No. 11011 Asparagus, raw**

Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

### **NDB No. 11012 Asparagus, cooked, boiled, drained**

Protein	S1069
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### **NDB No. 11012 Asparagus, cooked, boiled, drained**

Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Sodium, Na	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069

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### **NDB No. 11012 Asparagus, cooked, boiled, drained**

18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

### **NDB No. 11019 Asparagus, frozen, cooked, boiled, drained, without salt**

Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84



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### **NDB No. 11019 Asparagus, frozen, cooked, boiled, drained, without salt**

Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 11024 Balsam-pear (bitter gourd), pods, raw**

Carotene, beta	D3844
Carotene, alpha	D3844
Lutein + zeaxanthin	D3844

### **NDB No. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt**

Sucrose	S822, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S822, S837
Sugars, total	S837
Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin K (phylloquinone)	D4002

### **NDB No. 11052 Beans, snap, green, raw**

Carotene, beta	D3853, D3887, D3889, D3905
Carotene, alpha	D3887, D3889, D3905
Cryptoxanthin, beta	D3887, D3905
Lycopene	D3905

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### **NDB No. 11052 Beans, snap, green, raw**

Lutein + zeaxanthin D3905

### **NDB No. 11053 Beans, snap, green, cooked, boiled, drained, without salt**

Calcium, Ca S183, S201, S202, S203

Iron, Fe S183, S201, S202, S203

Magnesium, Mg S183, S201, S202, S203

Phosphorus, P S183, S201, S202, S203

Potassium, K S183, S201, S202, S203

Sodium, Na S183, S201, S202, S203

Zinc, Zn S183, S201, S202, S203

Copper, Cu S183, S201, S202, S203

Manganese, Mn S183, S201, S202, S203

Selenium, Se S183, S202, S203

Vitamin K (phylloquinone) D4002

### **NDB No. 11060 Beans, snap, green, frozen, all styles, unprepared**

Carotene, beta D3853

### **NDB No. 11082 Beets, canned, regular pack, solids and liquids**

Protein S625, S626, S627

Total lipid (fat) S625, S626, S627

Ash S625, S626, S627

Sucrose D3321, S406

Glucose (dextrose) D3321

Fructose D3321

Water S406, S625, S626, S627

Galactose D3305

Fiber, total dietary S625, S626, S627

Calcium, Ca S183, S201, S202, S203, S6, S625, S626, S627

Iron, Fe S183, S201, S202, S203, S6, S625, S626, S627

Magnesium, Mg S183, S201, S202, S203, S6

Phosphorus, P S183, S201, S202, S203, S6

Potassium, K S183, S201, S202, S203, S6, S626, S627

Sodium, Na S183, S201, S202, S203, S6, S625, S626, S627

Zinc, Zn S183, S201, S202, S203, S6

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### **NDB No. 11082 Beets, canned, regular pack, solids and liquids**

Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S202, S203, S6
Vitamin K (phylloquinone)	D4052

### **NDB No. 11086 Beet greens, raw**

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	S1821
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Carotene, beta	D3846, D3887
Carotene, alpha	D3887
Cryptoxanthin, beta	D3887

### **NDB No. 11090 Broccoli, raw**

Protein	S1121, S564, S619
Total lipid (fat)	S1121, S121, S564, S619, S87
Ash	S1121, S564, S619
Starch	S564
Sucrose	D3321, S1121, S564, S604, S606, S837
Glucose (dextrose)	D3321, S1121, S564, S604, S606, S837
Fructose	D3321, S1121, S564, S604, S606, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Water	D3773, S1121, S121, S2122, S564, S604, S606, S619, S837, S87
Sugars, total	S564, S606, S837
Galactose	D3305, S564
Fiber, total dietary	D3773, S564, S604, S606, S837
Calcium, Ca	S1121, S564, S619
Iron, Fe	S1121, S564, S619
Magnesium, Mg	S1121, S564, S619
Phosphorus, P	S1121, S564, S619
Potassium, K	S1121, S1164, S564, S619

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### **NDB No. 11090 Broccoli, raw**

Sodium, Na	S1121, S1164, S564, S619
Zinc, Zn	S1121, S564, S619
Copper, Cu	S1121, S564, S619
Manganese, Mn	S1121, S564, S619
Selenium, Se	S2122, S564
Vitamin A, IU	S619
Carotene, beta	D3846, D3853, D3887, D3888, D3889, D3901, S1121, S1164, S564
Carotene, alpha	D3887, D3888, D3901, S1121, S1164, S564
Vitamin E (alpha-tocopherol)	S1121, S121, S564, S87
Cryptoxanthin, beta	D3887, D3901, S1121, S1164, S564
Lycopene	D3901, S1121, S1164, S564
Lutein + zeaxanthin	D3901, S1121, S564
Tocopherol, beta	S1121, S121, S564, S87
Tocopherol, gamma	S1121, S121, S564, S87
Tocopherol, delta	S1121, S121, S564, S87
Vitamin C, total ascorbic acid	S1164, S619
Thiamin	S1121, S564, S619
Riboflavin	S1121, S564, S619
Niacin	S1121, S564, S619
Pantothenic acid	S1121, S564, S619
Vitamin B-6	S1121, S564, S619
Folate, total	S1121, S1164, S564, S619
Vitamin K (phylloquinone)	S1121, S564
Tryptophan	S1121, S564
Threonine	S1121, S564
Isoleucine	S1121, S564
Leucine	S1121, S564
Lysine	S1121, S564
Methionine	S1121, S564
Cystine	S1121, S564
Phenylalanine	S1121, S564
Tyrosine	S1121, S564
Valine	S1121, S564
Arginine	S1121, S564
Histidine	S1121, S564
Alanine	S1121, S564
Aspartic acid	S1121, S564

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### **NDB No. 11090 Broccoli, raw**

Glutamic acid	S1121, S564
Glycine	S1121, S564
Proline	S1121, S564
Serine	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### **NDB No. 11091 Broccoli, cooked, boiled, drained, without salt**

Protein	S1121, S564
Total lipid (fat)	S1121, S564
Ash	S1121, S564
Starch	S564
Sucrose	S1121, S564, S837
Glucose (dextrose)	S1121, S564, S837
Fructose	S1121, S564, S837
Lactose	S1121, S564, S837

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### **NDB No. 11091 Broccoli, cooked, boiled, drained, without salt**

Maltose	S1121, S564, S837
Water	S1121, S564, S606, S837
Sugars, total	S564, S837
Galactose	S564
Fiber, total dietary	S564, S606, S837
Calcium, Ca	S1121, S564
Iron, Fe	S1121, S564
Magnesium, Mg	S1121, S564
Phosphorus, P	S1121, S564
Potassium, K	S1121, S564
Sodium, Na	S1121, S564
Zinc, Zn	S1121, S564
Copper, Cu	S1121, S564
Manganese, Mn	S1121, S564
Selenium, Se	S1121, S564
Carotene, beta	D3846, D3890, S1121, S564
Carotene, alpha	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564
Cryptoxanthin, beta	S1121, S564
Lycopene	S1121, S564
Lutein + zeaxanthin	D3890, S1121, S564
Tocopherol, beta	S1121, S564
Tocopherol, gamma	S1121, S564
Tocopherol, delta	S1121, S564
Vitamin C, total ascorbic acid	S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564

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### **NDB No. 11091 Broccoli, cooked, boiled, drained, without salt**

18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### **NDB No. 11092 Broccoli, frozen, chopped, unprepared**

Glucose (dextrose)	S822
Fructose	S822
Carotene, beta	D3846
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

### **NDB No. 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt**

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6
Sodium, Na	S6
Zinc, Zn	S6
Copper, Cu	S6

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### **NDB No. 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt**

Manganese, Mn	S6
Selenium, Se	S6

### **NDB No. 11096 Broccoli raab, raw**

Protein	S1121, S482
Total lipid (fat)	S1121, S482
Ash	S1121, S482
Sucrose	S1121, S482
Glucose (dextrose)	S1121, S482
Fructose	S1121, S482
Lactose	S1121, S482
Maltose	S1121, S482
Water	S1121, S482
Sugars, total	S1121
Galactose	S1121
Fiber, total dietary	S1121, S482
Calcium, Ca	S1121, S482
Iron, Fe	S1121, S482
Magnesium, Mg	S1121, S482
Phosphorus, P	S1121, S482
Potassium, K	S1121, S482
Sodium, Na	S1121, S482
Zinc, Zn	S1121, S482
Copper, Cu	S1121, S482
Manganese, Mn	S1121, S482
Selenium, Se	S1121
Carotene, beta	S1121, S482
Carotene, alpha	S1121, S482
Vitamin E (alpha-tocopherol)	S1121, S482
Cryptoxanthin, beta	S1121, S482
Lycopene	S1121, S482
Lutein + zeaxanthin	S1121, S482
Tocopherol, beta	S1121, S482
Tocopherol, gamma	S1121, S482
Tocopherol, delta	S1121, S482
Vitamin C, total ascorbic acid	S1121, S482



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### **NDB No. 11096 Broccoli raab, raw**

Thiamin	S1121, S482
Riboflavin	S1121, S482
Niacin	S1121, S482
Pantothenic acid	S1121, S482
Vitamin B-6	S1121, S482
Folate, total	S1121, S482
Vitamin K (phylloquinone)	S1121, S482
Tryptophan	S1121, S482
Threonine	S1121, S482
Isoleucine	S1121, S482
Leucine	S1121, S482
Lysine	S1121, S482
Methionine	S1121, S482
Cystine	S1121, S482
Phenylalanine	S1121, S482
Tyrosine	S1121, S482
Valine	S1121, S482
Arginine	S1121, S482
Histidine	S1121, S482
Alanine	S1121, S482
Aspartic acid	S1121, S482
Glutamic acid	S1121, S482
Glycine	S1121, S482
Proline	S1121, S482
Serine	S1121, S482

### **NDB No. 11097 Broccoli raab, cooked**

Protein	S482
Total lipid (fat)	S482
Ash	S482
Sucrose	S482
Glucose (dextrose)	S482
Fructose	S482
Lactose	S482
Maltose	S482
Water	S482

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### **NDB No. 11097 Broccoli raab, cooked**

Fiber, total dietary	S482
Calcium, Ca	S482
Iron, Fe	S482
Magnesium, Mg	S482
Phosphorus, P	S482
Potassium, K	S482
Sodium, Na	S482
Zinc, Zn	S482
Copper, Cu	S482
Manganese, Mn	S482
Selenium, Se	S482
Carotene, beta	S482
Carotene, alpha	S482
Vitamin E (alpha-tocopherol)	S482
Cryptoxanthin, beta	S482
Lycopene	S482
Lutein + zeaxanthin	S482
Tocopherol, beta	S482
Tocopherol, gamma	S482
Tocopherol, delta	S482
Vitamin C, total ascorbic acid	S482
Thiamin	S482
Riboflavin	S482
Niacin	S482
Pantothenic acid	S482
Vitamin B-6	S482
Folate, total	S482
Vitamin K (phylloquinone)	S482
Tryptophan	S1121, S482
Threonine	S1121, S482
Isoleucine	S1121, S482
Leucine	S1121, S482
Lysine	S1121, S482
Methionine	S1121, S482
Cystine	S1121, S482
Phenylalanine	S1121, S482
Tyrosine	S1121, S482

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### **NDB No. 11097 Broccoli raab, cooked**

Valine	S1121, S482
Arginine	S1121, S482
Histidine	S1121, S482
Alanine	S1121, S482
Aspartic acid	S1121, S482
Glutamic acid	S1121, S482
Glycine	S1121, S482
Proline	S1121, S482
Serine	S1121, S482
8:0	S482
10:0	S482
12:0	S482
14:0	S482
16:0	S482
18:0	S482
20:0	S482
18:1 undifferentiated	S482
18:2 undifferentiated	S482
18:3 undifferentiated	S482
20:4 undifferentiated	S482
22:6 n-3	S482
22:0	S482
14:1	S482
16:1 undifferentiated	S482
18:4	S482
20:1	S482
20:5 n-3	S482
22:1 undifferentiated	S482
22:5 n-3	S482
15:0	S482
17:0	S482
24:0	S482
20:2 n-6 c,c	S482
17:1	S482
20:3 undifferentiated	S482
15:1	S482

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### **NDB No. 11098 Brussels sprouts, raw**

Carotene, beta	D3846, D3889, D3901
Carotene, alpha	D3889, D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

### **NDB No. 11099 Brussels sprouts, cooked, boiled, drained, without salt**

Total lipid (fat)	S84
Water	S84
Carotene, beta	D3846, D3901
Carotene, alpha	D3901
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 11100 Brussels sprouts, frozen, unprepared**

Carotene, beta	D3846
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### **NDB No. 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

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### **NDB No. 11109 Cabbage, raw**

Total lipid (fat)	S121, S81, S87
Sucrose	D3311, S606, S837
Glucose (dextrose)	D3311, S606, S837
Fructose	D3311, S606, S837
Lactose	S837
Maltose	S606, S837
Sugars, total	S606, S837
Carotene, beta	D3901, S1202
Carotene, alpha	D3901, S1202
Vitamin E (alpha-tocopherol)	S121, S81, S87
Cryptoxanthin, beta	D3901, S1202
Lycopene	D3901
Lutein + zeaxanthin	D3901
Tocopherol, beta	S121, S81, S87
Tocopherol, gamma	S121, S81, S87
Tocopherol, delta	S121, S81, S87
Vitamin K (phylloquinone)	D4052, D4066

### **NDB No. 11112 Cabbage, red, raw**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	D3321, D3326, S1065
Glucose (dextrose)	D3321, D3326, S1065
Fructose	D3321, D3326, S1065
Lactose	S1065
Maltose	S1065
Water	D3326, S1065
Sugars, total	D3326
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065

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### **NDB No. 11112 Cabbage, red, raw**

Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### **NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt**

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### **NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065

### **NDB No. 11124 Carrots, raw**

Protein	S1062, S618
Total lipid (fat)	S1062, S618, S84, S87

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### NDB No. 11124 Carrots, raw

Ash	S1062, S618
Starch	S1062
Sucrose	S1062, S604, S606, S837
Glucose (dextrose)	S1062, S604, S606, S837
Fructose	S1062, S604, S606, S837
Lactose	S1062, S837
Maltose	S1062, S837
Water	S1062, S604, S606, S618, S837, S84, S87
Sugars, total	S606, S837
Fiber, total dietary	S1062
Calcium, Ca	S1062, S183, S201, S202, S203, S6, S618
Iron, Fe	S1062, S183, S201, S202, S203, S6, S618
Magnesium, Mg	S1062, S183, S201, S202, S203, S6, S618
Phosphorus, P	S1062, S183, S201, S202, S203, S6, S618
Potassium, K	S1062, S183, S201, S202, S203, S6, S618
Sodium, Na	S1062, S183, S201, S202, S203, S6, S618
Zinc, Zn	S1062, S183, S201, S202, S203, S6, S618
Copper, Cu	S1062, S183, S201, S202, S203, S6, S618
Manganese, Mn	S1062, S183, S201, S202, S203, S6, S618
Selenium, Se	S183, S202, S203, S6
Vitamin A, IU	D5261
Vitamin A, RAE	D5261
Carotene, beta	D3843, D3846, D3847, D3850, D3885, D3887, D3888, D3889, D3900, D3909, D3911, D5261 S1062, S1381, S2644
Carotene, alpha	D3846, D3847, D3850, D3885, D3887, D3888, D3889, D3900, D3909, D3911, S1062, S1381 S2644
Vitamin E (alpha-tocopherol)	S1062, S84, S87
Cryptoxanthin, beta	D3887, S1062
Lycopene	D3911, S1062
Tocopherol, beta	S1062, S84, S87
Tocopherol, gamma	S1062, S84, S87
Tocopherol, delta	S1062, S84, S87
Vitamin C, total ascorbic acid	S1062, S618
Thiamin	S1062, S618
Riboflavin	S1062, S618
Niacin	S1062, S618
Pantothenic acid	S1062, S618
Vitamin B-6	S1062, S618

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### **NDB No. 11124 Carrots, raw**

Folate, total	S1062, S618
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11125 Carrots, cooked, boiled, drained, without salt**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062

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### **NDB No. 11125 Carrots, cooked, boiled, drained, without salt**

Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3885, S1062
Carotene, alpha	D3846, D3885, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062

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### **NDB No. 11125 Carrots, cooked, boiled, drained, without salt**

20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11128 Carrots, canned, regular pack, drained solids**

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

### **NDB No. 11130 Carrots, frozen, unprepared**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25

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### **NDB No. 11130 Carrots, frozen, unprepared**

Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
18:2 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25

### **NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt**

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### **NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25

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### **NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt**

14:1	S25
18:4	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
24:0	S25

### **NDB No. 11135 Cauliflower, raw**

Total lipid (fat)	S121
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin K (phylloquinone)	D4002, D4043, D4052, D4073

### **NDB No. 11143 Celery, raw**

Protein	S1121, S564
Total lipid (fat)	S1121, S564, S84, S87
Ash	S1121, S564
Starch	S564
Sucrose	D3284, D3321, S1121, S564, S604
Glucose (dextrose)	D3284, D3321, S1121, S564, S604
Fructose	D3284, D3321, S1121, S564, S604
Lactose	S1121, S564
Maltose	S1121, S564
Water	S1121, S564, S604, S84, S87
Sugars, total	S564
Galactose	S564
Fiber, total dietary	S1121, S564
Calcium, Ca	S1121, S183, S201, S202, S203, S564, S6
Iron, Fe	S1121, S183, S201, S202, S203, S564, S6
Magnesium, Mg	S1121, S183, S201, S202, S203, S564, S6
Phosphorus, P	S1121, S183, S201, S202, S203, S564, S6
Potassium, K	S1121, S183, S201, S202, S203, S564, S6
Sodium, Na	S1121, S183, S201, S202, S203, S564, S6

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### **NDB No. 11143 Celery, raw**

Zinc, Zn	S1121, S183, S201, S202, S203, S564, S6
Copper, Cu	S1121, S183, S201, S202, S203, S564, S6
Manganese, Mn	S1121, S183, S201, S202, S203, S564, S6
Selenium, Se	S183, S564, S6
Carotene, beta	S1121, S564
Carotene, alpha	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564, S84, S87
Cryptoxanthin, beta	S1121, S564
Lycopene	S1121, S564
Lutein + zeaxanthin	S1121, S564
Tocopherol, beta	S1121, S564, S84, S87
Tocopherol, gamma	S1121, S564, S84, S87
Tocopherol, delta	S1121, S564, S84, S87
Vitamin C, total ascorbic acid	S1121, S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Vitamin K (phylloquinone)	D4002, S1121, S564

### **NDB No. 11147 Chard, swiss, raw**

Carotene, beta	D3887, D3889
Carotene, alpha	D3887, D3889
Cryptoxanthin, beta	D3887

### **NDB No. 11149 Chayote, fruit, raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 11157 Chrysanthemum, garland, raw**

Protein	S1202
Total lipid (fat)	S1202

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### **NDB No. 11157 Chrysanthemum, garland, raw**

Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	D3869, D3870, S1202
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870, S1202
Lutein + zeaxanthin	D3869
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### **NDB No. 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt**

Carotene, beta	D3869, D3870
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870
Lutein + zeaxanthin	D3869

### **NDB No. 11161 Collards, raw**

Carotene, beta	D3846
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### **NDB No. 11162 Collards, cooked, boiled, drained, without salt**

Calcium, Ca	S183, S201, S202, S203
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### **NDB No. 11162 Collards, cooked, boiled, drained, without salt**

Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Sodium, Na	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S201, S202, S203
Carotene, beta	D3846
Vitamin K (phylloquinone)	D4002

### **NDB No. 11163 Collards, frozen, chopped, unprepared**

Carotene, beta	D3846
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### **NDB No. 11165 Coriander (cilantro) leaves, raw**

Carotene, beta	D3863, D3956, D3964, D3969
Carotene, alpha	D3969
Cryptoxanthin, beta	D3969
Lycopene	D3969
Lutein + zeaxanthin	D3956, D3969
Vitamin B-6	D390

### **NDB No. 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt**

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S201, S202, S203

### **NDB No. 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids**

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604

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### **NDB No. 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids**

Maltose	S604
Selenium, Se	S183, S6
Carotene, beta	D3907
Carotene, alpha	D3907
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	D3907
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 11174 Corn, sweet, yellow, canned, cream style, regular pack**

Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt**

Protein	S405
Total lipid (fat)	S405, S84
Ash	S405
Sucrose	S604, S822, S837
Glucose (dextrose)	S604, S822, S837
Fructose	S604, S822, S837
Lactose	S837
Maltose	S604, S822, S837
Water	S405, S604, S822, S837, S84
Sugars, total	S837
Calcium, Ca	S405, S6
Iron, Fe	S405, S6
Magnesium, Mg	S405, S6
Phosphorus, P	S405, S6
Potassium, K	S405, S6
Sodium, Na	S405, S6

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### **NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt**

Zinc, Zn	S405, S6
Copper, Cu	S405, S6
Manganese, Mn	S405, S6
Carotene, beta	S405
Carotene, alpha	S405
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S405
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405
Folate, total	S405
Vitamin K (phylloquinone)	D4002

### **NDB No. 11205 Cucumber, with peel, raw**

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062, S604
Fructose	S1062, S604
Lactose	S1062
Maltose	S1062, S604
Water	D3773, S1062, S121, S604
Fiber, total dietary	D3773
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062

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### **NDB No. 11205 Cucumber, with peel, raw**

Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062

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### **NDB No. 11205 Cucumber, with peel, raw**

17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
15:1	S1062

### **NDB No. 11206 Cucumber, peeled, raw**

Protein	S1062
Total lipid (fat)	S1062, S121, S81
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062, S121, S81
Calcium, Ca	S1062, S183, S201, S202, S203, S6
Iron, Fe	S1062, S183, S201, S202, S203, S6
Magnesium, Mg	S1062, S183, S201, S202, S203, S6
Phosphorus, P	S1062, S183, S201, S202, S203, S6
Potassium, K	S1062, S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S1062, S183, S201, S202, S203, S6
Copper, Cu	S1062, S183, S201, S202, S203, S6
Manganese, Mn	S1062, S183, S201, S202, S203, S6
Selenium, Se	S1062, S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S1062, S121, S81
Tocopherol, beta	S1062, S121, S81
Tocopherol, gamma	S1062, S121, S81
Tocopherol, delta	S1062, S121, S81
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062

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### **NDB No. 11206 Cucumber, peeled, raw**

Vitamin B-6	S1062
Vitamin K (phylloquinone)	D4002, D4052, S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11209 Eggplant, raw**

Protein	S615
Total lipid (fat)	S615
Ash	S615
Water	D3326, S615
Sugars, total	D3326

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### **NDB No. 11209 Eggplant, raw**

Fiber, total dietary	S615
Calcium, Ca	S615
Iron, Fe	S615
Magnesium, Mg	S615
Phosphorus, P	S615
Potassium, K	S615
Sodium, Na	S615
Zinc, Zn	S615
Copper, Cu	S615
Manganese, Mn	S615
Vitamin A, IU	S615
Carotene, beta	S615
Vitamin C, total ascorbic acid	S615
Thiamin	S615
Riboflavin	S615
Niacin	S615
Pantothenic acid	S615
Vitamin B-6	S615
Folate, total	S615

### **NDB No. 11210 Eggplant, cooked, boiled, drained, without salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No. 11233 Kale, raw**

Carotene, beta	D3843, D3846, D3901
Carotene, alpha	D3901

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### **NDB No. 11233 Kale, raw**

Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

### **NDB No. 11234 Kale, cooked, boiled, drained, without salt**

Carotene, beta	D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

### **NDB No. 11243 Mushrooms, portabella, grilled**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941

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### **NDB No. 11243 Mushrooms, portabella, grilled**

Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941

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### **NDB No. 11243 Mushrooms, portabella, grilled**

18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No. 11250 Lettuce, butterhead (includes boston and bibb types), raw**

Protein	S562, S565
Total lipid (fat)	S562, S565
Ash	S562, S565
Sucrose	S562
Glucose (dextrose)	S562
Fructose	S562
Lactose	S562
Maltose	S562
Water	S562, S565
Galactose	S562
Fiber, total dietary	S562
Calcium, Ca	S562, S565
Iron, Fe	S562, S565

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### **NDB No. 11250 Lettuce, butterhead (includes boston and bibb types), raw**

Magnesium, Mg	S562, S565
Phosphorus, P	S562, S565
Potassium, K	S562, S565
Zinc, Zn	S562, S565
Copper, Cu	S562, S565
Manganese, Mn	S562, S565
Selenium, Se	S562, S565
Carotene, beta	S565
Carotene, alpha	S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Vitamin C, total ascorbic acid	S562, S565
Thiamin	S562, S565
Riboflavin	S562, S565
Niacin	S562, S565
Pantothenic acid	S562, S565
Vitamin B-6	S562, S565
Vitamin K (phylloquinone)	S562, S565

### **NDB No. 11251 Lettuce, cos or romaine, raw**

Protein	S481, S503, S620
Total lipid (fat)	S481, S503, S620
Ash	S481, S503, S620
Starch	S503
Sucrose	S503
Glucose (dextrose)	S503
Fructose	S503
Lactose	S503
Maltose	S503
Water	S481, S503, S620
Sugars, total	S503

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### **NDB No. 11251 Lettuce, cos or romaine, raw**

Galactose	S503
Fiber, total dietary	S481, S503, S620
Calcium, Ca	S481, S503, S620
Iron, Fe	S481, S503, S620
Magnesium, Mg	S481, S503, S620
Phosphorus, P	S481, S503, S620
Potassium, K	S481, S503, S620
Zinc, Zn	S481, S503, S620
Copper, Cu	S481, S503, S620
Manganese, Mn	S481, S503, S620
Selenium, Se	S481, S503
Carotene, beta	S481, S503, S620
Carotene, alpha	S481, S503
Vitamin E (alpha-tocopherol)	S481, S503
Cryptoxanthin, beta	S481, S503
Lycopene	S481, S503
Lutein + zeaxanthin	S481, S503
Tocopherol, beta	S481, S503
Tocopherol, gamma	S481, S503
Tocopherol, delta	S481, S503
Thiamin	S481, S503, S620
Riboflavin	S481, S503, S620
Niacin	S481, S503, S620
Pantothenic acid	S481, S503, S620
Vitamin B-6	S481, S503, S620
Vitamin K (phylloquinone)	S481, S503

### **NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw**

Protein	S481, S562, S624
Total lipid (fat)	S121, S481, S562, S624, S87
Ash	S481, S562, S624
Sucrose	S562, S604, S837
Glucose (dextrose)	S562, S604, S837
Fructose	S562, S604, S837
Lactose	S562, S837
Maltose	S562, S837

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### **NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw**

Water	D3765, S1206, S121, S2121, S481, S562, S604, S624, S81, S837, S87
Sugars, total	S562, S837
Galactose	S562
Fiber, total dietary	D3765, S1206, S2121, S562, S604, S81, S837
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Sodium, Na	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S481, S562, S6, S7, S8, S9
Vitamin A, IU	S624
Carotene, beta	D3887, S1203, S1206, S481, S562
Carotene, alpha	D3887, S1203, S481, S562
Vitamin E (alpha-tocopherol)	S121, S481, S562, S87
Cryptoxanthin, beta	D3887, S1203, S481, S562
Lycopene	S1203, S481, S562
Lutein + zeaxanthin	S1203, S481, S562
Tocopherol, beta	S121, S481, S562, S87
Tocopherol, gamma	S121, S481, S562, S87
Tocopherol, delta	S121, S481, S562, S87
Vitamin C, total ascorbic acid	S481, S562, S624
Thiamin	S481, S562, S624
Riboflavin	S481, S562, S624
Niacin	S481, S562, S624
Pantothenic acid	S481, S562, S624
Vitamin B-6	S481, S562, S624
Folate, total	S481, S562, S624
Vitamin K (phylloquinone)	S481, S562

### **NDB No. 11253 Lettuce, green leaf, raw**

Protein	S565
Total lipid (fat)	S541, S565

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### **NDB No. 11253 Lettuce, green leaf, raw**

Ash	S541, S565
Starch	S541
Sucrose	S541
Glucose (dextrose)	S541
Fructose	S541
Lactose	S541
Maltose	S541
Water	S541, S565
Galactose	S541
Fiber, total dietary	S541
Calcium, Ca	S541, S565
Iron, Fe	S541, S565
Magnesium, Mg	S541, S565
Phosphorus, P	S541, S565
Potassium, K	S541, S565
Sodium, Na	S541, S565
Zinc, Zn	S541, S565
Copper, Cu	S541, S565
Manganese, Mn	S541, S565
Selenium, Se	S541, S565
Carotene, beta	S541, S565
Carotene, alpha	S541, S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S541, S565
Lycopene	S541, S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Thiamin	S541, S565
Riboflavin	S541, S565
Niacin	S541, S565
Pantothenic acid	S541, S565
Vitamin B-6	S541, S565
Folate, total	S541, S565
Vitamin K (phylloquinone)	S541, S565

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### **NDB No. 11257 Lettuce, red leaf, raw**

Protein	S565
Total lipid (fat)	S541, S565
Ash	S541, S565
Starch	S541
Sucrose	S541
Glucose (dextrose)	S541
Fructose	S541
Lactose	S541
Maltose	S541
Water	S541, S565
Galactose	S541
Fiber, total dietary	S541
Calcium, Ca	S541, S565
Iron, Fe	S541, S565
Magnesium, Mg	S541, S565
Phosphorus, P	S541, S565
Potassium, K	S541, S565
Sodium, Na	S541, S565
Zinc, Zn	S541, S565
Copper, Cu	S541, S565
Manganese, Mn	S541, S565
Selenium, Se	S541
Carotene, beta	S541, S565
Carotene, alpha	S541, S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S541, S565
Lycopene	S541, S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Vitamin C, total ascorbic acid	S541, S565
Thiamin	S541, S565
Riboflavin	S541, S565
Niacin	S541, S565
Pantothenic acid	S541, S565
Vitamin B-6	S541, S565

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### **NDB No. 11257 Lettuce, red leaf, raw**

Folate, total S541, S565  
Vitamin K (phylloquinone) S541, S565

### **NDB No. 11260 Mushrooms, raw**

Protein D566, S1821, S2941, S78, S80  
Total lipid (fat) D566, S121, S1821, S2941, S78, S80  
Ash D566, S1821, S2941, S78, S80  
Starch S2941  
Sucrose S2941  
Glucose (dextrose) S2941, S604, S606, S80  
Fructose S2941, S604, S606, S80  
Lactose S2941  
Maltose S2941  
Water D389, D566, S121, S1821, S2941, S604, S606, S78, S80  
Adjusted Protein D566, S1821, S78, S80  
Sugars, total S2941, S606, S80  
Galactose S2941  
Fiber, total dietary S2941, S80  
Calcium, Ca D566, S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9  
Iron, Fe D429, D566, S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S9  
Magnesium, Mg S10, S11, S12, S2941, S6, S7, S78, S8, S9  
Phosphorus, P S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9  
Potassium, K S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9  
Sodium, Na S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9  
Zinc, Zn D429, D566, S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S80, S9  
Copper, Cu D429, D566, S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S80, S9  
Manganese, Mn S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S80, S9  
Selenium, Se D548, S10, S11, S12, S2941, S6, S7, S8, S80, S9  
Vitamin E (alpha-tocopherol) S121, S2941  
Tocopherol, beta S121, S2941  
Tocopherol, gamma S121, S2941  
Tocopherol, delta S121, S2941  
Vitamin C, total ascorbic acid D566, S2941, S78, S80  
Thiamin S2941, S78, S80  
Riboflavin S2941, S78, S80  
Niacin S2941, S78, S80



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### **NDB No. 11260 Mushrooms, raw**

Pantothenic acid	S2941, S78, S80
Vitamin B-6	D390, S2941, S78, S80
Folate, total	D389, D566, S2941, S78, S80
Vitamin K (phylloquinone)	D4002, S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941

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### **NDB No. 11260 Mushrooms, raw**

16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No. 11263 Mushrooms, white, stir-fried**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941

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### **NDB No. 11263 Mushrooms, white, stir-fried**

Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

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### **NDB No. 11263 Mushrooms, white, stir-fried**

Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No. 11265 Mushrooms, portabella, raw**

Vitamin E (alpha-tocopherol)	S2941
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### **NDB No. 11265 Mushrooms, portabella, raw**

Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

### **NDB No. 11267 Mushrooms, shiitake, stir-fried**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941

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### **NDB No. 11267 Mushrooms, shiitake, stir-fried**

Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941

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### **NDB No. 11267 Mushrooms, shiitake, stir-fried**

14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No. 11278 Okra, raw**

Starch	D1417
Sucrose	D1417
Glucose (dextrose)	D1417
Fructose	D1417

### **NDB No. 11279 Okra, cooked, boiled, drained, without salt**

Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9

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### **NDB No. 11279 Okra, cooked, boiled, drained, without salt**

Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 11282 Onions, raw**

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	D3306, D3309, D3321, S1062, S837
Glucose (dextrose)	D3306, D3309, D3321, S1062, S837
Fructose	D3306, D3309, D3321, S1062, S837
Lactose	S1062, S837
Maltose	S1062, S837
Water	D3306, S1062, S121, S837
Sugars, total	S837
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Thiamin	S1062
Riboflavin	S1062



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### **NDB No. 11282 Onions, raw**

Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Vitamin K (phylloquinone)	D4002, D4048, D4052, S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11286 Onions, yellow, sauteed**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062

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### **NDB No. 11286 Onions, yellow, sauteed**

Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Vitamin E (alpha-tocopherol)	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062

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### **NDB No. 11286 Onions, yellow, sauteed**

18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11294 Onions, sweet, raw**

Protein	S563, S582
Total lipid (fat)	S563, S582
Ash	S563, S582
Starch	S563
Sucrose	S563, S582
Glucose (dextrose)	S563, S582
Fructose	S563, S582
Lactose	S563, S582
Maltose	S563, S582
Water	S563, S582
Galactose	S563
Fiber, total dietary	S563, S582
Calcium, Ca	S563, S582
Iron, Fe	S563, S582
Magnesium, Mg	S563, S582
Phosphorus, P	S563, S582

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### **NDB No. 11294 Onions, sweet, raw**

Potassium, K	S563, S582
Sodium, Na	S563, S582
Zinc, Zn	S563, S582
Copper, Cu	S563, S582
Manganese, Mn	S563, S582
Selenium, Se	S563
Carotene, beta	S563, S582
Carotene, alpha	S563, S582
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S582
Lycopene	S563, S582
Lutein + zeaxanthin	S563, S582
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S582
Thiamin	S563, S582
Riboflavin	S563, S582
Niacin	S563, S582
Pantothenic acid	S563, S582
Vitamin B-6	S563, S582
Folate, total	S563, S582
Vitamin K (phylloquinone)	S563, S582
Tryptophan	S563, S582
Threonine	S563, S582
Isoleucine	S563, S582
Leucine	S563, S582
Lysine	S563, S582
Methionine	S563, S582
Cystine	S563, S582
Phenylalanine	S563, S582
Tyrosine	S563, S582
Valine	S563, S582
Arginine	S563, S582
Histidine	S563, S582
Alanine	S563, S582
Aspartic acid	S563, S582

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### **NDB No. 11294 Onions, sweet, raw**

Glutamic acid	S563, S582
Glycine	S563, S582
Proline	S563, S582
Serine	S563, S582

### **NDB No. 11297 Parsley, raw**

Carotene, beta	D3919, D3924, D3956
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919, D3924, D3956
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4052, D4072

### **NDB No. 11298 Parsnips, raw**

Water	D389
Folate, total	D389

### **NDB No. 11299 Parsnips, cooked, boiled, drained, without salt**

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	D3765, S1821
Fiber, total dietary	D3765
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Manganese, Mn	S1821

### **NDB No. 11304 Peas, green, raw**

Carotene, beta	D3887, D3889
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### **NDB No. 11304 Peas, green, raw**

