

Reference Report

JUL-17-2008 02:00 PM

Page 1 of 3136

NDB No. 01001 Butter, salted

Vitamin E (alpha-tocopherol)	S84
8:0	S27
12:0	S27
22:6 n-3	S27
18:4	S27
Stigmasterol	S27
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
20:5 n-3	S27
Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
6:0	S27
14:0	S27
20:1	S27
22:1 undifferentiated	S27
Campesterol	S27
Beta-sitosterol	S27
18:1 t	S27
18:2 n-6 c,c	S27
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Carotene, beta	S1203
Tocopherol, beta	S84
Vitamin B-12	S405
Betaine	S3461
20:4 undifferentiated	S27
18:1 c	S27
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Lycopene	S1203
Lutein + zeaxanthin	S1203
Choline, total	S3461
10:0	S27
16:0	S27
18:2 i	S27
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203

NDB No. 01001 Butter, salted

Vitamin K (phylloquinone)	D4002
4:0	S27
18:0	S27
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Tocopherol, gamma	S84
Tocopherol, delta	S84
Cholesterol	S27
20:0	S27
22:5 n-3	S27
Fluoride, F	D5001, D5007, D5021
17:0	S27
18:2 CLAs	S27
16:1 c	S27
18:3 n-3 c,c,c	S27

NDB No. 01002 Butter, whipped, with salt

Choline, total	S3461
Fluoride, F	D5001, D5007, D5021
Betaine	S3461

NDB No. 01009 Cheese, cheddar

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

NDB No. 01009 Cheese, cheddar

Betaine S26

NDB No. 01012 Cheese, cottage, creamed, large or small curd

Sucrose S2741

Lysine S2741

Tyrosine S2741

Histidine S2741

Maltose S2741

Sugars, total S2741

Magnesium, Mg S2741

Copper, Cu S2741

Pantothenic acid S2741

Arginine S2741

Glycine S2741

Proline S2741

Serine S2741

Protein S2741

Phosphorus, P S2741

Selenium, Se S2741

Retinol S2741

Niacin S2741

Choline, total S3461

Betaine S3461

Isoleucine S2741

Total lipid (fat) S2741

Fructose S2741

Iron, Fe S2741

Zinc, Zn S2741

Tocopherol, delta S2741

Leucine S2741

Valine S2741

Alanine S2741

Glucose (dextrose) S2741

Manganese, Mn S2741

Vitamin E (alpha-tocopherol) S2741

Vitamin K (phylloquinone) S2741

NDB No. 01012 Cheese, cottage, creamed, large or small curd

Cystine	S2741
Phenylalanine	S2741
Ash	S2741
Water	S2741
Potassium, K	S2741
Fluoride, F	D5001, D5002, D5007
Thiamin	S2741
Riboflavin	S2741
Vitamin B-6	S2741
Vitamin B-12	S2741
Tryptophan	S2741
Methionine	S2741
Cholesterol	S2741
Calcium, Ca	S2741
Sodium, Na	S2741
Tocopherol, beta	S2741
Tocopherol, gamma	S2741
Aspartic acid	S2741
Glutamic acid	S2741
Lactose	S2741
Galactose	S2741
Threonine	S2741

NDB No. 01013 Cheese, cottage, creamed, with fruit

Fluoride, F	D5001, D5002, D5007
-------------	---------------------

NDB No. 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Protein	S2741
Glucose (dextrose)	S2741
Phosphorus, P	S2741
Selenium, Se	S2741
Arginine	S2741
Histidine	S2741
Cholesterol	S2741
18:0	S2741
24:1 c	S2741

NDB No. 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd

20:3 undifferentiated	S2741
Sucrose	S2741
Copper, Cu	S2741
Leucine	S2741
20:1	S2741
22:1 undifferentiated	S2741
24:0	S2741
Fructose	S2741
Sodium, Na	S2741
Isoleucine	S2741
Lysine	S2741
Alanine	S2741
Aspartic acid	S2741
14:0	S2741
18:2 undifferentiated	S2741
Ash	S2741
Lactose	S2741
Thiamin	S2741
Vitamin B-6	S2741
Vitamin B-12	S2741
Vitamin K (phylloquinone)	S2741
Glutamic acid	S2741
17:0	S2741
Total lipid (fat)	S2741
Iron, Fe	S2741
Magnesium, Mg	S2741
Riboflavin	S2741
Niacin	S2741
Tryptophan	S2741
Methionine	S2741
Phenylalanine	S2741
Valine	S2741
Proline	S2741
18:3 undifferentiated	S2741
22:4	S2741
Calcium, Ca	S2741
Potassium, K	S2741

NDB No. 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Zinc, Zn	S2741
Vitamin E (alpha-tocopherol)	S2741
Tocopherol, beta	S2741
Folate, total	S2741
Tyrosine	S2741
16:0	S2741
18:1 undifferentiated	S2741
20:4 undifferentiated	S2741
22:6 n-3	S2741
20:5 n-3	S2741
15:0	S2741
17:1	S2741
Maltose	S2741
Water	S2741
Betaine	S3461
Glycine	S2741
22:0	S2741
18:4	S2741
21:5	S2741
Fluoride, F	D5001, D5002, D5007
Manganese, Mn	S2741
Tocopherol, gamma	S2741
Tocopherol, delta	S2741
Pantothenic acid	S2741
Choline, total	S3461
Threonine	S2741
Cystine	S2741
Serine	S2741
20:0	S2741
22:5 n-3	S2741
20:2 n-6 c,c	S2741

NDB No. 01015 Cheese, cottage, lowfat, 2% milkfat

Iron, Fe	S2741
Tocopherol, beta	S2741
Niacin	S2741

NDB No. 01015 Cheese, cottage, lowfat, 2% milkfat

Choline, total	S3461
Lysine	S2741
20:0	S2741
20:4 undifferentiated	S2741
20:1	S2741
20:5 n-3	S2741
17:1	S2741
21:5	S2741
Lactose	S2741
Calcium, Ca	S2741
Magnesium, Mg	S2741
Vitamin B-6	S2741
Phenylalanine	S2741
Arginine	S2741
17:0	S2741
Ash	S2741
Glucose (dextrose)	S2741
Potassium, K	S2741
Sodium, Na	S2741
Folate, total	S2741
Tryptophan	S2741
Histidine	S2741
Alanine	S2741
Aspartic acid	S2741
22:6 n-3	S2741
15:0	S2741
Vitamin E (alpha-tocopherol)	S2741
Tocopherol, delta	S2741
Riboflavin	S2741
Betaine	S3461
Valine	S2741
Glycine	S2741
Serine	S2741
14:0	S2741
18:1 undifferentiated	S2741
22:0	S2741
20:3 undifferentiated	S2741

NDB No. 01015 Cheese, cottage, lowfat, 2% milkfat

22:4	S2741
Protein	S2741
Fructose	S2741
Maltose	S2741
Water	S2741
Manganese, Mn	S2741
Selenium, Se	S2741
Isoleucine	S2741
Methionine	S2741
Cholesterol	S2741
12:0	S2741
18:2 undifferentiated	S2741
14:1	S2741
18:4	S2741
15:1	S2741
Sucrose	S2741
Galactose	S2741
Zinc, Zn	S2741
Tocopherol, gamma	S2741
Thiamin	S2741
Pantothenic acid	S2741
Proline	S2741
8:0	S2741
16:0	S2741
22:1 undifferentiated	S2741
24:1 c	S2741
20:2 n-6 c,c	S2741
Phosphorus, P	S2741
Fluoride, F	D5001, D5002, D5007
Cystine	S2741
18:0	S2741
Total lipid (fat)	S2741
Copper, Cu	S2741
Vitamin B-12	S2741
Vitamin K (phyloquinone)	S2741
Threonine	S2741
Leucine	S2741

NDB No. 01015 Cheese, cottage, lowfat, 2% milkfat

Tyrosine	S2741
Glutamic acid	S2741
10:0	S2741
18:3 undifferentiated	S2741
16:1 undifferentiated	S2741
22:5 n-3	S2741
24:0	S2741

NDB No. 01016 Cheese, cottage, lowfat, 1% milkfat

Fluoride, F	D5001, D5002, D5007
-------------	---------------------

NDB No. 01017 Cheese, cream

Iron, Fe	S2702
Phosphorus, P	S2702
Copper, Cu	S2702
Carotene, alpha	S2702
Vitamin E (alpha-tocopherol)	S2702
Thiamin	S2702
Choline, total	S3461
Isoleucine	S2702
Histidine	S2702
Alanine	S2702
Glutamic acid	S2702
Hydroxyproline	S2702
22:0	S2702
16:1 undifferentiated	S2702
17:0	S2702
15:1	S2702
18:3 n-3 c,c,c	S2702
Ash	S2702
Glucose (dextrose)	S2702
Calcium, Ca	S2702
Zinc, Zn	S2702
Betaine	S3461
Methionine	S2702
Proline	S2702

NDB No. 01017 Cheese, cream

Cholesterol	S2702
20:2 n-6 c,c	S2702
17:1	S2702
Tocopherol, gamma	S2702
Threonine	S2702
Aspartic acid	S2702
Total lipid (fat)	S2702
Lactose	S2702
Sugars, total	S2702
Sodium, Na	S2702
Cryptoxanthin, beta	S2702
Vitamin B-12	S2702
Lysine	S2702
Tyrosine	S2702
8:0	S2702
16:0	S2702
18:2 undifferentiated	S2702
Sucrose	S2702
Potassium, K	S2702
Tocopherol, beta	S2702
Leucine	S2702
Cystine	S2702
Phenylalanine	S2702
Arginine	S2702
12:0	S2702
14:1	S2702
20:3 undifferentiated	S2702
Starch	S2702
Manganese, Mn	S2702
Lycopene	S2702
Tocopherol, delta	S2702
Vitamin C, total ascorbic acid	S2702
Riboflavin	S2702
Niacin	S2702
Pantothenic acid	S2702
Folate, total	S2702
18:3 undifferentiated	S2702

NDB No. 01017 Cheese, cream

20:4 undifferentiated	S2702
18:3 n-6 c,c,c	S2702
Protein	S2702
Water	S2702
Magnesium, Mg	S2702
Vitamin K (phylloquinone)	S2702
Tryptophan	S2702
Serine	S2702
10:0	S2702
14:0	S2702
20:0	S2702
18:1 undifferentiated	S2702
Fructose	S2702
Maltose	S2702
Galactose	S2702
Carotene, beta	S2702
Vitamin B-6	S2702
Valine	S2702
Glycine	S2702
18:0	S2702
20:1	S2702
15:0	S2702

NDB No. 01026 Cheese, mozzarella, whole milk

Total lipid (fat)	S25
Sugars, total	S606
Pantothenic acid	S25
Vitamin B-6	S25
Protein	S25
Maltose	S25, S606
Phosphorus, P	S25
Sodium, Na	S25
Phenylalanine	S27
Tyrosine	S27
Glutamic acid	S27
Proline	S27

NDB No. 01026 Cheese, mozzarella, whole milk

Thiamin	S25
Leucine	S27
Lysine	S27
Methionine	S27
Ash	S25
Lactose	S25, S606
Copper, Cu	S25
Selenium, Se	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S27
Cystine	S27
Valine	S27
Arginine	S27
Glycine	S27
Water	S25
Calcium, Ca	S25
Iron, Fe	S25
Manganese, Mn	S25
Niacin	S25
Threonine	S27
Isoleucine	S27
Sucrose	S25, S606
Fructose	S25
Zinc, Zn	S25
Histidine	S27
Aspartic acid	S27
Glucose (dextrose)	S25, S606
Galactose	S25
Magnesium, Mg	S25
Potassium, K	S25
Riboflavin	S25
Folate, total	S25
Vitamin B-12	S25
Alanine	S27
Serine	S27
Cholesterol	S25

NDB No. 01028 Cheese, mozzarella, part skim milk

Calcium, Ca	S5
Cholesterol	S5
Sodium, Na	S5

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

Vitamin B-12	S27
Lysine	S27
Tocopherol, beta	S27
Tocopherol, delta	S27
Choline, total	S27
Betaine	S27
Thiamin	S27
Leucine	S27
Valine	S27
Glutamic acid	S27
Glycine	S27
Proline	S27
Ash	S27
Vitamin E (alpha-tocopherol)	S27
Vitamin K (phylloquinone)	S27
Isoleucine	S27
Arginine	S27
Aspartic acid	S27
Tryptophan	S27
Methionine	S27
Serine	S27
Total lipid (fat)	S27
Threonine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Histidine	S27
Water	S27
Tocopherol, gamma	S27
Riboflavin	S27
Alanine	S27

NDB No. 01031 Cheese, neufchatel

Protein	S2702
Total lipid (fat)	S2702
Riboflavin	S2702
Pantothenic acid	S2702
Cholesterol	S2702
12:0	S2702
15:1	S2702
Water	S2702
Vitamin K (phylloquinone)	S2702
Tryptophan	S2702
Aspartic acid	S2702
Proline	S2702
Serine	S2702
10:0	S2702
20:0	S2702
18:2 undifferentiated	S2702
14:1	S2702
18:3 n-6 c,c,c	S2702
17:1	S2702
20:3 undifferentiated	S2702
Starch	S2702
Sucrose	S2702
Glucose (dextrose)	S2702
Sugars, total	S2702
Calcium, Ca	S2702
Manganese, Mn	S2702
Carotene, beta	S2702
Lycopene	S2702
Isoleucine	S2702
Glutamic acid	S2702
16:0	S2702
18:3 undifferentiated	S2702
Sodium, Na	S2702
Vitamin E (alpha-tocopherol)	S2702
Cryptoxanthin, beta	S2702
Leucine	S2702
Arginine	S2702

NDB No. 01031 Cheese, neufchatel

Alanine	S2702
18:1 undifferentiated	S2702
16:1 undifferentiated	S2702
17:0	S2702
18:3 n-3 c,c,c	S2702
Potassium, K	S2702
Tyrosine	S2702
Glycine	S2702
Hydroxyproline	S2702
8:0	S2702
14:0	S2702
20:4 undifferentiated	S2702
22:0	S2702
15:0	S2702
Ash	S2702
Lactose	S2702
Galactose	S2702
Magnesium, Mg	S2702
Zinc, Zn	S2702
Tocopherol, delta	S2702
Vitamin C, total ascorbic acid	S2702
Niacin	S2702
Folate, total	S2702
Vitamin B-12	S2702
Valine	S2702
20:1	S2702
Fructose	S2702
Phosphorus, P	S2702
Tocopherol, gamma	S2702
Threonine	S2702
Methionine	S2702
Phenylalanine	S2702
18:0	S2702
Maltose	S2702
Iron, Fe	S2702
Copper, Cu	S2702
Carotene, alpha	S2702