Carotene, alpha	D3887, D3889
Cryptoxanthin, beta	D3887

### **NDB No. 11306 Peas, green, canned, regular pack, solids and liquids**

Sucrose	S406, S604
Glucose (dextrose)	S406, S604
Fructose	S406, S604
Maltose	S406, S604
Fiber, total dietary	S625, S626, S627, S641
Selenium, Se	S183, S202, S203, S6
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 11308 Peas, green, canned, regular pack, drained solids**

Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

### **NDB No. 11312 Peas, green, frozen, unprepared**

Sucrose	D3321, S604, S822
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Maltose	S604
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

### **NDB No. 11313 Peas, green, frozen, cooked, boiled, drained, without salt**

Calcium, Ca	S183, S201, S202, S203, S6
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### **NDB No. 11313 Peas, green, frozen, cooked, boiled, drained, without salt**

Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin K (phylloquinone)	D4002

### **NDB No. 11333 Peppers, sweet, green, raw**

Protein	S1062, S611
Total lipid (fat)	S1062, S611, S84
Ash	S1062
Starch	S1062
Sucrose	S1062, S604, S837
Glucose (dextrose)	D3326, S1062, S604, S837
Fructose	D3326, S1062, S604, S837
Lactose	S1062, S837
Maltose	S1062, S837
Water	D3326, D3764, D3776, S1062, S604, S611, S837
Sugars, total	D3326, S837
Fiber, total dietary	D3764, D3776, S611
Calcium, Ca	S1062, S183, S201, S202, S203, S6, S611
Iron, Fe	S1062, S183, S201, S202, S203, S6, S611
Magnesium, Mg	S1062, S183, S201, S202, S203, S6, S611
Phosphorus, P	S1062, S183, S201, S202, S203, S6, S611
Potassium, K	S1062, S183, S201, S202, S203, S6, S611
Sodium, Na	S1062, S183, S201, S202, S203, S6, S611
Zinc, Zn	S1062, S183, S201, S202, S203, S6, S611
Copper, Cu	S1062, S183, S201, S202, S203, S6, S611
Manganese, Mn	S1062, S183, S201, S202, S203, S6, S611
Selenium, Se	S1062, S183, S6
Vitamin A, IU	S611
Carotene, beta	D3887, D3888, D3889, S1062, S611

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### **NDB No. 11333 Peppers, sweet, green, raw**

Carotene, alpha	D3887, D3888, D3889, S1062
Vitamin E (alpha-tocopherol)	S1062, S84
Cryptoxanthin, beta	D3887, S1062
Lycopene	S1062
Tocopherol, beta	S1062, S84
Tocopherol, gamma	S1062, S84
Tocopherol, delta	S1062, S84
Vitamin C, total ascorbic acid	S1062, S611
Thiamin	S1062, S611
Riboflavin	S1062, S611
Niacin	S1062, S611
Pantothenic acid	S1062, S611
Vitamin B-6	S1062, S611
Folate, total	S1062, S611
Vitamin K (phylloquinone)	D4002, D4052, S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062



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### **NDB No. 11333 Peppers, sweet, green, raw**

24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11339 Peppers, sweet, green, sauteed**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	S1062
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062

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### **NDB No. 11339 Peppers, sweet, green, sauteed**

Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062

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### **NDB No. 11339 Peppers, sweet, green, sauteed**

22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11352 Potato, flesh and skin, raw**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566

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### **NDB No. 11352 Potato, flesh and skin, raw**

Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563, S566
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566

### **NDB No. 11353 Potatoes, russet, flesh and skin, raw**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566

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### **NDB No. 11353 Potatoes, russet, flesh and skin, raw**

Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566

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### **NDB No. 11353 Potatoes, russet, flesh and skin, raw**

Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

### **NDB No. 11354 Potatoes, white, flesh and skin, raw**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S566
Carotene, alpha	S566
Cryptoxanthin, beta	S566
Lycopene	S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566

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### **NDB No. 11354 Potatoes, white, flesh and skin, raw**

Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

### **NDB No. 11355 Potatoes, red, flesh and skin, raw**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566

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### **NDB No. 11355 Potatoes, red, flesh and skin, raw**

Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Vitamin A, IU	S566
Vitamin A, RAE	S566
Carotene, beta	S566
Carotene, alpha	S566
Cryptoxanthin, beta	S566
Lycopene	S566
Lutein + zeaxanthin	S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566

### **NDB No. 11356 Potatoes, Russet, flesh and skin, baked**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566



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### **NDB No. 11356 Potatoes, Russet, flesh and skin, baked**

Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Vitamin K (phylloquinone)	S563, S566

### **NDB No. 11357 Potatoes, white, flesh and skin, baked**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566

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### **NDB No. 11357 Potatoes, white, flesh and skin, baked**

Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566

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### **NDB No. 11357 Potatoes, white, flesh and skin, baked**

Proline	S563, S566
Serine	S563, S566

### **NDB No. 11358 Potatoes, red, flesh and skin, baked**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566

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### **NDB No. 11358 Potatoes, red, flesh and skin, baked**

Vitamin K (phylloquinone) S563, S566

### **NDB No. 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	D3764, S2105, S2581
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	D3764, S2105, S2581
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105

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### **NDB No. 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased**

Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105

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### **NDB No. 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased**

15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S183, S201, S202, S203, S2105, S6
Iron, Fe	S183, S201, S202, S203, S2105, S6
Magnesium, Mg	S183, S201, S202, S203, S2105, S6
Phosphorus, P	S183, S201, S202, S203, S2105, S6
Potassium, K	S183, S201, S202, S203, S2105, S6
Sodium, Na	S2105
Zinc, Zn	S183, S201, S202, S203, S2105, S6
Copper, Cu	S183, S201, S202, S203, S2105, S6
Manganese, Mn	S183, S201, S202, S203, S2105, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105

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### **NDB No. 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated**

Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105

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### **NDB No. 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated**

18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105

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### **NDB No. 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased**

Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105

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### **NDB No. 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased**

12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105

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### **NDB No. 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated**

Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105

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### **NDB No. 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated**

Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11398 Potato puffs, frozen, unprepared**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105

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### **NDB No. 11398 Potato puffs, frozen, unprepared**

Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105

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### **NDB No. 11398 Potato puffs, frozen, unprepared**

Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

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### **NDB No. 11399 Potato puffs, frozen, oven-heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105

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### **NDB No. 11399 Potato puffs, frozen, oven-heated**

Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105

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### **NDB No. 11399 Potato puffs, frozen, oven-heated**

17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105

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### **NDB No. 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared**

Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105

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### **NDB No. 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared**

20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	D3764, S2105, S2581
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	D3764, S2105, S2581
Calcium, Ca	S183, S201, S202, S203, S2105, S6
Iron, Fe	S183, S201, S202, S203, S2105, S6
Magnesium, Mg	S183, S201, S202, S203, S2105, S6
Phosphorus, P	S183, S201, S202, S203, S2105, S6
Potassium, K	S183, S201, S202, S203, S2105, S6
Sodium, Na	S2105
Zinc, Zn	S183, S201, S202, S203, S2105, S6
Copper, Cu	S183, S201, S202, S203, S2105, S6
Manganese, Mn	S183, S201, S202, S203, S2105, S6
Selenium, Se	S183, S201, S202, S203, S6

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### **NDB No. 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated**

Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105

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### **NDB No. 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated**

20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105

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### **NDB No. 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased**

Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105

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### **NDB No. 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased**

Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105

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### **NDB No. 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated**

Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105



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### **NDB No. 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated**

20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11424 Pumpkin, canned, without salt**

Carotene, beta	D3846, D3902
Carotene, alpha	D3846, D3902
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

### **NDB No. 11429 Radishes, raw**

Protein	S1121, S363, S617
Total lipid (fat)	S1121, S363, S617
Ash	S1121, S363, S617
Starch	S363
Sucrose	D3309, D3321, S1121, S363
Glucose (dextrose)	D3309, D3321, S1121, S363, S604
Fructose	D3309, D3321, S1121, S363, S604
Lactose	S1121, S363
Maltose	S1121, S363
Water	S1121, S363, S604, S617
Sugars, total	S363

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### **NDB No. 11429 Radishes, raw**

Galactose	S363
Fiber, total dietary	S1121, S363
Calcium, Ca	S1121, S363, S617
Iron, Fe	S1121, S363, S617
Magnesium, Mg	S1121, S363, S617
Phosphorus, P	S1121, S363, S617
Potassium, K	S1121, S363, S617
Sodium, Na	S1121, S363, S617
Zinc, Zn	S1121, S363, S617
Copper, Cu	S1121, S363, S617
Manganese, Mn	S1121, S363, S617
Selenium, Se	S363
Vitamin A, IU	S617
Carotene, beta	S1121, S363
Carotene, alpha	S1121, S363
Vitamin E (alpha-tocopherol)	S363
Cryptoxanthin, beta	S1121, S363
Lycopene	S1121, S363
Lutein + zeaxanthin	S1121, S363
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S1121, S363, S617
Thiamin	S1121, S363, S617
Riboflavin	S1121, S363, S617
Niacin	S1121, S363, S617
Pantothenic acid	S1121, S363, S617
Vitamin B-6	S1121, S363, S617
Folate, total	S1121, S363, S617
Vitamin K (phylloquinone)	S1121, S363

### **NDB No. 11457 Spinach, raw**

Total lipid (fat)	S84, S87
Sucrose	D3326, S604, S606, S837
Glucose (dextrose)	D3326, S604, S606, S837
Fructose	D3326, S604, S606, S837

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### **NDB No. 11457 Spinach, raw**

Lactose	S837
Maltose	S837
Water	D3326, D3777, S604, S606, S837, S84, S87
Sugars, total	D3326, S606, S837
Galactose	D3305
Fiber, total dietary	D3777
Carotene, beta	D3846, D3887, D3888, D3901, D3905
Carotene, alpha	D3887, D3888, D3901, D3905
Vitamin E (alpha-tocopherol)	S84, S87
Cryptoxanthin, beta	D3887, D3901, D3905
Lycopene	D3901, D3905
Lutein + zeaxanthin	D3901, D3905
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin K (phylloquinone)	D4041

### **NDB No. 11458 Spinach, cooked, boiled, drained, without salt**

Carotene, beta	D3846, D3905
Carotene, alpha	D3905
Cryptoxanthin, beta	D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

### **NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25

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### **NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared**

Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25

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### **NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared**

Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### **NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25

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### **NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt**

Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25

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### **NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt**

Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

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### **NDB No. 11467 Squash, summer, crookneck and straightneck, raw**

Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

### **NDB No. 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt**

Sucrose	D3321
Glucose (dextrose)	D3321, D3326
Fructose	D3321, D3326
Sugars, total	D3326
Calcium, Ca	S12, S183, S201, S202, S203
Iron, Fe	S12, S183, S201, S202, S203
Magnesium, Mg	S12, S183, S201, S202, S203
Phosphorus, P	S12, S183, S201, S202, S203
Potassium, K	S12, S183, S201, S202, S203
Sodium, Na	S12, S183, S201, S202, S203
Zinc, Zn	S12, S183, S201, S202, S203
Copper, Cu	S12, S183, S201, S202, S203
Manganese, Mn	S12, S183, S201, S202, S203
Selenium, Se	S12, S183, S203
Vitamin K (phylloquinone)	D4002

### **NDB No. 11477 Squash, summer, zucchini, includes skin, raw**

Protein	S1322, S622
Total lipid (fat)	S1322, S622
Ash	S1322, S622
Sucrose	D3321, S604
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Water	D3764, S1322, S604, S622
Fiber, total dietary	D3764, S1322, S604, S642
Calcium, Ca	S1322, S622
Iron, Fe	S1322, S622
Magnesium, Mg	S1322, S622
Phosphorus, P	S1322, S622



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### **NDB No. 11477 Squash, summer, zucchini, includes skin, raw**

Potassium, K	S1322, S622
Sodium, Na	S1322, S622
Zinc, Zn	S1322, S622
Copper, Cu	S1322, S622
Manganese, Mn	S1322, S622
Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Vitamin C, total ascorbic acid	S1322, S622
Thiamin	S1322, S622
Riboflavin	S1322, S622
Niacin	S1322, S622
Pantothenic acid	S1322, S622
Vitamin B-6	S1322, S622
Folate, total	S1322, S622

### **NDB No. 11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt**

Vitamin K (phylloquinone)	D4002, D4048
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### **NDB No. 11482 Squash, winter, acorn, raw**

Carotene, beta	D3903
Carotene, alpha	D3903
Cryptoxanthin, beta	D3903
Lycopene	D3903
Lutein + zeaxanthin	D3903

### **NDB No. 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt**

Carotene, beta	D3903
Carotene, alpha	D3903
Cryptoxanthin, beta	D3903
Lycopene	D3903
Lutein + zeaxanthin	D3903

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### **NDB No. 11485 Squash, winter, butternut, raw**

Carotene, beta	D3843, D3846, D3847
Carotene, alpha	D3846, D3847
Vitamin K (phylloquinone)	D4002

### **NDB No. 11489 Squash, winter, hubbard, raw**

Carotene, beta	D3846, D3847
Carotene, alpha	D3846

### **NDB No. 11507 Sweet potato, raw, unprepared**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062, S606
Glucose (dextrose)	S1062, S606
Fructose	S1062, S606
Lactose	S1062
Maltose	S1062
Water	S1062, S606
Sugars, total	S606
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	D3843, D3846, D3887, D3888, D3891, D3902, S1062
Carotene, alpha	D3887, D3888, D3902, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3887, D3902, S1062
Lycopene	D3902, S1062
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062

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### **NDB No. 11507 Sweet potato, raw, unprepared**

Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062

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### **NDB No. 11507 Sweet potato, raw, unprepared**

17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11508 Sweet potato, cooked, baked in skin, without salt**

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	D3335, S1062, S606
Glucose (dextrose)	D3335, S1062, S606
Fructose	D3335, S1062, S606
Lactose	S1062
Maltose	D3335, S1062, S606
Water	S1062, S121, S606
Sugars, total	S606
Fiber, total dietary	S1062
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Sodium, Na	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	D4142, S10, S1062, S11, S12, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062

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### **NDB No. 11508 Sweet potato, cooked, baked in skin, without salt**

Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11510 Sweet potato, cooked, boiled, without skin**

Protein	S1062
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### **NDB No. 11510 Sweet potato, cooked, boiled, without skin**

Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3852, D3891, D3902
Carotene, alpha	D3902
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062

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### **NDB No. 11510 Sweet potato, cooked, boiled, without skin**

8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11516 Sweet potato, frozen, unprepared**

Carotene, beta D3846

### **NDB No. 11529 Tomatoes, red, ripe, raw, year round average**

Protein	S441, S503, S608
Total lipid (fat)	S441, S503, S608, S84, S87
Ash	S441, S503, S608
Starch	S503

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### **NDB No. 11529 Tomatoes, red, ripe, raw, year round average**

Sucrose	D3306, S441, S503, S604, S837
Glucose (dextrose)	D3306, D3309, D3326, S441, S503, S604, S837
Fructose	D3306, D3309, D3326, S441, S503, S604, S837
Lactose	S441, S503, S837
Maltose	S441, S503, S837
Water	D3306, D3326, S441, S503, S604, S608, S837, S84, S87
Sugars, total	D3326, S503, S837
Galactose	S503
Fiber, total dietary	S503
Calcium, Ca	S183, S201, S202, S203, S441, S503, S6, S608
Iron, Fe	S183, S201, S202, S203, S441, S503, S6, S608
Magnesium, Mg	S183, S201, S202, S203, S441, S503, S6, S608
Phosphorus, P	S183, S201, S202, S203, S441, S503, S6, S608
Potassium, K	S183, S201, S202, S203, S441, S503, S6, S608
Sodium, Na	S183, S201, S202, S203, S441, S503, S6, S608
Zinc, Zn	S183, S201, S202, S203, S441, S503, S6, S608
Copper, Cu	S183, S201, S202, S203, S441, S503, S6, S608
Manganese, Mn	S183, S201, S202, S203, S441, S503, S6, S608
Selenium, Se	S183, S503, S6
Vitamin A, IU	S608
Carotene, beta	D3889, D3905, D3912, D3933, S441, S503
Carotene, alpha	D3889, D3905, S441, S503
Vitamin E (alpha-tocopherol)	S441, S503, S84, S87
Cryptoxanthin, beta	D3905, S441, S503
Lycopene	D3905, D3933, S441, S503
Lutein + zeaxanthin	D3905, S441, S503
Tocopherol, beta	S441, S503, S84, S87
Tocopherol, gamma	S441, S503, S84, S87
Tocopherol, delta	S441, S503, S84, S87
Vitamin C, total ascorbic acid	S441, S503, S608
Thiamin	S441, S503, S608
Riboflavin	S441, S503, S608
Niacin	S441, S503, S608
Pantothenic acid	S441, S503, S608
Vitamin B-6	S441, S503, S608
Folate, total	S441, S503, S608
Vitamin K (phylloquinone)	D4002, D4052, D4066, D4072, S441, S503



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### **NDB No. 11530 Tomatoes, red, ripe, cooked**

Protein	S441
Total lipid (fat)	S441
Ash	S441
Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441
Water	S441
Fiber, total dietary	S441
Calcium, Ca	S441
Iron, Fe	S441
Magnesium, Mg	S441
Phosphorus, P	S441
Potassium, K	S441
Zinc, Zn	S441
Copper, Cu	S441
Manganese, Mn	S441
Carotene, beta	D3905, S441
Carotene, alpha	D3905, S441
Vitamin E (alpha-tocopherol)	S441
Cryptoxanthin, beta	D3905, S441
Lycopene	D3905, S441
Lutein + zeaxanthin	D3905, S441
Tocopherol, beta	S441
Tocopherol, gamma	S441
Tocopherol, delta	S441
Thiamin	S441
Riboflavin	S441
Niacin	S441
Pantothenic acid	S441
Vitamin B-6	S441
Vitamin K (phylloquinone)	S441

### **NDB No. 11531 Tomatoes, red, ripe, canned, whole, regular pack**

Protein	S625, S626, S627, S641
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### **NDB No. 11531 Tomatoes, red, ripe, canned, whole, regular pack**

Total lipid (fat)	S625, S626, S627, S641, S87
Ash	S27, S625, S626, S627, S641
Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Water	S27, S604, S625, S626, S627, S641
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Calcium, Ca	S183, S201, S202, S203, S6, S625, S626, S627, S641
Iron, Fe	S183, S201, S202, S203, S6, S625, S626, S627, S641
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6, S626, S627
Sodium, Na	S183, S201, S202, S203, S6, S625, S626, S627, S641
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin A, IU	S625, S626, S627, S641
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin C, total ascorbic acid	S625, S626, S627, S641
Riboflavin	S27
Fatty acids, total saturated	S626, S627

### **NDB No. 11533 Tomatoes, red, ripe, canned, stewed**

Protein	S625, S626, S627, S641
Total lipid (fat)	S625, S626, S627, S641
Ash	S625, S626, S627, S641
Water	S625, S626, S627, S641, S81
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Calcium, Ca	S625, S626, S627, S641
Iron, Fe	S625, S626, S627, S641

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### **NDB No. 11533 Tomatoes, red, ripe, canned, stewed**

Potassium, K	S626, S627
Sodium, Na	S625, S626, S627, S641
Vitamin A, IU	S625, S626, S627, S641
Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S625, S626, S627, S641
Vitamin K (phylloquinone)	D4002
Fatty acids, total saturated	S626, S627

### **NDB No. 11540 Tomato juice, canned, with salt added**

Total lipid (fat)	S87
Sucrose	D3315
Glucose (dextrose)	D3302, D3315
Fructose	D3302, D3315
Sugars, total	D3315
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S6, S7, S8, S9
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S87
Cryptoxanthin, beta	D3851
Lycopene	D3851, D3890, S1381
Lutein + zeaxanthin	D3851
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

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### **NDB No. 11540 Tomato juice, canned, with salt added**

Vitamin K (phylloquinone) D4002

### **NDB No. 11546 Tomato products, canned, paste, without salt added**

Protein	S21, S5, S625, S626, S627, S641
Total lipid (fat)	S21, S5, S625, S626, S627, S641
Ash	S21, S5, S625, S626, S627, S641
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Maltose	S21
Water	S21, S5, S625, S626, S627, S641, S81
Sugars, total	S5, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627, S641
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627, S641
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S626, S627
Sodium, Na	S21, S5, S625, S626, S627, S641
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21, S5
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S21, S5, S625, S626, S627, S641
Thiamin	S21

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### **NDB No. 11546 Tomato products, canned, paste, without salt added**

Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin K (phylloquinone)	D4048, S21
Threonine	S21
Leucine	S21
Lysine	S21
Phenylalanine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Serine	S21
Cholesterol	S626, S627
Fatty acids, total saturated	S626, S627
16:0	S21
18:2 undifferentiated	S21

### **NDB No. 11547 Tomato products, canned, puree, without salt added**

Protein	S21, S625, S626, S627
Total lipid (fat)	S21, S625, S626, S627
Ash	S21, S625, S626, S627
Glucose (dextrose)	S21
Fructose	S21
Water	S21, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S625, S626, S627
Sodium, Na	S21, S625, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21

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### **NDB No. 11547 Tomato products, canned, puree, without salt added**

Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21
Carotene, alpha	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Vitamin C, total ascorbic acid	S21, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	S21
Fatty acids, total saturated	S626, S627

### **NDB No. 11549 Tomato products, canned, sauce**

Protein	S21
Total lipid (fat)	S21, S87
Ash	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Fiber, total dietary	S21
Calcium, Ca	S183, S201, S202, S203, S21, S6
Iron, Fe	S183, S201, S202, S203, S21, S6
Magnesium, Mg	S183, S201, S202, S203, S21, S6
Phosphorus, P	S183, S201, S202, S203, S21, S6
Potassium, K	S183, S201, S202, S203, S21, S6
Sodium, Na	S183, S201, S202, S203, S21, S6
Zinc, Zn	S183, S201, S202, S203, S21, S6
Copper, Cu	S183, S201, S202, S203, S21, S6
Manganese, Mn	S183, S201, S202, S203, S21, S6
Selenium, Se	S183, S201, S203, S6
Carotene, beta	S21
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81, S87
Cryptoxanthin, beta	S21

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### **NDB No. 11549 Tomato products, canned, sauce**

Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81, S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	D4002, S21
Aspartic acid	S21
Glutamic acid	S21

### **NDB No. 11565 Turnips, cooked, boiled, drained, without salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

### **NDB No. 11568 Turnip greens, raw**

Glucose (dextrose)	D3326
Fructose	D3326
Water	D3326, S81
Sugars, total	D3326
Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

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### **NDB No. 11578 Vegetable juice cocktail, canned**

Carotene, beta	D3851
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4041

### **NDB No. 11641 Squash, summer, all varieties, raw**

Protein	S1322, S622
Total lipid (fat)	S1322, S622
Ash	S1322, S622
Sucrose	D3321, S604
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Water	D3764, S1322, S604, S622
Fiber, total dietary	D3764, S1322, S604, S642
Calcium, Ca	S1322, S622
Iron, Fe	S1322, S622
Magnesium, Mg	S1322, S622
Phosphorus, P	S1322, S622
Potassium, K	S1322, S622
Zinc, Zn	S1322, S622
Copper, Cu	S1322, S622
Manganese, Mn	S1322, S622
Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Vitamin C, total ascorbic acid	S1322, S622
Thiamin	S1322, S622
Riboflavin	S1322, S622
Niacin	S1322, S622



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### **NDB No. 11641 Squash, summer, all varieties, raw**

Pantothenic acid	S1322, S622
Vitamin B-6	S1322, S622
Folate, total	S1322, S622

### **NDB No. 11643 Squash, winter, all varieties, raw**

Carotene, beta	D3846, D3847
Carotene, alpha	D3846

### **NDB No. 11644 Squash, winter, all varieties, cooked, baked, without salt**

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	S1821
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Manganese, Mn	S1821
Carotene, beta	D3846
Carotene, alpha	D3846

### **NDB No. 11674 Potato, baked, flesh and skin, without salt**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S183, S201, S202, S203, S563, S566

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### **NDB No. 11674 Potato, baked, flesh and skin, without salt**

Iron, Fe	S183, S201, S202, S203, S563, S566
Magnesium, Mg	S183, S201, S202, S203, S563, S566
Phosphorus, P	S183, S201, S202, S203, S563, S566
Potassium, K	S183, S201, S202, S203, S563, S566
Sodium, Na	S183, S201, S202, S203, S563, S566
Zinc, Zn	S183, S201, S202, S203, S563, S566
Copper, Cu	S183, S201, S202, S203, S563, S566
Manganese, Mn	S183, S201, S202, S203, S563, S566
Selenium, Se	S183, S201, S202, S203, S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	D4002, S563, S566

### **NDB No. 11697 Arrowroot, raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt**

Sugars, total	S565
Carotene, beta	S565
Carotene, alpha	S565

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### **NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt**

Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Vitamin K (phylloquinone)	S565

### **NDB No. 11705 Asparagus, cooked, boiled, drained, with salt**

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069

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### **NDB No. 11705 Asparagus, cooked, boiled, drained, with salt**

Folate, total	S1069
Vitamin K (phylloquinone)	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

### **NDB No. 11709 Asparagus, frozen, cooked, boiled, drained, with salt**

Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9

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### **NDB No. 11709 Asparagus, frozen, cooked, boiled, drained, with salt**

Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt**

Sucrose	S822, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S822, S837
Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6

### **NDB No. 11723 Beans, snap, green, cooked, boiled, drained, with salt**

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203

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### **NDB No. 11723 Beans, snap, green, cooked, boiled, drained, with salt**

Selenium, Se	S183, S202, S203
Vitamin K (phylloquinone)	D4002

### **NDB No. 11742 Broccoli, cooked, boiled, drained, with salt**

Starch	S564
Sucrose	S1121, S564, S837
Glucose (dextrose)	S1121, S564, S837
Fructose	S1121, S564, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Sugars, total	S564, S837
Galactose	S564
Fiber, total dietary	S564, S606, S837
Calcium, Ca	S1121, S564
Iron, Fe	S1121, S564
Magnesium, Mg	S1121, S564
Phosphorus, P	S1121, S564
Potassium, K	S1121, S564
Zinc, Zn	S1121, S564
Copper, Cu	S1121, S564
Manganese, Mn	S1121, S564
Selenium, Se	S1121, S564
Carotene, beta	D3846, D3890, S1121, S564
Carotene, alpha	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564
Cryptoxanthin, beta	S1121, S564
Lycopene	S1121, S564
Lutein + zeaxanthin	D3890, S1121, S564
Tocopherol, beta	S1121, S564
Tocopherol, gamma	S1121, S564
Tocopherol, delta	S1121, S564
Vitamin C, total ascorbic acid	S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564

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### **NDB No. 11742 Broccoli, cooked, boiled, drained, with salt**

Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### **NDB No. 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt**

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6
Zinc, Zn	S6
Copper, Cu	S6
Manganese, Mn	S6
Selenium, Se	S6

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### **NDB No. 11745 Brussels sprouts, cooked, boiled, drained, with salt**

Carotene, beta	D3846, D3901
Carotene, alpha	D3901
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No. 11752 Cabbage, red, cooked, boiled, drained, with salt**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065



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### **NDB No. 11752 Cabbage, red, cooked, boiled, drained, with salt**

Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065

### **NDB No. 11757 Carrots, cooked, boiled, drained, with salt**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062

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### **NDB No. 11757 Carrots, cooked, boiled, drained, with salt**

Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3885, S1062
Carotene, alpha	D3846, D3885, S1062
Vitamin E (alpha-tocopherol)	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062

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### **NDB No. 11757 Carrots, cooked, boiled, drained, with salt**

20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11758 Carrots, canned, no salt added, solids and liquids**

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

### **NDB No. 11759 Carrots, canned, no salt added, drained solids**

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

### **NDB No. 11760 Carrots, frozen, cooked, boiled, drained, with salt**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25

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### **NDB No. 11760 Carrots, frozen, cooked, boiled, drained, with salt**

Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
20:0	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
18:4	S25
20:5 n-3	S25
22:5 n-3	S25
15:0	S25
24:0	S25

### **NDB No. 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt**

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### **NDB No. 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt**

Carotene, beta	D3869, D3870
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870
Lutein + zeaxanthin	D3869

### **NDB No. 11768 Collards, cooked, boiled, drained, with salt**

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S201, S202, S203
Carotene, beta	D3846
Vitamin K (phylloquinone)	D4002

### **NDB No. 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt**

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S201, S202, S203

### **NDB No. 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids**

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S6
Carotene, beta	D3907
Carotene, alpha	D3907
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	D3907

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### **NDB No. 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids**

Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 11772 Corn, sweet, yellow, canned, cream style, no salt added**

Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt**

Protein	S405
Total lipid (fat)	S405, S84
Ash	S405
Sucrose	S604, S822, S837
Glucose (dextrose)	S604, S822, S837
Fructose	S604, S822, S837
Lactose	S837
Maltose	S604, S822, S837
Water	S405, S604, S822, S837, S84
Calcium, Ca	S405, S6
Iron, Fe	S405, S6
Magnesium, Mg	S405, S6
Phosphorus, P	S405, S6
Potassium, K	S405, S6
Zinc, Zn	S405, S6
Copper, Cu	S405, S6
Manganese, Mn	S405, S6
Carotene, beta	S405
Carotene, alpha	S405
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S405
Tocopherol, beta	S84
Tocopherol, gamma	S84

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### **NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt**

Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405
Folate, total	S405
Vitamin K (phylloquinone)	D4002

### **NDB No. 11783 Eggplant, cooked, boiled, drained, with salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No. 11790 Kale, cooked, boiled, drained, with salt**

Carotene, beta	D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

### **NDB No. 11803 Okra, cooked, boiled, drained, with salt**

Total lipid (fat)	S84
Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9

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### **NDB No. 11803 Okra, cooked, boiled, drained, with salt**

Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 11812 Peas, green, canned, no salt added, solids and liquids**

Sucrose	S406, S604
Glucose (dextrose)	S406, S604
Fructose	S406, S604
Maltose	S406, S604
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Selenium, Se	S183, S202, S203, S6
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 11813 Peas, green, canned, no salt added, drained solids**

Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

### **NDB No. 11819 Peppers, hot chili, red, raw**

Protein	S1202
Total lipid (fat)	S1202



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### **NDB No. 11819 Peppers, hot chili, red, raw**

Ash	S1202
Water	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### **NDB No. 11821 Peppers, sweet, red, raw**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062

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### **NDB No. 11821 Peppers, sweet, red, raw**

Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3894, D3912, S1062
Carotene, alpha	D3846, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3912, S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062

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### **NDB No. 11821 Peppers, sweet, red, raw**

20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11828 Potatoes, baked, flesh and skin, with salt**

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S183, S201, S202, S203, S563, S566
Iron, Fe	S183, S201, S202, S203, S563, S566
Magnesium, Mg	S183, S201, S202, S203, S563, S566
Phosphorus, P	S183, S201, S202, S203, S563, S566
Potassium, K	S183, S201, S202, S203, S563, S566
Zinc, Zn	S183, S201, S202, S203, S563, S566
Copper, Cu	S183, S201, S202, S203, S563, S566
Manganese, Mn	S183, S201, S202, S203, S563, S566
Selenium, Se	S183, S201, S202, S203, S563
Carotene, beta	S563, S566

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### **NDB No. 11828 Potatoes, baked, flesh and skin, with salt**

Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	D4002, S563, S566

### **NDB No. 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S183, S201, S202, S203, S2105, S6
Iron, Fe	S183, S201, S202, S203, S2105, S6
Magnesium, Mg	S183, S201, S202, S203, S2105, S6
Phosphorus, P	S183, S201, S202, S203, S2105, S6
Potassium, K	S183, S201, S202, S203, S2105, S6

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### **NDB No. 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated**

Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S2105, S6
Copper, Cu	S183, S201, S202, S203, S2105, S6
Manganese, Mn	S183, S201, S202, S203, S2105, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105

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### **NDB No. 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated**

20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105

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### **NDB No. 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased**

Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 11854 Spinach, cooked, boiled, drained, with salt**

Carotene, beta	D3846, D3905
Carotene, alpha	D3905

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### **NDB No. 11854 Spinach, cooked, boiled, drained, with salt**

Cryptoxanthin, beta	D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

### **NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25



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### **NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt**

Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25

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### **NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt**

16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### **NDB No. 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt**

Sucrose	D3321
Glucose (dextrose)	D3321, D3326
Fructose	D3321, D3326
Sugars, total	D3326
Calcium, Ca	S12, S183, S201, S202, S203
Iron, Fe	S12, S183, S201, S202, S203
Magnesium, Mg	S12, S183, S201, S202, S203
Phosphorus, P	S12, S183, S201, S202, S203
Potassium, K	S12, S183, S201, S202, S203
Sodium, Na	S12, S183, S201, S202, S203
Zinc, Zn	S12, S183, S201, S202, S203
Copper, Cu	S12, S183, S201, S202, S203
Manganese, Mn	S12, S183, S201, S202, S203
Selenium, Se	S12, S183, S203
Vitamin K (phylloquinone)	D4002

### **NDB No. 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt**

Vitamin K (phylloquinone)	D4002, D4048
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### **NDB No. 11875 Sweet potato, cooked, baked in skin, with salt**

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062

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### **NDB No. 11875 Sweet potato, cooked, baked in skin, with salt**

Sucrose	D3335, S1062, S606
Glucose (dextrose)	D3335, S1062, S606
Fructose	D3335, S1062, S606
Lactose	S1062
Maltose	D3335, S1062, S606
Water	S1062, S121, S606
Sugars, total	S606
Fiber, total dietary	S1062
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	D4142, S10, S1062, S11, S12, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062

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### **NDB No. 11875 Sweet potato, cooked, baked in skin, with salt**

18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11876 Sweet potato, cooked, boiled, without skin, with salt**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062

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### **NDB No. 11876 Sweet potato, cooked, boiled, without skin, with salt**

Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3852, D3891, D3902
Carotene, alpha	D3902
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062

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### **NDB No. 11876 Sweet potato, cooked, boiled, without skin, with salt**

22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11884 Tomatoes, red, ripe, cooked, with salt**

Protein	S441
Total lipid (fat)	S441
Ash	S441
Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441
Water	S441
Fiber, total dietary	S441
Calcium, Ca	S441
Iron, Fe	S441
Magnesium, Mg	S441
Phosphorus, P	S441
Potassium, K	S441
Zinc, Zn	S441
Copper, Cu	S441
Manganese, Mn	S441

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### **NDB No. 11884 Tomatoes, red, ripe, cooked, with salt**

Carotene, beta	D3905, S441
Carotene, alpha	D3905, S441
Vitamin E (alpha-tocopherol)	S441
Cryptoxanthin, beta	D3905, S441
Lycopene	D3905, S441
Lutein + zeaxanthin	D3905, S441
Tocopherol, beta	S441
Tocopherol, gamma	S441
Tocopherol, delta	S441
Thiamin	S441
Riboflavin	S441
Niacin	S441
Pantothenic acid	S441
Vitamin B-6	S441
Vitamin K (phylloquinone)	S441

### **NDB No. 11886 Tomato juice, canned, without salt added**

Total lipid (fat)	S87
Sucrose	D3315
Glucose (dextrose)	D3302, D3315
Fructose	D3302, D3315
Sugars, total	D3315
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S6, S7, S8, S9
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S87
Cryptoxanthin, beta	D3851
Lycopene	D3851, D3890, S1381

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### **NDB No. 11886 Tomato juice, canned, without salt added**

Lutein + zeaxanthin	D3851
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	D4002

### **NDB No. 11887 Tomato products, canned, paste, with salt added**

Protein	S21, S5, S625, S626, S627, S641
Total lipid (fat)	S21, S5, S625, S626, S627, S641
Ash	S21, S5, S625, S626, S627, S641
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Maltose	S21
Water	S21, S5, S625, S626, S627, S641, S81
Sugars, total	S5, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627, S641
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627, S641
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21, S5
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81
Tocopherol, gamma	S81



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### **NDB No. 11887 Tomato products, canned, paste, with salt added**

Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S21, S5, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin K (phylloquinone)	D4048, S21
Threonine	S21
Leucine	S21
Lysine	S21
Phenylalanine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Serine	S21
Fatty acids, total saturated	S626, S627
16:0	S21
18:2 undifferentiated	S21

### **NDB No. 11888 Tomato products, canned, puree, with salt added**

Protein	S21, S625, S626, S627
Total lipid (fat)	S21, S625, S626, S627
Ash	S21, S625, S626, S627
Glucose (dextrose)	S21
Fructose	S21
Water	S21, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S625, S626, S627
Zinc, Zn	S21
Copper, Cu	S21

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### **NDB No. 11888 Tomato products, canned, puree, with salt added**

Manganese, Mn	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21
Carotene, alpha	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Vitamin C, total ascorbic acid	S21, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	S21
Aspartic acid	S21
Glutamic acid	S21
Fatty acids, total saturated	S626, S627

### **NDB No. 11921 Peppers, sweet, red, sauteed**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062

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### **NDB No. 11921 Peppers, sweet, red, sauteed**

Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	S1062
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062

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### **NDB No. 11921 Peppers, sweet, red, sauteed**

10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No. 11935 Catsup**

Protein	S22, S5
Total lipid (fat)	S22, S5
Carbohydrate, by difference	S5
Ash	S22, S5
Energy	S5
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22

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### **NDB No. 11935 Catsup**

Lactose	S22
Maltose	S22
Water	S22, S5, S81
Fiber, total dietary	S22
Calcium, Ca	S183, S202, S203, S22, S6
Iron, Fe	S183, S202, S203, S22, S6
Magnesium, Mg	S183, S202, S203, S22, S6
Phosphorus, P	S183, S202, S203, S22, S6
Potassium, K	S183, S202, S203, S22, S6
Sodium, Na	S183, S202, S203, S22, S5, S6
Zinc, Zn	S183, S202, S203, S22, S6
Copper, Cu	S183, S202, S203, S22, S6
Manganese, Mn	S183, S202, S203, S22, S6
Selenium, Se	S183, S22, S6
Carotene, beta	S22
Carotene, alpha	S22
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S22
Lycopene	S22
Lutein + zeaxanthin	S22
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin K (phylloquinone)	S22
Fatty acids, total saturated	S22

### **NDB No. 11949 Catsup, low sodium**

Protein	S22, S5
Total lipid (fat)	S22, S5
Carbohydrate, by difference	S5

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### **NDB No. 11949 Catsup, low sodium**

Ash	S22, S5
Energy	S5
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	S22, S5, S81
Fiber, total dietary	S22
Calcium, Ca	S183, S202, S203, S22, S6
Iron, Fe	S183, S202, S203, S22, S6
Magnesium, Mg	S183, S202, S203, S22, S6
Phosphorus, P	S183, S202, S203, S22, S6
Potassium, K	S183, S202, S203, S22, S6
Zinc, Zn	S183, S202, S203, S22, S6
Copper, Cu	S183, S202, S203, S22, S6
Manganese, Mn	S183, S202, S203, S22, S6
Selenium, Se	S183, S22, S6
Carotene, beta	S22
Carotene, alpha	S22
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S22
Lycopene	S22
Lutein + zeaxanthin	S22
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin K (phylloquinone)	S22
Fatty acids, total saturated	S22
Fatty acids, total monounsaturated	S22

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### **NDB No. 11950 Mushrooms, enoki, raw**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Niacin	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941

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### **NDB No. 11950 Mushrooms, enoki, raw**

Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

### **NDB No. 11951 Peppers, sweet, yellow, raw**

Carotene, beta	D3912
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### **NDB No. 11960 Carrots, baby, raw**

Protein	S481, S562
Total lipid (fat)	S481, S562
Ash	S481, S562
Starch	S562
Sucrose	S562
Glucose (dextrose)	S562
Fructose	S562
Lactose	S562
Maltose	S562
Water	S481, S562
Sugars, total	S562
Galactose	S562
Calcium, Ca	S481, S562
Iron, Fe	S481, S562
Magnesium, Mg	S481, S562
Phosphorus, P	S481, S562
Potassium, K	S481, S562
Sodium, Na	S481, S562

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### **NDB No. 11960 Carrots, baby, raw**

Zinc, Zn	S481, S562
Copper, Cu	S481, S562
Manganese, Mn	S481, S562
Selenium, Se	S481, S562
Carotene, beta	D3900
Carotene, alpha	D3900
Thiamin	S481, S562
Riboflavin	S481, S562
Niacin	S481, S562
Pantothenic acid	S481, S562
Vitamin B-6	S481, S562
Vitamin K (phylloquinone)	S481, S562

### **NDB No. 11963 Nopales, raw**

Protein	S405
Total lipid (fat)	S405
Ash	S405
Water	S405
Fiber, total dietary	S405
Calcium, Ca	S405
Iron, Fe	S405
Magnesium, Mg	S405
Phosphorus, P	S405
Potassium, K	S405
Sodium, Na	S405
Zinc, Zn	S405
Copper, Cu	S405
Manganese, Mn	S405
Carotene, beta	S405
Carotene, alpha	S405
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405

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### **NDB No. 11963 Nopales, raw**

Folate, total S405

### **NDB No. 11965 Cauliflower, green, raw**

Protein S616

Total lipid (fat) S616

Ash S616

Water S616

Calcium, Ca S616

Iron, Fe S616

Magnesium, Mg S616

Phosphorus, P S616

Potassium, K S616

Sodium, Na S616

Zinc, Zn S616

Copper, Cu S616

Manganese, Mn S616

Carotene, beta S616

Vitamin C, total ascorbic acid S616

Thiamin S616

Riboflavin S616

Niacin S616

Pantothenic acid S616

Vitamin B-6 S616

Folate, total S616

### **NDB No. 11970 Cabbage, napa, cooked**

Carotene, beta S1202

Carotene, alpha S1202

Cryptoxanthin, beta S1202

### **NDB No. 11972 Lemon grass (citronella), raw**

Carotene, beta S1202

Carotene, alpha S1202

Cryptoxanthin, beta S1202

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### **NDB No. 11973 Beans, fava, in pod, raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 11975 Grape leaves, canned**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 11976 Pepper, banana, raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 11987 Mushroom, oyster, raw**

Protein	S1202, S2941
Total lipid (fat)	S1202, S2941
Ash	S1202, S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S1202, S2941
Galactose	S2941
Fiber, total dietary	S1202, S2941
Calcium, Ca	S1202, S2941
Iron, Fe	S1202, S2941
Magnesium, Mg	S1202, S2941
Phosphorus, P	S1202, S2941
Potassium, K	S1202, S2941
Sodium, Na	S1202, S2941
Zinc, Zn	S1202, S2941
Copper, Cu	S1202, S2941

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### **NDB No. 11987 Mushroom, oyster, raw**

Manganese, Mn	S1202, S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S1202, S2941
Riboflavin	S1202, S2941
Niacin	S1202, S2941
Pantothenic acid	S1202, S2941
Vitamin B-6	S1202, S2941
Folate, total	S1202, S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941

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### **NDB No. 11987 Mushroom, oyster, raw**

18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No. 11989 Mushrooms, straw, canned, drained solids**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 11990 Wasabi, root, raw**

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202

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### **NDB No. 11990 Wasabi, root, raw**

Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### **NDB No. 11991 Yautia (tannier), raw**

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202

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### **NDB No. 11991 Yautia (tannier), raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### **NDB No. 11992 Mushrooms, white, microwaved**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941

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### **NDB No. 11992 Mushrooms, white, microwaved**

Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941



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### **NDB No. 11992 Mushrooms, white, microwaved**

18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No. 11995 Fiddlehead ferns, raw**

Carotene, beta	D3885, D3886
Carotene, alpha	D3885, D3886

### **NDB No. 11996 Fiddlehead ferns, frozen, unprepared**

Carotene, beta	D3886
Carotene, alpha	D3886

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### **NDB No. 12006 Seeds, chia seeds, dried**

Protein	D4822, D4861, D4862, S1783
Total lipid (fat)	D4821, D4822, D4861, D4862, S1783
Ash	D4822, S1783
Water	D4822, S1783
Fiber, total dietary	D4822
Calcium, Ca	D4862, S1783
Phosphorus, P	D4862, S1783
Potassium, K	S1783
Sodium, Na	S1783
Zinc, Zn	S1783
Copper, Cu	S1783
Manganese, Mn	S1783
Tryptophan	S1782
Threonine	D4822, D4861, S1782
Isoleucine	D4822, D4861, S1782
Leucine	D4822, D4861, S1782
Lysine	D4822, D4861, S1782
Methionine	D4822, D4861, S1782
Cystine	D4822, D4861, S1782
Phenylalanine	D4822, D4861, S1782
Tyrosine	D4822, D4861
Valine	D4822, D4861, S1782
Arginine	D4822, D4861, S1782
Histidine	D4822, D4861, S1782
Alanine	D4822, D4861, S1782
Aspartic acid	D4822, D4861, S1782
Glutamic acid	D4822, D4861
Glycine	D4822, D4861, S1782
Proline	D4861
Serine	D4822, D4861, S1782
14:0	S1783
16:0	D4821, D4861, D4862, S1783
18:0	D4821, D4861, D4862, S1783
20:0	D4862, S1783
18:1 undifferentiated	D4821, D4861, D4862, S1783
18:2 undifferentiated	D4821, D4861, D4862, S1783
18:3 undifferentiated	D4821, D4861, D4862, S1783

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### **NDB No. 12006 Seeds, chia seeds, dried**

22:0	D4862
14:1	S1783
16:1 undifferentiated	D4862, S1783
20:1	D4862, S1783
15:0	S1783
17:0	D4862
17:1	D4862

### **NDB No. 12014 Seeds, pumpkin and squash seed kernels, dried**

Vitamin E (alpha-tocopherol)	D4561
Tocopherol, gamma	D4561

### **NDB No. 12023 Seeds, sesame seeds, whole, dried**

Sugars, total	S606
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### **NDB No. 12036 Seeds, sunflower seed kernels, dried**

Vitamin E (alpha-tocopherol)	S1504
Tocopherol, beta	S1504
Tocopherol, gamma	S1504
Tocopherol, delta	S1504

### **NDB No. 12037 Seeds, sunflower seed kernels, dry roasted, without salt**

Vitamin E (alpha-tocopherol)	S2142, S84
Tocopherol, beta	S2142, S84
Tocopherol, gamma	S2142, S84
Tocopherol, delta	S2142, S84

### **NDB No. 12038 Seeds, sunflower seed kernels, oil roasted, without salt**

Protein	S661, S961
Total lipid (fat)	S661, S961
Ash	S661, S961
Sucrose	S606, S661, S961
Glucose (dextrose)	S606, S661, S961
Fructose	S661, S961

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### **NDB No. 12038 Seeds, sunflower seed kernels, oil roasted, without salt**

Lactose	S661, S961
Maltose	S661, S961
Water	S606, S661, S961
Sugars, total	S606, S661, S961
Fiber, total dietary	S661
Calcium, Ca	S661, S961
Iron, Fe	S661, S961
Vitamin A, IU	S1202, S661
Retinol	S661
Vitamin A, RAE	S1202, S661
Carotene, beta	S1202, S661
Carotene, alpha	S1202
Vitamin E (alpha-tocopherol)	S2142
Cryptoxanthin, beta	S1202
Tocopherol, beta	S2142
Tocopherol, gamma	S2142
Tocopherol, delta	S2142
Vitamin C, total ascorbic acid	S661, S961
Cholesterol	S661, S961
Fatty acids, total trans	S961
4:0	S661
6:0	S661
8:0	S661
10:0	S661
12:0	S661
14:0	S661, S961
16:0	S661, S961
18:0	S661, S961
20:0	S661, S961
20:4 undifferentiated	S661
22:6 n-3	S661
22:0	S661, S961
14:1	S661
20:1	S661, S961
20:5 n-3	S661
22:1 undifferentiated	S661
15:0	S661, S961

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### **NDB No. 12038 Seeds, sunflower seed kernels, oil roasted, without salt**

17:0	S661, S961
24:0	S661, S961
16:1 t	S961
18:1 t	S961
18:2 t not further defined	S961
24:1 c	S661
20:2 n-6 c,c	S661, S961
16:1 c	S961
18:1 c	S961
18:2 n-6 c,c	S961
18:3 n-6 c,c,c	S961
17:1	S661, S961
20:3 undifferentiated	S661
Fatty acids, total trans-monoenoic	S961
Fatty acids, total trans-polyenoic	S961
13:0	S661
15:1	S661
18:3 n-3 c,c,c	S961

### **NDB No. 12061 Nuts, almonds**

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141

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### **NDB No. 12061 Nuts, almonds**

Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141, S441, S503
Carotene, beta	S141, S441, S503
Carotene, alpha	S141, S441, S503
Vitamin E (alpha-tocopherol)	S141
Cryptoxanthin, beta	S441, S503
Lycopene	S441, S503
Lutein + zeaxanthin	S441, S503
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Vitamin K (phylloquinone)	S441, S503
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141

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### **NDB No. 12061 Nuts, almonds**

Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### **NDB No. 12062 Nuts, almonds, blanched**

Protein	S141
Total lipid (fat)	S141

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### **NDB No. 12062 Nuts, almonds, blanched**

Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141



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### **NDB No. 12062 Nuts, almonds, blanched**

Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141

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### **NDB No. 12062 Nuts, almonds, blanched**

24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### **NDB No. 12063 Nuts, almonds, dry roasted, without salt added**

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141

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### **NDB No. 12063 Nuts, almonds, dry roasted, without salt added**

Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141

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### **NDB No. 12063 Nuts, almonds, dry roasted, without salt added**

20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### **NDB No. 12065 Nuts, almonds, oil roasted, without salt added**

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141

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### **NDB No. 12065 Nuts, almonds, oil roasted, without salt added**

Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141

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### **NDB No. 12065 Nuts, almonds, oil roasted, without salt added**

18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### **NDB No. 12071 Nuts, almond paste**

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 12078 Nuts, brazilnuts, dried, unblanched**

Protein	S1063, S503
Total lipid (fat)	S1063, S503
Ash	S1063, S503
Starch	S1063, S503
Sucrose	S1063, S503

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### **NDB No. 12078 Nuts, brazilnuts, dried, unblanched**

Glucose (dextrose)	S1063, S503
Fructose	S1063, S503
Lactose	S1063, S503
Maltose	S1063, S503
Water	S1063, S503, S81
Sugars, total	S1063, S503
Galactose	S1063, S503
Fiber, total dietary	S503
Calcium, Ca	S1063, S503
Iron, Fe	S1063, S503
Magnesium, Mg	S1063, S503
Phosphorus, P	S1063, S503
Potassium, K	S1063, S503
Sodium, Na	S1063, S503
Zinc, Zn	S1063, S503
Copper, Cu	S1063, S503
Manganese, Mn	S1063, S503
Selenium, Se	S1063, S503
Vitamin A, IU	S503
Vitamin A, RAE	S503
Carotene, beta	S503
Carotene, alpha	S503
Vitamin E (alpha-tocopherol)	S1063, S503, S81
Cryptoxanthin, beta	S503
Lycopene	S503
Lutein + zeaxanthin	S503
Tocopherol, beta	S1063, S503, S81
Tocopherol, gamma	S1063, S503, S81
Tocopherol, delta	S1063, S503, S81
Vitamin C, total ascorbic acid	S1063, S503
Thiamin	S1063, S503
Riboflavin	S1063, S503
Niacin	S1063, S503
Pantothenic acid	S1063, S503
Vitamin B-6	S1063, S503
Folate, total	S1063
Vitamin K (phylloquinone)	S1063, S503

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### **NDB No. 12078 Nuts, brazilnuts, dried, unblanched**

Tryptophan	S1063, S503
Threonine	S1063, S503
Isoleucine	S1063, S503
Leucine	S1063, S503
Lysine	S1063, S503
Methionine	S1063, S503
Cystine	S1063, S503
Phenylalanine	S1063, S503
Tyrosine	S1063, S503
Valine	S1063, S503
Arginine	S1063, S503
Histidine	S1063, S503
Alanine	S1063, S503
Aspartic acid	S1063, S503
Glutamic acid	S1063, S503
Glycine	S1063, S503
Proline	S1063, S503
Serine	S1063, S503
8:0	S1063, S503
10:0	S1063, S503
12:0	S1063, S503
14:0	S1063, S503
16:0	S1063, S503
18:0	S1063, S503
20:0	S1063, S503
18:1 undifferentiated	S1063, S503
18:2 undifferentiated	S1063, S503
20:4 undifferentiated	S1063, S503
22:0	S1063, S503
14:1	S1063, S503
16:1 undifferentiated	S1063, S503
20:1	S1063, S503
15:0	S1063, S503
17:0	S1063, S503
20:2 n-6 c,c	S1063, S503
18:3 n-6 c,c,c	S1063, S503
17:1	S1063, S503



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### **NDB No. 12078 Nuts, brazilnuts, dried, unblanched**

20:3 undifferentiated	S1063, S503
15:1	S1063, S503
18:3 n-3 c,c,c	S1063, S503

### **NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added**

Protein	S343, S363, S502
Total lipid (fat)	S363, S5, S502
Ash	S343
Starch	S343, S363, S502
Sucrose	S343, S363, S502
Glucose (dextrose)	S343, S363, S502
Fructose	S343, S363, S502
Lactose	S343, S363, S502
Maltose	S343, S363, S502
Water	S343
Sugars, total	S343, S363, S502
Galactose	S363, S502
Fiber, total dietary	S363, S502
Calcium, Ca	S343, S363, S502
Iron, Fe	S343, S363, S5, S502
Magnesium, Mg	S343, S363, S502
Phosphorus, P	S343, S363, S502
Potassium, K	S343, S363, S502
Sodium, Na	S343
Zinc, Zn	S343, S363, S502
Copper, Cu	S343, S363, S502
Manganese, Mn	S343, S363, S502
Selenium, Se	D3358, D3359, S363, S502
Carotene, beta	S363, S502
Carotene, alpha	S363, S502
Vitamin E (alpha-tocopherol)	S502, S82
Cryptoxanthin, beta	S363, S502
Lycopene	S363, S502
Lutein + zeaxanthin	S363, S502
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82

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### **NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added**

Tocopherol, delta	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502
Pantothenic acid	S363, S502
Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
Vitamin K (phylloquinone)	S363, S502
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502
8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502

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### **NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added**

20:4 undifferentiated	S363, S502
22:6 n-3	S502
22:0	S363, S502
14:1	S363, S502
16:1 undifferentiated	S363, S502
18:4	S502
20:1	S363, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S363, S502
17:0	S363, S502
24:0	S502
20:2 n-6 c,c	S363, S502
17:1	S363, S502
20:3 undifferentiated	S363, S502
15:1	S363, S502

### **NDB No. 12087 Nuts, cashew nuts, raw**

Protein	S343
Ash	S343
Starch	S343
Sucrose	S343
Glucose (dextrose)	S343
Fructose	S343
Lactose	S343
Maltose	S343
Water	S343
Sugars, total	S343
Calcium, Ca	S343
Iron, Fe	S343
Magnesium, Mg	S343
Phosphorus, P	S343
Potassium, K	S343
Sodium, Na	S343
Zinc, Zn	S343

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### **NDB No. 12087 Nuts, cashew nuts, raw**

Copper, Cu	S343
Manganese, Mn	S343
Vitamin C, total ascorbic acid	S343
Thiamin	S343
Riboflavin	S343
Niacin	S343
Vitamin B-6	S343
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502

### **NDB No. 12120 Nuts, hazelnuts or filberts**

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83

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### **NDB No. 12120 Nuts, hazelnuts or filberts**

Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Selenium, Se	S1063, S503
Carotene, beta	S503, S83
Carotene, alpha	S503, S83
Vitamin E (alpha-tocopherol)	S83
Cryptoxanthin, beta	S503
Lycopene	S503
Lutein + zeaxanthin	S503
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Vitamin K (phylloquinone)	S1063, S503
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83

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### **NDB No. 12120 Nuts, hazelnuts or filberts**

Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83

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### **NDB No. 12120 Nuts, hazelnuts or filberts**

20:3 undifferentiated	S83
13:0	S83

### **NDB No. 12121 Nuts, hazelnuts or filberts, blanched**

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Carotene, beta	S83
Carotene, alpha	S83
Vitamin E (alpha-tocopherol)	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83

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### **NDB No. 12121 Nuts, hazelnuts or filberts, blanched**

Folate, total	S83
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83



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### **NDB No. 12121 Nuts, hazelnuts or filberts, blanched**

22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

### **NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added**

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Vitamin A, IU	S83
Carotene, beta	S83
Carotene, alpha	S83

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### **NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added**

Vitamin E (alpha-tocopherol)	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83

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### **NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added**

18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

### **NDB No. 12131 Nuts, macadamia nuts, raw**

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77

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### **NDB No. 12131 Nuts, macadamia nuts, raw**

Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Vitamin E (alpha-tocopherol)	S77
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77
Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77

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### **NDB No. 12131 Nuts, macadamia nuts, raw**

10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

### **NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added**

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77

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### **NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added**

Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Carotene, beta	S77
Carotene, alpha	S77
Vitamin E (alpha-tocopherol)	S77
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77
Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77

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### **NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added**

Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

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### **NDB No. 12142 Nuts, pecans**

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S1121, S363, S85
Carotene, beta	S1121, S363, S85
Carotene, alpha	S1121, S363, S85
Vitamin E (alpha-tocopherol)	S85
Cryptoxanthin, beta	S1121, S363
Lycopene	S1121, S363
Lutein + zeaxanthin	S1121, S363
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85



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### **NDB No. 12142 Nuts, pecans**

Vitamin K (phylloquinone)	S1121, S363
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85

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### **NDB No. 12142 Nuts, pecans**

22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### **NDB No. 12143 Nuts, pecans, dry roasted, without salt added**

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85

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### **NDB No. 12143 Nuts, pecans, dry roasted, without salt added**

Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85

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### **NDB No. 12143 Nuts, pecans, dry roasted, without salt added**

18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### **NDB No. 12144 Nuts, pecans, oil roasted, without salt added**

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85

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### **NDB No. 12144 Nuts, pecans, oil roasted, without salt added**

Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85

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### **NDB No. 12144 Nuts, pecans, oil roasted, without salt added**

Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### **NDB No. 12147 Nuts, pine nuts, dried**

Protein	S502, S564
Total lipid (fat)	S502, S564
Ash	S502, S564

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### **NDB No. 12147 Nuts, pine nuts, dried**

Starch	S564
Sucrose	S564
Glucose (dextrose)	S564
Fructose	S564
Lactose	S564
Maltose	S564
Water	S502, S564
Sugars, total	S564
Galactose	S564
Fiber, total dietary	S502, S564
Calcium, Ca	S502, S564
Iron, Fe	S502, S564
Magnesium, Mg	S502, S564
Phosphorus, P	S502, S564
Potassium, K	S502, S564
Sodium, Na	S564
Zinc, Zn	S502, S564
Copper, Cu	S502, S564
Manganese, Mn	S502, S564
Selenium, Se	S564
Vitamin E (alpha-tocopherol)	S502, S564
Tocopherol, beta	S502, S564
Tocopherol, gamma	S502, S564
Tocopherol, delta	S502, S564
Vitamin C, total ascorbic acid	S502, S564
Thiamin	S502, S564
Riboflavin	S502
Niacin	S502, S564
Pantothenic acid	S502, S564
Vitamin B-6	S502, S564
Folate, total	S502, S564
Vitamin K (phylloquinone)	S502, S564
Tryptophan	S502, S564
Threonine	S502, S564
Isoleucine	S502, S564
Leucine	S502, S564
Lysine	S502, S564

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### **NDB No. 12147 Nuts, pine nuts, dried**

Methionine	S502, S564
Cystine	S502, S564
Phenylalanine	S502, S564
Tyrosine	S502, S564
Valine	S502, S564
Arginine	S502, S564
Histidine	S502, S564
Alanine	S502, S564
Aspartic acid	S502, S564
Glutamic acid	S502, S564
Glycine	S502, S564
Proline	S502, S564
Serine	S502, S564
8:0	S502, S564
10:0	S502, S564
12:0	S502, S564
14:0	S502, S564
16:0	S502, S564
18:0	S502, S564
20:0	S502, S564
18:1 undifferentiated	S502, S564
18:2 undifferentiated	S502, S564
20:4 undifferentiated	S502, S564
22:6 n-3	S502
22:0	S502, S564
14:1	S502, S564
16:1 undifferentiated	S502, S564
18:4	S502
20:1	S502, S564
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S502, S564
17:0	S502, S564
24:0	S502
20:2 n-6 c,c	S502, S564
18:3 n-6 c,c,c	S564



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### **NDB No. 12147 Nuts, pine nuts, dried**

17:1	S502, S564
20:3 undifferentiated	S502, S564
15:1	S502, S564
18:3 n-3 c,c,c	S564

### **NDB No. 12151 Nuts, pistachio nuts, raw**

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Carotene, beta	S86
Carotene, alpha	S86
Vitamin E (alpha-tocopherol)	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86

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### **NDB No. 12151 Nuts, pistachio nuts, raw**

Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
Tryptophan	S86
Threonine	S86
Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86

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### **NDB No. 12151 Nuts, pistachio nuts, raw**

16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

### **NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added**

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86

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### **NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added**

Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S563, S565, S86
Vitamin A, IU	S563, S565, S86
Vitamin A, RAE	S563, S565, S86
Carotene, beta	S563, S565, S86
Carotene, alpha	S563, S565, S86
Vitamin E (alpha-tocopherol)	S86
Cryptoxanthin, beta	S563, S565
Lycopene	S563, S565
Lutein + zeaxanthin	S563, S565
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S563, S565, S86
Folate, total	S86
Vitamin K (phylloquinone)	S563, S565
Tryptophan	S86
Threonine	S86
Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86

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### **NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added**

Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

### **NDB No. 12154 Nuts, walnuts, black, dried**

Protein	S1001, S941
Total lipid (fat)	S941

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### **NDB No. 12154 Nuts, walnuts, black, dried**

Ash	S941
Starch	S941
Sucrose	S941
Glucose (dextrose)	S941
Fructose	S941
Lactose	S941
Maltose	S941
Water	S941
Sugars, total	S941
Fiber, total dietary	S941
Calcium, Ca	S941
Iron, Fe	S941
Magnesium, Mg	S941
Phosphorus, P	S941
Potassium, K	S941
Sodium, Na	S941
Zinc, Zn	S941
Copper, Cu	S941
Manganese, Mn	S941
Vitamin A, IU	S941
Vitamin A, RAE	S941
Carotene, beta	S941
Carotene, alpha	S941
Vitamin E (alpha-tocopherol)	S941
Tocopherol, beta	S941
Tocopherol, gamma	S941
Tocopherol, delta	S941
Vitamin C, total ascorbic acid	S941
Thiamin	S941
Riboflavin	S941
Niacin	S941
Pantothenic acid	S941
Vitamin B-6	S941
Folate, total	S941
Tryptophan	S1001
Threonine	S1001
Isoleucine	S1001

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### **NDB No. 12154 Nuts, walnuts, black, dried**

Leucine	S1001
Lysine	S1001
Methionine	S1001
Cystine	S1001
Phenylalanine	S1001
Tyrosine	S1001
Valine	S1001
Arginine	S1001
Histidine	S1001
Alanine	S1001
Aspartic acid	S1001
Glutamic acid	S1001
Glycine	S1001
Proline	S1001
Serine	S1001
Cholesterol	S941
8:0	S941
10:0	S941
12:0	S941
14:0	S941
16:0	S941
18:0	S941
20:0	S941
18:1 undifferentiated	S941
18:2 undifferentiated	S941
20:4 undifferentiated	S941
22:0	S941
14:1	S941
16:1 undifferentiated	S941
20:1	S941
Stigmasterol	S941
Campesterol	S941
Beta-sitosterol	S941
15:0	S941
17:0	S941
20:2 n-6 c,c	S941
18:3 n-6 c,c,c	S941

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### **NDB No. 12154 Nuts, walnuts, black, dried**

17:1	S941
20:3 undifferentiated	S941
15:1	S941
18:3 n-3 c,c,c	S941

### **NDB No. 12155 Nuts, walnuts, english**

Protein	S79
Total lipid (fat)	S79
Ash	S79
Starch	S79
Sucrose	S79
Glucose (dextrose)	S79
Fructose	S79
Lactose	S79
Maltose	S79
Water	S79
Fiber, total dietary	S79
Calcium, Ca	S79
Iron, Fe	S79
Magnesium, Mg	S79
Phosphorus, P	S79
Potassium, K	S79
Sodium, Na	S79
Zinc, Zn	S79
Copper, Cu	S79
Manganese, Mn	S79
Selenium, Se	S481, S563
Vitamin A, IU	S481, S563, S79
Vitamin A, RAE	S481, S563, S79
Carotene, beta	S481, S563, S79
Carotene, alpha	S481, S563, S79
Vitamin E (alpha-tocopherol)	S79, S87
Cryptoxanthin, beta	S481, S563
Lycopene	S481, S563
Lutein + zeaxanthin	S481, S563
Tocopherol, beta	S79, S87



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### **NDB No. 12155 Nuts, walnuts, english**

Tocopherol, gamma	S79, S87
Tocopherol, delta	S79, S87
Vitamin C, total ascorbic acid	S79
Thiamin	S79
Riboflavin	S79
Niacin	S481, S563
Pantothenic acid	S79
Vitamin B-6	S79
Folate, total	S79
Vitamin K (phylloquinone)	S481, S563
Tryptophan	S79
Threonine	S79
Isoleucine	S79
Leucine	S79
Lysine	S79
Methionine	S79
Cystine	S79
Phenylalanine	S79
Tyrosine	S79
Valine	S79
Arginine	S79
Histidine	S79
Alanine	S79
Aspartic acid	S79
Glutamic acid	S79
Glycine	S79
Proline	S79
Serine	S79
8:0	S79
10:0	S79
12:0	S79
14:0	S79
16:0	S79
18:0	S79
20:0	S79
18:1 undifferentiated	S79
18:2 undifferentiated	S79

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### **NDB No. 12155 Nuts, walnuts, english**

18:3 undifferentiated	S79
20:4 undifferentiated	S79
22:6 n-3	S79
22:0	S79
14:1	S79
16:1 undifferentiated	S79
20:1	S79
20:5 n-3	S79
22:1 undifferentiated	S79
22:5 n-3	S79
Stigmasterol	S79
Campesterol	S79
Beta-sitosterol	S79
15:0	S79
17:0	S79
24:0	S79
24:1 c	S79
20:2 n-6 c,c	S79
20:3 undifferentiated	S79
13:0	S79

### **NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164, S606
Glucose (dextrose)	S1164, S606
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Sugars, total	S1164, S606
Galactose	S1164
Fiber, total dietary	S1401
Calcium, Ca	S1164
Iron, Fe	S1164

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### **NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)**

Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	D4381, S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164

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### **NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)**

Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
22:0	S1164
16:1 undifferentiated	S1164
20:1	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
24:0	S1164
18:1 t	S1164
24:1 c	S1164
20:2 n-6 c,c	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164

### **NDB No. 12220 Seeds, flaxseed**

Protein	D4743, S1221, S2109
Total lipid (fat)	D4743, S2109
Ash	S1221, S2109
Starch	S2109
Sucrose	S1221, S2109
Glucose (dextrose)	S1221, S2109

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### **NDB No. 12220 Seeds, flaxseed**

Fructose	S1221, S2109
Lactose	S1221, S2109
Maltose	S1221, S2109
Water	S1221, S2109
Fiber, total dietary	S1221, S2109
Calcium, Ca	D4743, S1221, S2109
Iron, Fe	D4743, S1221, S2109
Magnesium, Mg	D4743, S1221, S2109
Phosphorus, P	S1221, S2109
Potassium, K	D4743, S1221, S2109
Sodium, Na	D4743, S1221, S2109
Zinc, Zn	D4743, S1221, S2109
Copper, Cu	D4743, S1221, S2109
Manganese, Mn	D4743, S1221, S2109
Selenium, Se	S2109
Vitamin A, IU	S1221, S2109
Vitamin A, RAE	S1221, S2109
Carotene, beta	S1221, S2109
Carotene, alpha	S1221, S2109
Vitamin E (alpha-tocopherol)	D4743, S2109
Cryptoxanthin, beta	S2109
Lycopene	S2109
Lutein + zeaxanthin	D4743
Tocopherol, beta	S2109
Tocopherol, gamma	D4743, S2109
Tocopherol, delta	D4743, S2109
Vitamin C, total ascorbic acid	S1221, S2109
Thiamin	S1221, S2109
Riboflavin	S1221, S2109
Niacin	S1221, S2109
Pantothenic acid	S1221, S2109
Vitamin B-6	S1221, S2109
Folate, total	S1221, S2109
Vitamin B-12	S1221
Vitamin K (phylloquinone)	S2109
Tryptophan	D4743, S2109
Threonine	D4743, S2109

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### **NDB No. 12220** Seeds, flaxseed

Isoleucine	D4743, S2109
Leucine	D4743, S2109
Lysine	D4743, S2109
Methionine	D4743, S2109
Cystine	D4743, S2109
Phenylalanine	D4743, S2109
Tyrosine	D4743, S2109
Valine	D4743, S2109
Arginine	D4743, S2109
Histidine	D4743, S2109
Alanine	D4743, S2109
Aspartic acid	D4743, S2109
Glutamic acid	D4743, S2109
Glycine	D4743, S2109
Proline	D4743, S2109
Serine	D4743, S2109
Hydroxyproline	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S1221, S2109
16:0	D4743, S1221, S2109
18:0	D4743, S1221, S2109
20:0	S1221, S2109
18:1 undifferentiated	D4743, S1221, S2109
18:2 undifferentiated	D4743, S1221, S2109
18:3 undifferentiated	D4743, S1221, S2109
22:0	S1221, S2109
16:1 undifferentiated	S1221, S2109
20:1	S1221, S2109
22:1 undifferentiated	S1221, S2109
15:0	S1221
17:0	S1221
24:0	S1221, S2109
24:1 c	S1221, S2109
20:2 n-6 c,c	S1221, S2109

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### **NDB No. 12537 Seeds, sunflower seed kernels, dry roasted, with salt added**

Sucrose	S604
Glucose (dextrose)	S604
Vitamin E (alpha-tocopherol)	S2142, S84
Tocopherol, beta	S2142, S84
Tocopherol, gamma	S2142, S84
Tocopherol, delta	S2142, S84

### **NDB No. 12538 Seeds, sunflower seed kernels, oil roasted, with salt added**

Protein	S661, S961
Total lipid (fat)	S661, S961
Ash	S661, S961
Sucrose	S606, S661, S961
Glucose (dextrose)	S606, S661, S961
Fructose	S661, S961
Lactose	S661, S961
Maltose	S661, S961
Water	S606, S661, S961
Sugars, total	S606, S661, S961
Fiber, total dietary	S661
Calcium, Ca	S661, S961
Iron, Fe	S661, S961
Sodium, Na	S661, S961
Vitamin A, IU	S1202, S661
Retinol	S661
Vitamin A, RAE	S1202, S661
Carotene, beta	S1202, S661
Carotene, alpha	S1202
Vitamin E (alpha-tocopherol)	S2142
Cryptoxanthin, beta	S1202
Tocopherol, beta	S2142
Tocopherol, gamma	S2142
Tocopherol, delta	S2142
Vitamin C, total ascorbic acid	S661, S961
Cholesterol	S661, S961
Fatty acids, total trans	S961
4:0	S661

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### **NDB No. 12538 Seeds, sunflower seed kernels, oil roasted, with salt added**