NDB No. 01031 Cheese, neufchatel

Tocopherol, beta	S2702
Thiamin	S2702
Lysine	S2702
Cystine	S2702
Histidine	S2702
20:2 n-6 c,c	S2702

NDB No. 01032 Cheese, parmesan, grated

Total lipid (fat)	S19
Water	S19
Phosphorus, P	S19
Isoleucine	S19
Methionine	S19
Alanine	S19
Cholesterol	S19
8:0	S19
18:0	S19
14:1	S19
16:1 undifferentiated	S19
15:0	S19
17:1	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Iron, Fe	S19
Selenium, Se	S19
Thiamin	S19
Niacin	S19
20:1	S19
17:0	S19
Magnesium, Mg	S19
Manganese, Mn	S19
Pantothenic acid	S19
Tryptophan	S19
Lysine	S19
Phenylalanine	S19

NDB No. 01032 Cheese, parmesan, grated

Histidine	S19
Glutamic acid	S19
Glycine	S19
10:0	S19
20:0	S19
Folate, total	S19
Vitamin B-12	S19
18:2 undifferentiated	S19
13:0	S19
Galactose	S19
Riboflavin	S19
Vitamin K (phylloquinone)	S19
Valine	S19
12:0	S19
14:0	S19
20:3 undifferentiated	S19
Protein	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Aspartic acid	S19
Proline	S19
Sucrose	S19
Lactose	S19
Calcium, Ca	S19
Leucine	S19
Arginine	S19
16:0	S19
Ash	S19
Sugars, total	S19
Copper, Cu	S19
Vitamin B-6	S19
Threonine	S19
Cystine	S19
Tyrosine	S19
Serine	S19
18:1 undifferentiated	S19

Reference_Report

NDB No. 01032 Cheese, parmesan, grated

18:3 undifferentiated	S19
22:0	S19

NDB No. 01040 Cheese, swiss

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

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

Zinc, Zn	S7, S10, S6, S11, S9, S12, S8, S19
----------	------------------------------------

Reference Report

JUL-17-2008 02:00 PM

Page 19 of 3136

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

Calcium, Ca	S7, S10, S6, S11, S9, S12, S8, S19
Potassium, K	S7, S10, S6, S11, S9, S12, S8, S19
Copper, Cu	S7, S10, S6, S11, S9, S12, S8, S19
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8, S19
Fluoride, F	D5007
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8, S19
Iron, Fe	S7, S10, S11, S9, S12, S8, S19
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8, S19
Sodium, Na	S7, S10, S6, S11, S9, S12, S8, S19

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

Protein	S19
Zinc, Zn	S19
Manganese, Mn	S19
Proline	S19
10:0	S19
18:0	S19
17:0	S19
Choline, total	S19
Threonine	S19
Cystine	S19
Arginine	S19
20:2 n-6 c,c	S19
Fluoride, F	D5007
Vitamin B-6	S19
Histidine	S19
20:1	S19
20:3 undifferentiated	S19
Water	S19
Phosphorus, P	S19
Potassium, K	S19
Vitamin K (phylloquinone)	S19
Leucine	S19
Aspartic acid	S19
16:0	S19
18:2 undifferentiated	S19

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

Sodium, Na	S19
Copper, Cu	S19
Tryptophan	S19
Isoleucine	S19
Lysine	S19
Glycine	S19
20:0	S19
16:1 undifferentiated	S19
Lactose	S606, S19
Iron, Fe	S19
Thiamin	S19
Niacin	S19
Pantothenic acid	S19
Methionine	S19
Phenylalanine	S19
Tyrosine	S19
Serine	S19
17:1	S19
Total lipid (fat)	S19
Glucose (dextrose)	S19
Riboflavin	S19
Vitamin B-12	S19
Betaine	S19
Alanine	S19
Glutamic acid	S19
12:0	S19
14:0	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
13:0	S19
Ash	S19
Fructose	S606
Calcium, Ca	S19
Magnesium, Mg	S19
Valine	S19
Cholesterol	S19
18:1 undifferentiated	S19

Reference Report

JUL-17-2008 02:00 PM

Page 21 of 3136

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

14:1	S19
15:0	S19

NDB No. 01048 Cheese spread, pasteurized process, american, without di sodium phosphate

Fluoride, F	D5007
-------------	-------

NDB No. 01049 Cream, fluid, half and half

Choline, total	S3461
Fluoride, F	D5007
Betaine	S3461
Vitamin K (phylloquinone)	D4002

NDB No. 01050 Cream, fluid, light (coffee cream or table cream)

Fluoride, F	D5007
-------------	-------

NDB No. 01052 Cream, fluid, light whipping

Fluoride, F	D5007
-------------	-------

NDB No. 01053 Cream, fluid, heavy whipping

Fluoride, F	D5007
-------------	-------

NDB No. 01054 Cream, whipped, cream topping, pressurized

Fluoride, F	D5007
-------------	-------

NDB No. 01056 Cream, sour, cultured

Protein	S2105
Ash	S2105
Maltose	S2105
Vitamin B-6	S2105
Methionine	S2105
Aspartic acid	S2105
Glycine	S2105

NDB No. 01056 Cream, sour, cultured

20:0	S2105
20:4 undifferentiated	S2105
16:1 undifferentiated	S2105
17:0	S2105
Total lipid (fat)	S2105
Water	S2105
Iron, Fe	S2105
Carotene, beta	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, delta	S2105
Choline, total	S2105, S3461
Tryptophan	S2105
Histidine	S2105
Glutamic acid	S2105
14:0	S2105
14:1	S2105
20:1	S2105
20:2 n-6 c,c	S2105
17:1	S2105
Potassium, K	S2105
Sodium, Na	S2105
Copper, Cu	S2105
Niacin	S2105
Phenylalanine	S2105
Cholesterol	S2105
16:0	S2105
Retinol	S2105
Lycopene	S2105
Riboflavin	S2105
Vitamin B-12	S2105
Lysine	S2105
Cystine	S2105
Proline	S2105
8:0	S2105
12:0	S2105
18:2 undifferentiated	S2105

NDB No. 01056 Cream, sour, cultured

Starch	S2105
Calcium, Ca	S2105
Selenium, Se	S2105
Folate, total	S2105
Threonine	S2105
Leucine	S2105
15:0	S2105
18:3 n-6 c,c,c	S2105
Galactose	S2105
Phosphorus, P	S2105
Zinc, Zn	S2105
Tocopherol, gamma	S2105
Vitamin K (phylloquinone)	S2105
Alanine	S2105
15:1	S2105
Sucrose	S2105
Magnesium, Mg	S2105
Manganese, Mn	S2105
Carotene, alpha	S2105
Thiamin	S2105
Tyrosine	S2105
Arginine	S2105
10:0	S2105
18:3 undifferentiated	S2105
22:0	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Sugars, total	S2105
Fiber, total dietary	S2105
Cryptoxanthin, beta	S2105
Pantothenic acid	S2105
Betaine	S2105, S3461
Isoleucine	S2105
Valine	S2105
Serine	S2105
18:0	S2105

NDB No. 01056 Cream, sour, cultured

18:1 undifferentiated	S2105
20:3 undifferentiated	S2105
18:3 n-3 c,c,c	S2105

NDB No. 01069 Cream substitute, powdered

Vitamin E (alpha-tocopherol)	S84
Tocopherol, delta	S84
Choline, total	S3461
Tocopherol, beta	S84
Tocopherol, gamma	S84
Betaine	S3461
Fluoride, F	D5007

NDB No. 01077 Milk, whole, 3.25% milkfat

Fructose	S27
Galactose	S27
Lycopene	S27, S1203
Lutein + zeaxanthin	S27, S1203
Pantothenic acid	S27
Choline, total	S3461
Tryptophan	S27
Aspartic acid	S27
16:0	S27
18:2 undifferentiated	S27
18:4	S27
22:1 undifferentiated	S27
Lactose	S27
Zinc, Zn	S7, S10, S27, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S27, S6, S11, S9, S12, S8
Vitamin D	S27
Tocopherol, beta	S27
Niacin	S27
6:0	S27
18:3 undifferentiated	S27
22:6 n-3	S27
20:5 n-3	S27

Reference Report

JUL-17-2008 02:00 PM

Page 25 of 3136

NDB No. 01077 Milk, whole, 3.25% milkfat

17:0	S27
Ash	S27
Phosphorus, P	S7, S10, S27, S6, S11, S9, S12, S8
Vitamin B-6	S27
Cystine	S27
8:0	S27
20:1	S27
Glucose (dextrose)	S27
Manganese, Mn	S7, S10, S27, S11, S9, S12, S8
Tocopherol, gamma	S27
Threonine	S27
Leucine	S27
Valine	S27
12:0	S27
22:5 n-3	S27
Sugars, total	S27
Magnesium, Mg	S7, S10, S27, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S27, S6, S11, S9, S12, S8
Carotene, beta	S27, S1203
Vitamin C, total ascorbic acid	S27
Methionine	S27
Arginine	S27
Alanine	S27
Serine	S27
14:1	S27
16:1 undifferentiated	S27
15:0	S27
Protein	S27
Maltose	S27
Sodium, Na	S7, S10, S27, S6, S11, S9, S12, S8
Carotene, alpha	S27, S1203
Vitamin E (alpha-tocopherol)	S27
Tocopherol, delta	S27
Vitamin K (phylloquinone)	S27
Isoleucine	S27
Phenylalanine	S27
Histidine	S27

NDB No. 01077 Milk, whole, 3.25% milkfat

Glycine	S27
Proline	S27
Cholesterol	S27
4:0	S27
18:0	S27
20:4 undifferentiated	S27
24:0	S27
Copper, Cu	S7, S10, S27, S6, S11, S9, S12, S8
Vitamin B-12	S27
Glutamic acid	S27
10:0	S27
14:0	S27
22:0	S27
Sucrose	S27
Water	S27
Calcium, Ca	S7, S10, S27, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S27, S6, S11, S9, S12, S8
Cryptoxanthin, beta	S27, S1203
Thiamin	S27
Riboflavin	S27
Betaine	S3461
Lysine	S27
Tyrosine	S27
20:0	S27
18:1 undifferentiated	S27
13:0	S27

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

Total lipid (fat)	S1063, S20
Sugars, total	S1063, S20
Copper, Cu	S1063
Tocopherol, delta	S1063
Methionine	S1063, S20
Glycine	S1063, S20
18:0	S1063, S20
20:4 undifferentiated	S1063

Reference Report

JUL-17-2008 02:00 PM

Page 27 of 3136

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

14:1	S1063, S20
Water	S1063, S20
Calcium, Ca	S7, S1063, S10, S11, S9, S12, S8
Fluoride, F	S1063
Aspartic acid	S1063, S20
Glutamic acid	S1063, S20
Cholesterol	S1063, S20
6:0	S1063
20:0	S1063
18:3 n-3 c,c,c	S1063
Ash	S1063, S20
Sucrose	S1063, S20
Potassium, K	S7, S1063, S10, S11, S9, S12, S8
Vitamin E (alpha-tocopherol)	S1063
Riboflavin	S1063, S20
Cystine	S1063, S20
Phenylalanine	S1063, S20
22:6 n-3	S1063
22:0	S20
22:5 n-3	S1063
15:1	S1063, S20
Fructose	S1063, S20
Maltose	S1063, S20
Manganese, Mn	S1063
Tryptophan	S1063, S20
Isoleucine	S1063, S20
Tyrosine	S1063, S20
Arginine	S1063, S20
12:0	S1063, S20
Beta-sitosterol	S1063
15:0	S1063, S20
18:1 t	S1063
20:3 undifferentiated	S20
Glucose (dextrose)	S1063, S20
Magnesium, Mg	S7, S1063, S10, S11, S9, S12, S8
Vitamin D	S1063, S20
Tocopherol, beta	S1063

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 28 of 3136

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

Proline	S1063, S20
Hydroxyproline	S1063
10:0	S1063, S20
Campesterol	S1063
13:0	S20
Galactose	S1063, S20
Iron, Fe	S1063
Sodium, Na	S7, S1063, S10, S11, S9, S12, S8
Tocopherol, gamma	S1063
Thiamin	S1063, S20
Vitamin B-12	S1063, S20
22:1 undifferentiated	S1063, S20
17:1	S1063, S20
Protein	S1063, S20
Phosphorus, P	S7, S1063, S10, S11, S9, S12, S8
Selenium, Se	S7, S1063, S10, S6, S11, S9, S12, S8, S20
Vitamin C, total ascorbic acid	S1063, S20
Niacin	S1063, S20
Folate, total	S1063
Vitamin K (phylloquinone)	S1063
Lysine	S1063, S20
Valine	S1063, S20
Histidine	S1063, S20
4:0	S1063, S20
14:0	S1063, S20
18:4	S1063
Stigmasterol	S1063
18:2 i	S1063
Lactose	S1063, S20
Zinc, Zn	S7, S1063, S10, S11, S9, S12, S8
Pantothenic acid	S1063, S20
Vitamin B-6	S1063, S20
Choline, total	S1063, S20
Betaine	S1063, S20
Threonine	S1063, S20
Leucine	S1063, S20
Alanine	S1063, S20

Reference Report

JUL-17-2008 02:00 PM

Page 29 of 3136

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

8:0	S1063, S20
16:0	S1063, S20
20:1	S1063, S20
20:5 n-3	S1063
17:0	S1063, S20
16:1 c	S1063
18:1 c	S1063
18:2 n-6 c,c	S1063

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

Magnesium, Mg	S1063
Zinc, Zn	S1063
Leucine	S1063
Methionine	S1063
Tyrosine	S1063
Glutamic acid	S1063
12:0	S1063
20:4 undifferentiated	S1063
22:6 n-3	S1063
Stigmasterol	S1063
Beta-sitosterol	S1063
15:0	S1063
Copper, Cu	S1063
Tocopherol, beta	S1063
Tocopherol, delta	S1063
Betaine	S1063
Threonine	S1063
10:0	S1063
18:4	S1063
22:5 n-3	S1063
18:1 c	S1063
Maltose	S1063
Calcium, Ca	S1063
Sodium, Na	S1063
Tryptophan	S1063
4:0	S1063