6:0	S661
8:0	S661
10:0	S661
12:0	S661
14:0	S661, S961
16:0	S661, S961
18:0	S661, S961
20:0	S661, S961
20:4 undifferentiated	S661
22:6 n-3	S661
22:0	S661, S961
14:1	S661
20:1	S661, S961
20:5 n-3	S661
22:1 undifferentiated	S661
15:0	S661, S961
17:0	S661, S961
24:0	S661, S961
16:1 t	S961
18:1 t	S961
18:2 t not further defined	S961
24:1 c	S661
20:2 n-6 c,c	S661, S961
16:1 c	S961
18:1 c	S961
18:2 n-6 c,c	S961
18:3 n-6 c,c,c	S961
17:1	S661, S961
20:3 undifferentiated	S661
Fatty acids, total trans-monoenoic	S961
Fatty acids, total trans-polyenoic	S961
13:0	S661
15:1	S661
18:3 n-3 c,c,c	S961

### **NDB No. 12563 Nuts, almonds, dry roasted, with salt added**

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### **NDB No. 12563 Nuts, almonds, dry roasted, with salt added**

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141

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### **NDB No. 12563 Nuts, almonds, dry roasted, with salt added**

Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141

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### **NDB No. 12563 Nuts, almonds, dry roasted, with salt added**

24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### **NDB No. 12565 Nuts, almonds, oil roasted, with salt added**

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141

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### **NDB No. 12565 Nuts, almonds, oil roasted, with salt added**

Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141

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### **NDB No. 12565 Nuts, almonds, oil roasted, with salt added**

20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### **NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added**

Protein	S343, S363, S502
Total lipid (fat)	S363, S5, S502
Ash	S343, S363, S5, S502
Starch	S343, S363, S502
Sucrose	S343, S363, S502
Glucose (dextrose)	S343, S363, S502
Fructose	S343, S363, S502
Lactose	S343, S363, S502
Maltose	S343, S363, S502
Water	S343, S363, S5, S502, S82
Sugars, total	S343, S363, S502
Galactose	S363, S502
Fiber, total dietary	S363, S502
Calcium, Ca	S343, S363, S502
Iron, Fe	S343, S363, S5, S502
Magnesium, Mg	S343, S363, S502
Phosphorus, P	S343, S363, S502
Potassium, K	S343, S363, S502
Sodium, Na	S343, S363, S5, S502
Zinc, Zn	S343, S363, S502
Copper, Cu	S343, S363, S502

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### **NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added**

Manganese, Mn	S343, S363, S502
Selenium, Se	D3358, D3359, S363, S502
Carotene, beta	S363, S502
Carotene, alpha	S363, S502
Vitamin E (alpha-tocopherol)	S502, S82
Cryptoxanthin, beta	S363, S502
Lycopene	S363, S502
Lutein + zeaxanthin	S363, S502
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82
Tocopherol, delta	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502
Pantothenic acid	S363, S502
Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
Vitamin K (phylloquinone)	S363, S502
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502

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### **NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added**

8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502
20:4 undifferentiated	S363, S502
22:6 n-3	S502
22:0	S363, S502
14:1	S363, S502
16:1 undifferentiated	S363, S502
18:4	S502
20:1	S363, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S363, S502
17:0	S363, S502
24:0	S502
20:2 n-6 c,c	S363, S502
17:1	S363, S502
20:3 undifferentiated	S363, S502
15:1	S363, S502

### **NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added**

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77

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### **NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added**

Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Selenium, Se	S363, S566
Carotene, beta	S363, S566, S77
Carotene, alpha	S363, S566, S77
Vitamin E (alpha-tocopherol)	S77
Cryptoxanthin, beta	S363, S566
Lycopene	S363, S566
Lutein + zeaxanthin	S363, S566
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Vitamin K (phylloquinone)	S363
Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77



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### **NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added**

Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77

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### **NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added**

24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

### **NDB No. 12643 Nuts, pecans, dry roasted, with salt added**

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85

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### **NDB No. 12643 Nuts, pecans, dry roasted, with salt added**

Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85

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### **NDB No. 12643 Nuts, pecans, dry roasted, with salt added**

20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### **NDB No. 12644 Nuts, pecans, oil roasted, with salt added**

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85

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### **NDB No. 12644 Nuts, pecans, oil roasted, with salt added**

Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85

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### **NDB No. 12644 Nuts, pecans, oil roasted, with salt added**

18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### **NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added**

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86

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### **NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added**

Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S101, S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S563, S565, S86
Vitamin A, IU	S563, S565, S86
Vitamin A, RAE	S563, S565, S86
Carotene, beta	S563, S565, S86
Carotene, alpha	S563, S565, S86
Vitamin E (alpha-tocopherol)	S86
Cryptoxanthin, beta	S563, S565
Lycopene	S563, S565
Lutein + zeaxanthin	S563, S565
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S563, S565, S86
Folate, total	S86
Vitamin K (phylloquinone)	S563, S565
Tryptophan	S86
Threonine	S86
Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86

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### **NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added**

Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86



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### **NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added**

20:3 undifferentiated	S86
13:0	S86

### **NDB No. 13004 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13011 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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### **NDB No. 13011 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13012 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13019 Beef, retail cuts, separable fat, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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### **NDB No. 13019 Beef, retail cuts, separable fat, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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### **NDB No. 13020 Beef, retail cuts, separable fat, cooked**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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### **NDB No. 13020 Beef, retail cuts, separable fat, cooked**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13022 Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13024 Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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### **NDB No. 13024 Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13039 Beef, loin, bottom sirloin butt, tri-tip, separable lean only, trimmed to 1/4" fat, all grades, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2

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**NDB No. 13039 Beef, loin, bottom sirloin butt, tri-tip, separable lean only, trimmed to 1/4" fat, all grades, raw**

Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13052 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

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### **NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2



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### **NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No. 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13060 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13061 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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### **NDB No. 13061 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13062 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2
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### **NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw**

Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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### **NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

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### **NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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### **NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2

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### **NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2



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### **NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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### **NDB No. 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2

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### **NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2

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### **NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13072 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13088 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No. 13088 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13092 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2

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**NDB No. 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No. 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled**

22:5 n-3 S2

**NDB No. 13113 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No. 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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### **NDB No. 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13151 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13152 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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### **NDB No. 13152 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13155 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

Tryptophan	S14, S2
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### **NDB No. 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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### **NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### **NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2



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**NDB No. 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13194 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13196 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No. 13196 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13200 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13202 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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### **NDB No. 13202 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13204 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Tryptophan	S14, S2
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### **NDB No. 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13220 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No. 13220 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried**

Serine S14, S2

**NDB No. 13231 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Magnesium, Mg S221

Potassium, K S221

Zinc, Zn S221

Selenium, Se S221

Tryptophan S2

Threonine S2

Isoleucine S2

Leucine S2

Lysine S2

Methionine S2

Cystine S2

Phenylalanine S2

Tyrosine S2

Valine S2

Arginine S2

Histidine S2

Alanine S2

Aspartic acid S2

Glutamic acid S2

Glycine S2

Proline S2

Serine S2

12:0 S221

14:0 S221

16:0 S221

18:0 S221

20:0 S221

18:1 undifferentiated S221

18:2 undifferentiated S221

18:3 undifferentiated S221

20:4 undifferentiated S221

14:1 S221

16:1 undifferentiated S221

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**NDB No. 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled**

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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**NDB No. 13235 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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**NDB No. 13236 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled**

Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Sodium, Na	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221



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### **NDB No. 13260 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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**NDB No. 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Proline	S14, S2
Serine	S14, S2

**NDB No. 13290 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13318 Beef, variety meats and by-products, brain, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581

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### **NDB No. 13318 Beef, variety meats and by-products, brain, raw**

Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
15:0	S1581

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### **NDB No. 13318 Beef, variety meats and by-products, brain, raw**

17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581

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### **NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered**

Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13321 Beef, variety meats and by-products, heart, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581

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### **NDB No. 13321 Beef, variety meats and by-products, heart, raw**

Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581

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### **NDB No. 13321 Beef, variety meats and by-products, heart, raw**

20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581

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### **NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered**

Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13323 Beef, variety meats and by-products, kidneys, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581

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### **NDB No. 13323 Beef, variety meats and by-products, kidneys, raw**

Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581

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### **NDB No. 13323 Beef, variety meats and by-products, kidneys, raw**

18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13324 Beef, variety meats and by-products, kidneys, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581

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### **NDB No. 13324 Beef, variety meats and by-products, kidneys, cooked, simmered**

Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13325 Beef, variety meats and by-products, liver, raw**

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### **NDB No. 13325 Beef, variety meats and by-products, liver, raw**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082

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### **NDB No. 13325 Beef, variety meats and by-products, liver, raw**

Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082

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### **NDB No. 13325 Beef, variety meats and by-products, liver, raw**

15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082

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### **NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised**

Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082

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### **NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised**

20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082



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### **NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried**

Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082

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### **NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried**

18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 13335 Beef, variety meats and by-products, suet, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581

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### **NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered**

Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
18:3 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581

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### **NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered**

Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13341 Beef, variety meats and by-products, tripe, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581

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### **NDB No. 13341 Beef, variety meats and by-products, tripe, raw**

Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

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### **NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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### **NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13347 Beef, cured, corned beef, brisket, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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### **NDB No. 13347 Beef, cured, corned beef, brisket, cooked**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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

Protein	S230, S231
Total lipid (fat)	S230, S231
Carbohydrate, by difference	S231
Ash	S230
Water	S230
Calcium, Ca	S230
Iron, Fe	S230, S231
Sodium, Na	S230, S231
Niacin	S230
Cholesterol	S230, S231

### **NDB No. 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No. 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13367 Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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### **NDB No. 13367 Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13368 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

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### **NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

22:5 n-3 S2

**NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2



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### **NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

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### **NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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### **NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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### **NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

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### **NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised**

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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### **NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised**

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No. 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13388 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2



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**NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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### **NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
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### **NDB No. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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### **NDB No. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2



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**NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

22:5 n-3 S2

**NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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### **NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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### **NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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### **NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2



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### **NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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### **NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### **NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

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### **NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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### **NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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### **NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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### **NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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### **NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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### **NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised**

Protein	S2
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### **NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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### **NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted**

22:5 n-3 S2

**NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2



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### **NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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### **NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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### **NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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### **NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

22:5 n-3 S2

**NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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### **NDB No. 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
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### **NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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### **NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

22:5 n-3 S2

**NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2



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### **NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
Fatty acids, total saturated	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

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### **NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Fatty acids, total monounsaturated	S2
Fatty acids, total polyunsaturated	S2

### **NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

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### **NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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### **NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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### **NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13427 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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### **NDB No. 13428 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13431 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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**NDB No. 13431 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised**

Proline	S14, S2
Serine	S14, S2

**NDB No. 13433 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No. 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2



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### **NDB No. 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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### **NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

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### **NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

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### **NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

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### **NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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### **NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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### **NDB No. 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2



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### **NDB No. 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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### **NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

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### **NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

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### **NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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### **NDB No. 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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### **NDB No. 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

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### **NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2



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### **NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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### **NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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### **NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

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### **NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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### **NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

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### **NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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### **NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2

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**NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2



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### **NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

22:5 n-3 S2

**NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2



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### **NDB No. 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

22:5 n-3 S2

**NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221

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**NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2

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**NDB No. 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2

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**NDB No. 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2

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**NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221

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**NDB No. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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**NDB No. 13482 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221

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### **NDB No. 13482 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221

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**NDB No. 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2

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### **NDB No. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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### **NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2



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### **NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

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### **NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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### **NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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### **NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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### **NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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### **NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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### **NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2



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### **NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

22:5 n-3 S2

**NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13494 Beef, ground, 70% lean / 30% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14



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### **NDB No. 13494 Beef, ground, 70% lean / 30% fat, crumbles, cooked, pan-browned**

Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
15:0	S14

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### **NDB No. 13494 Beef, ground, 70% lean / 30% fat, crumbles, cooked, pan-browned**

17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14

### **NDB No. 13495 Beef, ground, 70% lean / 30% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14

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### **NDB No. 13495 Beef, ground, 70% lean / 30% fat, loaf, cooked, baked**

Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14

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### **NDB No. 13495 Beef, ground, 70% lean / 30% fat, loaf, cooked, baked**

17:1	S14
20:3 undifferentiated	S14
15:1	S14

### **NDB No. 13496 Beef, ground, 70% lean / 30% fat, patty cooked, pan-broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14

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### **NDB No. 13496 Beef, ground, 70% lean / 30% fat, patty cooked, pan-broiled**

Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14

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### **NDB No. 13497 Beef, ground, 70% lean / 30% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14

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### NDB No. 13497 Beef, ground, 70% lean / 30% fat, patty, cooked, broiled

Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
18:1 t	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
Fatty acids, total trans-	S14

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### **NDB No. 13497 Beef, ground, 70% lean / 30% fat, patty, cooked, broiled**

monoenoic

15:1 S14

18:3 n-3 c,c,c S14

### **NDB No. 13498 Beef, ground, 70% lean / 30% fat, raw**

Protein S14

Total lipid (fat) S14

Ash S14

Water S14

Calcium, Ca S14

Iron, Fe S14

Magnesium, Mg S14

Phosphorus, P S14

Potassium, K S14

Sodium, Na S14

Zinc, Zn S14

Copper, Cu S14

Manganese, Mn S14

Selenium, Se S14

Retinol S14

Thiamin S14

Riboflavin S14

Niacin S14

Pantothenic acid S14

Vitamin B-6 S14

Folate, total S14

Vitamin B-12 S14

Vitamin K (phylloquinone) S14

Tryptophan S14

Threonine S14

Isoleucine S14

Leucine S14

Lysine S14

Methionine S14

Cystine S14

Phenylalanine S14

Tyrosine

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### **NDB No. 13498 Beef, ground, 70% lean / 30% fat, raw**

	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Hydroxyproline	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14

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### **NDB No. 13498 Beef, ground, 70% lean / 30% fat, raw**

17:0	S14
18:1 t	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 13565 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703

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### **NDB No. 13565 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw**

Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703

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**NDB No. 13565 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw**

20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13566 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703

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**NDB No. 13566 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw**

Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703

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**NDB No. 13566 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw**

18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13567 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703

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**NDB No. 13567 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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**NDB No. 13567 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703



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**NDB No. 13567** Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled

18:3 n-3 c,c,c S2703

**NDB No. 13568** Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No. 13568 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703

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**NDB No. 13568 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw**

20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13569 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No. 13569 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703

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**NDB No. 13569 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled**

18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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### **NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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### **NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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### **NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2



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### **NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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### **NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### **NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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### **NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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### **NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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### **NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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### **NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2



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### **NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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### **NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2

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### **NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

22:5 n-3 S2

**NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No. 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
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**NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

22:5 n-3 S2

**NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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**NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2



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### **NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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### **NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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### **NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2

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**NDB No. 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

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### **NDB No. 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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### **NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

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### **NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

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### **NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2



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### **NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

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### **NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2

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### **NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2

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### **NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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### **NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

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### **NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw**

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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### **NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2



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### **NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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### **NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

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### **NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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### **NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

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### **NDB No. 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2

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### **NDB No. 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

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### **NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2



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### **NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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### **NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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### **NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

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### **NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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### **NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2



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### **NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13893 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

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### **NDB No. 13893 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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### **NDB No. 13893 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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### **NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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### **NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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### **NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
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### **NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2



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### **NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

22:5 n-3 S2

**NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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### **NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
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### **NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2



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### **NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

22:5 n-3 S2

**NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2



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### **NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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### **NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2

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### **NDB No. 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

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### **NDB No. 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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### **NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

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### **NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

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### **NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2



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### **NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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### **NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

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### **NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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### **NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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### **NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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### **NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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### **NDB No. 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2

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### **NDB No. 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2



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### **NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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### **NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

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### **NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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### **NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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### **NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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### **NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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### **NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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### **NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221



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### **NDB No. 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted**

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### **NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221

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### **NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted**

14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13938 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221

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### **NDB No. 13938 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, roasted**

18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221

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### **NDB No. 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw**

16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2

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### **NDB No. 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted**

Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2

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### **NDB No. 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted**

Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2

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### **NDB No. 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2



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### **NDB No. 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised**

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2

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**NDB No. 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised**

Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13945 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221

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### **NDB No. 13945 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221

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### **NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised**

Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13947 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, braised**

Protein	S221
Total lipid (fat)	S221

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### **NDB No. 13947 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, braised**

Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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### **NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

22:5 n-3 S2

**NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2



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### **NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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**NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

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**NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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**NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2



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**NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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### **NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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### **NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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### **NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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**NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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### **NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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### **NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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### **NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2



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### **NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

22:5 n-3 S2

**NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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**NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13960 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2

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**NDB No. 13960 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2

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**NDB No. 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13962 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2

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**NDB No. 13962 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2

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**NDB No. 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13964 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2

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**NDB No. 13964 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221

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### **NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221

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### **NDB No. 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

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### **NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221

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### **NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2



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### **NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

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### **NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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### **NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

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### **NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw**

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

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### **NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

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### **NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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### **NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2



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### **NDB No. 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2

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### **NDB No. 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2

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### **NDB No. 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Sodium, Na	S221

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### **NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

### **NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Water	S2
Caffeine	S2
Theobromine	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked,**

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**NDB No. 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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**NDB No. 13988 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, steak**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No. 13988 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, steak**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703

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**NDB No. 13988 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, steak**

17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13989 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703

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**NDB No. 13989 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total	S2703

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**NDB No. 13989 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

monounsaturated

Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13990 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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**NDB No. 13990 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, raw**

Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703

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**NDB No. 13990 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, raw**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13991 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703

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**NDB No. 13991 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703

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**NDB No. 13991 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13992 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703

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**NDB No. 13992 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw**

Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703

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**NDB No. 13992 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw**

Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13994 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
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**NDB No. 13994 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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**NDB No. 13994 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703

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**NDB No. 13994 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13995 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No. 13995 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703

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**NDB No. 13995 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw**

18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13996 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No. 13996 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703



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**NDB No. 13996 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13997 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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**NDB No. 13997 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw**

Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703

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**NDB No. 13997 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw**

20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 13998 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703

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**NDB No. 13998 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703

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**NDB No. 13998 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 14003 Alcoholic beverage, beer, regular, all**

Protein	S2841
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841

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### **NDB No. 14003 Alcoholic beverage, beer, regular, all**

Ash	S2841
Starch	S2103
Sucrose	S2103
Glucose (dextrose)	S2103
Fructose	S2103
Lactose	S2103
Maltose	S2103
Alcohol, ethyl	S2841
Sugars, total	S2103
Galactose	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin K (phylloquinone)	S2103
Tryptophan	S2103
Threonine	S2103
Isoleucine	S2103
Leucine	S2103

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### **NDB No. 14003 Alcoholic beverage, beer, regular, all**

Lysine	S2103
Methionine	S2103
Cystine	S2103
Phenylalanine	S2103
Tyrosine	S2103
Valine	S2103
Arginine	S2103
Histidine	S2103
Alanine	S2103
Aspartic acid	S2103
Glutamic acid	S2103
Glycine	S2103
Proline	S2103
Serine	S2103

### **NDB No. 14006 Alcoholic beverage, beer, light**

Protein	S2841
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Starch	S2103
Sucrose	S2103
Glucose (dextrose)	S2103
Fructose	S2103
Lactose	S2103
Maltose	S2103
Alcohol, ethyl	S2841
Sugars, total	S2103
Galactose	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103

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### **NDB No. 14006 Alcoholic beverage, beer, light**

Zinc, Zn	S2103
Copper, Cu	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103
Vitamin K (phylloquinone)	S2103
Tryptophan	S2103
Threonine	S2103
Isoleucine	S2103
Leucine	S2103
Lysine	S2103
Methionine	S2103
Cystine	S2103
Phenylalanine	S2103
Tyrosine	S2103
Valine	S2103
Arginine	S2103
Histidine	S2103
Alanine	S2103
Aspartic acid	S2103
Glutamic acid	S2103
Glycine	S2103
Proline	S2103
Serine	S2103

### **NDB No. 14052 Alcoholic beverage, distilled, whiskey, 86 proof**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9



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### **NDB No. 14052 Alcoholic beverage, distilled, whiskey, 86 proof**

Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

### **NDB No. 14057 Alcoholic beverage, wine, dessert, sweet**

Vitamin K (phylloquinone)	D4048
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### **NDB No. 14084 Alcoholic beverage, wine, table, all**

Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103

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### **NDB No. 14084 Alcoholic beverage, wine, table, all**

Vitamin B-12	S2103
Vitamin K (phylloquinone)	D4072

### **NDB No. 14096 Alcoholic beverage, wine, table, red**

Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103

### **NDB No. 14097 Alcoholic Beverage, wine, table, red, Cabernet Sauvignon**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

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### **NDB No. 14098 Alcoholic Beverage, wine, table, red, Cabernet Franc**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14099 Alcoholic Beverage, wine, table, red, Pinot Noir**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14100 Alcoholic Beverage, wine, table, red, Syrah**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14101 Alcoholic Beverage, wine, table, red, Barbera**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14102 Alcoholic Beverage, wine, table, red, Zinfandel**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14103 Alcoholic Beverage, wine, table, red, Petite Sirah**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14105 Alcoholic Beverage, wine, table, red, Claret**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

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### **NDB No. 14106 Alcoholic beverage, wine, table, white**

Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103

### **NDB No. 14107 Alcoholic Beverage, wine, table, red, Lemberger**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14108 Alcoholic Beverage, wine, table, red, Sangiovese**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

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### **NDB No. 14109 Alcoholic Beverage, wine, table, red, Carignane**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14113 Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14116 Alcoholic beverage, wine, table, white, Chenin Blanc**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14117 Alcoholic beverage, wine, table, white, Fume Blanc**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14120 Alcoholic beverage, wine, table, white, Muller Thurgau**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14124 Alcoholic beverage, wine, table, white, Gewurztraminer**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14126 Alcoholic beverage, wine, table, white, Semillon**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

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### **NDB No. 14132 Alcoholic beverage, wine, table, white, Riesling**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14134 Alcoholic beverage, wine, table, white, Sauvignon Blanc**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14135 Alcoholic beverage, wine, table, white, late harvest**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14137 Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14138 Alcoholic beverage, wine, table, white, Pinot Blanc**

Carbohydrate, by difference	S2841
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### **NDB No. 14138 Alcoholic beverage, wine, table, white, Pinot Blanc**

Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14140 Alcoholic beverage, wine, table, white, Muscat**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14143 Carbonated beverage, low calorie, other than cola or pepper, without caffeine**

Vitamin K (phylloquinone)	D4048
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### **NDB No. 14144 Carbonated beverage, lemon-lime soda, contains caffeine**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Glucose (dextrose)	S1068
Fructose	S1068
Water	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14145 Carbonated beverage, SPRITE, lemon-lime, without caffeine**

Protein	S1064, S1066, S1068, S1122
Total lipid (fat)	S1064, S1066, S1068, S1122

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### **NDB No. 14145 Carbonated beverage, SPRITE, lemon-lime, without caffeine**

Ash	S1064, S1066, S1068, S1122
Sucrose	S1064, S1066, S1068, S1122
Glucose (dextrose)	S1064, S1066, S1068, S1122
Fructose	S1064, S1066, S1068, S1122
Water	S1064, S1066, S1068, S1122
Caffeine	S1068, S1122
Theobromine	S1068
Sugars, total	S1064, S1068
Calcium, Ca	S1064, S1066, S1068, S1122
Iron, Fe	S1064, S1066, S1068, S1122
Magnesium, Mg	S1064, S1066, S1068, S1122
Phosphorus, P	S1064, S1066, S1068, S1122
Potassium, K	S1064, S1066, S1068, S1122
Sodium, Na	S1064, S1066, S1068, S1122
Zinc, Zn	S1064, S1066, S1068, S1122
Copper, Cu	S1064, S1066, S1068, S1122
Manganese, Mn	S1064, S1066, S1068, S1122

### **NDB No. 14146 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Theobromine	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14147 Carbonated beverage, cola, without caffeine**

Protein	S1068
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### **NDB No. 14147 Carbonated beverage, cola, without caffeine**

Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Glucose (dextrose)	S1068
Fructose	S1068
Water	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14148 Carbonated beverage, cola, with higher caffeine**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Glucose (dextrose)	S1068
Fructose	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068

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### **NDB No. 14148 Carbonated beverage, cola, with higher caffeine**

Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14149 Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 14152 Alcoholic Beverage, wine, table, red, Burgundy**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14154 Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

Protein	S2702
Total lipid (fat)	S2702
Ash	S2702
Water	S2702
Caffeine	S2702
Sugars, total	S2702
Calcium, Ca	S2702

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### **NDB No. 14154 Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

Iron, Fe	S2702
Magnesium, Mg	S2702
Phosphorus, P	S2702
Potassium, K	S2702
Sodium, Na	S2702
Zinc, Zn	S2702
Copper, Cu	S2702
Manganese, Mn	S2702
Thiamin	S2702
Riboflavin	S2702
Niacin	S2702
Pantothenic acid	S2702
Vitamin B-6	S2702
Vitamin B-12	S2702

### **NDB No. 14156 Energy drink, RED BULL, sugar free, with added caffeine, naicin, pantothenic acid, vitamins B6 and B12**

Protein	S2702
Total lipid (fat)	S2702
Ash	S2702
Water	S2702
Caffeine	S2702
Calcium, Ca	S2702
Iron, Fe	S2702
Magnesium, Mg	S2702
Phosphorus, P	S2702
Potassium, K	S2702
Sodium, Na	S2702
Zinc, Zn	S2702
Copper, Cu	S2702
Manganese, Mn	S2702
Thiamin	S2702
Riboflavin	S2702
Niacin	S2702
Pantothenic acid	S2702
Vitamin B-6	S2702
Vitamin B-12	S2702

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### **NDB No. 14158 Alcoholic Beverage, wine, table, red, Gamay**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14159 Alcoholic Beverage, wine, table, red, Mouvedre**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No. 14166 Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 14181 Chocolate syrup**

Sugars, total	S5
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### **NDB No. 14192 Cocoa mix, powder**

Selenium, Se	D3364
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### **NDB No. 14209 Coffee, brewed from grounds, prepared with tap water**

Protein	S1064, S1066, S1122, S23
Total lipid (fat)	S1064, S1066, S1122, S23
Ash	S1064, S1066, S1122, S23
Sucrose	S23
Glucose (dextrose)	S23
Fructose	S23

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### NDB No. 14209 Coffee, brewed from grounds, prepared with tap water

Lactose	S23
Maltose	S23
Water	S1064, S1066, S1122, S23
Caffeine	S1064, S1066, S1122, S23
Sugars, total	S23
Galactose	S23
Calcium, Ca	S1064, S1066, S1122, S23
Iron, Fe	S1064, S1066, S1122, S23
Magnesium, Mg	S1064, S1066, S1122, S23
Phosphorus, P	S1064, S1066, S1122, S23
Potassium, K	S1064, S1066, S1122, S23
Sodium, Na	S1064, S1066, S1122, S23
Zinc, Zn	S1064, S1066, S1122, S23
Copper, Cu	S1064, S1066, S1122
Manganese, Mn	S1064, S1066, S1122, S23
Selenium, Se	S1064, S1066, S1122, S23
Vitamin E (alpha-tocopherol)	S1064, S1122
Tocopherol, beta	S1064, S1122
Tocopherol, gamma	S1064, S1122
Tocopherol, delta	S1064, S1122
Vitamin C, total ascorbic acid	S23
Thiamin	S1064, S1066, S1122
Riboflavin	S1064, S1066, S1122, S23
Niacin	S1064, S1066, S1122, S23
Pantothenic acid	S1064, S1066, S1122, S23
Vitamin B-6	S1064, S1066, S1122, S23
Folate, total	S1064, S1066, S1122, S23
Vitamin K (phylloquinone)	D4002, D4048, D4069, D4072
Folic acid	S1064, S1066
Fatty acids, total trans	S1064
4:0	S1064, S23
6:0	S1064, S23
8:0	S1064, S1066, S1122, S23
10:0	S1064, S1066, S1122, S23
12:0	S1064, S1066, S1122, S23
14:0	S1064, S1066, S1122, S23
16:0	S1064, S1066, S1122, S23

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### **NDB No. 14209 Coffee, brewed from grounds, prepared with tap water**

18:0	S1064, S1066, S1122, S23
20:0	S1064, S1066, S1122, S23
18:1 undifferentiated	S1064, S1066, S1122, S23
18:2 undifferentiated	S1064, S1066, S1122, S23
18:3 undifferentiated	S1064, S1066, S1122, S23
20:4 undifferentiated	S1064, S1066, S1122, S23
22:6 n-3	S1064, S1066, S1122, S23
22:0	S1064, S1066, S1122, S23
14:1	S1064, S1066, S1122, S23
16:1 undifferentiated	S1064, S1066, S1122, S23
18:4	S1066, S1122, S23
20:1	S1064, S1066, S1122, S23
20:5 n-3	S1064, S1066, S1122, S23
22:1 undifferentiated	S1064, S1066, S1122, S23
22:5 n-3	S1066, S1122, S23
15:0	S1064, S1066, S1122, S23
17:0	S1064, S1066, S1122, S23
24:0	S1064, S1066, S1122, S23
18:1 t	S1064
20:2 n-6 c,c	S1064, S1066, S1122
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064, S1066, S1122
20:3 undifferentiated	S1064, S1066, S1122
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064, S1066, S1122
18:3 n-3 c,c,c	S1064

### **NDB No. 14219 Coffee, instant, decaffeinated, powder, prepared with water**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9

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### **NDB No. 14219 Coffee, instant, decaffeinated, powder, prepared with water**

Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No. 14238 Cranberry-apple juice drink, bottled**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Water	S2104
Sugars, total	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104

### **NDB No. 14242 Cranberry juice cocktail, bottled**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104

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### **NDB No. 14242 Cranberry juice cocktail, bottled**

Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Carotene, alpha	S2104
Cryptoxanthin, beta	S2104
Lycopene	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104

### **NDB No. 14243 Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener**

Ash	D673
Potassium, K	D673

### **NDB No. 14267 Fruit punch drink, with added nutrients, canned**

Water	D657
Sugars, total	D657
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9

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### **NDB No. 14267 Fruit punch drink, with added nutrients, canned**

Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	D614
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No. 14277 Grape drink, canned**

Ash	D672, D673
Potassium, K	D672, D673

### **NDB No. 14282 Grape juice drink, canned**

Ash	D672
Potassium, K	D672

### **NDB No. 14323 Orange drink, canned, with added vitamin C**

Protein	S1067
Total lipid (fat)	S1067
Ash	S1067
Water	S1067
Sugars, total	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067
Thiamin	S1067
Riboflavin	S1067
Niacin	S1067
Vitamin B-6	S1067

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### **NDB No. 14347 Shake, fast food, vanilla**

Protein	S1064, S1122
Total lipid (fat)	S1064, S1122
Ash	S1064, S1122
Water	S1064, S1122
Sugars, total	S1064
Fiber, total dietary	S1064, S1122
Calcium, Ca	S1064, S1122
Iron, Fe	S1064, S1122
Magnesium, Mg	S1064, S1122
Phosphorus, P	S1064, S1122
Potassium, K	S1064, S1122
Sodium, Na	S1064, S1122
Zinc, Zn	S1064, S1122
Copper, Cu	S1064, S1122
Manganese, Mn	S1064, S1122
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064, S1122
Thiamin	S1064, S1122
Riboflavin	S1064, S1122
Niacin	S1064, S1122
Pantothenic acid	S1064, S1122
Vitamin B-6	S1064, S1122
Folate, total	S1122
Vitamin B-12	S1064, S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Folate, food	S1122
Tryptophan	S1064, S1122
Threonine	S1064, S1122
Isoleucine	S1064, S1122
Leucine	S1064, S1122
Lysine	S1064, S1122
Methionine	S1064, S1122
Cystine	S1064, S1122
Phenylalanine	S1064, S1122
Tyrosine	S1064, S1122
Valine	S1064, S1122

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### **NDB No. 14347 Shake, fast food, vanilla**

Arginine	S1064, S1122
Histidine	S1064, S1122
Alanine	S1064, S1122
Aspartic acid	S1064, S1122
Glutamic acid	S1064, S1122
Glycine	S1064, S1122
Proline	S1064, S1122
Serine	S1064, S1122
Cholesterol	S1064, S1122
4:0	S1064
6:0	S1064
8:0	S1064, S1122
10:0	S1064, S1122
12:0	S1064, S1122
14:0	S1064, S1122
16:0	S1064, S1122
18:0	S1064, S1122
20:0	S1064, S1122
18:1 undifferentiated	S1064, S1122
18:2 undifferentiated	S1064, S1122
18:3 undifferentiated	S1064, S1122
20:4 undifferentiated	S1064, S1122
22:6 n-3	S1064, S1122
22:0	S1064, S1122
14:1	S1064, S1122
16:1 undifferentiated	S1064, S1122
18:4	S1064, S1122
20:1	S1064, S1122
20:5 n-3	S1064, S1122
22:1 undifferentiated	S1064, S1122
22:5 n-3	S1064, S1122
15:0	S1064, S1122
17:0	S1064, S1122
24:0	S1064, S1122
17:1	S1064, S1122
20:3 undifferentiated	S1064, S1122
15:1	S1064, S1122

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### **NDB No. 14355 Tea, brewed, prepared with tap water**

Vitamin E (alpha-tocopherol)	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin K (phylloquinone)	D4069

### **NDB No. 14366 Tea, instant, unsweetened, powder**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104
Water	S2104
Caffeine	S2104
Theobromine	S2104
Sugars, total	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104

### **NDB No. 14370 Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104

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### **NDB No. 14370 Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder**

Water	S2104
Caffeine	S2104
Theobromine	S2104
Sugars, total	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104

### **NDB No. 14382 Sports drink, fruit-flavored, ready-to-drink**

Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164

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### **NDB No. 14382 Sports drink, fruit-flavored, ready-to-drink**

Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

### **NDB No. 14400 Carbonated beverage, cola, contains caffeine**

Protein	S1064, S1066, S1068, S1122
Total lipid (fat)	S1064, S1066, S1068, S1122
Ash	S1064, S1066, S1068, S1122
Water	S1064, S1066, S1068, S1122
Caffeine	S1064, S1066, S1068, S1122
Theobromine	S1068
Calcium, Ca	S1064, S1066, S1068, S1122
Iron, Fe	S1064, S1066, S1068, S1122
Magnesium, Mg	S1064, S1066, S1068, S1122
Phosphorus, P	S1064, S1066, S1068, S1122
Potassium, K	S1064, S1066, S1068, S1122
Sodium, Na	S1064, S1066, S1068, S1122
Zinc, Zn	S1064, S1066, S1068, S1122
Copper, Cu	S1064, S1066, S1068, S1122
Manganese, Mn	S1064, S1066, S1068, S1122
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 14407 Orange-flavor drink, breakfast type, powder**

Calcium, Ca	D739
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### **NDB No. 14416 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine**

Protein	S1064, S1066, S1068, S1122
Total lipid (fat)	S1064, S1066, S1068, S1122
Ash	S1064, S1066, S1068, S1122
Sucrose	S1064, S1066, S1122
Water	S1064, S1066, S1068, S1122
Caffeine	S1064, S1066, S1068, S1122
Theobromine	S1068

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### **NDB No. 14416 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine**

Sugars, total	S1064
Calcium, Ca	S1064, S1066, S1068, S1122
Iron, Fe	S1066, S1068, S1122
Magnesium, Mg	S1064, S1066, S1068, S1122
Phosphorus, P	S1064, S1066, S1068, S1122
Potassium, K	S1064, S1066, S1068, S1122
Sodium, Na	S1064, S1066, S1068, S1122
Zinc, Zn	S1064, S1066, S1068, S1122
Copper, Cu	S1064, S1066, S1068, S1122
Manganese, Mn	S1064, S1066, S1068, S1122
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 14424 Orange-flavor drink, breakfast type, with pulp, frozen concentrate**

Calcium, Ca	D739
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### **NDB No. 14427 Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water**

Potassium, K	D642
Sodium, Na	D642

### **NDB No. 14429 Water, municipal**

Calcium, Ca	S20, S23, S25
Iron, Fe	S20, S23, S25
Magnesium, Mg	S20, S23, S25
Phosphorus, P	S20, S23, S25
Potassium, K	S20, S23, S25
Sodium, Na	S20, S23, S25
Zinc, Zn	S20, S23, S25
Copper, Cu	S20, S23, S25
Manganese, Mn	S20, S23, S25

### **NDB No. 14432 Water, bottled, non-carbonated, DANNON**

Ash	S1068
Water	S1068

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### **NDB No. 14432 Water, bottled, non-carbonated, DANNON**

Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14433 Water, bottled, non-carbonated, PEPSI, AQUAFINA**

Ash	S1068
Water	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14434 Water, bottled, non-carbonated, DASANI**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068

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### **NDB No. 14434 Water, bottled, non-carbonated, DASANI**

Manganese, Mn S1068

### **NDB No. 14437 Water, bottled, non-carbonated, CALISTOGA**

Ash S27

Water S27

Calcium, Ca S27

Magnesium, Mg S27

Potassium, K S27

Sodium, Na S27

### **NDB No. 14438 Water, bottled, non-carbonated, CRYSTAL GEYSER**

Ash S27

Water S27

Calcium, Ca S27

Magnesium, Mg S27

Potassium, K S27

Sodium, Na S27

### **NDB No. 14439 Water, bottled, non-carbonated, NAYA**

Ash S27

Water S27

Calcium, Ca D4541

Magnesium, Mg D4541

Potassium, K D4541

Sodium, Na D4541

### **NDB No. 14440 Water, bottled, non-carbonated, DANNON Fluoride To Go**

Protein S2109

Total lipid (fat) S2109

Ash S2109

Water S2109

Calcium, Ca S2109

Iron, Fe S2109

Magnesium, Mg S2109

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### **NDB No. 14440 Water, bottled, non-carbonated, DANNON Fluoride To Go**

Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

### **NDB No. 14450 Drink mix, QUAKER OATS, GATORADE, orange flavor, powder**

Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

### **NDB No. 14460 Sports drink, QUAKER OATS, GATORADE, fruit-flavored, ready-to-drink**

Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164

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### **NDB No. 14460 Sports drink, QUAKER OATS, GATORADE, fruit-flavored, ready-to-drink**

Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

### **NDB No. 14461 Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink**

Ash	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164

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### **NDB No. 14461 Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink**

Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Vitamin B-12	S1164

### **NDB No. 14462 QUAKER OATS, PROPEL Fitness Water, fruit-flavored, non-carbonated**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Vitamin E (alpha-tocopherol)	S2109
Vitamin C, total ascorbic acid	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Vitamin B-12	S2109

### **NDB No. 14475 Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Caffeine	S1068

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### **NDB No. 14475 Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor**

Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14476 Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14555 Water, bottled, generic**

Ash	S27
Water	S27
Calcium, Ca	D4541, S27
Iron, Fe	S1068

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### **NDB No. 14555 Water, bottled, generic**

Magnesium, Mg	D4541, S27
Potassium, K	D4541, S27
Sodium, Na	D4541, S27

### **NDB No. 14559 Water, bottled, non-carbonated, EVIAN**

Ash	S1068, S27
Water	S1068, S27
Calcium, Ca	S1068, S27
Iron, Fe	S1068
Magnesium, Mg	S1068, S27
Phosphorus, P	S1068
Potassium, K	S1068, S27
Sodium, Na	S1068, S27
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### **NDB No. 14601 Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Water	S1066
Caffeine	S1066
Theobromine	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Thiamin	S1066
Riboflavin	S1066

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### **NDB No. 14601 Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice**

Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### **NDB No. 14602 Alcoholic Beverage, wine, table, red, Merlot**

Protein	S2103
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### **NDB No. 14602 Alcoholic Beverage, wine, table, red, Merlot**

Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841
Water	S2103
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103

### **NDB No. 15015 Fish, cod, Atlantic, raw**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4072

### **NDB No. 15027 Fish, fish portions and sticks, frozen, preheated**

Protein	S1163
Total lipid (fat)	S1163

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### **NDB No. 15027 Fish, fish portions and sticks, frozen, preheated**

Ash	S1163
Starch	S1163
Sucrose	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Lactose	S1163
Maltose	S1163
Water	S1163
Sugars, total	S1163
Galactose	S1163
Fiber, total dietary	S1163
Calcium, Ca	S10, S11, S1163, S12, S9
Iron, Fe	S10, S11, S1163, S12, S9
Magnesium, Mg	S10, S11, S1163, S12, S9
Phosphorus, P	S10, S11, S1163, S12, S9
Potassium, K	S10, S11, S1163, S12, S9
Sodium, Na	S10, S11, S1163, S12, S9
Zinc, Zn	S10, S11, S1163, S12, S9
Copper, Cu	S10, S11, S1163, S12, S9
Manganese, Mn	S10, S11, S1163, S12, S9
Selenium, Se	S10, S11, S1163, S12, S9
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Folic acid	S1163
Folate, food	S1163
Cholesterol	S1163

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### **NDB No. 15027 Fish, fish portions and sticks, frozen, preheated**

Fatty acids, total trans	S1163
Fatty acids, total saturated	S1163
4:0	S1163
6:0	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163

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### **NDB No. 15027 Fish, fish portions and sticks, frozen, preheated**

15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No. 15028 Fish, flatfish (flounder and sole species), raw**

Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87

### **NDB No. 15066 Fish, pollock, walleye, raw**

Vitamin E (alpha-tocopherol)	S84
Vitamin K (phylloquinone)	D4072

### **NDB No. 15073 Fish, roughy, orange, raw**

Protein	S1163
Ash	S1163
Water	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163

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### **NDB No. 15073 Fish, roughy, orange, raw**

Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163

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### **NDB No. 15073 Fish, roughy, orange, raw**

22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No. 15078 Fish, salmon, chinook, raw**

Protein	D1066, D1107, D2793, S2621
Total lipid (fat)	D1066, D1107, D1191, D2793, D964, S2621
Ash	D1066, D1107, D2793, S2621
Water	D1066, D1107, D2793, D3410, S2621
Calcium, Ca	D1066, S2621
Iron, Fe	S2621
Potassium, K	D1073
Sodium, Na	D1073, S2621
Vitamin C, total ascorbic acid	D1066
Thiamin	D1066, D2793
Riboflavin	D1066, D2793
Niacin	D2793
Vitamin B-12	S2621
Cholesterol	S2621
14:0	D964, S2621
16:0	D964, S2621

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### **NDB No. 15078 Fish, salmon, chinook, raw**

18:0	D964, S2621
20:0	S2621
18:1 undifferentiated	D964, S2621
18:2 undifferentiated	D964, S2621
18:3 undifferentiated	D964, S2621
20:4 undifferentiated	D964, S2621
22:6 n-3	D964, S2621
16:1 undifferentiated	D964, S2621
18:4	D964
20:1	D964, S2621
20:5 n-3	D964, S2621
22:1 undifferentiated	D964, S2621
22:5 n-3	D964, S2621

### **NDB No. 15083 Fish, salmon, pink, raw**

Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

### **NDB No. 15084 Fish, salmon, pink, canned, solids with bone and liquid**

Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

### **NDB No. 15087 Fish, salmon, sockeye, canned, drained solids with bone**

Protein	S2109
Ash	S2109
Starch	S2109
Sucrose	S2109
Fructose	S2109
Lactose	S2109
Maltose	S2109
Water	S2109

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### **NDB No. 15087 Fish, salmon, sockeye, canned, drained solids with bone**

Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
Retinol	S2109
Vitamin E (alpha-tocopherol)	S2109
Vitamin D	S2109
Tocopherol, beta	S2109
Tocopherol, gamma	S2109
Tocopherol, delta	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Folate, total	S2109
Vitamin B-12	S2109
Vitamin K (phylloquinone)	S2109
Tryptophan	S2109
Threonine	S2109
Isoleucine	S2109
Leucine	S2109
Lysine	S2109
Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Arginine	S2109
Histidine	S2109

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### NDB No. 15087 Fish, salmon, sockeye, canned, drained solids with bone

Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
Glycine	S2109
Proline	S2109
Serine	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:6 n-3	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
20:5 n-3	S2109
22:1 undifferentiated	S2109
22:5 n-3	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
24:0	S2109
20:2 n-6 c,c	S2109
22:1 c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
15:1	S2109

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### **NDB No. 15087 Fish, salmon, sockeye, canned, drained solids with bone**

18:3 n-3 c,c,c S2109

### **NDB No. 15119 Fish, tuna, light, canned in oil, drained solids**

Vitamin E (alpha-tocopherol) S121, S81  
Tocopherol, beta S121, S81  
Tocopherol, gamma S121, S81  
Tocopherol, delta S121, S81  
Vitamin K (phylloquinone) D4002, D4072

### **NDB No. 15121 Fish, tuna, light, canned in water, drained solids**

Vitamin E (alpha-tocopherol) S27, S87  
Tocopherol, beta S27, S87  
Tocopherol, gamma S27, S87  
Tocopherol, delta S27, S87  
Vitamin K (phylloquinone) S27

### **NDB No. 15126 Fish, tuna, white, canned in water, drained solids**

Vitamin E (alpha-tocopherol) S121  
Tocopherol, beta S121  
Tocopherol, gamma S121  
Tocopherol, delta S121  
Vitamin K (phylloquinone) D4072

### **NDB No. 15140 Crustaceans, crab, blue, cooked, moist heat**

Vitamin E (alpha-tocopherol) S121  
Tocopherol, beta S121  
Tocopherol, gamma S121  
Tocopherol, delta S121

### **NDB No. 15141 Crustaceans, crab, blue, canned**

Vitamin E (alpha-tocopherol) S121  
Tocopherol, beta S121  
Tocopherol, gamma S121  
Tocopherol, delta S121

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### **NDB No. 15149 Crustaceans, shrimp, mixed species, raw**

Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin K (phylloquinone)	D4002

### **NDB No. 15152 Crustaceans, shrimp, mixed species, canned**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Water	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104
Vitamin B-12	S2104
Vitamin K (phylloquinone)	D4002
Tryptophan	S2104
Threonine	S2104

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### **NDB No. 15152 Crustaceans, shrimp, mixed species, canned**

Isoleucine	S2104
Leucine	S2104
Lysine	S2104
Methionine	S2104
Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104
Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Cholesterol	S2104
8:0	S2104
10:0	S2104
12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
18:3 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104
14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
15:0	S2104
17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
17:1	S2104

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### **NDB No. 15152 Crustaceans, shrimp, mixed species, canned**

20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### **NDB No. 15157 Mollusks, clam, mixed species, raw**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 15162 Mollusks, clam, mixed species, canned, liquid**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 15164 Mollusks, mussel, blue, raw**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 15172 Mollusks, scallop, mixed species, raw**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 15232 Fish, roughy, orange, cooked, dry heat**

Protein	S1163
Ash	S1163
Water	S1163
Calcium, Ca	S1163
Iron, Fe	S1163

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### **NDB No. 15232 Fish, roughy, orange, cooked, dry heat**

Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163

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### **NDB No. 15232 Fish, roughy, orange, cooked, dry heat**

Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No. 15260 Fish, salmon, pink, canned, drained solids with bone**

Protein	S2109
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### **NDB No. 15260 Fish, salmon, pink, canned, drained solids with bone**

Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Sucrose	S2109
Glucose (dextrose)	S2109
Fructose	S2109
Lactose	S2109
Maltose	S2109
Water	S2109
Fiber, total dietary	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
Retinol	S2109
Vitamin E (alpha-tocopherol)	S2109
Vitamin D	S2109
Tocopherol, beta	S2109
Tocopherol, gamma	S2109
Tocopherol, delta	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Folate, total	S2109
Vitamin B-12	S2109
Vitamin K (phylloquinone)	S2109
Tryptophan	S2109
Threonine	S2109

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### **NDB No. 15260 Fish, salmon, pink, canned, drained solids with bone**

Isoleucine	S2109
Leucine	S2109
Lysine	S2109
Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Arginine	S2109
Histidine	S2109
Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
Glycine	S2109
Proline	S2109
Serine	S2109
Cholesterol	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:6 n-3	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
20:5 n-3	S2109
22:1 undifferentiated	S2109
22:5 n-3	S2109



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### **NDB No. 15260 Fish, salmon, pink, canned, drained solids with bone**

Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
24:0	S2109
20:2 n-6 c,c	S2109
22:1 c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

### **NDB No. 15261 Fish, tilapia, raw**

Protein	S1163
Total lipid (fat)	S1163
Ash	S1163
Water	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163

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### **NDB No. 15261 Fish, tilapia, raw**

Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163

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### **NDB No. 15261 Fish, tilapia, raw**

14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No. 15262 Fish, tilapia, cooked, dry heat**

Protein	S1163
Total lipid (fat)	S1163
Ash	S1163
Water	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163

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### **NDB No. 15262 Fish, tilapia, cooked, dry heat**

Tocopherol, delta	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163

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### **NDB No. 15262 Fish, tilapia, cooked, dry heat**

18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No. 16006 Beans, baked, canned, plain or vegetarian**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164, S1401
Sugars, total	S1164
Galactose	S1164

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### **NDB No. 16006 Beans, baked, canned, plain or vegetarian**

Fiber, total dietary	S1164, S1401
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164

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### **NDB No. 16006 Beans, baked, canned, plain or vegetarian**

Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164

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### **NDB No. 16006 Beans, baked, canned, plain or vegetarian**

15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 16010 Beans, baked, canned, with pork and sweet sauce**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164, S604, S606
Glucose (dextrose)	S1164, S604, S606
Fructose	S1164, S604, S606
Lactose	S1164
Maltose	S1164, S606
Water	S1164, S2581, S604, S606
Sugars, total	S1164, S606
Galactose	S1164
Fiber, total dietary	S1164, S2581
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164



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### **NDB No. 16010 Beans, baked, canned, with pork and sweet sauce**

Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164

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### **NDB No. 16010 Beans, baked, canned, with pork and sweet sauce**

18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 16011 Beans, baked, canned, with pork and tomato sauce**

Protein	S1164
Total lipid (fat)	S1164, S87
Ash	S1164
Starch	S1164
Sucrose	S1164, S604, S606
Glucose (dextrose)	S1164, S604, S606
Fructose	S1164, S604, S606
Lactose	S1164
Maltose	S1164, S604
Water	S1164, S2581, S604, S606
Sugars, total	S1164, S606
Galactose	S1164
Fiber, total dietary	S1164, S2581
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164, S87
Cryptoxanthin, beta	S1164

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### **NDB No. 16011 Beans, baked, canned, with pork and tomato sauce**

Lycopene	S1164
Tocopherol, beta	S1164, S87
Tocopherol, gamma	S1164, S87
Tocopherol, delta	S1164, S87
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164

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### **NDB No. 16011 Beans, baked, canned, with pork and tomato sauce**

14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt**

Calcium, Ca	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9

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### **NDB No. 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt**

Selenium, Se	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No. 16029 Beans, kidney, all types, mature seeds, canned**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Sugars, total	S1164
Galactose	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Riboflavin	S1164

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### **NDB No. 16029 Beans, kidney, all types, mature seeds, canned**

Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Hydroxyproline	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164

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### **NDB No. 16029 Beans, kidney, all types, mature seeds, canned**

18:3 n-3 c,c,c S1164

### **NDB No. 16037 Beans, navy, mature seeds, raw**

Total lipid (fat)	S1164, S2202
Ash	S1164, S2202
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164, S2202
Sugars, total	S1164
Galactose	S1164
Calcium, Ca	S1164, S2202
Iron, Fe	S1164, S2202
Magnesium, Mg	S1164, S2202
Phosphorus, P	S1164, S2202
Potassium, K	S1164, S2202
Sodium, Na	S1164, S2202
Zinc, Zn	S1164, S2202
Copper, Cu	S1164, S2202
Manganese, Mn	S1164, S2202
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S2202
Riboflavin	S1164, S2202
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202
Vitamin B-6	S1164, S2202
Folate, total	S1164, S2202
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164

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### **NDB No. 16037 Beans, navy, mature seeds, raw**

Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164



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### **NDB No. 16037 Beans, navy, mature seeds, raw**

20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 16038 Beans, navy, mature seeds, cooked, boiled, without salt**

Protein	S1164, S2202
Total lipid (fat)	S1164, S2202
Ash	S1164, S2202
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164, S2202
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164, S182, S183, S203, S2202
Iron, Fe	S1164, S182, S183, S203, S2202
Magnesium, Mg	S1164, S182, S183, S203, S2202

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### **NDB No. 16038 Beans, navy, mature seeds, cooked, boiled, without salt**

Phosphorus, P	S1164, S182, S183, S203, S2202
Potassium, K	S1164, S182, S183, S203, S2202
Sodium, Na	S1164, S182, S183, S203, S2202
Zinc, Zn	S1164, S182, S183, S203, S2202
Copper, Cu	S1164, S182, S183, S203, S2202
Manganese, Mn	S1164, S182, S183, S203, S2202
Selenium, Se	S1164, S203
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S2202
Riboflavin	S1164, S2202
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202
Vitamin B-6	S1164, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164

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### **NDB No. 16038 Beans, navy, mature seeds, cooked, boiled, without salt**

Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164

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### **NDB No. 16038 Beans, navy, mature seeds, cooked, boiled, without salt**

18:3 n-3 c,c,c S1164

### **NDB No. 16042 Beans, pinto, mature seeds, raw**

Protein	S1065, S2202
Total lipid (fat)	S1065, S2202
Ash	S1065, S2202
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065, S2202
Fiber, total dietary	S1065
Calcium, Ca	S1065, S2202
Iron, Fe	S1065, S2202
Magnesium, Mg	S1065, S2202
Phosphorus, P	S1065, S2202
Potassium, K	S1065, S2202
Sodium, Na	S1065, S2202
Zinc, Zn	S1065, S2202
Copper, Cu	S1065, S2202
Manganese, Mn	S1065, S2202
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065, S2202
Riboflavin	S1065, S2202
Niacin	S1065, S2202
Pantothenic acid	S1065, S2202
Vitamin B-6	S1065, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	S1065

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### **NDB No. 16042 Beans, pinto, mature seeds, raw**

Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### **NDB No. 16043 Beans, pinto, mature seeds, cooked, boiled, without salt**

Protein	S1065, S2202
Total lipid (fat)	S1065, S2202
Ash	S1065, S2202
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065, S2202
Fiber, total dietary	S1065
Calcium, Ca	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Iron, Fe	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Magnesium, Mg	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Phosphorus, P	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Potassium, K	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9

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### **NDB No. 16043 Beans, pinto, mature seeds, cooked, boiled, without salt**

Sodium, Na	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Zinc, Zn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Copper, Cu	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Manganese, Mn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Selenium, Se	S10, S1065, S11, S12, S182, S183, S203, S6, S7, S8, S9
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065, S2202
Riboflavin	S1065, S2202
Niacin	S1065, S2202
Pantothenic acid	S1065, S2202
Vitamin B-6	S1065, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	D4002, S1065

### **NDB No. 16069 Lentils, raw**

Protein	S2202
Total lipid (fat)	S2202, S84
Ash	S2202
Water	S2202, S84
Calcium, Ca	S2202
Iron, Fe	D5083, S2202
Magnesium, Mg	S2202
Phosphorus, P	S2202
Potassium, K	S2202
Sodium, Na	S2202
Zinc, Zn	D5083, S2202
Copper, Cu	D5083, S2202
Manganese, Mn	S2202
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

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### **NDB No. 16069 Lentils, raw**

Thiamin	S2202
Riboflavin	S2202
Niacin	S2202
Pantothenic acid	S2202
Vitamin B-6	S2202
Folate, total	S2202

### **NDB No. 16089 Peanuts, all types, oil-roasted, with salt**

Protein	S563
Total lipid (fat)	S563
Ash	S563
Sucrose	S563
Glucose (dextrose)	S563
Fructose	S563
Lactose	S563
Maltose	S563
Water	S563
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563
Iron, Fe	S563
Magnesium, Mg	S563
Phosphorus, P	S563
Potassium, K	S563
Sodium, Na	S563
Zinc, Zn	S563
Copper, Cu	S563
Manganese, Mn	S563
Selenium, Se	S563
Carotene, beta	S563
Carotene, alpha	S563
Cryptoxanthin, beta	S563
Lycopene	S563
Lutein + zeaxanthin	S563
Vitamin C, total ascorbic acid	S563

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### **NDB No. 16089 Peanuts, all types, oil-roasted, with salt**

Thiamin	S563
Riboflavin	S563
Niacin	S563
Pantothenic acid	S563
Vitamin B-6	S563
Folate, total	S563
Vitamin K (phylloquinone)	S563
Tryptophan	S563
Threonine	S563
Isoleucine	S563
Leucine	S563
Lysine	S563
Methionine	S563
Cystine	S563
Phenylalanine	S563
Tyrosine	S563
Valine	S563
Arginine	S563
Histidine	S563
Alanine	S563
Aspartic acid	S563
Glutamic acid	S563
Glycine	S563
Proline	S563
Serine	S563
8:0	S563
10:0	S563
12:0	S563
14:0	S563
16:0	S563
18:0	S563
20:0	S563
18:1 undifferentiated	S563
18:2 undifferentiated	S563
18:3 undifferentiated	S563
20:4 undifferentiated	S563
22:0	S563



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### **NDB No. 16089 Peanuts, all types, oil-roasted, with salt**

14:1	S563
16:1 undifferentiated	S563
20:1	S563
15:0	S563
17:0	S563
20:2 n-6 c,c	S563
18:3 n-6 c,c,c	S563
17:1	S563
20:3 undifferentiated	S563
15:1	S563

### **NDB No. 16097 Peanut butter, chunk style, with salt**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	D3765, S22
Sugars, total	S22
Galactose	S22
Fiber, total dietary	D3765, S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22

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### **NDB No. 16097 Peanut butter, chunk style, with salt**

Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Thiamin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Vitamin K (phylloquinone)	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22

### **NDB No. 16098 Peanut butter, smooth style, with salt**

Protein	S22
Total lipid (fat)	S22, S84, S87
Ash	S22
Starch	S22
Sucrose	S22, S404, S837
Glucose (dextrose)	S22, S404, S837
Fructose	S22, S837
Lactose	S22, S837
Maltose	S22, S837
Water	S22, S404, S837, S84, S87
Sugars, total	S22, S837
Galactose	S22
Fiber, total dietary	S22, S837
Calcium, Ca	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9

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### **NDB No. 16098 Peanut butter, smooth style, with salt**

Copper, Cu	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S22, S84, S87
Tocopherol, beta	S22, S84, S87
Tocopherol, gamma	S22, S84, S87
Tocopherol, delta	S22, S84, S87
Thiamin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Vitamin K (phylloquinone)	D4002, S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22

### **NDB No. 16112 Miso**

Protein	S39
Total lipid (fat)	S39
Ash	S39
Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Water	S39, S604, S81
Fiber, total dietary	S81
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39

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### **NDB No. 16112 Miso**

Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Vitamin B-12	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### **NDB No. 16114 Tempeh**

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### **NDB No. 16114 Tempeh**

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Energy	S39
Water	S39
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Vitamin A, IU	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Vitamin B-12	S39
Tryptophan	S39
Threonine	S39
Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39

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### **NDB No. 16114 Tempeh**

Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
Cholesterol	S39
Fatty acids, total saturated	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39
Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39
24:0	S39
17:1	S39
20:3 undifferentiated	S39

### **NDB No. 16120 Soy milk, fluid**

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39

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### **NDB No. 16120 Soy milk, fluid**

Water	S39
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Tryptophan	S39
Threonine	S39
Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39
Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
Fatty acids, total saturated	S39
8:0	S39

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### **NDB No. 16120 Soy milk, fluid**

10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39
Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### **NDB No. 16123 Soy sauce made from soy and wheat (shoyu)**

Protein	S39
Total lipid (fat)	S39
Ash	S39
Water	S1401, S39
Fiber, total dietary	S1401
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39

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### **NDB No. 16123 Soy sauce made from soy and wheat (shoyu)**

Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Selenium, Se	D3359, S2122, S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Vitamin B-12	S39
Cholesterol	S39

### **NDB No. 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)**

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Water	S1202, S1401, S39
Fiber, total dietary	S1202, S1401
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Thiamin	S39
Riboflavin	S39

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### **NDB No. 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)**

Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### **NDB No. 16139 Soy milk, fluid, calcium fortified**

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Water	S39
Calcium, Ca	S39

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### **NDB No. 16139 Soy milk, fluid, calcium fortified**

Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Tryptophan	S39
Threonine	S39
Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39
Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
Fatty acids, total saturated	S39
8:0	S39
10:0	S39
12:0	S39

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### **NDB No. 16139 Soy milk, fluid, calcium fortified**

14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39
Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### **NDB No. 16144 Lentils, pink, raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No. 16147 Veggie burgers, unprepared**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104
Sucrose	S2104

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### **NDB No. 16147 Veggie burgers, unprepared**

Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Vitamin B-12	S2104
Vitamin K (phylloquinone)	S2104
Tryptophan	S2104
Threonine	S2104
Isoleucine	S2104
Leucine	S2104
Lysine	S2104
Methionine	S2104
Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104

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### **NDB No. 16147 Veggie burgers, unprepared**

Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Cholesterol	S2104
8:0	S2104
10:0	S2104
12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104
14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
15:0	S2104
17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
17:1	S2104
20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### **NDB No. 16159 Tofu, extra firm, prepared with nigari**

Protein	D342, S39
Total lipid (fat)	D342, S39
Ash	D342, S39
Water	D342, S39

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### **NDB No. 16159 Tofu, extra firm, prepared with nigari**

Calcium, Ca	D342, S39
Iron, Fe	D342, S39
Magnesium, Mg	D342, S39
Phosphorus, P	D342, S39
Potassium, K	D342, S39
Sodium, Na	D342, S39
Zinc, Zn	D342, S39
Copper, Cu	D342, S39
Manganese, Mn	D342, S39
Selenium, Se	D342, S39
Thiamin	D342, S39
Riboflavin	D342, S39
Niacin	D342, S39
Pantothenic acid	D342, S39
Vitamin B-6	D342, S39
Folate, total	D342, S39
8:0	S39
10:0	S39
12:0	S39
20:0	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
20:1	S39
22:1 undifferentiated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### **NDB No. 16167 USDA Commodity, Peanut Butter, smooth**

Protein	S2203
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### **NDB No. 16167** USDA Commodity, Peanut Butter, smooth

Total lipid (fat)	S2203
Ash	S2203
Starch	S2203
Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Iron, Fe	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Selenium, Se	S2203
Vitamin E (alpha-tocopherol)	S2203
Tocopherol, beta	S2203
Tocopherol, gamma	S2203
Tocopherol, delta	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Niacin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Folate, total	S2203
Vitamin K (phylloquinone)	S2203
8:0	S2203
10:0	S2203
12:0	S2203
14:0	S2203
16:0	S2203
18:0	S2203



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### **NDB No. 16167** USDA Commodity, Peanut Butter, smooth

20:0	S2203
18:1 undifferentiated	S2203
18:2 undifferentiated	S2203
18:3 undifferentiated	S2203
20:4 undifferentiated	S2203
22:6 n-3	S2203
22:0	S2203
14:1	S2203
16:1 undifferentiated	S2203
18:4	S2203
20:1	S2203
20:5 n-3	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
15:0	S2203
17:0	S2203
24:0	S2203
20:2 n-6 c,c	S2203
17:1	S2203
20:3 undifferentiated	S2203
15:1	S2203

### **NDB No. 16174** Tempeh, cooked

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18

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### **NDB No. 16174 Tempeh, cooked**

Selenium, Se	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18

### **NDB No. 16338 Beans, navy, mature seeds, cooked, boiled, with salt**

Protein	S1164, S2202
Total lipid (fat)	S1164, S2202
Ash	S1164, S2202
Starch	S1164
Sucrose	S1164

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### **NDB No. 16338 Beans, navy, mature seeds, cooked, boiled, with salt**

Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164, S2202
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164, S182, S183, S203, S2202
Iron, Fe	S1164, S182, S183, S203, S2202
Magnesium, Mg	S1164, S182, S183, S203, S2202
Phosphorus, P	S1164, S182, S183, S203, S2202
Potassium, K	S1164, S182, S183, S203, S2202
Zinc, Zn	S1164, S182, S183, S203, S2202
Copper, Cu	S1164, S182, S183, S203, S2202
Manganese, Mn	S1164, S182, S183, S203, S2202
Selenium, Se	S1164, S203
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S2202
Riboflavin	S1164, S2202
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202
Vitamin B-6	S1164, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164

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### **NDB No. 16338 Beans, navy, mature seeds, cooked, boiled, with salt**

Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164

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### **NDB No. 16338 Beans, navy, mature seeds, cooked, boiled, with salt**

18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 16343 Beans, pinto, mature seeds, cooked, boiled, with salt**

Protein	S1065, S2202
Total lipid (fat)	S1065, S2202
Ash	S1065, S2202
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065, S2202
Fiber, total dietary	S1065
Calcium, Ca	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Iron, Fe	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Magnesium, Mg	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Phosphorus, P	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Potassium, K	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Zinc, Zn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Copper, Cu	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Manganese, Mn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Selenium, Se	S10, S1065, S11, S12, S182, S183, S203, S6, S7, S8, S9
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065

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### **NDB No. 16343 Beans, pinto, mature seeds, cooked, boiled, with salt**

Vitamin C, total ascorbic acid	S1065
Thiamin	S1065, S2202
Riboflavin	S1065, S2202
Niacin	S1065, S2202
Pantothenic acid	S1065, S2202
Vitamin B-6	S1065, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	D4002, S1065

### **NDB No. 16397 Peanut butter, chunk style, without salt**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	D3765, S22
Sugars, total	S22
Galactose	S22
Fiber, total dietary	D3765, S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22

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### **NDB No. 16397 Peanut butter, chunk style, without salt**

Thiamin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Vitamin K (phylloquinone)	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22

### **NDB No. 16398 Peanut butter, smooth style, without salt**

Protein	S22
Total lipid (fat)	S22, S84, S87
Ash	S22
Starch	S22
Sucrose	S22, S404, S837
Glucose (dextrose)	S22, S404, S837
Fructose	S22, S837
Lactose	S22, S837
Maltose	S22, S837
Water	S22, S404, S837, S84, S87
Sugars, total	S22, S837
Galactose	S22
Fiber, total dietary	S22, S837
Calcium, Ca	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S22, S84, S87

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### **NDB No. 16398 Peanut butter, smooth style, without salt**

Tocopherol, beta	S22, S84, S87
Tocopherol, gamma	S22, S84, S87
Tocopherol, delta	S22, S84, S87
Thiamin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Vitamin K (phylloquinone)	D4002, S22
Fatty acids, total saturated	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22

### **NDB No. 17202 Veal, variety meats and by-products, liver, raw**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082



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### **NDB No. 17202 Veal, variety meats and by-products, liver, raw**

Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082

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### **NDB No. 17202 Veal, variety meats and by-products, liver, raw**

8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082

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### **NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised**

Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	D463, S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082

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### **NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised**

Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082

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### **NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried**

Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166, S502
Tocopherol, gamma	S1166, S502
Tocopherol, delta	S1166, S502
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166, S502
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082

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### **NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried**

Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 17218 Veal, variety meats and by-products, thymus, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581

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### **NDB No. 17218 Veal, variety meats and by-products, thymus, raw**

Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581

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### **NDB No. 17218 Veal, variety meats and by-products, thymus, raw**

18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581

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### **NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised**

Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581

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### **NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised**

20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

### **NDB No. 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3

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### **NDB No. 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled**

Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

### **NDB No. 17340 Game meat, elk, loin, separable lean only, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

### **NDB No. 17341 Game meat, elk, round, separable lean only, cooked, broiled**

Protein	S3
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### **NDB No. 17341 Game meat, elk, round, separable lean only, cooked, broiled**

Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

### **NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

### **NDB No. 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled**

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### **NDB No. 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

### **NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3

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**NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised**

Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No. 17347 Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No. 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3

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### **NDB No. 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled**

Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

### **NDB No. 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Sucrose	S1162
Glucose (dextrose)	S1162
Fructose	S1162
Lactose	S1162
Maltose	S1162
Water	S1162
Sugars, total	S1162
Galactose	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162

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### **NDB No. 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)**

Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin E (alpha-tocopherol)	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162

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### **NDB No. 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)**

Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### **NDB No. 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Sucrose	S1162
Glucose (dextrose)	S1162
Fructose	S1162
Lactose	S1162
Maltose	S1162
Water	S1162
Sugars, total	S1162
Galactose	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162

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### **NDB No. 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)**

Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin E (alpha-tocopherol)	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162

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### **NDB No. 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)**

Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### **NDB No. 18029 Bread, french or vienna (includes sourdough)**

Folate, total	D4901
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### **NDB No. 18033 Bread, italian**

Folate, total	D4901
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### **NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20
Sugars, total	S20

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### **NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)**

Galactose	S20
Fiber, total dietary	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin C, total ascorbic acid	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, total	S20
Vitamin B-12	S20
Vitamin K (phylloquinone)	D4002, D4072
Folic acid	S20
Folate, food	S20
Cholesterol	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20

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### **NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)**

22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
15:0	S20
17:0	S20
24:0	S20
17:1	S20
15:1	S20

### **NDB No. 18079 Bread crumbs, dry, grated, plain**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25

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### **NDB No. 18079 Bread crumbs, dry, grated, plain**

Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Carotene, beta	S25
Carotene, alpha	S25
Vitamin E (alpha-tocopherol)	S25
Cryptoxanthin, beta	S25
Lycopene	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25

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### **NDB No. 18079 Bread crumbs, dry, grated, plain**

18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### **NDB No. 18135 Cake, white, dry mix, pudding-type, enriched**

Folate, total	D4901
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### **NDB No. 18137 Cake, white, dry mix, regular**

Folate, total	D4901
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### **NDB No. 18142 Cake, yellow, dry mix, pudding-type**

Folate, total	D4901
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### **NDB No. 18144 Cake, yellow, dry mix, regular, enriched**

Folate, total	D4901
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### **NDB No. 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched**

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Sugars, total	S21
Galactose	S21

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### **NDB No. 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched**

Fiber, total dietary	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin E (alpha-tocopherol)	S21
Tocopherol, beta	S21
Tocopherol, gamma	S21
Tocopherol, delta	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin K (phylloquinone)	S21
Fatty acids, total saturated	S21
4:0	S21
6:0	S21
8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21



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### **NDB No. 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched**

22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
Fatty acids, total monounsaturated	S21
Fatty acids, total polyunsaturated	S21
15:0	S21
17:0	S21
24:0	S21

### **NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25

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### **NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular**

Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Folic acid	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25

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### **NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular**

12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:5 n-3	S25
Stigmasterol	S25
Campesterol	S25
Beta-sitosterol	S25
17:0	S25
24:0	S25
18:1 t	S25
18:2 i	S25
18:2 CLAs	S25
24:1 c	S25
16:1 c	S25
18:1 c	S25
18:2 n-6 c,c	S25
22:1 c	S25
17:1	S25
18:3 n-3 c,c,c	S25

### **NDB No. 18168 Cookies, chocolate sandwich, with extra creme filling**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25

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### **NDB No. 18168 Cookies, chocolate sandwich, with extra creme filling**

Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Folate, food	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25

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### **NDB No. 18168 Cookies, chocolate sandwich, with extra creme filling**

20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:5 n-3	S25
Stigmasterol	S25
Campesterol	S25
Beta-sitosterol	S25
17:0	S25
24:0	S25
18:1 t	S25
18:2 i	S25
18:2 CLAs	S25
24:1 c	S25
16:1 c	S25
18:1 c	S25
18:2 n-6 c,c	S25
22:1 c	S25
17:1	S25
18:3 n-3 c,c,c	S25

### **NDB No. 18214 Crackers, cheese, regular**

Folate, total	D4901
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### **NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25

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### **NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling**