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

14:1	S1063
18:2 i	S1063
17:1	S1063
18:3 n-3 c,c,c	S1063
Protein	S1063
Water	S1063
Fluoride, F	S1063
Selenium, Se	S1063
Vitamin D	S1063
Pantothenic acid	S1063
Lysine	S1063
Histidine	S1063
20:1	S1063
17:0	S1063
18:1 t	S1063
18:2 n-6 c,c	S1063
Glucose (dextrose)	S1063
Lactose	S1063
Sugars, total	S1063
Iron, Fe	S1063
Phosphorus, P	S1063
Potassium, K	S1063
Vitamin E (alpha-tocopherol)	S1063
Vitamin C, total ascorbic acid	S1063
Riboflavin	S1063
Isoleucine	S1063
Cystine	S1063
Arginine	S1063
Cholesterol	S1063
8:0	S1063
16:0	S1063
18:0	S1063
22:1 undifferentiated	S1063
Manganese, Mn	S1063
Tocopherol, gamma	S1063
Serine	S1063
6:0	S1063

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

15:1	S1063
Ash	S1063
Fructose	S1063
Galactose	S1063
Niacin	S1063
Vitamin B-6	S1063
Folate, total	S1063
Vitamin B-12	S1063
Choline, total	S1063
Vitamin K (phylloquinone)	S1063
Phenylalanine	S1063
Valine	S1063
Glycine	S1063
Total lipid (fat)	S1063
Sucrose	S1063
Thiamin	S1063
Alanine	S1063
Aspartic acid	S1063
Proline	S1063
14:0	S1063
20:0	S1063
20:5 n-3	S1063
Campesterol	S1063
16:1 c	S1063

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

Sucrose	S1063
Glucose (dextrose)	S1063
Pantothenic acid	S1063
Choline, total	S1063
Calcium, Ca	S7, S1063, S10, S11, S9, S12, S8
Manganese, Mn	S1063
Niacin	S1063
Vitamin B-12	S1063
Betaine	S1063
Tryptophan	S1063

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

Phenylalanine	S1063
Aspartic acid	S1063
Glycine	S1063
Proline	S1063
Serine	S1063
Ash	S1063
Water	S1063
Sugars, total	S1063
Tocopherol, gamma	S1063
Tyrosine	S1063
Valine	S1063
Arginine	S1063
Alanine	S1063
Fructose	S1063
Maltose	S1063
Magnesium, Mg	S7, S1063, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S1063, S10, S6, S11, S9, S12, S8
Fluoride, F	S1063
Thiamin	S1063
Folate, total	S1063
Isoleucine	S1063
Methionine	S1063
Total lipid (fat)	S1063
Lactose	S1063
Sodium, Na	S7, S1063, S10, S6, S11, S9, S12, S8
Selenium, Se	S1063
Tocopherol, beta	S1063
Tocopherol, delta	S1063
Threonine	S1063
Cystine	S1063
Hydroxyproline	S1063
Protein	S1063
Copper, Cu	S1063
Vitamin D	S1063
Vitamin K (phylloquinone)	S1063
Leucine	S1063
Histidine	S1063

Reference Report

JUL-17-2008 02:00 PM

Page 33 of 3136

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

Phosphorus, P	S7, S1063, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S1063, S10, S6, S11, S9, S12, S8
Vitamin C, total ascorbic acid	S1063
Riboflavin	S1063
Vitamin B-6	S1063
Galactose	S1063
Iron, Fe	S1063
Vitamin E (alpha-tocopherol)	S1063
Lysine	S1063
Glutamic acid	S1063

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

Fluoride, F	D5007
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, delta	S82
Tocopherol, beta	S82
Tocopherol, gamma	S82

NDB No. 01096 Milk, canned, evaporated, without added vitamin A

Fluoride, F	D5002, D5007
-------------	--------------

NDB No. 01097 Milk, canned, evaporated, nonfat

Fluoride, F	D5002, D5007
-------------	--------------

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

Fluoride, F	D5007, D5021
-------------	--------------

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

Protein	S1163
Caffeine	S1163
Calcium, Ca	S1163
Tocopherol, beta	S1163
Pantothenic acid	S1163
Methionine	S1163
Cystine	S1163
8:0	S1163
18:2 undifferentiated	S1163
20:4 undifferentiated	S1163
24:0	S1163
Lactose	S1163
Maltose	S1163
Manganese, Mn	S1163
Niacin	S1163
Leucine	S1163
18:0	S1163
18:3 n-3 c,c,c	S1163
Sucrose	S1163
Water	S1163
Fiber, total dietary	S1163
Magnesium, Mg	S1163
Copper, Cu	S1163
Fluoride, F	D5007, D5021
Selenium, Se	S1163
Tocopherol, delta	S1163
Vitamin B-6	S1163
Vitamin K (phylloquinone)	S1163
Betaine	S1163
Valine	S1163
14:0	S1163
16:0	S1163
18:1 undifferentiated	S1163
Fatty acids, total polyunsaturated	S1163
17:1	S1163
15:1	S1163
Vitamin B-12	S1163

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

Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Phenylalanine	S1163
Histidine	S1163
Aspartic acid	S1163
Beta-sitosterol	S1163
Sodium, Na	S1163
Carotene, beta	S1163
Carotene, alpha	S1163
Vitamin E (alpha-tocopherol)	S1163
Lycopene	S1163
Tocopherol, gamma	S1163
Choline, total	S1163
Glycine	S1163
10:0	S1163
20:0	S1163
22:1 undifferentiated	S1163
17:0	S1163
20:3 undifferentiated	S1163
Total lipid (fat)	S1163
Theobromine	S1163
Zinc, Zn	S1163
Thiamin	S1163
Tyrosine	S1163
Proline	S1163
12:0	S1163
18:3 undifferentiated	S1163
14:1	S1163
16:1 undifferentiated	S1163
20:1	S1163
Stigmasterol	S1163
Fatty acids, total monounsaturated	S1163
20:2 n-6 c,c	S1163
Fructose	S1163
Vitamin C, total ascorbic acid	S1163
Folate, total	S1163

Reference_Report

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

Alanine	S1163
Cholesterol	S1163
22:6 n-3	S1163
20:5 n-3	S1163
22:5 n-3	S1163
15:0	S1163
Ash	S1163
Starch	S1163
Glucose (dextrose)	S1163
Retinol	S1163
Cryptoxanthin, beta	S1163
Lysine	S1163
Arginine	S1163
Glutamic acid	S1163
Serine	S1163
22:0	S1163
18:4	S1163
Campesterol	S1163

NDB No. 01104 Milk, chocolate, fluid, commercial, lowfat

Fluoride, F	D5007, D5021
-------------	--------------

NDB No. 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Fluoride, F	D5007
-------------	-------

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

Fluoride, F	D5007
Choline, total	S3461
Betaine	S3461
Vitamin K (phylloquinone)	D4043, D4002

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

Fluoride, F	D5007
Vitamin K (phylloquinone)	D4043, D4002

Reference Report

JUL-17-2008 02:00 PM

Page 37 of 3136

NDB No. 01119 Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Fluoride, F D5007

NDB No. 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Fluoride, F D5007

NDB No. 01121 Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Fluoride, F D5007

Choline, total S3461

Betaine S3461

NDB No. 01122 Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Fluoride, F D5007

NDB No. 01123 Egg, whole, raw, fresh

Protein S1063, S561

Ash S1063, S561

Sucrose S1063, S561

Sugars, total S1063, S561

Calcium, Ca S1063, S561

Magnesium, Mg S1063, S561

Fluoride, F D5021

Carotene, alpha S1063, S1203

Thiamin S1063, S561

Pantothenic acid S1063, S561

Betaine S1063, S561

Cystine S1063, S561

Aspartic acid S1063, S561

Glycine S1063, S561

Sodium, Na S1063, S561

Threonine S1063, S561

Arginine S1063, S561

Alanine S1063, S561

Serine S1063, S561

Fructose S1063, S561

NDB No. 01123 Egg, whole, raw, fresh

Lactose	S1063, S561
Fiber, total dietary	S1063
Copper, Cu	S1063, S561
Selenium, Se	S1063
Lycopene	S1063, S1203
Methionine	S1063, S561
Tyrosine	S1063, S561
Glutamic acid	S1063, S561
Maltose	S1063, S561
Galactose	S1063, S561
Manganese, Mn	S1063, S561
Retinol	S1063, S561
Carotene, beta	S1063, S1203
Isoleucine	S1063, S561
Valine	S1063, S561
Proline	S1063, S561
Glucose (dextrose)	S1063, S561
Niacin	S1063
Phenylalanine	S1063, S561
Cholesterol	S1063, S561
Iron, Fe	S1063, S561
Phosphorus, P	S1063, S561
Zinc, Zn	S1063, S561
Vitamin E (alpha-tocopherol)	S1063, S561
Vitamin D	S1063, S561
Tocopherol, gamma	S1063, S561
Vitamin B-6	S1063
Folate, total	S1063, S561
Vitamin B-12	S1063, S561
Tryptophan	S1063, S561
Lysine	S1063, S561
Histidine	S1063, S561
Total lipid (fat)	S1063, S561
Potassium, K	S1063, S561
Cryptoxanthin, beta	S1063, S1203
Tocopherol, beta	S1063, S561
Tocopherol, delta	S1063, S561

NDB No. 01123 Egg, whole, raw, fresh

Vitamin K (phylloquinone)	S1063, S561
Leucine	S1063, S561
Water	S1063, S561
Vitamin C, total ascorbic acid	S1063, S561
Riboflavin	S1063, S561
Choline, total	S1063, S561

NDB No. 01124 Egg, white, raw, fresh

Protein	S1065
Maltose	S1065
Galactose	S1065
Magnesium, Mg	S1065
Thiamin	S1065
Pantothenic acid	S1065
Vitamin B-12	S1065
Leucine	S1065
Valine	S1065
Total lipid (fat)	S1065
Fructose	S1065
Phosphorus, P	S1065
Tyrosine	S1065
Water	S1065
Zinc, Zn	S1065
Vitamin C, total ascorbic acid	S1065
Tryptophan	S1065
Cystine	S1065
Selenium, Se	S1065
Riboflavin	S1065
Vitamin B-6	S1065
Isoleucine	S1065
Methionine	S1065
Arginine	S1065
Sugars, total	S1065
Sodium, Na	S1065
Niacin	S1065
Threonine	S1065

NDB No. 01124 Egg, white, raw, fresh

Phenylalanine	S1065
Histidine	S1065
Aspartic acid	S1065
Glycine	S1065
Glucose (dextrose)	S1065
Calcium, Ca	S1065
Choline, total	S1065
Vitamin K (phylloquinone)	S1065
Lysine	S1065
Ash	S1065
Sucrose	S1065
Lactose	S1065
Iron, Fe	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Serine	S1065
Potassium, K	S1065
Folate, total	S1065
Betaine	S1065
Alanine	S1065
Glutamic acid	S1065
Proline	S1065

NDB No. 01125 Egg, yolk, raw, fresh

Protein	S1065
Ash	S1065
Sodium, Na	S1065
Threonine	S1065
Tyrosine	S1065
Glycine	S1065
Glucose (dextrose)	S1065
Sugars, total	S1065
Potassium, K	S1065
Manganese, Mn	S1065
Carotene, beta	S1065
Riboflavin	S1065

NDB No. 01125 Egg, yolk, raw, fresh

Lysine	S1065
Lactose	S1065
Copper, Cu	S1065
Selenium, Se	S1065
Lycopene	S1065
Niacin	S1065
Betaine	S1065
Isoleucine	S1065
Leucine	S1065
Cystine	S1065
Phenylalanine	S1065
Valine	S1065
Aspartic acid	S1065
Proline	S1065
Cholesterol	S1065
Total lipid (fat)	S1065
Magnesium, Mg	S1065
Cryptoxanthin, beta	S1065
Tryptophan	S1065
Histidine	S1065
Serine	S1065
Thiamin	S1065
Vitamin B-6	S1065
Vitamin B-12	S1065
Methionine	S1065
Arginine	S1065
Alanine	S1065
Glutamic acid	S1065
Water	S1065
Carotene, alpha	S1065
Choline, total	S1065
Sucrose	S1065
Fructose	S1065
Maltose	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065

NDB No. 01125 Egg, yolk, raw, fresh

Phosphorus, P	S1065
Zinc, Zn	S1065
Vitamin D	S1065
Pantothenic acid	S1065
Vitamin K (phylloquinone)	S1065

NDB No. 01128 Egg, whole, cooked, fried

Fluoride, F	D5001, D5301, D5002, D5007
Betaine	S1063, S1065
Lysine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Tryptophan	S1063, S561
Aspartic acid	S1063, S561
Proline	S1063, S561
Serine	S1063, S561
Isoleucine	S1063, S561
Phenylalanine	S1063, S561
Cystine	S1063, S561
Tyrosine	S1063, S561
Choline, total	S1063, S1065
Leucine	S1063, S561
Methionine	S1063, S561
Threonine	S1063, S561
Valine	S1063, S561
Alanine	S1063, S561

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

Choline, total	S1063
Betaine	S1063
Fluoride, F	D5001, D5301, D5002, D5007

NDB No. 01130 Egg, whole, cooked, omelet

NDB No. 01130 Egg, whole, cooked, omelet

Threonine	S1063, S561
Aspartic acid	S1063, S561
Histidine	S1063, S561
Fluoride, F	D5001, D5301, D5002, D5007
Isoleucine	S1063, S561
Lysine	S1063, S561
Tyrosine	S1063, S561
Arginine	S1063, S561
Serine	S1063, S561
Valine	S1063, S561
Alanine	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Leucine	S1063, S561
Methionine	S1063, S561
Cystine	S1063, S561
Phenylalanine	S1063, S561
Tryptophan	S1063, S561
Proline	S1063, S561

NDB No. 01131 Egg, whole, cooked, poached

Glutamic acid	S1063, S561
Glycine	S1063, S561
Tyrosine	S1063, S561
Arginine	S1063, S561
Proline	S1063, S561
Leucine	S1063, S561
Cystine	S1063, S561
Alanine	S1063, S561
Serine	S1063, S561
Phenylalanine	S1063, S561
Isoleucine	S1063, S561
Tryptophan	S1063, S561
Methionine	S1063, S561
Fluoride, F	D5001, D5301, D5002, D5007
Threonine	S1063, S561

NDB No. 01131 Egg, whole, cooked, poached

Lysine	S1063, S561
Valine	S1063, S561
Histidine	S1063, S561
Aspartic acid	S1063, S561

NDB No. 01132 Egg, whole, cooked, scrambled

Fluoride, F	D5001, D5301, D5002, D5007
-------------	----------------------------