Lactose	S25
Maltose	S25
Water	S25
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25

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### **NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling**

18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### **NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)**

Protein	S23
Total lipid (fat)	S23
Ash	S23
Starch	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Selenium, Se	S23
Vitamin E (alpha-tocopherol)	S23
Tocopherol, beta	S23
Tocopherol, gamma	S23

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### **NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)**

Tocopherol, delta	S23
Vitamin C, total ascorbic acid	S23
Thiamin	S23
Riboflavin	S23
Pantothenic acid	S23
Vitamin B-6	S23
Folate, total	S23
Vitamin K (phylloquinone)	S23
Fatty acids, total trans	S23
Fatty acids, total saturated	S23
4:0	S23
6:0	S23
8:0	S23
10:0	S23
12:0	S23
14:0	S23
16:0	S23
18:0	S23
20:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
22:6 n-3	S23
22:0	S23
14:1	S23
16:1 undifferentiated	S23
18:4	S23
20:1	S23
20:5 n-3	S23
22:1 undifferentiated	S23
22:5 n-3	S23
Stigmasterol	S23
Campesterol	S23
Beta-sitosterol	S23
Fatty acids, total monounsaturated	S23
Fatty acids, total polyunsaturated	S23

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### **NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)**

17:0	S23
24:0	S23
18:1 t	S23
18:2 i	S23
18:2 CLAs	S23
24:1 c	S23
16:1 c	S23
18:1 c	S23
18:2 n-6 c,c	S23
22:1 c	S23
17:1	S23
Fatty acids, total trans-monoenoic	S23
Fatty acids, total trans-polyenoic	S23
18:3 n-3 c,c,c	S23

### **NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25

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### **NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling**

Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25

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**NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling**

24:0 S25  
13:0 S25

**NDB No. 18232 Crackers, wheat, regular**

Folate, total D4901

**NDB No. 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted**

Vitamin K (phylloquinone) D4002, D4078

**NDB No. 18251 Doughnuts, cake-type, chocolate, sugared or glazed**

Vitamin K (phylloquinone) D4002, D4078

**NDB No. 18252 Doughnuts, cake-type, wheat, sugared or glazed**

Vitamin K (phylloquinone) D4002, D4078

**NDB No. 18258 English muffins, plain, enriched, with ca prop (includes sourdough)**

Protein S1162  
Total lipid (fat) S1162  
Ash S1162  
Starch S1162  
Sucrose S1162  
Glucose (dextrose) S1162  
Fructose S1162  
Lactose S1162  
Maltose S1162  
Water S1162  
Sugars, total S1162  
Galactose S1162  
Fiber, total dietary S1162  
Calcium, Ca S1162  
Iron, Fe S1162  
Magnesium, Mg S1162  
Phosphorus, P S1162  
Potassium, K S1162

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### **NDB No. 18258 English muffins, plain, enriched, with ca prop (includes sourdough)**

Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162

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### **NDB No. 18258 English muffins, plain, enriched, with ca prop (includes sourdough)**

22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### **NDB No. 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Sucrose	S1162
Glucose (dextrose)	S1162
Fructose	S1162
Lactose	S1162
Maltose	S1162
Water	S1162
Sugars, total	S1162
Galactose	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162

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### **NDB No. 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)**

Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162

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### **NDB No. 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)**

20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### **NDB No. 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162

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### **NDB No. 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)**

Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162

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### **NDB No. 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)**

Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### **NDB No. 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162

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### **NDB No. 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)**

Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162

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### **NDB No. 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)**

24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### **NDB No. 18275 Muffins, blueberry, dry mix**

Folate, total	D4901
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### **NDB No. 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27

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### NDB No. 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Vitamin K (phylloquinone)	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

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### **NDB No. 18346** Rolls, dinner, rye

Vitamin K (phylloquinone) D4002, D4068

### **NDB No. 18349** Rolls, french

Vitamin K (phylloquinone) D4068

### **NDB No. 18350** Rolls, hamburger or hotdog, plain

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Sugars, total	S21
Galactose	S21
Fiber, total dietary	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin E (alpha-tocopherol)	S21
Tocopherol, beta	S21
Tocopherol, gamma	S21
Tocopherol, delta	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21

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### **NDB No. 18350** Rolls, hamburger or hotdog, plain

Pantothenic acid	S21
Vitamin B-6	S21
Vitamin B-12	S21
Vitamin K (phylloquinone)	D4002, D4072
Cholesterol	S21
4:0	S21
6:0	S21
8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21
17:0	S21
24:0	S21

### **NDB No. 18351** Rolls, hamburger or hotdog, mixed-grain

Sugars, total	S21
Vitamin E (alpha-tocopherol)	S21
Folate, total	S20
Folic acid	S20

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### **NDB No. 18351** Rolls, hamburger or hotdog, mixed-grain

Folate, food S20

### **NDB No. 18352** Rolls, hamburger or hotdog, reduced-calorie

Sugars, total S21

Vitamin E (alpha-tocopherol) S21

Folate, total S20

Folic acid S20

Folate, food S20

### **NDB No. 18363** Tortillas, ready-to-bake or -fry, corn

Total lipid (fat) S22

Ash S22

Sucrose S22

Glucose (dextrose) S22

Fructose S22

Lactose S22

Maltose S22

Water S22

Galactose S22

Calcium, Ca S22

Iron, Fe S22

Magnesium, Mg S22

Potassium, K S22

Sodium, Na S22

Zinc, Zn S22

Copper, Cu S22

Manganese, Mn S22

Selenium, Se S22

Vitamin E (alpha-tocopherol) S22

Tocopherol, beta S22

Tocopherol, gamma S22

Tocopherol, delta S22

Thiamin S22

Riboflavin S22

Pantothenic acid S22

Folate, total S22

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### **NDB No. 18363 Tortillas, ready-to-bake or -fry, corn**

Vitamin K (phylloquinone)	S22
16:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22

### **NDB No. 18364 Tortillas, ready-to-bake or -fry, flour**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	S22
Galactose	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Thiamin	S22
Riboflavin	S22
Pantothenic acid	S22
Vitamin K (phylloquinone)	S22
4:0	S22
6:0	S22
8:0	S22



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### **NDB No. 18364 Tortillas, ready-to-bake or -fry, flour**

10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
20:4 undifferentiated	S22
22:6 n-3	S22
22:0	S22
14:1	S22
16:1 undifferentiated	S22
18:4	S22
20:1	S22
20:5 n-3	S22
22:1 undifferentiated	S22
22:5 n-3	S22
15:0	S22
17:0	S22
24:0	S22

### **NDB No. 18365 Waffles, plain, frozen, ready-to-heat**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27

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### **NDB No. 18365 Waffles, plain, frozen, ready-to-heat**

Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27

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### **NDB No. 18365 Waffles, plain, frozen, ready-to-heat**

20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### **NDB No. 18376 Bread crumbs, dry, grated, seasoned**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25

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### **NDB No. 18376 Bread crumbs, dry, grated, seasoned**

Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Carotene, beta	S25
Carotene, alpha	S25
Vitamin E (alpha-tocopherol)	S25
Cryptoxanthin, beta	S25
Lycopene	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25

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### **NDB No. 18376 Bread crumbs, dry, grated, seasoned**

20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### **NDB No. 18403 Waffles, plain, frozen, ready -to-heat, toasted**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27

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### **NDB No. 18403 Waffles, plain, frozen, ready -to-heat, toasted**

Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### **NDB No. 18416 Bread, white, commercially prepared, low sodium no salt**

Sugars, total	S20
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### **NDB No. 18416 Bread, white, commercially prepared, low sodium no salt**

Folate, total	S20
Vitamin K (phylloquinone)	D4002, D4072
Folic acid	S20
Folate, food	S20

### **NDB No. 18927 Crackers, cheese, sandwich-type with cheese filling**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25

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### **NDB No. 18927 Crackers, cheese, sandwich-type with cheese filling**

Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### **NDB No. 18930 USDA Commodity, Bakery, Flour Mix**

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203
Starch	S2203



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### **NDB No. 18930 USDA Commodity, Bakery, Flour Mix**

Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Iron, Fe	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Selenium, Se	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Riboflavin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Vitamin K (phylloquinone)	S2203
Fatty acids, total saturated	S2203
8:0	S2203
10:0	S2203
12:0	S2203
14:0	S2203
16:0	S2203
18:0	S2203
20:0	S2203
18:1 undifferentiated	S2203
18:2 undifferentiated	S2203
18:3 undifferentiated	S2203
20:4 undifferentiated	S2203
22:6 n-3	S2203
22:0	S2203

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### **NDB No. 18930 USDA Commodity, Bakery, Flour Mix**

14:1	S2203
16:1 undifferentiated	S2203
18:4	S2203
20:1	S2203
20:5 n-3	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
Fatty acids, total monounsaturated	S2203
Fatty acids, total polyunsaturated	S2203
15:0	S2203
17:0	S2203
24:0	S2203
20:2 n-6 c,c	S2203
17:1	S2203
20:3 undifferentiated	S2203
15:1	S2203

### **NDB No. 18931 USDA Commodity, Bakery , Flour Mix Low-fat**

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203
Starch	S2203
Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203

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### NDB No. 18931 USDA Commodity, Bakery , Flour Mix Low-fat

Manganese, Mn	S2203
Selenium, Se	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Riboflavin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Fatty acids, total saturated	S2203
8:0	S2203
10:0	S2203
12:0	S2203
14:0	S2203
16:0	S2203
18:0	S2203
20:0	S2203
18:1 undifferentiated	S2203
18:2 undifferentiated	S2203
18:3 undifferentiated	S2203
20:4 undifferentiated	S2203
22:6 n-3	S2203
22:0	S2203
14:1	S2203
16:1 undifferentiated	S2203
18:4	S2203
20:1	S2203
20:5 n-3	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
Fatty acids, total monounsaturated	S2203
Fatty acids, total polyunsaturated	S2203
15:0	S2203
17:0	S2203
24:0	S2203
20:2 n-6 c,c	S2203
17:1	S2203
20:3 undifferentiated	S2203
15:1	S2203

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### **NDB No. 18932 Waffles, buttermilk, frozen, ready-to-heat**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27

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### **NDB No. 18932 Waffles, buttermilk, frozen, ready-to-heat**

Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### **NDB No. 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27

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### **NDB No. 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted**

Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27

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### **NDB No. 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted**

12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### **NDB No. 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27

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### **NDB No. 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved**

Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27



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### **NDB No. 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved**

18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### **NDB No. 18935 Waffle, plain, frozen, ready-to-heat, microwave**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27

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### **NDB No. 18935 Waffle, plain, frozen, ready-to-heat, microwave**

Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27

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### **NDB No. 18935 Waffle, plain, frozen, ready-to-heat, microwave**

Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### **NDB No. 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27

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### **NDB No. 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)**

Tocopherol, gamma	S27
Tocopherol, delta	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

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### **NDB No. 19003 Snacks, corn-based, extruded, chips, plain**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Carotene, beta	S26
Carotene, alpha	S26
Cryptoxanthin, beta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
Fatty acids, total trans	S26
Fatty acids, total saturated	S26
6:0	S26

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### NDB No. 19003 Snacks, corn-based, extruded, chips, plain

8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
18:1 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Stigmasterol	S26
Campesterol	S26
Beta-sitosterol	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
24:0	S26
18:1 t	S26
18:2 i	S26
18:2 CLAs	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
22:1 c	S26
17:1	S26
Fatty acids, total trans-monoenoic	S26
Fatty acids, total trans-polyenoic	S26
18:3 n-3 c,c,c	S26

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### **NDB No. 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor**

Vitamin C, total ascorbic acid	S2109
Folate, total	S26
Hydroxyproline	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
18:1 t	S2109
18:2 t,t	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109

### **NDB No. 19014 Snacks, fruit leather, rolls**

Protein	S5
Water	S5
Sodium, Na	S5
Vitamin C, total ascorbic acid	S5
20:0	S5

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### **NDB No. 19014 Snacks, fruit leather, rolls**

22:0	S5
14:1	S5
15:0	S5
17:0	S5
17:1	S5
20:3 undifferentiated	S5

### **NDB No. 19034 Snacks, popcorn, air-popped**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26



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### **NDB No. 19034 Snacks, popcorn, air-popped**

Folate, total	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
20:1	S26
15:0	S26
17:0	S26
20:2 n-6 c,c	S26
18:3 n-6 c,c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### **NDB No. 19035 Snacks, popcorn, oil-popped, microwaved**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26

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### **NDB No. 19035 Snacks, popcorn, oil-popped, microwaved**

Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
20:1	S26
15:0	S26
17:0	S26
20:2 n-6 c,c	S26
18:3 n-6 c,c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

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### **NDB No. 19047 Snacks, pretzels, hard, plain, salted**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Sucrose	S1162
Glucose (dextrose)	S1162
Fructose	S1162
Lactose	S1162
Maltose	S1162
Water	S1162
Sugars, total	S1162
Galactose	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Selenium, Se	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folic acid	S1162
Folate, food	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162

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### **NDB No. 19047 Snacks, pretzels, hard, plain, salted**

18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### **NDB No. 19056 Snacks, tortilla chips, plain, white corn**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26

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### **NDB No. 19056 Snacks, tortilla chips, plain, white corn**

Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26

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

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Sucrose	S2109
Glucose (dextrose)	S2109
Fructose	S2109
Lactose	S2109
Water	S2109
Galactose	S2109
Fiber, total dietary	S2109

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

Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Vitamin K (phylloquinone)	S2109
Hydroxyproline	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109

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

15:0	S2109
17:0	S2109
18:1 t	S2109
18:2 t,t	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

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

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Sucrose	S2109
Glucose (dextrose)	S2109
Fructose	S2109
Lactose	S2109
Maltose	S2109
Water	S2109
Sugars, total	S2109
Galactose	S2109
Fiber, total dietary	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

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

Selenium, Se	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Vitamin K (phylloquinone)	S2109
Hydroxyproline	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
18:1 t	S2109
18:2 t,t	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-	S2109

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

monoenoic

Fatty acids, total trans-polyenoic	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

### **NDB No. 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Caffeine	S1164
Theobromine	S1164
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	

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### **NDB No. 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll**

	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164

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### **NDB No. 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll**

8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 19076 Candies, caramels, chocolate-flavor roll**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164

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### **NDB No. 19076 Candies, caramels, chocolate-flavor roll**

Water	S1164
Caffeine	S1164
Theobromine	S1164
Sugars, total	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Hydroxyproline	S1164
Cholesterol	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164

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### **NDB No. 19076 Candies, caramels, chocolate-flavor roll**

14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 19078 Baking chocolate, unsweetened, squares**

Total lipid (fat)	S1069
Ash	S1069
Water	S1069
Adjusted Protein	S1069
Caffeine	S1069
Theobromine	S1069
Sugars, total	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Sodium, Na	S1069
Zinc, Zn	S1069
Copper, Cu	S1069

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### **NDB No. 19078 Baking chocolate, unsweetened, squares**

Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1069
Lycopene	S1069
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
Tryptophan	S1069
Threonine	S1069
Isoleucine	S1069
Leucine	S1069
Lysine	S1069
Methionine	S1069
Cystine	S1069
Phenylalanine	S1069
Tyrosine	S1069
Valine	S1069
Arginine	S1069
Histidine	S1069
Alanine	S1069
Aspartic acid	S1069
Glutamic acid	S1069
Glycine	S1069
Proline	S1069
Serine	S1069
Hydroxyproline	S1069

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### **NDB No. 19078 Baking chocolate, unsweetened, squares**

4:0	S1069
6:0	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
Stigmasterol	S1069
Campesterol	S1069
Beta-sitosterol	S1069
15:0	S1069
17:0	S1069
24:0	S1069
18:1 t	S1069
24:1 c	S1069
20:2 n-6 c,c	S1069
18:1 c	S1069
18:3 n-6 c,c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
13:0	S1069
15:1	S1069
18:3 n-3 c,c,c	S1069

### **NDB No. 19080 Candies, semisweet chocolate**

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### **NDB No. 19080 Candies, semisweet chocolate**

Sugars, total S5

### **NDB No. 19088 Ice creams, vanilla, light**

Magnesium, Mg S10, S11, S12, S6, S7, S8, S9

Phosphorus, P S10, S11, S12, S6, S7, S8, S9

Potassium, K S10, S11, S12, S6, S7, S8, S9

Sodium, Na S10, S11, S12, S6, S7, S8, S9

Zinc, Zn S10, S11, S12, S6, S7, S8, S9

Selenium, Se S10, S11, S12, S6, S7, S8, S9

### **NDB No. 19095 Ice creams, vanilla**

Sugars, total S1067

Selenium, Se S10, S11, S12, S6, S7, S8, S9

Vitamin K (phylloquinone) D4002

### **NDB No. 19109 Candies, KIT KAT Wafer Bar**

Protein S1164

Total lipid (fat) S1164

Ash S1164

Starch S1164

Sucrose S1164

Glucose (dextrose) S1164

Fructose S1164

Lactose S1164

Maltose S1164

Water S1164

Caffeine S1164

Theobromine S1164

Sugars, total S1164

Galactose S1164

Fiber, total dietary S1164

Calcium, Ca S1164

Iron, Fe S1164

Magnesium, Mg S1164

Phosphorus, P S1164

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### **NDB No. 19109 Candies, KIT KAT Wafer Bar**

Potassium, K	S1164
Sodium, Na	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164

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### **NDB No. 19109 Candies, KIT KAT Wafer Bar**

Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164

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### **NDB No. 19109 Candies, KIT KAT Wafer Bar**

18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 19120 Candies, milk chocolate**

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Water	S1069
Caffeine	S1069
Theobromine	S1069
Sugars, total	S1069
Fiber, total dietary	S1069
Calcium, Ca	S10, S1069, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S1069, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S1069, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S1069, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S1069, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S1069, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S1069, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S1069, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S1069, S11, S12, S6, S7, S8, S9
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069

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### **NDB No. 19120 Candies, milk chocolate**

Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
Cholesterol	S1069
4:0	S1069
6:0	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
Stigmasterol	S1069
Campesterol	S1069
Beta-sitosterol	S1069
15:0	S1069
17:0	S1069
24:0	S1069
18:1 t	S1069
24:1 c	S1069
20:2 n-6 c,c	S1069
18:1 c	S1069
18:3 n-6 c,c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
13:0	S1069

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### **NDB No. 19120 Candies, milk chocolate**

15:1	S1069
18:3 n-3 c,c,c	S1069

### **NDB No. 19129 Syrups, table blends, pancake**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	D3364, S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No. 19142 Candies, MOUNDS Candy Bar**

8:0	S5
10:0	S5
12:0	S5
14:0	S5
16:0	S5
18:0	S5
20:0	S5
22:0	S5
14:1	S5
16:1 undifferentiated	S5
20:1	S5
15:0	S5
17:0	S5
17:1	S5

### **NDB No. 19155 Candies, M&M MARS, SNICKERS Bar**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164

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### **NDB No. 19155 Candies, M&M MARS, SNICKERS Bar**

Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Caffeine	S1164
Theobromine	S1164
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

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### **NDB No. 19155 Candies, M&M MARS, SNICKERS Bar**

Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164

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### **NDB No. 19155 Candies, M&M MARS, SNICKERS Bar**

18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No. 19226 Frostings, chocolate, creamy, ready-to-eat**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 19230 Frostings, vanilla, creamy, ready-to-eat**

Protein	S1063
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### **NDB No. 19230 Frostings, vanilla, creamy, ready-to-eat**

Total lipid (fat)	S1063
Ash	S1063
Water	S1063
Calcium, Ca	S1063
Iron, Fe	S1063
Magnesium, Mg	S1063
Phosphorus, P	S1063
Potassium, K	S1063
Sodium, Na	S1063
Zinc, Zn	S1063
Copper, Cu	S1063
Manganese, Mn	S1063
Selenium, Se	S1063
Thiamin	S1063
Riboflavin	S1063
Niacin	S1063
Pantothenic acid	S1063
Vitamin B-6	S1063
Folate, total	S1063
Vitamin K (phylloquinone)	S1063

### **NDB No. 19283 Frozen novelties, ice type, pop**

Protein	S1067
Total lipid (fat)	S1067
Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067

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### **NDB No. 19283 Frozen novelties, ice type, pop**

Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin C, total ascorbic acid	S1067
Vitamin K (phylloquinone)	D4002

### **NDB No. 19296 Honey**

Sucrose	D3338, D3339
Glucose (dextrose)	D3316, D3338, D3339
Fructose	D3316, D3338, D3339
Maltose	D3338, D3339
Galactose	D3342
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 19300 Jellies**

Protein	S5
Total lipid (fat)	S5
Ash	S5
Water	S5
Sugars, total	S5
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S5, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	D3359, S10, S11, S12, S6, S7, S8, S9

### **NDB No. 19304 Molasses**

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### **NDB No. 19304 Molasses**

Sucrose	D3296
Glucose (dextrose)	D3296
Fructose	D3296
Sugars, total	D3296

### **NDB No. 19334 Sugars, brown**

Selenium, Se	D3357, D3364
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### **NDB No. 19335 Sugars, granulated**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No. 19337 Sweeteners, tabletop, aspartame, EQUAL, packets**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109

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### **NDB No. 19337 Sweeteners, tabletop, aspartame, EQUAL, packets**

Manganese, Mn	S2109
Tryptophan	S2109
Threonine	S2109
Isoleucine	S2109
Leucine	S2109
Lysine	S2109
Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Arginine	S2109
Histidine	S2109
Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
Glycine	S2109
Proline	S2109
Serine	S2109

### **NDB No. 19349 Syrups, corn, dark**

Selenium, Se	D3359
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### **NDB No. 19350 Syrups, corn, light**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164
Water	S1164
Sugars, total	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164

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### **NDB No. 19350 Syrups, corn, light**

Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

### **NDB No. 19353 Syrups, maple**

Sucrose	D3316
Glucose (dextrose)	D3316
Fructose	D3316

### **NDB No. 19355 Syrups, sorghum**

Selenium, Se	D3358
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### **NDB No. 19411 Snacks, potato chips, plain, salted**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Water	S26
Sugars, total	S26
Fiber, total dietary	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26

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

Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin K (phylloquinone)	S26

### **NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched**

Vitamin C, total ascorbic acid	S2109
Folate, total	S26
Vitamin B-12	S26
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
18:1 t	S2109
18:2 t,t	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109

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### **NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched**

20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

### **NDB No. 19856 Frozen novelties, juice type, POPSICLE SCRIBBLERS**

Protein	S1067
Total lipid (fat)	S1067
Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067

### **NDB No. 19868 Sweeteners, tabletop, sucralose, SLENDA packets**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Water	S2109
Calcium, Ca	S2109

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### **NDB No. 19868 Sweeteners, tabletop, sucralose, SLENDA packets**

Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

### **NDB No. 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops**

Protein	S1067
Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067

### **NDB No. 20001 Amaranth**

Fiber, total dietary	D5841, D5861, D5881, S743
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### **NDB No. 20010 Buckwheat groats, roasted, cooked**

Sucrose	S604
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### **NDB No. 20010 Buckwheat groats, roasted, cooked**

Glucose (dextrose)	S604
Fructose	S604
Sugars, total	S604

### **NDB No. 20011 Buckwheat flour, whole-groat**

Sucrose	S604
Vitamin E (alpha-tocopherol)	D4602
Tocopherol, gamma	D4602
Tocopherol, delta	D4602

### **NDB No. 20015 Corn bran, crude**

Fiber, total dietary	D3766, D3771, D5202
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### **NDB No. 20017 Corn flour, masa, enriched**

Vitamin A, IU	S1343
Vitamin A, RAE	S1343
Carotene, beta	S1343
Carotene, alpha	S1343
Cryptoxanthin, beta	S1343
Lycopene	S1343
Lutein + zeaxanthin	S1343

### **NDB No. 20020 Cornmeal, whole-grain, yellow**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 20022 Cornmeal, degermed, enriched, yellow**

Sugars, total	S837
Vitamin A, IU	S1203
Vitamin A, RAE	S1203
Carotene, beta	S1203
Carotene, alpha	S1203

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### **NDB No. 20022 Cornmeal, degermed, enriched, yellow**

Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Folate, total	D4901

### **NDB No. 20024 Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow**

Folate, total	D4901
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### **NDB No. 20027 Cornstarch**

Sugars, total	S837
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 20033 Oat bran, raw**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No. 20036 Rice, brown, long-grain, raw**

Sucrose	S604
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 20037 Rice, brown, long-grain, cooked**

Sucrose	S604, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837

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### **NDB No. 20037 Rice, brown, long-grain, cooked**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No. 20044 Rice, white, long-grain, regular, raw, enriched**

Sucrose	S1164, S20
Glucose (dextrose)	S1164, S20
Fructose	S1164, S20
Lactose	S1164, S20
Maltose	S1164, S20

### **NDB No. 20045 Rice, white, long-grain, regular, cooked**

Sugars, total	S1164
Vitamin K (phylloquinone)	D4002, D4048, S1164

### **NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20, S604, S606
Glucose (dextrose)	S20, S606
Fructose	S20, S606
Lactose	S20
Maltose	S20
Water	S20, S604, S606
Fiber, total dietary	S20, S604
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20

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### **NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry**

Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20, S2722, S2921
Vitamin B-6	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20

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### **NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry**

12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

### **NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20, S606
Glucose (dextrose)	S20, S606
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20, S2123, S604, S606
Fiber, total dietary	S20, S604

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### **NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked**

Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20, S2123
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20

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### **NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked**

4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

### **NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20

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### **NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry**

Lactose	S20
Maltose	S20
Water	S1206, S20
Fiber, total dietary	S1206, S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20
Vitamin B-6	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20



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### **NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry**

Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

### **NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared**

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### **NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Water	S1206, S20, S2123
Sugars, total	S20
Fiber, total dietary	S1206, S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S2123
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20

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### **NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared**

Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20

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### **NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared**

24:0 S20

### **NDB No. 20060 Rice bran, crude**

Sucrose D4581  
Glucose (dextrose) D4581  
Fructose D4581  
Sugars, total D4581

### **NDB No. 20061 Rice flour, white**

Vitamin K (phylloquinone) D4048

### **NDB No. 20063 Rye flour, dark**

Sugars, total S606  
Carotene, beta D3921  
Lutein + zeaxanthin D3921  
Vitamin K (phylloquinone) D4068

### **NDB No. 20067 Sorghum**

Fiber, total dietary S3081

### **NDB No. 20072 Wheat, hard red winter**

Vitamin E (alpha-tocopherol) D4602

### **NDB No. 20073 Wheat, soft red winter**

Vitamin E (alpha-tocopherol) D4602

### **NDB No. 20074 Wheat, hard white**

Vitamin E (alpha-tocopherol) D4602

### **NDB No. 20075 Wheat, soft white**

Vitamin E (alpha-tocopherol) D4602

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### **NDB No. 20077 Wheat bran, crude**

Vitamin A, IU	D3921
Vitamin A, RAE	D3921
Carotene, beta	D3921
Lutein + zeaxanthin	D3921

### **NDB No. 20080 Wheat flour, whole-grain**

Sugars, total	S606
Carotene, beta	D3921
Vitamin E (alpha-tocopherol)	D4602
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4048, D4068

### **NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached**

Sugars, total	S20, S606, S837
Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20, S82, S87
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20, S82, S87
Tocopherol, gamma	S20, S82, S87
Tocopherol, delta	S20, S82, S87
Folate, total	S20
Vitamin K (phylloquinone)	S20
Folic acid	S20
Folate, food	S20

### **NDB No. 20082 Wheat flour, white, all-purpose, self-rising, enriched**

Sugars, total	S606
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20

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### **NDB No. 20082 Wheat flour, white, all-purpose, self-rising, enriched**

Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

### **NDB No. 20083 Wheat flour, white, bread, enriched**

Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

### **NDB No. 20084 Wheat flour, white, cake, enriched**

Vitamin A, IU	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

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### **NDB No. 20088 Wild rice, raw**

Sucrose S604

### **NDB No. 20089 Wild rice, cooked**

Sucrose S604

Glucose (dextrose) S604

Fructose S604

Fiber, total dietary S1401, S604

### **NDB No. 20099 Macaroni, dry, enriched**

Protein S1163, S20, S5

Total lipid (fat) S1163, S20, S5, S82

Ash S1163, S20

Starch S1163, S20

Water S1163, S20, S5, S606

Sugars, total S20, S606

Fiber, total dietary S1163, S20, S5

Iron, Fe S1163, S20, S5

Magnesium, Mg S1163, S20

Sodium, Na S1163, S20, S5

Zinc, Zn S20

Copper, Cu S1163, S20

Manganese, Mn S20

Selenium, Se D3358, D3359, S1163

Vitamin E (alpha-tocopherol) S1163, S20, S82

Tocopherol, beta S1163, S20, S82

Tocopherol, gamma S1163, S20, S82

Tocopherol, delta S1163, S20, S82

Thiamin S1163, S20

Riboflavin S1163, S20

Niacin S1163, S20

Vitamin B-6 S1163, S20

Folate, total D4901, S1163, S20

Vitamin K (phylloquinone) D4048, S1163

Tryptophan S1163, S20

Threonine S1163, S20

Isoleucine S1163, S20

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### **NDB No. 20099 Macaroni, dry, enriched**

Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20



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### **NDB No. 20099 Macaroni, dry, enriched**

22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20100 Macaroni, cooked, enriched**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S20, S2901
Starch	S1163, S20
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S20, S606, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Thiamin	S1163, S20

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### **NDB No. 20100 Macaroni, cooked, enriched**

Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20

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### **NDB No. 20100 Macaroni, cooked, enriched**

22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20108 Macaroni, whole-wheat, cooked**

Sucrose	S604
Maltose	S604

### **NDB No. 20109 Noodles, egg, dry, enriched**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	S2105, S606
Sugars, total	S2105, S606

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### **NDB No. 20109 Noodles, egg, dry, enriched**

Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	D4901, S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105

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### **NDB No. 20109 Noodles, egg, dry, enriched**

Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105
Fatty acids, total trans	S2901
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No. 20110 Noodles, egg, cooked, enriched**

Protein	S2105
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### **NDB No. 20110 Noodles, egg, cooked, enriched**

Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642
Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105

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### **NDB No. 20110 Noodles, egg, cooked, enriched**

Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105

### **NDB No. 20120 Spaghetti, dry, enriched**

Protein	S1163, S20, S5
Total lipid (fat)	S1163, S20, S5, S82
Ash	S1163, S20
Starch	S1163, S20
Water	S1163, S20, S5, S606
Sugars, total	S20, S606
Fiber, total dietary	S1163, S20, S5
Iron, Fe	S1163, S20, S5
Magnesium, Mg	S1163, S20
Sodium, Na	S1163, S20, S5
Zinc, Zn	S20
Copper, Cu	S1163, S20
Manganese, Mn	S20
Selenium, Se	D3358, D3359, S1163
Vitamin E (alpha-tocopherol)	S1163, S20, S82
Tocopherol, beta	S1163, S20, S82
Tocopherol, gamma	S1163, S20, S82
Tocopherol, delta	S1163, S20, S82
Thiamin	S1163, S20

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### **NDB No. 20120 Spaghetti, dry, enriched**

Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	D4901, S1163, S20
Vitamin K (phylloquinone)	D4048, S1163
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20



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### **NDB No. 20120 Spaghetti, dry, enriched**

22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20121 Spaghetti, cooked, enriched, without added salt**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S20, S2901
Starch	S1163, S20
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S20, S606, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9

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### NDB No. 20121 Spaghetti, cooked, enriched, without added salt

Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Thiamin	S1163, S20
Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20

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### **NDB No. 20121 Spaghetti, cooked, enriched, without added salt**

14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20130 Barley flour or meal**

Vitamin A, IU	D3921, S1202
Vitamin A, RAE	D3921, S1202
Carotene, beta	D3921, S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Lutein + zeaxanthin	D3921

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### **NDB No. 20130 Barley flour or meal**

Vitamin K (phylloquinone) D4068

### **NDB No. 20132 Oat flour, partially debranned**

Protein S1202

Total lipid (fat) S1202

Ash S1202

Sucrose D4581

Glucose (dextrose) D4581

Fructose D4581

Water S1202

Sugars, total D4581

Fiber, total dietary S1202

Calcium, Ca S1202

Iron, Fe S1202

Magnesium, Mg S1202

Phosphorus, P S1202

Potassium, K S1202

Sodium, Na S1202

Zinc, Zn S1202

Copper, Cu S1202

Manganese, Mn S1202

Thiamin S1202

Riboflavin S1202

Niacin S1202

Pantothenic acid S1202

Vitamin B-6 S1202

### **NDB No. 20310 Noodles, egg, cooked, enriched, with added salt**

Protein S2105

Total lipid (fat) S2105

Ash S2105

Sucrose S2105, S606

Glucose (dextrose) S2105, S606

Fructose S2105

Lactose S2105

Maltose S2105, S606

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### **NDB No. 20310 Noodles, egg, cooked, enriched, with added salt**

Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642
Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105

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### **NDB No. 20310 Noodles, egg, cooked, enriched, with added salt**

Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105

### **NDB No. 20321 Spaghetti, cooked, enriched, with added salt**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S1163
Starch	S1163, S20
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S20, S606, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S1163
Zinc, Zn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Thiamin	S1163, S20
Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20

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### **NDB No. 20321 Spaghetti, cooked, enriched, with added salt**

Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20

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### **NDB No. 20321 Spaghetti, cooked, enriched, with added salt**

20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20322 Cornmeal, degermed, enriched, white**

Vitamin A, IU	S1343
Vitamin A, RAE	S1343
Carotene, beta	S1343
Carotene, alpha	S1343
Cryptoxanthin, beta	S1343
Lycopene	S1343
Lutein + zeaxanthin	S1343

### **NDB No. 20324 Cornmeal, self-rising, bolted, with wheat flour added, enriched, white**

Folate, total	D4901
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### **NDB No. 20400 Macaroni, cooked, unenriched**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S20, S2901
Starch	S1163, S20
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S20, S606, S837



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### **NDB No. 20400 Macaroni, cooked, unenriched**

Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20

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### **NDB No. 20400 Macaroni, cooked, unenriched**

8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20409 Noodles, egg, dry, unenriched**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105

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### **NDB No. 20409 Noodles, egg, dry, unenriched**

Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105

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### **NDB No. 20409 Noodles, egg, dry, unenriched**

Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105
Fatty acids, total trans	S2901
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

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### **NDB No. 20410 Noodles, egg, cooked, unenriched, without added salt**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642
Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105

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### **NDB No. 20410 Noodles, egg, cooked, unenriched, without added salt**

Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105

### **NDB No. 20420 Spaghetti, dry, unenriched**

Protein	S1163, S20, S5
Total lipid (fat)	S1163, S20, S5, S82
Ash	S1163, S20
Starch	S1163, S20
Water	S1163, S20, S5, S606
Sugars, total	S20, S606
Fiber, total dietary	S1163, S20, S5
Magnesium, Mg	S1163, S20
Sodium, Na	S1163, S20, S5
Zinc, Zn	S20
Copper, Cu	S1163, S20
Manganese, Mn	S20
Selenium, Se	D3358, D3359, S1163
Vitamin E (alpha-tocopherol)	S1163, S20, S82
Tocopherol, beta	S1163, S20, S82
Tocopherol, gamma	S1163, S20, S82
Tocopherol, delta	S1163, S20, S82
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4048, S1163
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20

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### **NDB No. 20420 Spaghetti, dry, unenriched**

Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20

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### **NDB No. 20420 Spaghetti, dry, unenriched**

15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20421 Spaghetti, cooked, unenriched, without added salt**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S20, S2901
Starch	S1163, S20
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S20, S606, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20



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### **NDB No. 20421 Spaghetti, cooked, unenriched, without added salt**

Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20

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### **NDB No. 20421 Spaghetti, cooked, unenriched, without added salt**

20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20446 Rice, white, long-grain, parboiled, unenriched, dry**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20, S604, S606
Glucose (dextrose)	S20, S606
Fructose	S20, S606
Lactose	S20
Maltose	S20
Water	S20, S604, S606
Fiber, total dietary	S20, S604
Calcium, Ca	S20
Iron, Fe	S2722
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20

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### **NDB No. 20446 Rice, white, long-grain, parboiled, unenriched, dry**

Selenium, Se	S20
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Thiamin	S2722
Riboflavin	S20
Niacin	S20, S2722, S2921
Vitamin B-6	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20

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### **NDB No. 20446 Rice, white, long-grain, parboiled, unenriched, dry**

20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

### **NDB No. 20447 Rice, white, long-grain, parboiled, unenriched, cooked**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20, S606
Glucose (dextrose)	S20, S606
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20, S2123, S604, S606
Fiber, total dietary	S20, S604
Calcium, Ca	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20

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### **NDB No. 20447 Rice, white, long-grain, parboiled, unenriched, cooked**

Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20, S2123
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20

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### **NDB No. 20447 Rice, white, long-grain, parboiled, unenriched, cooked**

20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

### **NDB No. 20499 Macaroni, dry, unenriched**

Protein	S1163, S20, S5
Total lipid (fat)	S1163, S20, S5, S82
Ash	S1163, S20
Starch	S1163, S20
Water	S1163, S20, S5, S606
Sugars, total	S20, S606
Fiber, total dietary	S1163, S20, S5
Magnesium, Mg	S1163, S20
Sodium, Na	S1163, S20, S5
Zinc, Zn	S20
Copper, Cu	S1163, S20
Manganese, Mn	S20
Selenium, Se	D3358, D3359, S1163
Vitamin E (alpha-tocopherol)	S1163, S20, S82
Tocopherol, beta	S1163, S20, S82

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### **NDB No. 20499 Macaroni, dry, unenriched**

Tocopherol, gamma	S1163, S20, S82
Tocopherol, delta	S1163, S20, S82
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4048, S1163
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20

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### **NDB No. 20499 Macaroni, dry, unenriched**

22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

### **NDB No. 20510 Noodles, egg, cooked, unenriched, with added salt**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642
Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9



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### **NDB No. 20510 Noodles, egg, cooked, unenriched, with added salt**

Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105

### **NDB No. 20521 Spaghetti, cooked, unenriched, with added salt**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901

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### **NDB No. 20521 Spaghetti, cooked, unenriched, with added salt**

Ash	S1163
Starch	S1163, S20
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S20, S606, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S1163
Zinc, Zn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20

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### **NDB No. 20521 Spaghetti, cooked, unenriched, with added salt**

Serine	S1163, S20
Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

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### **NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached**

Sugars, total	S20, S606, S837
Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

### **NDB No. 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742

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### **NDB No. 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched**

Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742

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### **NDB No. 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched**

16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742

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### **NDB No. 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched**

Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742

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### **NDB No. 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched**

8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742



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### **NDB No. 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched**

Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742

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### **NDB No. 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched**

Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742

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### **NDB No. 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched**

Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742

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### **NDB No. 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched**

Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742

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### **NDB No. 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched**

Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742

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### **NDB No. 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched**

Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

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### **NDB No. 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742

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### **NDB No. 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched**

Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742



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### **NDB No. 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched**

24:0 S1742

### **NDB No. 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched**

Protein S1742

Total lipid (fat) S1742

Ash S1742

Starch S1742

Sucrose S1742

Glucose (dextrose) S1742

Fructose S1742

Lactose S1742

Maltose S1742

Water S1742

Sugars, total S1742

Galactose S1742

Calcium, Ca S1742

Iron, Fe S1742

Magnesium, Mg S1742

Phosphorus, P S1742

Potassium, K S1742

Zinc, Zn S1742

Copper, Cu S1742

Manganese, Mn S1742

Selenium, Se S1742

Vitamin E (alpha-tocopherol) S1742

Tocopherol, beta S1742

Tocopherol, gamma S1742

Tocopherol, delta S1742

Vitamin C, total ascorbic acid S1742

Thiamin S1742

Riboflavin S1742

Niacin S1742

Pantothenic acid S1742

Vitamin B-6 S1742

Folate, total S1742

Tryptophan S1742

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### **NDB No. 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched**

Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742

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### **NDB No. 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched**

22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742

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### **NDB No. 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched**

Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742

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### **NDB No. 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched**

16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742

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### **NDB No. 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched**

Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742

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### **NDB No. 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched**

20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742

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### **NDB No. 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched**

Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742



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### **NDB No. 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched**

20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742

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### **NDB No. 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched**

Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742

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### **NDB No. 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched**

12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742

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### **NDB No. 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched**

Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742

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### **NDB No. 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched**

4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No. 21138 Fast foods, potato, french fried in vegetable oil**

Protein	S1064, S1066, S1122
Total lipid (fat)	S1064, S1066, S1122
Ash	S1064, S1066, S1122
Sucrose	S1064, S1066, S1122
Glucose (dextrose)	S1064, S1066, S1122
Fructose	S1064, S1066, S1122
Water	S2801
Sugars, total	S1064
Fiber, total dietary	S1064, S1066, S1122

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### **NDB No. 21138 Fast foods, potato, french fried in vegetable oil**

Calcium, Ca	S1064, S1066, S1122
Iron, Fe	S1064, S1066, S1122
Magnesium, Mg	S1064, S1066, S1122
Phosphorus, P	S1064, S1066, S1122
Potassium, K	S1064, S1066, S1122
Sodium, Na	S2801
Zinc, Zn	S1064, S1066, S1122
Copper, Cu	S1064, S1066, S1122
Manganese, Mn	S1064, S1066, S1122
Selenium, Se	S1064, S1066, S1122
Carotene, beta	S1122
Carotene, alpha	S1122
Vitamin E (alpha-tocopherol)	S1064, S1122
Cryptoxanthin, beta	S1122
Lycopene	S1122
Lutein + zeaxanthin	S1122
Tocopherol, beta	S1064, S1122
Tocopherol, gamma	S1064, S1122
Tocopherol, delta	S1064, S1122
Vitamin C, total ascorbic acid	S1064, S1066, S1122
Thiamin	S1064, S1066, S1122
Riboflavin	S1064, S1066, S1122
Niacin	S1064, S1066, S1122
Pantothenic acid	S1064, S1066, S1122
Vitamin B-6	S1064, S1066, S1122
Folate, total	S1064, S1066, S1122
Vitamin K (phylloquinone)	S1064, S1066, S1122
Tryptophan	S1064, S1066, S1122
Threonine	S1064, S1066, S1122
Isoleucine	S1064, S1066, S1122
Leucine	S1064, S1066, S1122
Lysine	S1064, S1066, S1122
Methionine	S1064, S1066, S1122
Cystine	S1064, S1066, S1122
Phenylalanine	S1064, S1066, S1122
Tyrosine	S1064, S1066, S1122
Valine	S1064, S1066, S1122

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### **NDB No. 21138 Fast foods, potato, french fried in vegetable oil**

Arginine	S1064, S1066, S1122
Histidine	S1064, S1066, S1122
Alanine	S1064, S1066, S1122
Aspartic acid	S1064, S1066, S1122
Glutamic acid	S1064, S1066, S1122
Glycine	S1064, S1066, S1122
Proline	S1064, S1066, S1122
Serine	S1064, S1066, S1122
Hydroxyproline	S1064
Cholesterol	S2801
Fatty acids, total trans	S1064, S1066, S1122
Fatty acids, total saturated	S1064, S1066, S1122
4:0	S1064, S1066, S1122
6:0	S1064, S1066, S1122
8:0	S1064, S1066, S1122
10:0	S1064, S1066, S1122
12:0	S1064, S1066, S1122
14:0	S1064, S1066, S1122
16:0	S1064, S1066, S1122
18:0	S1064, S1066, S1122
20:0	S1064, S1066, S1122
18:1 undifferentiated	S1064, S1066, S1122
18:2 undifferentiated	S1064, S1066, S1122
18:3 undifferentiated	S1064, S1066, S1122
20:4 undifferentiated	S1064, S1066, S1122
22:6 n-3	S1064, S1066, S1122
22:0	S1064, S1066, S1122
16:1 undifferentiated	S1064, S1066, S1122
18:4	S1064, S1066, S1122
20:1	S1064, S1066, S1122
20:5 n-3	S1064, S1066, S1122
22:1 undifferentiated	S1064, S1066, S1122
22:5 n-3	S1064, S1066, S1122
Fatty acids, total monounsaturated	S1064, S1066, S1122
Fatty acids, total polyunsaturated	S1064, S1066, S1122
17:0	S1064, S1066, S1122
24:0	S1064, S1066, S1122

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### **NDB No. 21138 Fast foods, potato, french fried in vegetable oil**

18:1 t	S1064, S1066, S1122
18:2 i	S1064, S1066, S1122
20:2 n-6 c,c	S2801
16:1 c	S1064, S1066, S1122
18:1 c	S1064, S1066, S1122
18:2 n-6 c,c	S1064, S1066, S1122
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S1064, S1066, S1122
Fatty acids, total trans-polyenoic	S1064, S1066, S1122

### **NDB No. 21141 BURGER KING, Vanilla Shake**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Vitamin C, total ascorbic acid	S1064

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### **NDB No. 21141 BURGER KING, Vanilla Shake**

Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Vitamin B-12	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
22:1 t	S1064
18:2 t not further defined	S1064

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### **NDB No. 21141 BURGER KING, Vanilla Shake**

18:2 CLAs	S1064
24:1 c	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
22:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064
20:3 n-6	S1064

### **NDB No. 21224 Pizza, cheese topping, regular crust, frozen, cooked**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19

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### **NDB No. 21224 Pizza, cheese topping, regular crust, frozen, cooked**

Selenium, Se	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
16:1 undifferentiated	S19

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### **NDB No. 21225 Pizza, cheese topping, rising crust, frozen, cooked**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19

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### **NDB No. 21225 Pizza, cheese topping, rising crust, frozen, cooked**

Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
16:1 undifferentiated	S19

### **NDB No. 21226 Pizza, meat and vegetable topping, regular crust, frozen, cooked**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Glucose (dextrose)	S22
Fructose	S22
Maltose	S22
Water	S22
Galactose	S22
Fiber, total dietary	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22

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### **NDB No. 21226 Pizza, meat and vegetable topping, regular crust, frozen, cooked**

Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin B-12	S22
Cholesterol	S22
Fatty acids, total saturated	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
16:1 undifferentiated	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22

### **NDB No. 21227 Pizza, meat and vegetable topping, rising crust, frozen, cooked**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Glucose (dextrose)	S22
Fructose	S22
Maltose	S22
Water	S22
Galactose	S22

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### **NDB No. 21227 Pizza, meat and vegetable topping, rising crust, frozen, cooked**

Fiber, total dietary	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin B-12	S22
Cholesterol	S22
Fatty acids, total saturated	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
16:1 undifferentiated	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22

### **NDB No. 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain**

Protein	S1122
Total lipid (fat)	S1122
Ash	S1122

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### **NDB No. 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain**

Sucrose	S1122
Glucose (dextrose)	S1122
Fructose	S1122
Lactose	S1122
Maltose	S1122
Water	S1122
Fiber, total dietary	S1122
Calcium, Ca	S1122
Iron, Fe	S1122
Magnesium, Mg	S1122
Phosphorus, P	S1122
Potassium, K	S1122
Sodium, Na	S1122
Zinc, Zn	S1122
Copper, Cu	S1122
Manganese, Mn	S1122
Selenium, Se	S1122
Vitamin E (alpha-tocopherol)	S1122
Tocopherol, beta	S1122
Tocopherol, gamma	S1122
Tocopherol, delta	S1122
Vitamin C, total ascorbic acid	S1122
Thiamin	S1122
Riboflavin	S1122
Niacin	S1122
Pantothenic acid	S1122
Vitamin B-6	S1122
Folate, total	S1122
Vitamin B-12	S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Folate, food	S1122
Tryptophan	S1122
Threonine	S1122
Isoleucine	S1122
Leucine	S1122
Lysine	S1122



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### **NDB No. 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain**

Methionine	S1122
Cystine	S1122
Phenylalanine	S1122
Tyrosine	S1122
Valine	S1122
Arginine	S1122
Histidine	S1122
Alanine	S1122
Aspartic acid	S1122
Glutamic acid	S1122
Glycine	S1122
Proline	S1122
Serine	S1122
Cholesterol	S1122
Fatty acids, total saturated	S1122
8:0	S1122
10:0	S1122
12:0	S1122
14:0	S1122
16:0	S1122
18:0	S1122
20:0	S1122
18:1 undifferentiated	S1122
18:2 undifferentiated	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
22:6 n-3	S1122
22:0	S1122
14:1	S1122
16:1 undifferentiated	S1122
18:4	S1122
20:1	S1122
20:5 n-3	S1122
22:1 undifferentiated	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Fatty acids, total polyunsaturated	S1122

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### **NDB No. 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain**

15:0	S1122
17:0	S1122
24:0	S1122
20:2 n-6 c,c	S1122
17:1	S1122
20:3 undifferentiated	S1122
15:1	S1122

### **NDB No. 21238 McDONALD'S, French Fries**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801

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### NDB No. 21238 McDONALD'S, French Fries

Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

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### **NDB No. 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066

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### **NDB No. 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese**

Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066

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### **NDB No. 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese**

20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### **NDB No. 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066

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### **NDB No. 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese**

Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066

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### NDB No. 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### NDB No. 21241 WENDY'S, Jr. Hamburger, without cheese

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066



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### **NDB No. 21241 WENDY'S, Jr. Hamburger, without cheese**

Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066

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### **NDB No. 21241 WENDY'S, Jr. Hamburger, without cheese**

Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066

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### **NDB No. 21241 WENDY'S, Jr. Hamburger, without cheese**

18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### **NDB No. 21242 WENDY'S, Jr. Hamburger, with cheese**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066

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### **NDB No. 21242 WENDY'S, Jr. Hamburger, with cheese**

Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066

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### **NDB No. 21242 WENDY'S, Jr. Hamburger, with cheese**

18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### **NDB No. 21243 WENDY'S, CLASSIC DOUBLE, with cheese**

Protein	S1066
Total lipid (fat)	S1066

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### **NDB No. 21243 WENDY'S, CLASSIC DOUBLE, with cheese**

Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066

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### **NDB No. 21243 WENDY'S, CLASSIC DOUBLE, with cheese**

Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066

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### **NDB No. 21243 WENDY'S, CLASSIC DOUBLE, with cheese**

20:3 undifferentiated	S1066
15:1	S1066

### **NDB No. 21244 WENDY'S, Homestyle Chicken Fillet Sandwich**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066



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### **NDB No. 21244 WENDY'S, Homestyle Chicken Fillet Sandwich**

Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066

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### **NDB No. 21244 WENDY'S, Homestyle Chicken Fillet Sandwich**

20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### **NDB No. 21245 WENDY'S, Ultimate Chicken Grill Sandwich**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066

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### **NDB No. 21245 WENDY'S, Ultimate Chicken Grill Sandwich**

Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066

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### **NDB No. 21245 WENDY'S, Ultimate Chicken Grill Sandwich**

Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### **NDB No. 21246 WENDY'S, Chicken Nuggets**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066

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### **NDB No. 21246 WENDY'S, Chicken Nuggets**

Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066

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### **NDB No. 21246 WENDY'S, Chicken Nuggets**

Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066

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### **NDB No. 21246 WENDY'S, Chicken Nuggets**

18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### **NDB No. 21247 WENDY'S, French Fries**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066

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### **NDB No. 21247 WENDY'S, French Fries**

Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Folate, total	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066



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### **NDB No. 21247 WENDY'S, French Fries**

18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
17:0	S1066
24:0	S1066
18:1 t	S1066
18:2 i	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
18:3 n-3 c,c,c	S1066

### **NDB No. 21248 WENDY'S, Frosty Dairy Dessert**

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066

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### **NDB No. 21248 WENDY'S, Frosty Dairy Dessert**

Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066

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### **NDB No. 21248 WENDY'S, Frosty Dairy Dessert**

Cholesterol	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### **NDB No. 21249 BURGER KING, French Fries**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064

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### **NDB No. 21249 BURGER KING, French Fries**

Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Vitamin K (phylloquinone)	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064

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### **NDB No. 21249 BURGER KING, French Fries**

Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064

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### **NDB No. 21249 BURGER KING, French Fries**

Fatty acids, total polyunsaturated	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
18:2 i	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21250 BURGER KING, Hamburger**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064

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### **NDB No. 21250 BURGER KING, Hamburger**

Vitamin E (alpha-tocopherol)	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064

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### **NDB No. 21250 BURGER KING, Hamburger**

10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21251 BURGER KING, Cheeseburger**

Protein	S1064
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### **NDB No. 21251 BURGER KING, Cheeseburger**

Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Vitamin K (phylloquinone)	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064

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### **NDB No. 21251 BURGER KING, Cheeseburger**

Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064

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### **NDB No. 21251 BURGER KING, Cheeseburger**

20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21252 BURGER KING, WHOPPER, no cheese**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064

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### **NDB No. 21252 BURGER KING, WHOPPER, no cheese**

Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064

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### NDB No. 21252 BURGER KING, WHOPPER, no cheese

Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064

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### **NDB No. 21252 BURGER KING, WHOPPER, no cheese**

18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21253 BURGER KING, WHOPPER, with cheese**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064

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### **NDB No. 21253 BURGER KING, WHOPPER, with cheese**

Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064

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### **NDB No. 21253 BURGER KING, WHOPPER, with cheese**

4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064



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### **NDB No. 21254 BURGER KING, DOUBLE WHOPPER, no cheese**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064

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### **NDB No. 21254 BURGER KING, DOUBLE WHOPPER, no cheese**

Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064

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### **NDB No. 21254 BURGER KING, DOUBLE WHOPPER, no cheese**

20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064

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### **NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese**

Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064

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### **NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese**

Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064

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### **NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese**

18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21256 BURGER KING, CHICKEN TENDERS**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064

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### **NDB No. 21256 BURGER KING, CHICKEN TENDERS**

Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064

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### **NDB No. 21256 BURGER KING, CHICKEN TENDERS**

14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich**

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### **NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064

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### **NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich**

Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064

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### **NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich**

Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21259 BURGER KING, Original Chicken Sandwich**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064

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### **NDB No. 21259 BURGER KING, Original Chicken Sandwich**

Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064

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### NDB No. 21259 BURGER KING, Original Chicken Sandwich

4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-	S1064

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### **NDB No. 21259 BURGER KING, Original Chicken Sandwich**

monoenoic

Fatty acids, total trans-polyenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### **NDB No. 21260 TACO BELL, Original Taco with beef**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	

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### **NDB No. 21260 TACO BELL, Original Taco with beef**

	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082

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### **NDB No. 21260 TACO BELL, Original Taco with beef**

18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21261 TACO BELL, Soft Taco with beef**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082

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### **NDB No. 21261 TACO BELL, Soft Taco with beef**

Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082

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### **NDB No. 21261 TACO BELL, Soft Taco with beef**

Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

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### **NDB No. 21262 TACO BELL, Soft Taco with chicken**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082

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### **NDB No. 21262 TACO BELL, Soft Taco with chicken**

Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082

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### **NDB No. 21262 TACO BELL, Soft Taco with chicken**

20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21263 TACO BELL, Soft Taco with steak**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082

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### **NDB No. 21263 TACO BELL, Soft Taco with steak**

Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082

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### **NDB No. 21263 TACO BELL, Soft Taco with steak**

8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21264 TACO BELL, Bean Burrito**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082

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### **NDB No. 21264 TACO BELL, Bean Burrito**

Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082



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### **NDB No. 21264 TACO BELL, Bean Burrito**

Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082

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### **NDB No. 21264 TACO BELL, Bean Burrito**

Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21265 TACO BELL, BURRITO SUPREME with beef**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Vitamin D	S1082
Cryptoxanthin, beta	S1082

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### **NDB No. 21265 TACO BELL, BURRITO SUPREME with beef**

Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082

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### **NDB No. 21265 TACO BELL, BURRITO SUPREME with beef**

16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082

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### **NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken**

Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082

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## **NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken**

Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082

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### **NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken**

20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21267 TACO BELL, BURRITO SUPREME with steak**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082

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### **NDB No. 21267 TACO BELL, BURRITO SUPREME with steak**

Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082



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### **NDB No. 21267 TACO BELL, BURRITO SUPREME with steak**

18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21268 TACO BELL, Nachos**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082

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### **NDB No. 21268 TACO BELL, Nachos**

Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082

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### **NDB No. 21268 TACO BELL, Nachos**

Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

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### **NDB No. 21269 TACO BELL, Nachos Supreme**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082

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### **NDB No. 21269 TACO BELL, Nachos Supreme**

Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082

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### **NDB No. 21269 TACO BELL, Nachos Supreme**

20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21270 TACO BELL, Taco Salad**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082

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### **NDB No. 21270 TACO BELL, Taco Salad**

Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082

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### **NDB No. 21270 TACO BELL, Taco Salad**

8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### **NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust**

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108

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### **NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust**

Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108

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### **NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust**

Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108

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### **NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust**

20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### **NDB No. 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust**

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108

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### **NDB No. 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust**

Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108

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### **NDB No. 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust**

18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### **NDB No. 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust**

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108

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### **NDB No. 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust**

Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108

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### **NDB No. 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust**

Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### **NDB No. 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust**

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### **NDB No. 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust**

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108



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### **NDB No. 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust**

Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108

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### **NDB No. 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust**

20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### **NDB No. 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust**

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108

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### **NDB No. 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust**

Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108

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### **NDB No. 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust**

8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### **NDB No. 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust**

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108

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### **NDB No. 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust**

Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108

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### **NDB No. 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust**

Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108

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### **NDB No. 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust**

18:3 n-3 c,c,c S2108

### **NDB No. 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust**

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Sodium, Na	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Vitamin D	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110

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### NDB No. 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-6	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
18:3 undifferentiated	S2110
20:4 undifferentiated	S2110
22:6 n-3	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
18:4	S2110
20:1	S2110
20:5 n-3	S2110
22:1 undifferentiated	S2110
22:5 n-3	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
24:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110

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### **NDB No. 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust**

17:1	S2110
20:3 undifferentiated	S2110
13:0	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### **NDB No. 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust**

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110

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### **NDB No. 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust**

Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110

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### **NDB No. 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust**

18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### **NDB No. 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust**

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110

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### **NDB No. 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust**

Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110

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### NDB No. 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110

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### **NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust**

Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Vitamin D	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-6	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110

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### NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
18:3 undifferentiated	S2110
20:4 undifferentiated	S2110
22:6 n-3	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
18:4	S2110
20:1	S2110
20:5 n-3	S2110
22:1 undifferentiated	S2110
22:5 n-3	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110

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### **NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust**

15:0	S2110
17:0	S2110
24:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
13:0	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### **NDB No. 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust**

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110



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### NDB No. 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110

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### **NDB No. 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust**

16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### **NDB No. 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust**

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110

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### NDB No. 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110

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### NDB No. 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111

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### NDB No. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111
Fructose	S2111
Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111
Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111
Vitamin E (alpha-tocopherol)	S2111
Vitamin D	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111
Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Vitamin B-6	S2111
Folate, total	S2111

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### NDB No. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Folic acid	S2111
Folate, food	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111
10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111
20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111
18:4	S2111
20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111
24:0	S2111
20:2 n-6 c,c	S2111
18:3 n-6 c,c,c	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111

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### **NDB No. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust**

18:3 n-3 c,c,c S2111

### **NDB No. 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust**

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111
Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111
Fructose	S2111
Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111
Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111
Vitamin E (alpha-tocopherol)	S2111
Vitamin D	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111

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### NDB No. 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Vitamin B-6	S2111
Folate, total	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Folic acid	S2111
Folate, food	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111
10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111
20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111
18:4	S2111
20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111

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### **NDB No. 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust**

24:0	S2111
20:2 n-6 c,c	S2111
18:3 n-6 c,c,c	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111
18:3 n-3 c,c,c	S2111

### **NDB No. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust**

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111
Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111
Fructose	S2111
Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111
Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111

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### **NDB No. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust**

Vitamin E (alpha-tocopherol)	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111
Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Folate, total	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Folic acid	S2111
Folate, food	S2111
Tryptophan	S2111
Threonine	S2111
Isoleucine	S2111
Leucine	S2111
Lysine	S2111
Methionine	S2111
Cystine	S2111
Phenylalanine	S2111
Tyrosine	S2111
Valine	S2111
Arginine	S2111
Histidine	S2111
Alanine	S2111
Aspartic acid	S2111
Glutamic acid	S2111
Glycine	S2111
Proline	S2111
Serine	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111

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### **NDB No. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust**

10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111
20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111
18:4	S2111
20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111
24:0	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111

### **NDB No. 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust**

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111
Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111

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### **NDB No. 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust**

Fructose	S2111
Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111
Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111
Vitamin E (alpha-tocopherol)	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111
Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Tryptophan	S2111
Threonine	S2111
Isoleucine	S2111
Leucine	S2111

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### NDB No. 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Lysine	S2111
Methionine	S2111
Cystine	S2111
Phenylalanine	S2111
Tyrosine	S2111
Valine	S2111
Arginine	S2111
Histidine	S2111
Alanine	S2111
Aspartic acid	S2111
Glutamic acid	S2111
Glycine	S2111
Proline	S2111
Serine	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111
10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111
20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111
18:4	S2111
20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111

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### **NDB No. 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust**

Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111
24:0	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111

### **NDB No. 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust**

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112

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### NDB No. 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Vitamin E (alpha-tocopherol)	S2112
Vitamin D	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112

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### **NDB No. 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust**

18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### **NDB No. 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust**

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Vitamin D	S2112
Cryptoxanthin, beta	S2112



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### **NDB No. 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust**

Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112

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### **NDB No. 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust**

15:1	S2112
18:3 n-3 c,c,c	S2112

### **NDB No. 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust**

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112

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### **NDB No. 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust**

Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112
Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112
Glutamic acid	S2112
Glycine	S2112
Proline	S2112
Serine	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112

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### **NDB No. 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust**

18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### **NDB No. 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust**

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112

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### **NDB No. 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust**

Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112
Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112
Glutamic acid	S2112
Glycine	S2112

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### **NDB No. 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust**

Proline	S2112
Serine	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### **NDB No. 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust**

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112

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### **NDB No. 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust**

Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112

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### NDB No. 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112
Glutamic acid	S2112
Glycine	S2112
Proline	S2112
Serine	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112

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### **NDB No. 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust**

17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### **NDB No. 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust**

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112

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### **NDB No. 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust**

Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112
Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112
Glutamic acid	S2112
Glycine	S2112
Proline	S2112
Serine	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112

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### **NDB No. 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust**

18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### **NDB No. 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust**

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782

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### NDB No. 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782

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### **NDB No. 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust**

18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### **NDB No. 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust**

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782

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### NDB No. 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust

Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782

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### **NDB No. 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust**

12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### **NDB No. 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust**

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782

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### **NDB No. 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust**

Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2782



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### NDB No. 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Threonine	S2782
Isoleucine	S2782
Leucine	S2782
Lysine	S2782
Methionine	S2782
Cystine	S2782
Phenylalanine	S2782
Tyrosine	S2782
Valine	S2782
Arginine	S2782
Histidine	S2782
Alanine	S2782
Aspartic acid	S2782
Glutamic acid	S2782
Glycine	S2782
Proline	S2782
Serine	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782

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### **NDB No. 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust**

22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### **NDB No. 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust**

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Manganese, Mn	S2782
Selenium, Se	S2782

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### **NDB No. 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust**

Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782

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### **NDB No. 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust**

16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### **NDB No. 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust**

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782

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### **NDB No. 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust**

Zinc, Zn	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782

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### **NDB No. 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust**

22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### **NDB No. 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust**

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782

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### **NDB No. 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust**

Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2782
Threonine	S2782
Isoleucine	S2782
Leucine	S2782
Lysine	S2782
Methionine	S2782
Cystine	S2782
Phenylalanine	S2782
Tyrosine	S2782
Valine	S2782

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### NDB No. 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Arginine	S2782
Histidine	S2782
Alanine	S2782
Aspartic acid	S2782
Glutamic acid	S2782
Glycine	S2782
Proline	S2782
Serine	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782

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### **NDB No. 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust**

20:3 undifferentiated	S2782
15:1	S2782

### **NDB No. 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust**

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782
Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782
Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782
Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782
Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Vitamin D	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782
Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782

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### **NDB No. 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust**

Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782
Riboflavin	S2110, S2111, S2112, S2782
Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2110, S2111, S2782
Folate, total	S2111, S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2111, S2782
Folate, food	S2111, S2782
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782
12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782

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### **NDB No. 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust**

16:0	S2110, S2111, S2112, S2782
18:0	S2110, S2111, S2112, S2782
20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2110, S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2110, S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2110, S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2110, S2111, S2782
22:1 undifferentiated	S2110, S2111, S2782
22:5 n-3	S2110, S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2110, S2111, S2782
20:2 n-6 c,c	S2110, S2111, S2112, S2782
18:3 n-6 c,c,c	S2110, S2111, S2112
17:1	S2110, S2111, S2112, S2782
20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2110, S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2111, S2112

### **NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust**

Protein	S2110, S2112, S2782
Total lipid (fat)	S2110, S2112, S2782
Ash	S2110, S2112, S2782
Starch	S2110, S2112, S2782
Sucrose	S2110, S2112, S2782
Glucose (dextrose)	S2110, S2112, S2782

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### **NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust**

Fructose	S2110, S2112, S2782
Lactose	S2110, S2112, S2782
Maltose	S2110, S2112, S2782
Water	S2110, S2112, S2782
Sugars, total	S2110, S2112, S2782
Galactose	S2110, S2112, S2782
Fiber, total dietary	S2110, S2112, S2782
Calcium, Ca	S2110, S2112, S2782
Iron, Fe	S2110, S2112, S2782
Magnesium, Mg	S2110, S2112, S2782
Phosphorus, P	S2110, S2112, S2782
Potassium, K	S2110, S2112, S2782
Sodium, Na	S2110, S2112, S2782
Zinc, Zn	S2110, S2112, S2782
Copper, Cu	S2110, S2112
Manganese, Mn	S2110, S2112, S2782
Selenium, Se	S2110, S2112, S2782
Retinol	S2110, S2112, S2782
Carotene, beta	S2110, S2112, S2782
Carotene, alpha	S2110, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2112, S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2110, S2112, S2782
Lycopene	S2110, S2112, S2782
Tocopherol, beta	S2110, S2112, S2782
Tocopherol, gamma	S2110, S2112, S2782
Tocopherol, delta	S2110, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2112, S2782
Thiamin	S2110, S2112, S2782
Riboflavin	S2110, S2112, S2782
Niacin	S2110, S2112, S2782
Pantothenic acid	S2110, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2110, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2112, S2782
Folic acid	S2782

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### **NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust**

Folate, food	S2782
Tryptophan	S2108, S2110, S2112
Threonine	S2108, S2110, S2112
Isoleucine	S2108, S2110, S2112
Leucine	S2108, S2110, S2112
Lysine	S2108, S2110, S2112
Methionine	S2108, S2110, S2112
Cystine	S2108, S2110, S2112
Phenylalanine	S2108, S2110, S2112
Tyrosine	S2108, S2110, S2112
Valine	S2108, S2110, S2112
Arginine	S2108, S2110, S2112
Histidine	S2108, S2110, S2112
Alanine	S2108, S2110, S2112
Aspartic acid	S2108, S2110, S2112
Glutamic acid	S2108, S2110, S2112
Glycine	S2108, S2110, S2112
Proline	S2108, S2110, S2112
Serine	S2108, S2110, S2112
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2112, S2782
Fatty acids, total saturated	S2110, S2112, S2782
8:0	S2110, S2112, S2782
10:0	S2110, S2112, S2782
12:0	S2110, S2112, S2782
14:0	S2110, S2112, S2782
16:0	S2110, S2112, S2782
18:0	S2110, S2112, S2782
20:0	S2110, S2112, S2782
18:1 undifferentiated	S2110, S2112, S2782
18:2 undifferentiated	S2110, S2112, S2782
18:3 undifferentiated	S2112, S2782
20:4 undifferentiated	S2110, S2112, S2782
22:6 n-3	S2782
22:0	S2110, S2112, S2782
14:1	S2110, S2112, S2782
16:1 undifferentiated	S2110, S2112, S2782

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### **NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust**

18:4	S2782
20:1	S2110, S2112, S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2110, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2112, S2782
15:0	S2110, S2112, S2782
17:0	S2110, S2112, S2782
24:0	S2782
20:2 n-6 c,c	S2110, S2112, S2782
18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2112, S2782
20:3 undifferentiated	S2110, S2112, S2782
15:1	S2110, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

### **NDB No. 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust**

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782
Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782
Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782

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### **NDB No. 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust**

Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782
Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782
Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782
Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782
Riboflavin	S2110, S2111, S2112, S2782
Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2108, S2110, S2111, S2112, S2782
Threonine	S2108, S2110, S2111, S2112, S2782
Isoleucine	S2108, S2110, S2111, S2112, S2782
Leucine	S2108, S2110, S2111, S2112, S2782
Lysine	S2108, S2110, S2111, S2112, S2782
Methionine	S2108, S2110, S2111, S2112, S2782
Cystine	S2108, S2110, S2111, S2112, S2782
Phenylalanine	S2108, S2110, S2111, S2112, S2782
Tyrosine	S2108, S2110, S2111, S2112, S2782
Valine	S2108, S2110, S2111, S2112, S2782
Arginine	S2108, S2110, S2111, S2112, S2782
Histidine	S2108, S2110, S2111, S2112, S2782

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### **NDB No. 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust**

Alanine	S2108, S2110, S2111, S2112, S2782
Aspartic acid	S2108, S2110, S2111, S2112, S2782
Glutamic acid	S2108, S2110, S2111, S2112, S2782
Glycine	S2108, S2110, S2111, S2112, S2782
Proline	S2108, S2110, S2111, S2112, S2782
Serine	S2108, S2110, S2111, S2112, S2782
Hydroxyproline	S2110
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782
12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782
16:0	S2110, S2111, S2112, S2782
18:0	S2110, S2111, S2112, S2782
20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2111, S2782
22:1 undifferentiated	S2111, S2782
22:5 n-3	S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2111, S2782
20:2 n-6 c,c	S2110, S2112, S2782
18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2111, S2112, S2782

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### **NDB No. 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust**

20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

### **NDB No. 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust**

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782
Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782
Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782
Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782
Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Vitamin D	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782

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### **NDB No. 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust**

Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782
Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782
Riboflavin	S2110, S2111, S2112, S2782
Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2110, S2111, S2782
Folate, total	S2111, S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2111, S2782
Folate, food	S2111, S2782
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782

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### **NDB No. 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust**

12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782
16:0	S2110, S2111, S2112, S2782
18:0	S2110, S2111, S2112, S2782
20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2110, S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2110, S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2110, S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2110, S2111, S2782
22:1 undifferentiated	S2110, S2111, S2782
22:5 n-3	S2110, S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2110, S2111, S2782
20:2 n-6 c,c	S2110, S2111, S2112, S2782
18:3 n-6 c,c,c	S2110, S2111, S2112
17:1	S2110, S2111, S2112, S2782
20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2110, S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2111, S2112

### **NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust**

Protein	S2110, S2112, S2782
Total lipid (fat)	S2110, S2112, S2782
Ash	S2110, S2112, S2782
Starch	S2110, S2112, S2782

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### **NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust**