NDB No. 01145 Butter, without salt

Lutein + zeaxanthin	S1203
Vitamin B-12	S405
6:0	S27
20:4 undifferentiated	S27
22:6 n-3	S27
20:1	S27
20:5 n-3	S27
18:1 c	S27
18:2 n-6 c,c	S27
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Fluoride, F	D5001, D5007, D5021
Vitamin E (alpha-tocopherol)	S84
20:0	S27
Stigmasterol	S27
Campesterol	S27
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Carotene, alpha	S1203
4:0	S27
16:0	S27
22:1 undifferentiated	S27
18:2 i	S27
16:1 c	S27
8:0	S27
12:0	S27
Beta-sitosterol	S27
18:1 t	S27
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8

NDB No. 01145 Butter, without salt

Lycopene	S1203
22:5 n-3	S27
Tocopherol, beta	S84
14:0	S27
18:4	S27
18:2 CLAs	S27
18:3 n-3 c,c,c	S27
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Carotene, beta	S1203
Tocopherol, gamma	S84
17:0	S27
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Cryptoxanthin, beta	S1203
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002
Cholesterol	S27
10:0	S27
18:0	S27

NDB No. 01147 Cheese, pasteurized process, american, without di sodium phosphate

Fluoride, F D5007

NDB No. 01149 Cheese food, pasteurized process, american, with di sodium phosphate

Fluoride, F D5007

NDB No. 01150 Cheese spread, pasteurized process, american, with di sodium phosphate

Fluoride, F D5007

NDB No. 01153 Milk, canned, evaporated, with added vitamin A

Fluoride, F D5002, D5007

NDB No. 01168 Cheese, low fat, cheddar or colby

Fluoride, F S26

Reference Report

JUL-17-2008 02:00 PM

Page 46 of 3136

NDB No. 01169 Cheese, low-sodium, cheddar or colby

Fluoride, F S26

NDB No. 01184 Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Fluoride, F D5007

NDB No. 01186 Cheese, cream, fat free

Total lipid (fat) S2702
Calcium, Ca S2702
Phosphorus, P S2702
Folate, total S2702
Tryptophan S2702
Glutamic acid S2702
22:0 S2702
20:3 undifferentiated S2702
Ash S2702
Glucose (dextrose) S2702
Galactose S2702
Iron, Fe S2702
Potassium, K S2702
Vitamin E (alpha-tocopherol) S2702
Thiamin S2702
Arginine S2702
Hydroxyproline S2702
10:0 S2702
18:3 undifferentiated S2702
15:0 S2702
17:1 S2702
Lactose S2702
Magnesium, Mg S2702
Carotene, beta S2702
Tocopherol, beta S2702
Tocopherol, gamma S2702
Vitamin B-12 S2702
Alanine S2702
Aspartic acid S2702
8:0 S2702

Reference_Report

NDB No. 01186 Cheese, cream, fat free

12:0	S2702
16:0	S2702
16:1 undifferentiated	S2702
18:3 n-6 c,c,c	S2702
Starch	S2702
Sucrose	S2702
Copper, Cu	S2702
Carotene, alpha	S2702
Lycopene	S2702
Tocopherol, delta	S2702
Vitamin K (phylloquinone)	S2702
Isoleucine	S2702
Tyrosine	S2702
Proline	S2702
Cholesterol	S2702
14:0	S2702
18:2 undifferentiated	S2702
20:2 n-6 c,c	S2702
Sodium, Na	S2702
Vitamin B-6	S2702
Leucine	S2702
Methionine	S2702
Zinc, Zn	S2702
Manganese, Mn	S2702
Riboflavin	S2702
Niacin	S2702
Threonine	S2702
Lysine	S2702
Glycine	S2702
20:4 undifferentiated	S2702
Fructose	S2702
Sugars, total	S2702
Cryptoxanthin, beta	S2702
Pantothenic acid	S2702
Cystine	S2702
Valine	S2702
18:0	S2702

NDB No. 01186 Cheese, cream, fat free

18:1 undifferentiated	S2702
20:1	S2702
17:0	S2702
Protein	S2702
Maltose	S2702
Water	S2702
Vitamin C, total ascorbic acid	S2702
Phenylalanine	S2702
Histidine	S2702
Serine	S2702
20:0	S2702
14:1	S2702
15:1	S2702
18:3 n-3 c,c,c	S2702

NDB No. 01187 Yogurt, chocolate, nonfat milk

Fluoride, F	D5007
-------------	-------

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

Fluoride, F	D5007
Betaine	S3461
Choline, total	S3461

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

Sucrose	S1163
Lactose	S1163
Water	S1163
Carotene, alpha	S1163
Isoleucine	S1163
Tyrosine	S1163
Glycine	S1163
Proline	S1163
10:0	S1163
18:0	S1163
20:5 n-3	S1163

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

Fatty acids, total polyunsaturated	S1163
18:3 n-3 c,c,c	S1163
Threonine	S1163
Leucine	S1163
Methionine	S1163
Arginine	S1163
Aspartic acid	S1163
12:0	S1163
16:0	S1163
17:0	S1163
24:0	S1163
Caffeine	S1163
Retinol	S1163
Lycopene	S1163
Tocopherol, gamma	S1163
Cystine	S1163
Alanine	S1163
14:0	S1163
20:0	S1163
18:4	S1163
20:1	S1163
Ash	S1163
Theobromine	S1163
Potassium, K	S1163
Cryptoxanthin, beta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Folate, total	S1163
Valine	S1163
Fatty acids, total saturated	S1163
22:1 undifferentiated	S1163
Stigmasterol	S1163
Fatty acids, total monounsaturated	S1163
20:2 n-6 c,c	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Maltose	S1163

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

Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Sodium, Na	S1163
Selenium, Se	S1163
Tryptophan	S1163
Lysine	S1163
Histidine	S1163
Cholesterol	S1163
22:6 n-3	S1163
22:0	S1163
Campesterol	S1163
20:3 undifferentiated	S1163
Tocopherol, beta	S1163
Vitamin B-12	S1163
18:1 undifferentiated	S1163
20:4 undifferentiated	S1163
Beta-sitosterol	S1163
Protein	S1163
Starch	S1163
Calcium, Ca	S1163
Carotene, beta	S1163
Tocopherol, delta	S1163
Vitamin K (phylloquinone)	S1163
Phenylalanine	S1163
Glutamic acid	S1163
Serine	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
14:1	S1163
17:1	S1163
Total lipid (fat)	S1163
Fiber, total dietary	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Vitamin E (alpha-tocopherol)	S1163

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

Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
8:0	S1163
16:1 undifferentiated	S1163
22:5 n-3	S1163
15:0	S1163
15:1	S1163

NDB No. 01204 Cheese, parmesan, dry grated, reduced fat

Ash	S19
Niacin	S19
Iron, Fe	S19
Cholesterol	S19
Calcium, Ca	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin B-6	S19
Potassium, K	S19
Copper, Cu	S19
Magnesium, Mg	S19
Zinc, Zn	S19
Riboflavin	S19
Folate, total	S19
Pantothenic acid	S19
Vitamin B-12	S19
Phosphorus, P	S19
Sodium, Na	S19
Thiamin	S19

NDB No. 01206 Cream substitute, flavored, powdered

Protein	S4181
---------	-------

NDB No. 01210 Egg Mix, USDA Commodity

NDB No. 01210 Egg Mix, USDA Commodity

Total lipid (fat)	S3542
Lactose	S3542
Sugars, total	S3542
Tocopherol, beta	S3542
Tocopherol, delta	S3542
Pantothenic acid	S3542
Proline	S3542
Serine	S3542
20:0	S3542
Fatty acids, total polyunsaturated	S3542
Water	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Folate, total	S3542
Alanine	S3542
14:0	S3542
18:3 undifferentiated	S3542
Fructose	S3542
Phosphorus, P	S3542
Vitamin B-6	S3542
Vitamin K (phylloquinone)	S3542
Tyrosine	S3542
18:2 undifferentiated	S3542
17:0	S3542
20:2 n-6 c,c	S3542
Sucrose	S3542
Potassium, K	S3542
Carotene, alpha	S3542
Thiamin	S3542
Isoleucine	S3542
Glycine	S3542
10:0	S3542
22:0	S3542
14:1	S3542
Fatty acids, total monounsaturated	S3542
17:1	S3542
20:3 undifferentiated	S3542

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 53 of 3136

NDB No. 01210 Egg Mix, USDA Commodity

Glucose (dextrose)	S3542
Galactose	S3542
Zinc, Zn	S3542
Copper, Cu	S3542
Retinol	S3542
Cryptoxanthin, beta	S3542
Vitamin B-12	S3542
Folate, food	S3542
Tryptophan	S3542
Threonine	S3542
Valine	S3542
Cholesterol	S3542
12:0	S3542
Sodium, Na	S3542
Tocopherol, gamma	S3542
Choline, total	S3542
Lysine	S3542
Cystine	S3542
Histidine	S3542
Glutamic acid	S3542
Hydroxyproline	S3542
8:0	S3542
18:0	S3542
Protein	S3542
Maltose	S3542
Carotene, beta	S3542
Vitamin E (alpha-tocopherol)	S3542
Niacin	S3542
Folic acid	S3542
Leucine	S3542
Arginine	S3542
16:0	S3542
20:4 undifferentiated	S3542
18:3 n-6 c,c,c	S3542
Ash	S3542
Calcium, Ca	S3542
Manganese, Mn	S3542

Reference_Report

NDB No. 01210 Egg Mix, USDA Commodity

Selenium, Se	S3542
Lycopene	S3542
Riboflavin	S3542
Betaine	S3542
Methionine	S3542
Phenylalanine	S3542
Aspartic acid	S3542
Fatty acids, total saturated	S3542
18:1 undifferentiated	S3542
16:1 undifferentiated	S3542
20:1	S3542
15:0	S3542
15:1	S3542
18:3 n-3 c,c,c	S3542

NDB No. 02001 Spices, allspice, ground

Vitamin B-6	D4381
-------------	-------

NDB No. 02002 Spices, anise seed

Vitamin B-6	D4381
-------------	-------

NDB No. 02003 Spices, basil, dried

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

NDB No. 02003 Spices, basil, dried

Sucrose	S1069
Vitamin K (phylloquinone)	S1069
Tocopherol, gamma	S1069
Betaine	S1069

NDB No. 02004 Spices, bay leaf

Vitamin B-6	D4381
-------------	-------

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
Vitamin B-6	D4381
Tocopherol, gamma	D4561
Tocopherol, beta	D4561
Tocopherol, delta	D4561

NDB No. 02008 Spices, chervil, dried

Vitamin B-6	D4381
-------------	-------

NDB No. 02009 Spices, chili powder

Maltose	S1069
Galactose	S1069
Lutein + zeaxanthin	S1069
Vitamin E (alpha-tocopherol)	S1069
Carotene, alpha	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

NDB No. 02009 Spices, chili powder

Sucrose	S1069
Glucose (dextrose)	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Cryptoxanthin, beta	S1069
Tocopherol, beta	S1069
Vitamin B-6	D4381
Lactose	S1069
Sugars, total	S1069
Selenium, Se	S1069
Fructose	S1069
Carotene, beta	S1069
Lycopene	S1069

NDB No. 02010 Spices, cinnamon, ground

Total lipid (fat)	S743, S3553, S4281, S1069
Potassium, K	S3281, S3553, S4281, S1069
Betaine	S1069
Isoleucine	S1069
Valine	S1069
Glycine	S1069
Fatty acids, total trans	S1069
10:0	S1069
18:1 undifferentiated	S1069
Fatty acids, total monounsaturated	S1069
Calcium, Ca	S3281, S3553, S4281, S1069
Phosphorus, P	S3281, S3553, S4281, S1069
Carotene, beta	S3281, S3553, S1069
Methionine	S1069
Hydroxyproline	S1069
14:0	S1069
16:0	S1069
18:0	S1069
22:0	S1069
16:1 undifferentiated	S1069
22:1 undifferentiated	S1069

NDB No. 02010 Spices, cinnamon, ground

18:1 t	S1069
20:2 n-6 c,c	S1069
13:0	S1069
Sucrose	S1069
Lactose	S1069
Maltose	S1069
Copper, Cu	S3281, S3553, S1069
Selenium, Se	D3358, S1069
Lycopene	S3553, S1069
Tocopherol, gamma	S1069
Vitamin C, total ascorbic acid	S3281, S4281, S1069
Lysine	S1069
Tyrosine	S1069
Alanine	S1069
22:6 n-3	S1069
20:5 n-3	S1069
15:0	S1069
17:0	S1069
Ash	S3281, S3553, S1069
Fiber, total dietary	S837, S3242, S3281, S743, S3553, S1069
Iron, Fe	S3281, S3553, S1069
Vitamin E (alpha-tocopherol)	S1069
6:0	S1069
14:1	S1069
24:0	S1069
18:3 n-6 c,c,c	S1069
18:3 n-3 c,c,c	S1069
Glucose (dextrose)	S1069
Water	S837, S3242, S3281, S743, S3553, S1069
Sugars, total	S1069
Riboflavin	S3281, S3553, S1069
Vitamin B-6	S3281, D4381, S3553, S1069
Choline, total	S1069
Cystine	S1069
Arginine	S1069
Fatty acids, total saturated	S1069
4:0	S1069

NDB No. 02010 Spices, cinnamon, ground

18:3 undifferentiated	S1069
Protein	S3281, S3553, S1069
Fructose	S1069
Zinc, Zn	S3281, S3553, S4281, S1069
Thiamin	S3281, S3553, S1069
Niacin	S3281, S3553, S1069
Folate, total	S3281, S1069
Tryptophan	S1069
Aspartic acid	S1069
Serine	S1069
12:0	S1069
Fatty acids, total polyunsaturated	S1069
20:3 undifferentiated	S1069
Fatty acids, total trans-monoenoic	S1069
15:1	S1069
Carotene, alpha	S3553, S1069
Lutein + zeaxanthin	S3553, S1069
Tocopherol, beta	S1069
Phenylalanine	S1069
Glutamic acid	S1069
Proline	S1069
8:0	S1069
20:4 undifferentiated	S1069
20:1	S1069
Galactose	S1069
Magnesium, Mg	S3281, S3553, S1069
Sodium, Na	S3281, S3553, S4281, S1069
Manganese, Mn	S3281, S3553, S1069
Cryptoxanthin, beta	S3553, S1069
Tocopherol, delta	S1069
Pantothenic acid	S3281, S3553, S1069
Vitamin K (phylloquinone)	S1069
Threonine	S1069
Leucine	S1069
Histidine	S1069
20:0	S1069
18:2 undifferentiated	S1069

Reference_Report

NDB No. 02010 Spices, cinnamon, ground

24:1 c	S1069
18:1 c	S1069
17:1	S1069

NDB No. 02011 Spices, cloves, ground

Sugars, total	S1069
Galactose	S1069
Vitamin E (alpha-tocopherol)	D4561
Lutein + zeaxanthin	S1069
Glucose (dextrose)	S1069
Choline, total	S1069
Betaine	S1069
Sucrose	S1069
Fructose	S1069
Maltose	S1069
Vitamin K (phylloquinone)	S1069
Carotene, alpha	S1069
Lactose	S1069
Vitamin B-6	D4381
Lycopene	S1069