Sucrose	S2110, S2112, S2782
Glucose (dextrose)	S2110, S2112, S2782
Fructose	S2110, S2112, S2782
Lactose	S2110, S2112, S2782
Maltose	S2110, S2112, S2782
Water	S2110, S2112, S2782
Sugars, total	S2110, S2112, S2782
Galactose	S2110, S2112, S2782
Fiber, total dietary	S2110, S2112, S2782
Calcium, Ca	S2110, S2112, S2782
Iron, Fe	S2110, S2112, S2782
Magnesium, Mg	S2110, S2112, S2782
Phosphorus, P	S2110, S2112, S2782
Potassium, K	S2110, S2112, S2782
Sodium, Na	S2110, S2112, S2782
Zinc, Zn	S2110, S2112, S2782
Copper, Cu	S2110, S2112
Manganese, Mn	S2110, S2112, S2782
Selenium, Se	S2110, S2112, S2782
Retinol	S2110, S2112, S2782
Carotene, beta	S2110, S2112, S2782
Carotene, alpha	S2110, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2112, S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2110, S2112, S2782
Lycopene	S2110, S2112, S2782
Tocopherol, beta	S2110, S2112, S2782
Tocopherol, gamma	S2110, S2112, S2782
Tocopherol, delta	S2110, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2112, S2782
Thiamin	S2110, S2112, S2782
Riboflavin	S2110, S2112, S2782
Niacin	S2110, S2112, S2782
Pantothenic acid	S2110, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2110, S2112, S2782

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### **NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust**

Vitamin K (phylloquinone)	S2110, S2112, S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2108, S2110, S2112
Threonine	S2108, S2110, S2112
Isoleucine	S2108, S2110, S2112
Leucine	S2108, S2110, S2112
Lysine	S2108, S2110, S2112
Methionine	S2108, S2110, S2112
Cystine	S2108, S2110, S2112
Phenylalanine	S2108, S2110, S2112
Tyrosine	S2108, S2110, S2112
Valine	S2108, S2110, S2112
Arginine	S2108, S2110, S2112
Histidine	S2108, S2110, S2112
Alanine	S2108, S2110, S2112
Aspartic acid	S2108, S2110, S2112
Glutamic acid	S2108, S2110, S2112
Glycine	S2108, S2110, S2112
Proline	S2108, S2110, S2112
Serine	S2108, S2110, S2112
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2112, S2782
Fatty acids, total saturated	S2110, S2112, S2782
8:0	S2110, S2112, S2782
10:0	S2110, S2112, S2782
12:0	S2110, S2112, S2782
14:0	S2110, S2112, S2782
16:0	S2110, S2112, S2782
18:0	S2110, S2112, S2782
20:0	S2110, S2112, S2782
18:1 undifferentiated	S2110, S2112, S2782
18:2 undifferentiated	S2110, S2112, S2782
18:3 undifferentiated	S2112, S2782
20:4 undifferentiated	S2110, S2112, S2782
22:6 n-3	S2782
22:0	S2110, S2112, S2782

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### **NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust**

14:1	S2110, S2112, S2782
16:1 undifferentiated	S2110, S2112, S2782
18:4	S2782
20:1	S2110, S2112, S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2110, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2112, S2782
15:0	S2110, S2112, S2782
17:0	S2110, S2112, S2782
24:0	S2782
20:2 n-6 c,c	S2110, S2112, S2782
18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2112, S2782
20:3 undifferentiated	S2110, S2112, S2782
15:1	S2110, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

### **NDB No. 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust**

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782
Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782

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### **NDB No. 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust**

Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782
Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782
Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782
Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782
Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782
Riboflavin	S2110, S2111, S2112, S2782
Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2111, S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2111, S2782
Folate, food	S2111, S2782
Tryptophan	S2108, S2110, S2111, S2112, S2782
Threonine	S2108, S2110, S2111, S2112, S2782
Isoleucine	S2108, S2110, S2111, S2112, S2782
Leucine	S2108, S2110, S2111, S2112, S2782
Lysine	S2108, S2110, S2111, S2112, S2782
Methionine	S2108, S2110, S2111, S2112, S2782
Cystine	S2108, S2110, S2111, S2112, S2782
Phenylalanine	S2108, S2110, S2111, S2112, S2782
Tyrosine	S2108, S2110, S2111, S2112, S2782
Valine	S2108, S2110, S2111, S2112, S2782

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### **NDB No. 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust**

Arginine	S2108, S2110, S2111, S2112, S2782
Histidine	S2108, S2110, S2111, S2112, S2782
Alanine	S2108, S2110, S2111, S2112, S2782
Aspartic acid	S2108, S2110, S2111, S2112, S2782
Glutamic acid	S2108, S2110, S2111, S2112, S2782
Glycine	S2108, S2110, S2111, S2112, S2782
Proline	S2108, S2110, S2111, S2112, S2782
Serine	S2108, S2110, S2111, S2112, S2782
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782
12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782
16:0	S2110, S2111, S2112, S2782
18:0	S2110, S2111, S2112, S2782
20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2111, S2782
22:1 undifferentiated	S2111, S2782
22:5 n-3	S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2111, S2782
20:2 n-6 c,c	S2110, S2112, S2782

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### **NDB No. 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust**

18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2111, S2112, S2782
20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

### **NDB No. 21308 McDONALD'S, Chicken SELECTS Premium Breast Strips**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801

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### NDB No. 21308 McDONALD'S, Chicken SELECTS Premium Breast Strips

Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
18:1 undifferentiated	S2801
18:2 undifferentiated	S2801
18:3 undifferentiated	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

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### **NDB No. 21309** McDONALD'S, Chicken McNUGGETS

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin A, IU	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801

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### **NDB No. 21309 McDonald'S, Chicken McNUGGETS**

20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t not further defined	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21310 McDonald'S, Barbeque Sauce**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801

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### **NDB No. 21310** McDONALD'S, Barbeque Sauce

Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801

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### **NDB No. 21310** McDONALD'S, Barbeque Sauce

18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21311** McDONALD'S, Creamy Ranch Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801

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### **NDB No. 21311** McDONALD'S, Creamy Ranch Sauce

Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801

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### **NDB No. 21311** McDONALD'S, Creamy Ranch Sauce

15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21312** McDONALD'S, Honey

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801



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### **NDB No. 21312** McDONALD'S, Honey

14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
18:1 undifferentiated	S2801
18:2 undifferentiated	S2801
18:3 undifferentiated	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21313** McDONALD'S, Hot Mustard Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801

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### **NDB No. 21313** McDONALD'S, Hot Mustard Sauce

Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801

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### **NDB No. 21313** McDONALD'S, Hot Mustard Sauce

16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21314** McDONALD'S, Spicy Buffalo Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801

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### NDB No. 21314 McDONALD'S, Spicy Buffalo Sauce

Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801

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### **NDB No. 21314** McDONALD'S, Spicy Buffalo Sauce

18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21315** McDONALD'S, Sweet 'N Sour Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801

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### **NDB No. 21315** McDONALD'S, Sweet 'N Sour Sauce

Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21316** McDONALD'S, Tangy Honey Mustard Sauce

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### NDB No. 21316 McDONALD'S, Tangy Honey Mustard Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801

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### NDB No. 21316 McDONALD'S, Tangy Honey Mustard Sauce

14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No. 21317 McDONALD'S, Biscuit

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801

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### **NDB No. 21317** McDONALD'S, Biscuit

Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801

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### **NDB No. 21317** McDONALD'S, Biscuit

Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21318** McDONALD'S, Deluxe Warm Cinnamon Roll

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801

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### NDB No. 21318 McDONALD'S, Deluxe Warm Cinnamon Roll

Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801

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### **NDB No. 21318** McDONALD'S, Deluxe Warm Cinnamon Roll

18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21319** McDONALD'S, Hash Browns

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801

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### **NDB No. 21319** McDONALD'S, Hash Browns

Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21320** McDONALD'S, Scrambled Eggs

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### **NDB No. 21320** McDONALD'S, Scrambled Eggs

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801

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### **NDB No. 21320 McDonald'S, Scrambled Eggs**

18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21321 McDonald'S, Hotcakes (plain)**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801

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### **NDB No. 21321 McDONALD'S, Hotcakes (plain)**

Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801

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### **NDB No. 21321 McDONALD'S, Hotcakes (plain)**

18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21322 McDONALD'S, Warm Cinnamon Roll**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801

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### **NDB No. 21322 McDONALD'S, Warm Cinnamon Roll**

Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

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### **NDB No. 21323** McDONALD'S, Sausage Patty

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801

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### **NDB No. 21323 McDonald'S, Sausage Patty**

18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21324 McDonald'S, Baked Apple Pie**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801

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### NDB No. 21324 McDONALD'S, Baked Apple Pie

Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801

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### **NDB No. 21324** McDONALD'S, Baked Apple Pie

18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21325** McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801

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### NDB No. 21325 McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

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### **NDB No. 21326** McDONALD'S, McDONALDLAND Cookies

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801



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### **NDB No. 21326** McDONALD'S, McDONALDLAND Cookies

20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21337** McDONALD'S, Peanuts (for Sundaes)

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801

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### **NDB No. 21337** McDONALD'S, Peanuts (for Sundaes)

Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801

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### **NDB No. 21337 McDONALD'S, Peanuts (for Sundaes)**

17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21342 McDONALD'S, Apple Dippers**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Sodium, Na	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Vitamin B-12	S2801

### **NDB No. 21343 McDONALD'S, Low Fat Caramel Sauce**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801

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### **NDB No. 21343** McDONALD'S, Low Fat Caramel Sauce

Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin A, IU	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
18:1 undifferentiated	S2801
18:2 undifferentiated	S2801
18:3 undifferentiated	S2801
20:4 undifferentiated	S2801

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### **NDB No. 21343** McDONALD'S, Low Fat Caramel Sauce

22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t not further defined	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### **NDB No. 21346** McDONALD'S, NEWMAN'S OWN Cobb Dressing

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Water	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801

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### **NDB No. 21346 McDONALD'S, NEWMAN'S OWN Cobb Dressing**

Copper, Cu	S2801
Manganese, Mn	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin D	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801

### **NDB No. 21347 McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing**

Protein	S2801
Total lipid (fat)	S2801
Water	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801

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### **NDB No. 21347 McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing**

Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801

### **NDB No. 21348 McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette**

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Water	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin D	S2801
Vitamin C, total ascorbic acid	S2801

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### **NDB No. 21348 McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette**

Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801

### **NDB No. 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing**

Protein	S2801
Total lipid (fat)	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801



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### **NDB No. 21349** McDONALD'S, NEWMAN'S OWN Ranch Dressing

Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801

### **NDB No. 22247** Macaroni and Cheese, canned entree

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20
Sugars, total	S20
Galactose	S20
Fiber, total dietary	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin C, total ascorbic acid	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20

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### **NDB No. 22247 Macaroni and Cheese, canned entree**

Vitamin B-6	S20
Vitamin B-12	S20
Cholesterol	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
15:0	S20
17:0	S20
24:0	S20
17:1	S20
20:3 undifferentiated	S20
13:0	S20

### **NDB No. 22903 Pizza, pepperoni topping, regular crust, frozen, cooked**

Protein	S21
Total lipid (fat)	S21
Ash	S21

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### NDB No. 22903 Pizza, pepperoni topping, regular crust, frozen, cooked

Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Fiber, total dietary	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Cholesterol	S21
Fatty acids, total saturated	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
16:1 undifferentiated	S21
Fatty acids, total monounsaturated	S21

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### **NDB No. 22903 Pizza, pepperoni topping, regular crust, frozen, cooked**

Fatty acids, total polyunsaturated S21

### **NDB No. 22904 Chili con carne with beans, canned entree**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Water	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Vitamin B-12	S18
Cholesterol	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18

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### **NDB No. 22904 Chili con carne with beans, canned entree**

18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18
13:0	S18

### **NDB No. 22909 Lasagna, cheese, frozen entree**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	S22
Galactose	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22

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### **NDB No. 22909 Lasagna, cheese, frozen entree**

Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin B-12	S22
Vitamin K (phylloquinone)	S22
Cholesterol	S22
4:0	S22
6:0	S22
8:0	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
20:4 undifferentiated	S22
22:6 n-3	S22
22:0	S22
14:1	S22
16:1 undifferentiated	S22
18:4	S22
20:1	S22

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### **NDB No. 22909 Lasagna, cheese, frozen entree**

20:5 n-3	S22
22:1 undifferentiated	S22
22:5 n-3	S22
15:0	S22
17:0	S22
24:0	S22

### **NDB No. 22911 Chili, no beans, canned entree**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Fructose	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Vitamin B-12	S18
Threonine	S18
Isoleucine	S18
Leucine	S18
Lysine	S18

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### **NDB No. 22911 Chili, no beans, canned entree**

Methionine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Cholesterol	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18

### **NDB No. 22912 Spaghetti, with meatballs, canned**

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### **NDB No. 22912 Spaghetti, with meatballs, canned**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
Fatty acids, total saturated	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:0	S19

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### **NDB No. 22912 Spaghetti, with meatballs, canned**

14:1	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
17:0	S19
20:2 n-6 c,c	S19
17:1	S19
20:3 undifferentiated	S19

### **NDB No. 22914 Spaghetti, no meat, canned**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Vitamin B-6	S19

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### **NDB No. 22914 Spaghetti, no meat, canned**

Folate, total	S19
Vitamin K (phylloquinone)	S19
Fatty acids, total saturated	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
17:0	S19
20:2 n-6 c,c	S19
17:1	S19
20:3 undifferentiated	S19

### **NDB No. 22915 Lasagna with meat & sauce, low-fat, frozen entree**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19

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### **NDB No. 22915 Lasagna with meat & sauce, low-fat, frozen entree**

Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Cholesterol	S19
Fatty acids, total saturated	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
17:0	S19
17:1	S19

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### **NDB No. 22915 Lasagna with meat & sauce, low-fat, frozen entree**

20:3 undifferentiated	S19
13:0	S19

### **NDB No. 22916 Lasagna with meat & sauce, frozen entree**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Cholesterol	S19
Fatty acids, total saturated	S19
8:0	S19
10:0	S19
12:0	S19

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### **NDB No. 22916 Lasagna with meat & sauce, frozen entree**

14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
17:0	S19
24:0	S19
17:1	S19
20:3 undifferentiated	S19
13:0	S19

### **NDB No. 23009 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703

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### **NDB No. 23009 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw**

Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703

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### **NDB No. 23009 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw**

18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

### **NDB No. 23010 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703



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**NDB No. 23010 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703

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**NDB No. 23010 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23011 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703

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**NDB No. 23011 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703

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### **NDB No. 23011 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

### **NDB No. 23012 Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw**

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### **NDB No. 23012 Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### NDB No. 23012 Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw

Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No. 23013 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No. 23013 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703



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**NDB No. 23014 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No. 23014 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703

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**NDB No. 23014 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw**

17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23015 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703

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**NDB No. 23015 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total	S2703

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**NDB No. 23015 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

monounsaturated

Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23016 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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**NDB No. 23016 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703

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**NDB No. 23016 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23017 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703

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**NDB No. 23017 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw**

Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703



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**NDB No. 23017 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw**

20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23018 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703

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**NDB No. 23018 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw**

Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703

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**NDB No. 23018 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw**

12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703

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**NDB No. 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No. 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-	S2703

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**NDB No. 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

monoenoic

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No. 23020 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

Tocopherol, beta S2703

Tocopherol, gamma S2703

Tocopherol, delta S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Folate, total S2703

Vitamin B-12 S2703

Vitamin K (phylloquinone) S2703

Tryptophan S14, S2

Threonine S14, S2

Isoleucine S14, S2

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**NDB No. 23020 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703

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**NDB No. 23020 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw**

17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23021 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703



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**NDB No. 23021 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703

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**NDB No. 23021 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23022 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703

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**NDB No. 23022 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703

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**NDB No. 23022 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23023 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to**

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**NDB No. 23023 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No. 23023 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703

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**NDB No. 23023 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23024 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703

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**NDB No. 23024 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703



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**NDB No. 23024 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23025 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703

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**NDB No. 23025 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703

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**NDB No. 23025 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23027 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703

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**NDB No. 23027 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No. 23027 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No. 23028 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No. 23028 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703

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**NDB No. 23028 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw**

18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23029 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703

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**NDB No. 23029 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703

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**NDB No. 23029 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703

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### **NDB No. 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703

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**NDB No. 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703

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**NDB No. 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No. 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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### **NDB No. 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### NDB No. 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703



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**NDB No. 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No. 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No. 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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**NDB No. 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703

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**NDB No. 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw**

17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703

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**NDB No. 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total	S2703

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**NDB No. 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

monounsaturated

Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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**NDB No. 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw**

Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703

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**NDB No. 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703

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**NDB No. 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703

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**NDB No. 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703

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**NDB No. 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No. 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-	S2703

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**NDB No. 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

monoenoic

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No. 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Vitamin B-12 S2703

Tryptophan S14, S2

Threonine S14, S2

Isoleucine S14, S2

Leucine S14, S2

Lysine S14, S2

Methionine S14, S2

Cystine S14, S2

Phenylalanine S14, S2

Tyrosine S14, S2

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**NDB No. 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703

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**NDB No. 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw**

18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No. 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703

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**NDB No. 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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**NDB No. 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703

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**NDB No. 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703

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**NDB No. 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703

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**NDB No. 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703

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**NDB No. 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703

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**NDB No. 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

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**NDB No. 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No. 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No. 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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### **NDB No. 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703

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**NDB No. 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703

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**NDB No. 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total	S2703

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**NDB No. 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

monounsaturated

Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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### **NDB No. 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703



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### **NDB No. 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

### **NDB No. 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703

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**NDB No. 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703

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**NDB No. 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703

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**NDB No. 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703

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**NDB No. 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

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**NDB No. 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No. 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703

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**NDB No. 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No. 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703

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**NDB No. 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw**

20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No. 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703

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**NDB No. 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703

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**NDB No. 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw**

Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703

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**NDB No. 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw**

20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703

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**NDB No. 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703

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**NDB No. 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703

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### **NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703

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### **NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

### **NDB No. 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No. 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703

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**NDB No. 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703

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**NDB No. 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703

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**NDB No. 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23058 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703

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**NDB No. 23058 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No. 23058 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No. 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No. 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703

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**NDB No. 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703

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**NDB No. 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703

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**NDB No. 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703

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**NDB No. 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703

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**NDB No. 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703

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**NDB No. 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No. 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No. 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No. 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703

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**NDB No. 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703

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**NDB No. 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703

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**NDB No. 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703

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**NDB No. 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703

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**NDB No. 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14

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### **NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw**

Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14

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### **NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw**

16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14

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### **NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled**

Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14

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### **NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled**

4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled**

Protein	S14
Total lipid (fat)	S14

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### **NDB No. 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled**

Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
10:0	S14

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### **NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14

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### **NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned**

Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14



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### **NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked**

Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14

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### **NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw**

Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14

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### **NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw**

22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14

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### **NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled**

Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14

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### **NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled**

18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14

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### **NDB No. 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled**

Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14

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### **NDB No. 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned**

Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

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### **NDB No. 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14



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### **NDB No. 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked**

Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14

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### **NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw**

Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14

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### **NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw**

15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Vitamin E (alpha-tocopherol)	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14

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### **NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled**

Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14

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### **NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled**

22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14

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### **NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled**

Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14

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### **NDB No. 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned**

Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14

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### **NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked**

Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw**

Protein	S14
Total lipid (fat)	S14



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### **NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw**

Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14

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### **NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw**

Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled**

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### **NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14

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### **NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled**

Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14

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**NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled**

18:3 n-3 c,c,c S14

**NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14

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### **NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled**

Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14

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### **NDB No. 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned**

Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14

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### **NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked**

Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14



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### **NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw**

Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14

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### **NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw**

20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14

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### **NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled**

Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14

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### **NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled**

16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### **NDB No. 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14

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### **NDB No. 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled**

Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14

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### **NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned**

Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14

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### **NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned**

Cholesterol S14

### **NDB No. 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked**

Protein S14

Total lipid (fat) S14

Ash S14

Water S14

Calcium, Ca S14

Iron, Fe S14

Magnesium, Mg S14

Phosphorus, P S14

Potassium, K S14

Sodium, Na S14

Zinc, Zn S14

Copper, Cu S14

Manganese, Mn S14

Selenium, Se S14

Retinol S14

Thiamin S14

Riboflavin S14

Niacin S14

Pantothenic acid S14

Vitamin B-6 S14

Folate, total S14

Vitamin B-12 S14

Folate, food S14

Tryptophan S14

Threonine S14

Isoleucine S14

Leucine S14

Lysine S14

Methionine S14

Cystine S14

Phenylalanine S14

Tyrosine S14

Valine S14

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### **NDB No. 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked**

Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

### **NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2



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### **NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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### **NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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### **NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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### **NDB No. 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw**

Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2

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### **NDB No. 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw**

22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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### **NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

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### **NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw**

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2



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**NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2

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### **NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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### **NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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### **NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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### **NDB No. 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No. 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

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### **NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

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### **NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2



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### **NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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### **NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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### **NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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### **NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

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### **NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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### **NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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### **NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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### **NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

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### **NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

22:5 n-3 S2

**NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2



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### **NDB No. 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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### **NDB No. 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw**

22:5 n-3 S2

**NDB No. 23600 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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### **NDB No. 23600 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

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### **NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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### **NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2



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### **NDB No. 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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### **NDB No. 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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### **NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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### **NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

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### **NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 23605 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No. 23605 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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### **NDB No. 23605 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2



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### **NDB No. 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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### **NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2

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### **NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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### **NDB No. 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

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### **NDB No. 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2



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### **NDB No. 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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### **NDB No. 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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### **NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2

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### **NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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### **NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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### **NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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### **NDB No. 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2



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### **NDB No. 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

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### **NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

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### **NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

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### **NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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### **NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2

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### **NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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### **NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2



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### **NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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### **NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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### **NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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**NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### **NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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### **NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### **NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

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### **NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2



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**NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2

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### **NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2

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### **NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw**

22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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### **NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

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### **NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw**

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2

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### **NDB No. 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

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### **NDB No. 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw**

22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

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### **NDB No. 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2



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### **NDB No. 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled**

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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### **NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

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### **NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

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### **NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2

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### **NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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### **NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2



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### **NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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### **NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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### **NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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### **NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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### **NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2

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### **NDB No. 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

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### **NDB No. 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

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### **NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2



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### **NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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### **NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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### **NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

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### **NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw**

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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### **NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw**

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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### **NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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### **NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No. 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2



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### **NDB No. 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581

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### **NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered**

Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581

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### **NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered**

15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

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### **NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

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### **NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw**

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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### **NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Carbohydrate, by difference	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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### **NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2



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### **NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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### **NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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### **NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

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### **NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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### **NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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### **NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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### **NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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### **NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2



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### **NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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### **NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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### **NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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### **NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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### **NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

22:5 n-3 S2

**NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

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### **NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2



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### **NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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### **NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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### **NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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### **NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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### **NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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### **NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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**NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### **NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

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### **NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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### **NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No. 35001 Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961

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### **NDB No. 35001 Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)**

Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin E (alpha-tocopherol)	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35002 Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Vitamin A, IU	D4961

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### **NDB No. 35002 Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)**

Vitamin E (alpha-tocopherol)	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35003 Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Vitamin B-12	D4961
Cholesterol	D4961

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### **NDB No. 35003 Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)**

Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35004 Ascidians (tunughnak) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35008 Bear, polar, meat, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961

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### **NDB No. 35008 Bear, polar, meat, raw (Alaska Native)**

Calcium, Ca	D4961
Iron, Fe	D4961
Potassium, K	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35009 Whale, beluga, meat, air-dried, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Vitamin E (alpha-tocopherol)	D4961

### **NDB No. 35010 Whale, beluga, eyes, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin E (alpha-tocopherol)	D4961

### **NDB No. 35011 Whale, beluga, meat, raw (Alaska Native)**

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### **NDB No. 35011 Whale, beluga, meat, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin E (alpha-tocopherol)	D4961
Cholesterol	D4961

### **NDB No. 35012 Whale, beluga, flipper, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin E (alpha-tocopherol)	D4961
Pantothenic acid	D4961

### **NDB No. 35013 Whale, beluga, liver, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961

### **NDB No. 35014 Oil, whale, beluga (Alaska Native)**

Protein	D4961
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### **NDB No. 35014 Oil, whale, beluga (Alaska Native)**

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35015 Blackberries, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961

### **NDB No. 35016 Fish, blackfish, whole (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961

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### **NDB No. 35016 Fish, blackfish, whole (Alaska Native)**

Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35017 Blueberries, frozen (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35021 Caribou, bone marrow, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Niacin	D4961

### **NDB No. 35022 Caribou, eye, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961

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### **NDB No. 35022 Caribou, eye, raw (Alaska Native)**

Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35023 Caribou, liver, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961

### **NDB No. 35024 Stew/soup, caribou (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961

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### **NDB No. 35024 Stew/soup, caribou (Alaska Native)**

Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Fatty acids, total saturated	D4961
18:3 undifferentiated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35025 Caribou, tongue, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961

### **NDB No. 35026 Chiton, leathery, gumboots (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961

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### **NDB No. 35026 Chiton, leathery, gumboots (Alaska Native)**

Riboflavin	D4961
Niacin	D4961

### **NDB No. 35027 Cloudberry, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35028 Cockles (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35029 Cranberries, high bush, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961

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### **NDB No. 35029 Cranberries, high bush, raw (Alaska Native)**

Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35030 Cranberry, low bush or lingenberry, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35034 Fish, devilfish, meat (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961

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### **NDB No. 35034 Fish, devilfish, meat (Alaska Native)**

Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35038 Fireweed, young leaves, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35039 Fish, herring eggs on giant kelp, Pacific (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961

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### **NDB No. 35039 Fish, herring eggs on giant kelp, Pacific (Alaska Native)**

Riboflavin	D4961
Niacin	D4961

### **NDB No. 35040 Fish, herring eggs, Pacific, dry (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35041 Fish, herring eggs, Pacific, plain (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

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### **NDB No. 35042 Fish, herring, Pacific, meat packed in oil, air-dried (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Niacin	D4961

### **NDB No. 35043 Huckleberries, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35046 Fish, lingcod, meat, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961



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### **NDB No. 35047 Fish, lingcod, liver (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Niacin	D4961

### **NDB No. 35048 Stew, moose (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961

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### **NDB No. 35048 Stew, moose (Alaska Native)**

Folate, total	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35050 Mashu roots, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35051 Moose, liver, braised (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961

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### **NDB No. 35051 Moose, liver, braised (Alaska Native)**

Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Vitamin B-12	D4961
Cholesterol	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35054 Octopus (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
Fatty acids, total polyunsaturated	D4961

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### **NDB No. 35055 Seal, bearded (oogruk), meat, air-dried (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35056 Seal, bearded (oogruk), meat, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961

### **NDB No. 35057 Oil, bearded seal, (oogruk oil) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961

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### **NDB No. 35057 Oil, bearded seal, (oogruk oil) (Alaska Native)**

Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35058 Oopah, whole animal (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35059 Owl, horned, meat (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961

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### **NDB No. 35059 Owl, horned, meat (Alaska Native)**

Phosphorus, P	D4961
Vitamin A, IU	D4961

### **NDB No. 35060 Fish, pike, northern, liver (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35063 Rhubarb, wild, leaves (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Niacin	D4961

### **NDB No. 35064 Fish, salmon, tipnuk, fermented (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961

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### **NDB No. 35064 Fish, salmon, tipnuk, fermented (Alaska Native)**

Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35065 Fish, salmon, king or chinook, kippered, canned (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35066 Fish, salmon, king or chinook, smoked and canned (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35067 Fish, salmon, king or chinook, smoked, brined (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961

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### **NDB No. 35067 Fish, salmon, king or chinook, smoked, brined (Alaska Native)**

Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35068 Fish, salmon, king or chinook, liver (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35070 Sea cucumber, yane (Alaska Native)**

Protein	D4961
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### **NDB No. 35070 Sea cucumber, yane (Alaska Native)**

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35071 Seal, ringed, meat (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Pantothenic acid	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35072 Seal, ringed, liver, (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961

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### **NDB No. 35072 Seal, ringed, liver, (Alaska Native)**

Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35073 Soup, fish, homemade (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Cholesterol	D4961

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### **NDB No. 35073 Soup, fish, homemade (Alaska Native)**

Fatty acids, total saturated D4961

### **NDB No. 35074 Sourdock, young leaves (Alaska Native)**

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Calcium, Ca D4961

Iron, Fe D4961

Phosphorus, P D4961

Vitamin A, IU D4961

Vitamin C, total ascorbic acid D4961

Thiamin D4961

Riboflavin D4961

Niacin D4961

### **NDB No. 35075 Squirrel, ground, meat (Alaska Native)**

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Iron, Fe D4961

Phosphorus, P D4961

Vitamin A, IU D4961

### **NDB No. 35078 Tea, tundra, herb and laborador combination (Alaska Native)**

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Calcium, Ca D4961

Iron, Fe D4961

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### **NDB No. 35078 Tea, tundra, herb and laborador combination (Alaska Native)**

Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Vitamin B-12	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35079 Walrus, meat, dry (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

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### **NDB No. 35080 Deer (venison), sitka, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35081 Walrus, meat, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961

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### **NDB No. 35081 Walrus, meat, raw (Alaska Native)**

Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35082 Walrus, meat and subcutaneous fat (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961

### **NDB No. 35083 Walrus, liver, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961

### **NDB No. 35084 Oil, walrus (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961

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### **NDB No. 35084 Oil, walrus (Alaska Native)**

Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961

### **NDB No. 35085 Whale, bowhead, subcutaneous fat (blubber) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Cholesterol	D4961

### **NDB No. 35086 Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

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### **NDB No. 35087 Oil, whale, bowhead (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35088 Fish, whitefish, broad, liver (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No. 35089 Fish, whitefish, mixed species, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961

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### **NDB No. 35089 Fish, whitefish, mixed species, raw (Alaska Native)**

Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No. 35090 Fish, whitefish, broad, roe (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Niacin	D4961

### **NDB No. 35091 Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961

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### **NDB No. 35092 Willow, leaves in oil (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961

### **NDB No. 35093 Willow, young leaves, chopped (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Niacin	D4961

### **NDB No. 35130 Mush, blue corn with ash (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381

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### **NDB No. 35130** Mush, blue corn with ash (Navajo)

Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381

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### **NDB No. 35130 Mush, blue corn with ash (Navajo)**

Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35131 Cornmeal, blue (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381

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### **NDB No. 35131 Cornmeal, blue (Navajo)**

Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

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### **NDB No. 35132 Melon, banana (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381

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### **NDB No. 35133 Chilchen (Red Berry Beverage) (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381

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### **NDB No. 35133 Chilchen (Red Berry Beverage) (Navajo)**

16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35134 Corn, dried (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381

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### **NDB No. 35134 Corn, dried (Navajo)**

Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381

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### **NDB No. 35134 Corn, dried (Navajo)**

Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35135 Corn, white, steamed (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381

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### **NDB No. 35135 Corn, white, steamed (Navajo)**

Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381

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### **NDB No. 35135 Corn, white, steamed (Navajo)**

17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35136 Cornmeal, white (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381

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### **NDB No. 35136 Cornmeal, white (Navajo)**

Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381

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### **NDB No. 35136 Cornmeal, white (Navajo)**

18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35137 Cornmeal, yellow (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381

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### **NDB No. 35137 Cornmeal, yellow (Navajo)**

Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381

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### **NDB No. 35137 Cornmeal, yellow (Navajo)**

Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35138 Squash, Indian, raw (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Galactose	S2381

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### **NDB No. 35138 Squash, Indian, raw (Navajo)**

Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381

### **NDB No. 35139 Squash, Indian, cooked, boiled (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Thiamin	S2381

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### **NDB No. 35139 Squash, Indian, cooked, boiled (Navajo)**

Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381

### **NDB No. 35140 Bread, kneel down (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381

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### **NDB No. 35140 Bread, kneel down (Navajo)**

Pantothenic acid	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35141 Mutton, cooked, roasted (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Water	S2381
Calcium, Ca	S2381

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### **NDB No. 35141 Mutton, cooked, roasted (Navajo)**

Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381

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### **NDB No. 35141 Mutton, cooked, roasted (Navajo)**

Serine	S2381
Hydroxyproline	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35142 Bread, Indian, fry, made with lard (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381

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### **NDB No. 35142 Bread, Indian, fry, made with lard (Navajo)**

Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381

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### **NDB No. 35142 Bread, Indian, fry, made with lard (Navajo)**

16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35143 Tortilla, includes plain and from mutton sandwich (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381

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### **NDB No. 35143 Tortilla, includes plain and from mutton sandwich (Navajo)**

Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381



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### **NDB No. 35143 Tortilla, includes plain and from mutton sandwich (Navajo)**

Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35144 Stew, dumpling with mutton (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381

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### **NDB No. 35144 Stew, dumpling with mutton (Navajo)**

Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381

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### **NDB No. 35144 Stew, dumpling with mutton (Navajo)**

20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35145 Stew, hominy with mutton (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381

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### **NDB No. 35145 Stew, hominy with mutton (Navajo)**

Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381

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### **NDB No. 35145 Stew, hominy with mutton (Navajo)**

Proline	S2381
Serine	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35146 Stew, mutton corn squash (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381

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### **NDB No. 35146 Stew, mutton corn squash (Navajo)**

Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381

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### **NDB No. 35146 Stew, mutton corn squash (Navajo)**

Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381

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### **NDB No. 35146 Stew, mutton corn squash (Navajo)**

20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35147 Tamales (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381



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### **NDB No. 35147 Tamales (Navajo)**

Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381

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### **NDB No. 35147 Tamales (Navajo)**

14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 35148 Stew, steamed corn (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381

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### **NDB No. 35148 Stew, steamed corn (Navajo)**

Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381

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### **NDB No. 35148 Stew, steamed corn (Navajo)**

20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No. 42161 Bologna, beef, low fat**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No. 42190 Pork sausage rice links, brown and serve, cooked**

Protein	S243, S281, S282
Total lipid (fat)	S243, S281, S282
Ash	S243, S281, S282
Water	S243, S281, S282
Fiber, total dietary	S243
Calcium, Ca	S243
Iron, Fe	S243
Magnesium, Mg	S243
Phosphorus, P	S243
Potassium, K	S243
Sodium, Na	S243, S281, S282
Zinc, Zn	S243
Copper, Cu	S243
Manganese, Mn	S243
Vitamin A, IU	S281
Vitamin C, total ascorbic acid	S243
Thiamin	S243
Riboflavin	S243
Niacin	S243
Cholesterol	S243, S281, S282

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### **NDB No. 42304 Cheese, mozzarella, nonfat**

Calcium, Ca	S5
Sodium, Na	S5

### **NDB No. 43158 Sweeteners, tabletop, saccharin**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

### **NDB No. 43215 Salad dressing, buttermilk, lite**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26

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### **NDB No. 43215 Salad dressing, buttermilk, lite**

Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Stigmasterol	S26
Campesterol	S26
Beta-sitosterol	S26

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### **NDB No. 43215 Salad dressing, buttermilk, lite**

17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

### **NDB No. 43297 Pork, oriental style, dehydrated**

Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082

### **NDB No. 43329 Salad dressing, mayonnaise and mayonnaise-type, low calorie**

Sugars, total	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25

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### **NDB No. 43329 Salad dressing, mayonnaise and mayonnaise-type, low calorie**

Sodium, Na	S25
Zinc, Zn	S25
Vitamin E (alpha-tocopherol)	S25
Pantothenic acid	S25
Folic acid	S25

### **NDB No. 43364 Snacks, tortilla chips, unsalted, white corn**

Protein	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Zinc, Zn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26

### **NDB No. 43372 Apple cider-flavored drink, powder, added vitamin C and sugar**

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### **NDB No. 43372 Apple cider-flavored drink, powder, added vitamin C and sugar**

Protein	S5
Total lipid (fat)	S5
Ash	S5
Water	S5
Vitamin C, total ascorbic acid	S5

### **NDB No. 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082

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### **NDB No. 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium**

Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082

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### **NDB No. 43378** Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No. 43514** Frozen novelties, ice type, pop, with low calorie sweetener

Protein	S1067
Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067

### **NDB No. 48052** Vital wheat gluten

Protein	S1362
Total lipid (fat)	S1362
Ash	S1362
Energy	S1362
Water	S1362
Fiber, total dietary	S1362
Calcium, Ca	S1362
Iron, Fe	S1362
Phosphorus, P	S1362
Potassium, K	S1362
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