NDB No. 02012 Spices, coriander leaf, dried

Vitamin B-6	D4381
-------------	-------

NDB No. 02014 Spices, cumin seed

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

NDB No. 02015 Spices, curry powder

Maltose	S1069
Tocopherol, gamma	S1069
Sugars, total	S1069
Cryptoxanthin, beta	S1069

NDB No. 02015 Spices, curry powder

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

NDB No. 02016 Spices, dill seed

Vitamin B-6	D4381
-------------	-------

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 E (alpha-tocopherol)	S1069
Tocopherol, beta	S1069
Vitamin K (phylloquinone)	S1069
Cryptoxanthin, beta	S1069
Lutein + zeaxanthin	S1069

NDB No. 02020 Spices, garlic powder

Tocopherol, gamma	S1069
Carotene, beta	S1069
Tocopherol, delta	S1069
Choline, total	S1069
Carotene, alpha	S1069
Lycopene	S1069
Vitamin B-6	D4381
Betaine	S1069

NDB No. 02021 Spices, ginger, ground

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

NDB No. 02022 Spices, mace, ground

Vitamin B-6	D4381
-------------	-------

NDB No. 02023 Spices, marjoram, dried

Vitamin B-6	D4381
-------------	-------

NDB No. 02024 Spices, mustard seed, yellow

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

NDB No. 02025 Spices, nutmeg, ground

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

NDB No. 02026 Spices, onion powder

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

NDB No. 02026 Spices, onion powder

Vitamin B-6	D4381
Betaine	S1069
Carotene, alpha	S1069
Tocopherol, beta	S1069
Choline, total	S1069

NDB No. 02027 Spices, oregano, dried

Fructose	S1069
Tocopherol, beta	S1069
Sucrose	S1069
Lutein + zeaxanthin	S1069
Vitamin E (alpha-tocopherol)	S1069
Tocopherol, delta	S1069
Maltose	S1069
Sugars, total	S1069
Tocopherol, gamma	S1069
Betaine	S1069
Glucose (dextrose)	S1069
Lactose	S1069
Galactose	S1069
Vitamin K (phyloquinone)	S1069
Lycopene	S1069
Choline, total	S1069

NDB No. 02028 Spices, paprika

Maltose	S1069
Galactose	S1069
Carotene, alpha	S3553, S1069
Lycopene	S3553, S1069
Vitamin B-6	D4381
Tocopherol, gamma	S1069
Sugars, total	S1069
Fiber, total dietary	S3553, S1069
Vitamin E (alpha-tocopherol)	S1069
Choline, total	S1069
Lactose	S1069

NDB No. 02028 Spices, paprika

Lutein + zeaxanthin	D4721, S3553, S1069
Carotene, beta	D4721, D4722, S3553, S1069
Betaine	S1069
Fructose	S1069
Tocopherol, delta	S1069
Glucose (dextrose)	S1069
Tocopherol, beta	S1069
Sucrose	S1069
Cryptoxanthin, beta	D4721, S3553, S1069
Vitamin K (phylloquinone)	S1069

NDB No. 02029 Spices, parsley, dried

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

NDB No. 02030 Spices, pepper, black

Tocopherol, delta	S1069
Cryptoxanthin, beta	S1069
Carotene, beta	S1069

NDB No. 02030 Spices, pepper, black

Carotene, alpha	S1069
Lycopene	S1069
Tocopherol, beta	S1069
Lutein + zeaxanthin	S1069
Choline, total	S1069
Sugars, total	S1069
Vitamin E (alpha-tocopherol)	S1069
Fluoride, F	D5001
Vitamin K (phylloquinone)	S1069
Tocopherol, gamma	S1069
Betaine	S1069

NDB No. 02031 Spices, pepper, red or cayenne

Vitamin B-6	D4381
-------------	-------

NDB No. 02032 Spices, pepper, white

Vitamin B-6	D4381
-------------	-------

NDB No. 02033 Spices, poppy seed

Water	S3242, S1069, D6421
Galactose	S1069
Copper, Cu	D5901, D6401, S1069, D6421
Selenium, Se	S1069
Vitamin C, total ascorbic acid	S4281, S1069
Proline	S1069
22:0	S1069
17:0	S1069
18:1 c	S1069
Magnesium, Mg	S1069, D6421
Vitamin A, IU	S1069
Vitamin A, RAE	S1069
Tocopherol, gamma	S1069
Threonine	S1069
Aspartic acid	S1069
Glutamic acid	S1069

NDB No. 02033 Spices, poppy seed

Hydroxyproline	S1069
Fatty acids, total trans-monoenoic	S1069
15:1	S1069
Fiber, total dietary	S4281
Lycopene	S1069
Tocopherol, beta	S1069, D6421
Thiamin	S1069
Pantothenic acid	S1069
Leucine	S1069
Histidine	S1069
Glycine	S1069
6:0	S1069
14:0	S1069
16:0	S1069
20:4 undifferentiated	S1069
15:0	S1069
17:1	S1069
Total lipid (fat)	S4281, S1069, D6421
Ash	S1069, D6421
Sucrose	S1069
Tyrosine	S1069
Fatty acids, total trans	S1069
Fatty acids, total saturated	S1069
4:0	S1069
20:2 n-6 c,c	S1069
Sugars, total	S1069
Calcium, Ca	S4281, D6401, S1069
Zinc, Zn	S1069
Vitamin E (alpha-tocopherol)	S1069, D6421
Tocopherol, delta	S1069, D6421
Betaine	S1069
Isoleucine	S1069
Phenylalanine	S1069
Alanine	S1069
18:1 undifferentiated	S1069
Fatty acids, total polyunsaturated	S1069
13:0	S1069

Reference_Report

NDB No. 02033 Spices, poppy seed

Protein	S4281, S1069
Glucose (dextrose)	S1069
Potassium, K	D6401, S1069, D6421
Manganese, Mn	D5901, D6401, S1069, D6421
Vitamin B-6	D4381, S1069
Choline, total	S1069
Arginine	S1069
12:0	S1069
16:1 undifferentiated	S1069
22:1 undifferentiated	S1069
24:0	S1069
20:3 undifferentiated	S1069
18:3 n-3 c,c,c	S1069
Lactose	S1069
Sodium, Na	S4281, S1069, D6421
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lutein + zeaxanthin	S1069
Riboflavin	S1069
Folate, total	S1069
Tryptophan	S1069
Cystine	S1069
Valine	S1069
Serine	S1069
18:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
22:6 n-3	S1069
14:1	S1069
Fatty acids, total monounsaturated	S1069
18:3 n-6 c,c,c	S1069
Fructose	S1069
Maltose	S1069
Iron, Fe	D5901, S4281, D6401, S1069, D6421
Phosphorus, P	D6401, S1069, D6421
Carotene, beta	S1069

NDB No. 02033 Spices, poppy seed

Niacin	S1069
Vitamin K (phylloquinone)	S1069
Lysine	S1069
Methionine	S1069
8:0	S1069
10:0	S1069
20:1	S1069
20:5 n-3	S1069
18:1 t	S1069
24:1 c	S1069

NDB No. 02034 Spices, poultry seasoning

Vitamin B-6	D4381
-------------	-------

NDB No. 02035 Spices, pumpkin pie spice

Vitamin B-6	D4381
-------------	-------

NDB No. 02036 Spices, rosemary, dried

Vitamin B-6	D4381
-------------	-------

NDB No. 02037 Spices, saffron

Vitamin B-6	D4381
-------------	-------

NDB No. 02038 Spices, sage, ground

Vitamin B-6	D4381
-------------	-------

NDB No. 02039 Spices, savory, ground

Vitamin B-6	D4381
-------------	-------

NDB No. 02041 Spices, tarragon, dried

Vitamin B-6	D4381
-------------	-------

NDB No. 02042 Spices, thyme, dried

Vitamin B-6 D4381

NDB No. 02043 Spices, turmeric, ground

Tocopherol, delta S1069

Lycopene S1069

Betaine S1069

Galactose S1069

Carotene, beta S1069

Vitamin K (phylloquinone) S1069

Sucrose S1069

Vitamin E (alpha-tocopherol) S1069

Lactose S1069

Glucose (dextrose) S1069

Fructose S1069

Sugars, total S1069

Lutein + zeaxanthin S1069

Tocopherol, gamma S1069

Choline, total S1069

Maltose S1069

Carotene, alpha S1069

Cryptoxanthin, beta S1069

Tocopherol, beta S1069

NDB No. 02044 Basil, fresh

Total lipid (fat) S743, S1069

Galactose S1069

Magnesium, Mg S743, S1069

Riboflavin S743, S1069

Betaine S1069

Potassium, K S743, S1069

Copper, Cu S743, S1069

Selenium, Se S1069

Protein S743, S1069

Calcium, Ca S743, S1069

Carotene, beta D4701, D3964, S1069

Lycopene D4701

NDB No. 02044 Basil, fresh

Maltose	S1069
Sodium, Na	S743
Sucrose	S1069
Sugars, total	S1069
Phosphorus, P	S743, S1069
Zinc, Zn	S743, S1069
Manganese, Mn	S743, S1069
Pantothenic acid	S743, S1069
Vitamin B-6	S743, S1069
Lactose	S1069
Lutein + zeaxanthin	D4701, S1069
Tocopherol, beta	S1069
Thiamin	S743, S1069
Niacin	S743, S1069
Folate, total	S743, S1069
Choline, total	S1069
Ash	S743, S1069
Glucose (dextrose)	S1069
Carotene, alpha	D4701
Vitamin E (alpha-tocopherol)	S1069
Fructose	S1069
Water	S743, S1069
Fiber, total dietary	S743, S1069
Cryptoxanthin, beta	D4701, S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin K (phylloquinone)	S1069

NDB No. 02046 Mustard, prepared, yellow

Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Carotene, alpha	S2109
Tocopherol, beta	S84, S2109
Pantothenic acid	S2109
Arginine	S2109
Glycine	S2109

NDB No. 02046 Mustard, prepared, yellow

Proline	S2109
Fatty acids, total saturated	S2109
10:0	S2109
20:0	S2109
15:0	S2109
18:2 t not further defined	S2109
Fatty acids, total trans-monoenoic	S2109
Sucrose	S3621, S2109
Fructose	S3621, S2109
Lactose	S3621, S2109
Fiber, total dietary	S1401, S2109
Vitamin E (alpha-tocopherol)	S84, S2109
Cryptoxanthin, beta	S2109
Folate, total	S2109
Isoleucine	S2109
Methionine	S2109
Serine	S2109
20:1	S2109
20:5 n-3	S2109
22:1 c	S2109
Fatty acids, total trans-polyenoic	S2109
18:3 n-3 c,c,c	S2109
Starch	S2109
Glucose (dextrose)	S3621, S2109
Maltose	S3621, S2109
Water	S5, S2821, S84, S1401, S2109
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Lycopene	S2109
Tocopherol, gamma	S84, S2109
Vitamin C, total ascorbic acid	S3621, S3622, S2109, S3001
Thiamin	S2109
Leucine	S2109
Cystine	S2109
Alanine	S2109
Glutamic acid	S2109
18:1 undifferentiated	S2109
22:0	S2109

Reference_Report

NDB No. 02046 Mustard, prepared, yellow

22:1 t	S2109
24:1 c	S2109
20:3 n-3	S2109
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S2821, S6, S2683, S11, S9, S12, S8, S2109
Tryptophan	S2109
4:0	S2109
14:0	S2109
18:2 undifferentiated	S2109
20:4 undifferentiated	S2109
Fatty acids, total monounsaturated	S2109
16:1 t	S2109
20:3 undifferentiated	S2109
Protein	S5, S2109
Total lipid (fat)	S2109
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Tocopherol, delta	S84, S2109
Threonine	S2109
Fatty acids, total trans	S2109
22:6 n-3	S2109
22:1 undifferentiated	S2109
22:5 n-3	S2109
18:1 t	S2109
18:2 CLAs	S2109
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S2109
Riboflavin	S2109
Choline, total	S2109
6:0	S2109
16:1 undifferentiated	S2109
18:4	S2109
Fatty acids, total polyunsaturated	S2109
24:0	S2109
20:2 n-6 c,c	S2109
18:2 n-6 c,c	S2109
15:1	S2109

NDB No. 02046 Mustard, prepared, yellow

20:3 n-6	S2109
Fluoride, F	D5021
Niacin	S2109
Vitamin K (phylloquinone)	D4002, S2109
Aspartic acid	S2109
8:0	S2109
12:0	S2109
16:0	S2109
18:3 undifferentiated	S2109
14:1	S2109
16:1 c	S2109
Ash	S5, S2109
Sodium, Na	S7, S206, S208, S10, S2682, S2684, S5, S6, S2683, S11, S9, S12, S8, S2109
Carotene, beta	S3621, S2109
Vitamin B-6	S2109
Betaine	S2109
Lysine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Histidine	S2109
Hydroxyproline	S2109
18:0	S2109
17:0	S2109
18:1 c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109

NDB No. 02047 Salt, table

Fluoride, F	S2104
-------------	-------

NDB No. 02048 Vinegar, cider

Ash	S2109
Glucose (dextrose)	S2922
Iron, Fe	S2922, S2109
Copper, Cu	S2109

NDB No. 02048 Vinegar, cider

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

NDB No. 02049 Thyme, fresh

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

NDB No. 02050 Vanilla extract

Vitamin K (phylloquinone)	D4048
---------------------------	-------

NDB No. 02053 Vinegar, distilled

Potassium, K	S2922, S2109
Vitamin K (phylloquinone)	D4048
Magnesium, Mg	S2109
Protein	S2109
Ash	S2109
Iron, Fe	S2109
Zinc, Zn	S2109
Total lipid (fat)	S2109
Water	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

NDB No. 02053 Vinegar, distilled

Calcium, Ca	S2922, S2109
Sodium, Na	S2922, S2109
Phosphorus, P	S2109

NDB No. 02054 Capers, canned

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

NDB No. 02055 Horseradish, prepared

Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 02068 Vinegar, red wine

Total lipid (fat)	S2781, S2109
Ash	S3021, S2781, S2109
Vitamin A, IU	S3021
Sugars, total	S3021
Fatty acids, total trans	S3021
Fatty acids, total saturated	S3021
Sodium, Na	S3021, S2781, S2109
Vitamin C, total ascorbic acid	S3021
Fiber, total dietary	S3021
Calcium, Ca	S3021, S2781, S2109
Magnesium, Mg	S2781, S2109
Potassium, K	S3021, S2781, S2109
Phosphorus, P	S2781, S2109
Protein	S3021, S2781, S2109
Water	S2109
Iron, Fe	S3021, S2781, S2109
Zinc, Zn	S2109
Manganese, Mn	S2781, S2109
Copper, Cu	S2109

NDB No. 02069 Vinegar, balsamic

Sugars, total	S3021, S2109
Maltose	S2109
Galactose	S2109
Calcium, Ca	S3021, S2109
Iron, Fe	S3021, S2109
Phosphorus, P	S2109
Potassium, K	S3021, S3501, S2109
Zinc, Zn	S2109
Vitamin C, total ascorbic acid	S3021
Lactose	S2109
Water	S3021, S2109
Vitamin A, IU	S3021
Fatty acids, total trans	S3021
Ash	S3021, S2109
Sucrose	S2109
Glucose (dextrose)	S2109
Total lipid (fat)	S2109
Manganese, Mn	S2109
Sodium, Na	S3021, S2109
Copper, Cu	S2109
Fatty acids, total saturated	S3021
Protein	S3021, S2109
Fructose	S2109
Magnesium, Mg	S2109

NDB No. 02073 CAMPBELL Soup Company, PACE, Dry Taco Seasoning Mix

Water	S3921
-------	-------

NDB No. 03002 Babyfood, meat, beef, strained

Manganese, Mn	S2113
18:1 undifferentiated	S2113
16:1 undifferentiated	S2113
15:0	S2113
17:0	S2113
Zinc, Zn	S2113
Pantothenic acid	S2113

NDB No. 03002 Babyfood, meat, beef, strained

Vitamin B-12	S2113
8:0	S2113
20:5 n-3	S2113
Iron, Fe	S2113
Sodium, Na	S2113
Tocopherol, delta	S2113
Riboflavin	S2113
Folate, food	S2113
18:3 undifferentiated	S2113
21:5	S2113
Ash	S2113
Water	S2113
Potassium, K	S2113
Tocopherol, gamma	S2113
Niacin	S2113
20:4 undifferentiated	S2113
22:1 undifferentiated	S2113
24:1 c	S2113
17:1	S2113
Protein	S2113
Calcium, Ca	S2113
Phosphorus, P	S2113
Tocopherol, beta	S2113
Vitamin B-6	S2113
Folate, total	S2113
Cholesterol	S2113
14:1	S2113
20:1	S2113
22:5 n-3	S2113
Copper, Cu	S2113
Vitamin E (alpha-tocopherol)	S2113
Choline, total	S2113
Folic acid	S2113
Fatty acids, total saturated	S2113
12:0	S2113
14:0	S2113
16:0	S2113

NDB No. 03002 Babyfood, meat, beef, strained

20:0	S2113
24:0	S2113
Total lipid (fat)	S2113
Magnesium, Mg	S2113
Thiamin	S2113
Betaine	S2113
18:0	S2113
22:0	S2113
Fatty acids, total polyunsaturated	S2113
15:1	S2113
Selenium, Se	S2113
Vitamin D	S2113
Vitamin K (phylloquinone)	S2113
10:0	S2113
18:2 undifferentiated	S2113
18:4	S2113
Fatty acids, total monounsaturated	S2113
20:2 n-6 c,c	S2113
20:3 undifferentiated	S2113
22:4	S2113

NDB No. 03003 Babyfood, meat, beef, junior

Calcium, Ca	S2113
Selenium, Se	S2113
Tocopherol, delta	S2113
Vitamin K (phylloquinone)	S2113
12:0	S2113
15:0	S2113
Water	S2113
Folate, total	S2113
Choline, total	S2113
Cholesterol	S2113
22:1 undifferentiated	S2113
22:5 n-3	S2113
Fatty acids, total monounsaturated	S2113

NDB No. 03003 Babyfood, meat, beef, junior

Total lipid (fat)	S2113
Ash	S2113
Zinc, Zn	S2113
Tocopherol, beta	S2113
Riboflavin	S2113
Vitamin B-6	S2113
Vitamin B-12	S2113
8:0	S2113
14:0	S2113
20:0	S2113
18:3 undifferentiated	S2113
24:0	S2113
17:1	S2113
22:4	S2113
Phosphorus, P	S2113
Copper, Cu	S2113
Folic acid	S2113
Betaine	S2113
20:4 undifferentiated	S2113
Protein	S2113
Magnesium, Mg	S2113
Potassium, K	S2113
Thiamin	S2113
Folate, food	S2113
14:1	S2113
16:1 undifferentiated	S2113
Fatty acids, total polyunsaturated	S2113
Sodium, Na	S2113
Fluoride, F	D5201
Vitamin D	S2113
16:0	S2113
22:0	S2113
20:5 n-3	S2113
20:2 n-6 c,c	S2113
20:3 undifferentiated	S2113
21:5	S2113
Iron, Fe	S2113

NDB No. 03003 Babyfood, meat, beef, junior

Manganese, Mn	S2113
Vitamin E (alpha-tocopherol)	S2113
Tocopherol, gamma	S2113
Pantothenic acid	S2113
Fatty acids, total saturated	S2113
18:1 undifferentiated	S2113
18:4	S2113
20:1	S2113
15:1	S2113
Niacin	S2113
10:0	S2113
18:0	S2113
18:2 undifferentiated	S2113
17:0	S2113
24:1 c	S2113

NDB No. 03005 Babyfood, meat, veal, strained

Total lipid (fat)	S2113
Tocopherol, beta	S2113
Folate, food	S2113
10:0	S2113
20:5 n-3	S2113
Magnesium, Mg	S2113
Choline, total	S2113
Folic acid	S2113
Fatty acids, total saturated	S2113
22:5 n-3	S2113
15:1	S2113
Potassium, K	S2113
Folate, total	S2113
Vitamin K (phylloquinone)	S2113
22:0	S2113
17:0	S2113
21:5	S2113
Calcium, Ca	S2113
Riboflavin	S2113

NDB No. 03005 Babyfood, meat, veal, strained

Niacin	S2113
Pantothenic acid	S2113
Cholesterol	S2113
14:0	S2113
18:3 undifferentiated	S2113
22:1 undifferentiated	S2113
Fatty acids, total monounsaturated	S2113
Vitamin D	S2113
12:0	S2113
20:0	S2113
18:2 undifferentiated	S2113
16:1 undifferentiated	S2113
20:1	S2113
17:1	S2113
Water	S2113
Iron, Fe	S2113
Zinc, Zn	S2113
Manganese, Mn	S2113
Selenium, Se	S2113
Tocopherol, delta	S2113
Vitamin B-12	S2113
18:0	S2113
18:1 undifferentiated	S2113
20:4 undifferentiated	S2113
14:1	S2113
24:0	S2113
Sodium, Na	S2113
Copper, Cu	S2113
8:0	S2113
16:0	S2113
15:0	S2113
24:1 c	S2113
20:3 undifferentiated	S2113
Protein	S2113
Ash	S2113
Phosphorus, P	S2113
Fluoride, F	D5201

Reference_Report

NDB No. 03005 Babyfood, meat, veal, strained

Vitamin E (alpha-tocopherol)	S2113
Tocopherol, gamma	S2113
Thiamin	S2113
Vitamin B-6	S2113
Betaine	S2113
22:6 n-3	S2113
18:4	S2113
Fatty acids, total polyunsaturated	S2113
20:2 n-6 c,c	S2113
22:4	S2113

NDB No. 03009 Babyfood, meat, ham, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03010 Babyfood, meat, lamb, strained

Protein	S2113
Sodium, Na	S2113
Selenium, Se	S2113
Vitamin B-6	S2113
10:0	S2113
20:4 undifferentiated	S2113
16:1 undifferentiated	S2113
24:1 c	S2113
Ash	S2113
Riboflavin	S2113
16:0	S2113
18:3 undifferentiated	S2113
18:4	S2113
15:0	S2113
Potassium, K	S2113
Copper, Cu	S2113
Tocopherol, delta	S2113
Thiamin	S2113
Cholesterol	S2113
12:0	S2113
22:0	S2113

NDB No. 03010 Babyfood, meat, lamb, strained

20:5 n-3	S2113
20:3 undifferentiated	S2113
22:4	S2113
Water	S2113
Magnesium, Mg	S2113
Manganese, Mn	S2113
Vitamin E (alpha-tocopherol)	S2113
Tocopherol, beta	S2113
Pantothenic acid	S2113
18:1 undifferentiated	S2113
14:1	S2113
17:0	S2113
20:2 n-6 c,c	S2113
21:5	S2113
Total lipid (fat)	S2113
Phosphorus, P	S2113
Zinc, Zn	S2113
Choline, total	S2113
Folic acid	S2113
Folate, food	S2113
22:1 undifferentiated	S2113
22:5 n-3	S2113
Fatty acids, total polyunsaturated	S2113
Calcium, Ca	S2113
Iron, Fe	S2113
Tocopherol, gamma	S2113
Vitamin B-12	S2113
Vitamin K (phylloquinone)	S2113
Betaine	S2113
22:6 n-3	S2113
Fatty acids, total monounsaturated	S2113
24:0	S2113
15:1	S2113
Niacin	S2113
Folate, total	S2113
Fatty acids, total saturated	S2113
14:0	S2113

Reference_Report

NDB No. 03010 Babyfood, meat, lamb, strained

18:0	S2113
20:0	S2113
18:2 undifferentiated	S2113
17:1	S2113

NDB No. 03011 Babyfood, meat, lamb, junior

Choline, total	S2113
Fluoride, F	D5201
Betaine	S2113

NDB No. 03012 Babyfood, meat, chicken, strained

Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Choline, total	S2113
Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Betaine	S2113

NDB No. 03013 Babyfood, meat, chicken, junior

Choline, total	S2113
Betaine	S2113

NDB No. 03015 Babyfood, meat, turkey, strained

Zinc, Zn	S2113
Vitamin D	S2113
Vitamin K (phylloquinone)	S2113
Folate, food	S2113
18:0	S2113
20:0	S2113

NDB No. 03015 Babyfood, meat, turkey, strained

20:4 undifferentiated	S2113
18:4	S2113
15:0	S2113
20:2 n-6 c,c	S2113
Total lipid (fat)	S2113
Tocopherol, delta	S2113
Folate, total	S2113
Cholesterol	S2113
10:0	S2113
22:0	S2113
24:0	S2113
Copper, Cu	S2113
Vitamin B-12	S2113
Choline, total	S2113
Betaine	S2113
14:0	S2113
18:1 undifferentiated	S2113
18:2 undifferentiated	S2113
22:6 n-3	S2113
21:5	S2113
22:4	S2113
Iron, Fe	S2113
Magnesium, Mg	S2113
Niacin	S2113
12:0	S2113
17:1	S2113
Protein	S2113
Ash	S2113
Phosphorus, P	S2113
Manganese, Mn	S2113
Vitamin E (alpha-tocopherol)	S2113
Tocopherol, beta	S2113
Thiamin	S2113
Fatty acids, total saturated	S2113
14:1	S2113
20:5 n-3	S2113
22:1 undifferentiated	S2113

NDB No. 03015 Babyfood, meat, turkey, strained

Water	S2113
Sodium, Na	S2113
Selenium, Se	S2113
Tocopherol, gamma	S2113
Riboflavin	S2113
Pantothenic acid	S2113
Folic acid	S2113
20:1	S2113
22:5 n-3	S2113
20:3 undifferentiated	S2113
Calcium, Ca	S2113
Vitamin B-6	S2113
16:1 undifferentiated	S2113
24:1 c	S2113
Potassium, K	S2113
8:0	S2113
16:0	S2113
18:3 undifferentiated	S2113
Fatty acids, total monounsaturated	S2113
Fatty acids, total polyunsaturated	S2113
17:0	S2113

NDB No. 03016 Babyfood, meat, turkey, junior

Sodium, Na	S2113
Thiamin	S2113
Pantothenic acid	S2113
14:0	S2113
18:3 undifferentiated	S2113
22:0	S2113
22:1 undifferentiated	S2113
17:1	S2113
Calcium, Ca	S2113
Vitamin D	S2113
Niacin	S2113
Betaine	S2113
Fatty acids, total	S2113

NDB No. 03016 Babyfood, meat, turkey, junior

monounsaturated

22:4	S2113
Total lipid (fat)	S2113
Zinc, Zn	S2113
Folate, total	S2113
Choline, total	S2113
Folate, food	S2113
10:0	S2113
14:1	S2113
20:5 n-3	S2113
21:5	S2113
Manganese, Mn	S2113
Tocopherol, beta	S2113
Tocopherol, delta	S2113
Vitamin B-6	S2113
Vitamin B-12	S2113
Fatty acids, total saturated	S2113
12:0	S2113
18:0	S2113
18:1 undifferentiated	S2113
18:2 undifferentiated	S2113
20:4 undifferentiated	S2113
16:1 undifferentiated	S2113
17:0	S2113
24:1 c	S2113
20:2 n-6 c,c	S2113
15:1	S2113
Protein	S2113
Iron, Fe	S2113
Vitamin E (alpha-tocopherol)	S2113
Folic acid	S2113
24:0	S2113
20:3 undifferentiated	S2113
Fluoride, F	D5201
Tocopherol, gamma	S2113
16:0	S2113
20:0	S2113

Reference_Report

NDB No. 03016 Babyfood, meat, turkey, junior

22:6 n-3	S2113
22:5 n-3	S2113
15:0	S2113
Magnesium, Mg	S2113
Phosphorus, P	S2113
Potassium, K	S2113
Selenium, Se	S2113
Cholesterol	S2113
18:4	S2113
20:1	S2113
Fatty acids, total polyunsaturated	S2113
Ash	S2113
Water	S2113
Copper, Cu	S2113
Riboflavin	S2113
Vitamin K (phylloquinone)	S2113
8:0	S2113

NDB No. 03017 Babyfood, meat, turkey sticks, junior

Ash	S2113
Cholesterol	S2113
12:0	S2113
20:1	S2113
Fatty acids, total polyunsaturated	S2113
18:0	S2113
22:6 n-3	S2113
Total lipid (fat)	S2113
Iron, Fe	S2113
Magnesium, Mg	S2113
Selenium, Se	S2113
Thiamin	S2113
Riboflavin	S2113
20:5 n-3	S2113
22:1 undifferentiated	S2113
Sodium, Na	S2113
Copper, Cu	S2113

NDB No. 03017 Babyfood, meat, turkey sticks, junior

Vitamin B-12	S2113
Fatty acids, total saturated	S2113
8:0	S2113
10:0	S2113
14:0	S2113
16:1 undifferentiated	S2113
Phosphorus, P	S2113
Potassium, K	S2113
Pantothenic acid	S2113
Folate, total	S2113
20:4 undifferentiated	S2113
Fatty acids, total monounsaturated	S2113
Niacin	S2113
22:5 n-3	S2113
16:0	S2113
18:1 undifferentiated	S2113
18:2 undifferentiated	S2113
18:3 undifferentiated	S2113
18:4	S2113
Protein	S2113
Water	S2113
Calcium, Ca	S2113
Zinc, Zn	S2113
Vitamin B-6	S2113

NDB No. 03050 Babyfood, dinner, spaghetti and tomato and meat, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03053 Babyfood, dinner, vegetables and beef, strained

Glucose (dextrose)	S2113
Sugars, total	S2113
Phosphorus, P	S2113
Carotene, beta	S2113
Tocopherol, gamma	S2113
Folic acid	S2113

NDB No. 03053 Babyfood, dinner, vegetables and beef, strained

18:2 undifferentiated	S2113
18:4	S2113
22:5 n-3	S2113
20:3 undifferentiated	S2113
Ash	S2113
Fructose	S2113
Potassium, K	S2113
Sodium, Na	S2113
Cryptoxanthin, beta	S2113
Tocopherol, beta	S2113
Vitamin K (phylloquinone)	S2113
8:0	S2113
16:1 undifferentiated	S2113
20:1	S2113
Fatty acids, total polyunsaturated	S2113
Lactose	S2113
Carotene, alpha	S2113
Lycopene	S2113
Riboflavin	S2113
Folate, total	S2113
Choline, total	S2113
Folate, food	S2113
14:0	S2113
24:1 c	S2113
Galactose	S2113
Fiber, total dietary	S2113
Vitamin E (alpha-tocopherol)	S2113
12:0	S2113
16:0	S2113
18:0	S2113
20:0	S2113
20:4 undifferentiated	S2113
22:1 undifferentiated	S2113
15:0	S2113
15:1	S2113
Calcium, Ca	S2113
Tocopherol, delta	S2113

NDB No. 03053 Babyfood, dinner, vegetables and beef, strained

Thiamin	S2113
Pantothenic acid	S2113
Fatty acids, total monounsaturated	S2113
Total lipid (fat)	S2113
Sucrose	S2113
Zinc, Zn	S2113
Betaine	S2113
Cholesterol	S2113
10:0	S2113
22:6 n-3	S2113
17:0	S2113
24:0	S2113
Protein	S2113
Maltose	S2113
Iron, Fe	S2113
Copper, Cu	S2113
Niacin	S2113
Vitamin B-6	S2113
Fatty acids, total saturated	S2113
18:1 undifferentiated	S2113
20:5 n-3	S2113
21:5	S2113
22:4	S2113
Water	S2113
Magnesium, Mg	S2113
Selenium, Se	S2113
Vitamin D	S2113
18:3 undifferentiated	S2113
22:0	S2113
14:1	S2113
20:2 n-6 c,c	S2113
17:1	S2113

NDB No. 03054 Babyfood, dinner, vegetables and beef, junior

Ash	S2113
Maltose	S2113

NDB No. 03054 Babyfood, dinner, vegetables and beef, junior

Copper, Cu	S2113
Fluoride, F	D5201
Selenium, Se	S2113
Tocopherol, delta	S2113
Thiamin	S2113
Riboflavin	S2113
14:0	S2113
18:0	S2113
16:1 undifferentiated	S2113
24:1 c	S2113
Total lipid (fat)	S2113
Glucose (dextrose)	S2113
Magnesium, Mg	S2113
Sodium, Na	S2113
Tocopherol, gamma	S2113
8:0	S2113
10:0	S2113
18:3 undifferentiated	S2113
18:4	S2113
15:1	S2113
22:4	S2113
Sugars, total	S2113
Iron, Fe	S2113
16:0	S2113
18:1 undifferentiated	S2113
18:2 undifferentiated	S2113
Fatty acids, total monounsaturated	S2113
20:3 undifferentiated	S2113
Fiber, total dietary	S2113
Zinc, Zn	S2113
Tocopherol, beta	S2113
Vitamin B-12	S2113
Betaine	S2113
Fatty acids, total saturated	S2113
20:0	S2113
20:4 undifferentiated	S2113
22:0	S2113

Reference_Report

NDB No. 03054 Babyfood, dinner, vegetables and beef, junior

22:1 undifferentiated	S2113
17:0	S2113
21:5	S2113
Phosphorus, P	S2113
Vitamin B-6	S2113
Folic acid	S2113
14:1	S2113
17:1	S2113
Fructose	S2113
Galactose	S2113
Calcium, Ca	S2113
Carotene, alpha	S2113
Vitamin E (alpha-tocopherol)	S2113
Folate, total	S2113
Vitamin K (phylloquinone)	S2113
Cholesterol	S2113
22:6 n-3	S2113
20:1	S2113
20:5 n-3	S2113
15:0	S2113
24:0	S2113
Water	S2113
Manganese, Mn	S2113
Carotene, beta	S2113
Vitamin D	S2113
Cryptoxanthin, beta	S2113
Folate, food	S2113
22:5 n-3	S2113
20:2 n-6 c,c	S2113
Protein	S2113
Sucrose	S2113
Lactose	S2113
Potassium, K	S2113
Lycopene	S2113
Niacin	S2113
Pantothenic acid	S2113
Choline, total	S2113

Reference Report

JUL-17-2008 02:00 PM

Page 94 of 3136

NDB No. 03054 Babyfood, dinner, vegetables and beef, junior

12:0 S2113

Fatty acids, total polyunsaturated S2113

NDB No. 03062 Babyfood, dinner, vegetables and ham, junior

Fluoride, F D5201

NDB No. 03069 Babyfood, dinner, chicken noodle, junior

Fluoride, F D5201

NDB No. 03083 Babyfood, dinner, turkey and rice, junior

Fluoride, F D5201

NDB No. 03085 Babyfood, dinner, vegetables and turkey, junior

Fluoride, F D5201

NDB No. 03090 Babyfood, dinner, macaroni and cheese, junior

Fluoride, F D5201

NDB No. 03091 Babyfood, vegetables, green beans, strained

Potassium, K S2113

Selenium, Se S2113

Carotene, alpha S2113

Thiamin S2113

Pantothenic acid S2113

Folate, total S2113

14:0 S2113

18:1 undifferentiated S2113

18:3 undifferentiated S2113

20:5 n-3 S2113

17:1 S2113

Maltose S2113

Sugars, total S2113

Fiber, total dietary S2113

Reference_Report

NDB No. 03091 Babyfood, vegetables, green beans, strained

Sodium, Na	S2113
Choline, total	S2113
12:0	S2113
16:1 undifferentiated	S2113
Fatty acids, total polyunsaturated	S2113
22:4	S2113
Protein	S2113
Lactose	S2113
Galactose	S2113
Tocopherol, beta	S2113
8:0	S2113
10:0	S2113
16:0	S2113
14:1	S2113
Fructose	S2113
Niacin	S2113
Vitamin K (phylloquinone)	S2113
20:0	S2113
Fatty acids, total monounsaturated	S2113
17:0	S2113
24:0	S2113
Phosphorus, P	S2113
Zinc, Zn	S2113
Manganese, Mn	S2113
Vitamin C, total ascorbic acid	S2113
18:2 undifferentiated	S2113
18:4	S2113
20:1	S2113
20:2 n-6 c,c	S2113
Total lipid (fat)	S2113
Ash	S2113
Starch	S2113
Sucrose	S2113
Water	S2113
Iron, Fe	S2113
Cryptoxanthin, beta	S2113
Tocopherol, gamma	S2113

Reference_Report

NDB No. 03091 Babyfood, vegetables, green beans, strained

Vitamin B-6	S2113
18:0	S2113
22:0	S2113
22:5 n-3	S2113
15:0	S2113
24:1 c	S2113
Glucose (dextrose)	S2113
Calcium, Ca	S2113
Magnesium, Mg	S2113
Carotene, beta	S2113
Vitamin E (alpha-tocopherol)	S2113
Lycopene	S2113
Tocopherol, delta	S2113
Folate, food	S2113
20:4 undifferentiated	S2113
22:6 n-3	S2113
21:5	S2113
Copper, Cu	S2113
Riboflavin	S2113
Betaine	S2113
Fatty acids, total saturated	S2113
22:1 undifferentiated	S2113
20:3 undifferentiated	S2113

NDB No. 03092 Babyfood, vegetables, green beans, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03099 Babyfood, vegetables, carrots, strained

Fluoride, F	D5201
-------------	-------

NDB No. 03100 Babyfood, vegetables, carrots, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03104 Babyfood, vegetables, squash, strained

NDB No. 03104 Babyfood, vegetables, squash, strained

Total lipid (fat)	S2113
Fiber, total dietary	S2113
Calcium, Ca	S2113
Iron, Fe	S2113
Choline, total	S2113
Betaine	S2113
16:0	S2113
20:0	S2113
18:2 undifferentiated	S2113
22:0	S2113
22:5 n-3	S2113
Fatty acids, total monounsaturated	S2113
20:2 n-6 c,c	S2113
Glucose (dextrose)	D3313, D3337, S2113
Sugars, total	D3313, D3337, S2113
Magnesium, Mg	S2113
Potassium, K	S2113
Niacin	S2113
Folic acid	S2113
12:0	S2113
14:0	S2113
20:5 n-3	S2113
17:0	S2113
Manganese, Mn	S2113
Selenium, Se	S2113
Vitamin E (alpha-tocopherol)	S2113
Thiamin	S2113
20:4 undifferentiated	S2113
22:4	S2113
Sucrose	D3313, D3337, S2113
Fructose	D3313, D3337, S2113
Phosphorus, P	S2113
Sodium, Na	S2113
Carotene, alpha	D3903, S2113
Lycopene	D3903, S2113
Riboflavin	S2113
Vitamin B-6	S2113

NDB No. 03104 Babyfood, vegetables, squash, strained

22:6 n-3	S2113
16:1 undifferentiated	S2113
18:4	S2113
Fatty acids, total polyunsaturated	S2113
24:0	S2113
20:3 undifferentiated	S2113
15:1	S2113
Starch	S2113
Maltose	D3313, D3337, S2113
Zinc, Zn	S2113
Copper, Cu	S2113
Tocopherol, beta	S2113
Tocopherol, delta	S2113
Pantothenic acid	S2113
21:5	S2113
Galactose	S2113
Vitamin C, total ascorbic acid	S2113
10:0	S2113
14:1	S2113
24:1 c	S2113
Ash	S2113
Water	S2113
Carotene, beta	D3903, S2113
Cryptoxanthin, beta	D3903, S2113
Folate, total	S2113
Vitamin K (phylloquinone)	S2113
Folate, food	S2113
Fatty acids, total saturated	S2113
8:0	S2113
18:0	S2113
18:1 undifferentiated	S2113
18:3 undifferentiated	S2113
20:1	S2113
22:1 undifferentiated	S2113
Protein	S2113
Lactose	D3313, D3337, S2113
Lutein + zeaxanthin	D3903

NDB No. 03104 Babyfood, vegetables, squash, strained

Tocopherol, gamma	S2113
15:0	S2113
17:1	S2113

NDB No. 03105 Babyfood, vegetables, squash, junior

Protein	S2113
Galactose	S2113
Phosphorus, P	S2113
Tocopherol, gamma	S2113
14:0	S2113
16:0	S2113
18:0	S2113
20:4 undifferentiated	S2113
15:0	S2113
17:0	S2113
Total lipid (fat)	S2113
Maltose	D3313, D3337, S2113
Magnesium, Mg	S2113
Potassium, K	S2113
Riboflavin	S2113
Vitamin K (phylloquinone)	S2113
22:6 n-3	S2113
20:1	S2113
Ash	S2113
Sucrose	D3313, D3337, S2113
Selenium, Se	S2113
Vitamin E (alpha-tocopherol)	S2113
Lycopene	D3903, S2113
Choline, total	S2113
18:1 undifferentiated	S2113
18:4	S2113
Fatty acids, total polyunsaturated	S2113
Zinc, Zn	S2113
Carotene, alpha	D3903, S2113
Lutein + zeaxanthin	D3903
Tocopherol, beta	S2113

NDB No. 03105 Babyfood, vegetables, squash, junior

Tocopherol, delta	S2113
Thiamin	S2113
Vitamin B-6	S2113
Folate, total	S2113
Folic acid	S2113
Betaine	S2113
Fatty acids, total saturated	S2113
14:1	S2113
Fatty acids, total monounsaturated	S2113
24:1 c	S2113
Starch	S2113
Lactose	D3313, D3337, S2113
Manganese, Mn	S2113
Niacin	S2113
Folate, food	S2113
8:0	S2113
18:2 undifferentiated	S2113
22:1 undifferentiated	S2113
21:5	S2113
Calcium, Ca	S2113
Pantothenic acid	S2113
12:0	S2113
22:0	S2113
16:1 undifferentiated	S2113
20:5 n-3	S2113
17:1	S2113
Sugars, total	D3313, D3337, S2113
Fiber, total dietary	S2113
Iron, Fe	S2113
Copper, Cu	S2113
Cryptoxanthin, beta	D3903, S2113
Vitamin C, total ascorbic acid	S2113
10:0	S2113
20:0	S2113
24:0	S2113
20:2 n-6 c,c	S2113
20:3 undifferentiated	S2113

Reference_Report

NDB No. 03105 Babyfood, vegetables, squash, junior

15:1	S2113
22:4	S2113
Glucose (dextrose)	D3313, D3337, S2113
Fructose	D3313, D3337, S2113
Water	S2113
Sodium, Na	S2113
Carotene, beta	D3903, S2113
18:3 undifferentiated	S2113
22:5 n-3	S2113

NDB No. 03108 Babyfood, vegetables, sweet potatoes strained

Fluoride, F	D5201
-------------	-------

NDB No. 03109 Babyfood, vegetables, sweet potatoes, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03116 Babyfood, fruit, applesauce, strained

Fluoride, F	D5201
-------------	-------

NDB No. 03117 Babyfood, fruit, applesauce, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03120 Babyfood, vegetables, corn, creamed, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03121 Babyfood, vegetables, peas, strained

Fructose	S2113
Cryptoxanthin, beta	S2113
Choline, total	S2113
14:1	S2113
Fatty acids, total polyunsaturated	S2113
17:1	S2113
15:1	S2113

NDB No. 03121 Babyfood, vegetables, peas, strained

Glucose (dextrose)	S2113
14:0	S2113
16:0	S2113
16:1 undifferentiated	S2113
24:0	S2113
20:3 undifferentiated	S2113
Tocopherol, gamma	S2113
18:0	S2113
22:4	S2113
Tocopherol, delta	S2113
Vitamin B-6	S2113
Fatty acids, total saturated	S2113
8:0	S2113
10:0	S2113
12:0	S2113
17:0	S2113
Sucrose	S2113
Lactose	S2113
Sugars, total	S2113
Vitamin E (alpha-tocopherol)	S2113
Tocopherol, beta	S2113
22:6 n-3	S2113
18:4	S2113
15:0	S2113
Starch	S2113
20:0	S2113
22:0	S2113
20:5 n-3	S2113
22:1 undifferentiated	S2113
Galactose	S2113
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8, S2113
Lycopene	S2113
18:1 undifferentiated	S2113
18:2 undifferentiated	S2113
18:3 undifferentiated	S2113
22:5 n-3	S2113
24:1 c	S2113

NDB No. 03121 Babyfood, vegetables, peas, strained

20:2 n-6 c,c	S2113
21:5	S2113
Maltose	S2113
Fiber, total dietary	S2113
Carotene, beta	S2113
Carotene, alpha	S2113
Vitamin C, total ascorbic acid	S2113
Pantothenic acid	S2113
Vitamin K (phylloquinone)	S2113
Betaine	S2113
20:4 undifferentiated	S2113
20:1	S2113
Fatty acids, total monounsaturated	S2113

NDB No. 03122 Babyfood, peas, dices, toddler

Fluoride, F	D5201
-------------	-------

NDB No. 03128 Babyfood, fruit, apricot with tapioca, junior

Fluoride, F	D5201
-------------	-------

NDB No. 03129 Babyfood, fruit, bananas with tapioca, strained

Fluoride, F	D5201
-------------	-------

NDB No. 03130 Babyfood, fruit, peaches, strained

Protein	S2113
Ash	S2113
Fructose	S2113
Fiber, total dietary	S2113
Manganese, Mn	S2113
Tocopherol, delta	S2113
Folate, total	S2113
18:4	S2113
22:5 n-3	S2113
24:0	S2113

NDB No. 03130 Babyfood, fruit, peaches, strained

22:4	S2113
Starch	S2113
Sucrose	S2113
Maltose	S2113
Calcium, Ca	S2113
Copper, Cu	S2113
Selenium, Se	S2113
Carotene, beta	S2113
Betaine	S2113
22:6 n-3	S2113
20:1	S2113
21:5	S2113
Phosphorus, P	S2113
Vitamin B-6	S2113
Vitamin K (phylloquinone)	S2113
16:0	S2113
18:2 undifferentiated	S2113
16:1 undifferentiated	S2113
15:0	S2113
15:1	S2113
Glucose (dextrose)	S2113
Water	S2113
Lycopene	S2113
20:0	S2113
20:4 undifferentiated	S2113
20:5 n-3	S2113
24:1 c	S2113
20:3 undifferentiated	S2113
Lactose	S2113
Iron, Fe	S2113
Magnesium, Mg	S2113
Potassium, K	S2113
Carotene, alpha	S2113
Cryptoxanthin, beta	S2113
Riboflavin	S2113
Folate, food	S2113
18:0	S2113

NDB No. 03130 Babyfood, fruit, peaches, strained

22:0	S2113
Galactose	S2113
Sodium, Na	S2113
Zinc, Zn	S2113
Vitamin C, total ascorbic acid	S2113
Choline, total	S2113
10:0	S2113
12:0	S2113
14:0	S2113
18:3 undifferentiated	S2113
17:0	S2113
17:1	S2113
Tocopherol, beta	S2113
Tocopherol, gamma	S2113
Niacin	S2113
Pantothenic acid	S2113
Fatty acids, total monounsaturated	S2113
Fatty acids, total polyunsaturated	S2113
Total lipid (fat)	S2113
Sugars, total	S2113
Vitamin E (alpha-tocopherol)	S2113
Thiamin	S2113
Fatty acids, total saturated	S2113
8:0	S2113
14:1	S2113
22:1 undifferentiated	S2113
20:2 n-6 c,c	S2113

NDB No. 03131 Babyfood, fruit, peaches, junior

Protein	S2113
Total lipid (fat)	S2113
Lactose	S2113
Cryptoxanthin, beta	S2113
Vitamin B-6	S2113
22:6 n-3	S2113
20:5 n-3	S2113

Reference Report

JUL-17-2008 02:00 PM

Page 106 of 3136

NDB No. 03131 Babyfood, fruit, peaches, junior

22:1 undifferentiated	S2113
Maltose	S2113
Potassium, K	S2113
Thiamin	S2113
Betaine	S2113
17:0	S2113
24:1 c	S2113
20:3 undifferentiated	S2113
15:1	S2113
Sugars, total	S2113
Calcium, Ca	S2113
Carotene, alpha	S2113
Choline, total	S2113
Vitamin K (phylloquinone)	S2113
Fatty acids, total saturated	S2113
18:3 undifferentiated	S2113
20:1	S2113
Fatty acids, total polyunsaturated	S2113
22:4	S2113
Sucrose	S2113
Magnesium, Mg	S2113
Vitamin C, total ascorbic acid	S2113
Riboflavin	S2113
8:0	S2113
14:0	S2113
16:0	S2113
18:2 undifferentiated	S2113
14:1	S2113
18:4	S2113
15:0	S2113
17:1	S2113
Water	S2113
Selenium, Se	S2113
Vitamin E (alpha-tocopherol)	S2113
Tocopherol, beta	S2113
Pantothenic acid	S2113
12:0	S2113

Reference_Report

NDB No. 03131 Babyfood, fruit, peaches, junior

20:0	S2113
20:4 undifferentiated	S2113
22:0	S2113
Glucose (dextrose)	S2113
Fiber, total dietary	S2113
Sodium, Na	S2113
Copper, Cu	S2113
Lycopene	S2113
Tocopherol, gamma	S2113
Niacin	S2113
18:0	S2113
16:1 undifferentiated	S2113
Ash	S2113
Fructose	S2113
Galactose	S2113
Iron, Fe	S2113
Zinc, Zn	S2113
Tocopherol, delta	S2113
Fatty acids, total monounsaturated	S2113
24:0	S2113
20:2 n-6 c,c	S2113
Starch	S2113
Phosphorus, P	S2113
Manganese, Mn	S2113
Carotene, beta	S2113
Folate, total	S2113
Folate, food	S2113
10:0	S2113
22:5 n-3	S2113
21:5	S2113

NDB No. 03132 Babyfood, fruit, pears, strained

Fluoride, F	D5201
-------------	-------

NDB No. 03133 Babyfood, fruit, pears, junior

Reference Report

JUL-17-2008 02:00 PM

Page 108 of 3136

NDB No. 03133 Babyfood, fruit, pears, junior

Fluoride, F D5201

NDB No. 03135 Babyfood, fruit, plums with tapioca, without ascorbic acid, junior

Fluoride, F D5201

NDB No. 03139 Babyfood, prunes, without vitamin c, strained

Fluoride, F D5201

NDB No. 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior

Fluoride, F D5201

NDB No. 03158 Babyfood, fruit, pears and pineapple, strained

Fluoride, F D5201

NDB No. 03159 Babyfood, fruit, pears and pineapple, junior

Fluoride, F D5201

NDB No. 03165 Babyfood, fruit, apple and blueberry, junior

Fluoride, F D5201

NDB No. 03166 Babyfood, juice, apple

Fluoride, F D5201

NDB No. 03169 Babyfood, apple-cranberry juice

Fluoride, F D5201

NDB No. 03171 Babyfood, juice, apple and prune

Fluoride, F D5201

NDB No. 03187 Babyfood, cereal, mixed, with applesauce and bananas, strained

Reference_Report

NDB No. 03187 Babyfood, cereal, mixed, with applesauce and bananas, strained

Fluoride, F D5201

NDB No. 03189 Babyfood, cereal, oatmeal, dry

Maltose S2113

Phosphorus, P S2113

Sodium, Na S2113

Zinc, Zn S2113

Selenium, Se S2113

Vitamin C, total ascorbic acid S2113

8:0 S2113

14:0 S2113

18:4 S2113

Fatty acids, total polyunsaturated S2113

Ash S2113

Starch S2113

22:6 n-3 S2113

22:0 S2113

14:1 S2113

Sucrose S2113

22:5 n-3 S2113

Fatty acids, total
monounsaturated S2113

15:0 S2113

17:1 S2113

20:3 undifferentiated S2113

Fructose S2113

Sugars, total S2113

Galactose S2113

Calcium, Ca S2113

Iron, Fe S2113

Copper, Cu S2113

24:1 c S2113

Protein S2113

Tocopherol, beta S2113

Thiamin S2113

Niacin S2113

20:0 S2113

NDB No. 03189 Babyfood, cereal, oatmeal, dry

18:2 undifferentiated	S2113
20:4 undifferentiated	S2113
16:1 undifferentiated	S2113
20:1	S2113
24:0	S2113
Fiber, total dietary	S2113
Magnesium, Mg	S2113
Tocopherol, gamma	S2113
Betaine	S2113
12:0	S2113
16:0	S2113
22:1 undifferentiated	S2113
20:2 n-6 c,c	S2113
21:5	S2113
Total lipid (fat)	S2113
Glucose (dextrose)	S2113
Manganese, Mn	S2113
Vitamin E (alpha-tocopherol)	S2113
Tocopherol, delta	S2113
Vitamin K (phylloquinone)	S2113
18:0	S2113
18:1 undifferentiated	S2113
15:1	S2113
22:4	S2113
Lactose	S2113
Water	S2113
Potassium, K	S2113
Riboflavin	S2113
Pantothenic acid	S2113
Vitamin B-6	S2113
Choline, total	S2113
Fatty acids, total saturated	S2113
18:3 undifferentiated	S2113
17:0	S2113

NDB No. 03192 Babyfood, cereal, oatmeal, with applesauce and bananas, junior

Reference Report

JUL-17-2008 02:00 PM

Page 111 of 3136

NDB No. 03192 Babyfood, cereal, oatmeal, with applesauce and bananas, junior

Fluoride, F D5201

NDB No. 03195 Babyfood, cereal, rice, with applesauce and bananas, strained

Fluoride, F D5201

NDB No. 03210 Babyfood, cereal, rice, with mixed fruit, junior

Fluoride, F D5201

NDB No. 03221 Babyfood, dessert, dutch apple, junior

Fluoride, F D5201

NDB No. 03228 Babyfood, dessert, peach cobbler, junior

Fluoride, F D5201

NDB No. 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior

Fluoride, F D5201

NDB No. 03246 Babyfood, dessert, custard pudding, vanilla, junior

Fluoride, F D5201

NDB No. 03265 Babyfood, juice, apple and grape

Fluoride, F D5201

NDB No. 03268 Babyfood, juice, apple and cherry

Fluoride, F D5201

NDB No. 03298 Babyfood, dinner, broccoli and chicken, junior

Maltose S2113

Galactose S2113

Calcium, Ca S2113

Potassium, K S2113

Reference_Report

NDB No. 03298 Babyfood, dinner, broccoli and chicken, junior

Vitamin E (alpha-tocopherol)	S2113
Pantothenic acid	S2113
Folate, food	S2113
8:0	S2113
22:4	S2113
Total lipid (fat)	S2113
Lactose	S2113
Water	S2113
Fiber, total dietary	S2113
Sodium, Na	S2113
Zinc, Zn	S2113
Riboflavin	S2113
Choline, total	S2113
10:0	S2113
14:0	S2113
18:2 undifferentiated	S2113
14:1	S2113
22:1 undifferentiated	S2113
Fatty acids, total polyunsaturated	S2113
17:0	S2113
17:1	S2113
Manganese, Mn	S2113
Carotene, beta	S2113
Tocopherol, beta	S2113
18:3 undifferentiated	S2113
22:6 n-3	S2113
Fatty acids, total monounsaturated	S2113
20:3 undifferentiated	S2113
Ash	S2113
Copper, Cu	S2113
Carotene, alpha	S2113
Thiamin	S2113
Niacin	S2113
Vitamin B-6	S2113
Vitamin B-12	S2113
Folic acid	S2113
Betaine	S2113

Reference Report

JUL-17-2008 02:00 PM

Page 113 of 3136

NDB No. 03298 Babyfood, dinner, broccoli and chicken, junior

12:0	S2113
16:0	S2113
24:1 c	S2113
Magnesium, Mg	S2113
Selenium, Se	S2113
18:0	S2113
20:0	S2113
22:0	S2113
20:5 n-3	S2113
15:1	S2113
21:5	S2113
Protein	S2113
Fructose	S2113
Iron, Fe	S2113
Vitamin D	S2113
Lycopene	S2113
Tocopherol, gamma	S2113
Tocopherol, delta	S2113
Folate, total	S2113
Fatty acids, total saturated	S2113
24:0	S2113
20:2 n-6 c,c	S2113
Glucose (dextrose)	S2113
Phosphorus, P	S2113
Cholesterol	S2113
20:4 undifferentiated	S2113
18:4	S2113
20:1	S2113
15:0	S2113
Sucrose	S2113
Sugars, total	S2113
Cryptoxanthin, beta	S2113
Vitamin K (phylloquinone)	S2113
18:1 undifferentiated	S2113
16:1 undifferentiated	S2113
22:5 n-3	S2113

Reference Report

JUL-17-2008 02:00 PM

Page 114 of 3136

NDB No. 03849 Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, powder, with ARA and DHA

Carbohydrate, by difference	S1921
Fiber, total dietary	S1921
Protein	S1921
Iron, Fe	S1921
Magnesium, Mg	S1921
Copper, Cu	S1921
Vitamin C, total ascorbic acid	S1921
Pantothenic acid	S1921
22:6 n-3	S1921
Riboflavin	S1921
Total lipid (fat)	S1921
Ash	S1921
Calcium, Ca	S1921
Phosphorus, P	S1921
Folate, total	S1921
Vitamin B-12	S1921
20:4 undifferentiated	S1921
Water	S1921
Zinc, Zn	S1921
Thiamin	S1921
Niacin	S1921
Sugars, total	S1921
Sodium, Na	S1921
Vitamin A, IU	S1921
Vitamin B-6	S1921
Vitamin D	S1921

NDB No. 04002 Lard

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

NDB No. 04015 Salad dressing, russian dressing

Vitamin C, total ascorbic acid	S4501
Energy	S4501

Reference_Report

NDB No. 04015 Salad dressing, russian dressing

Cholesterol	S4501
Fatty acids, total trans	S4501
Fatty acids, total saturated	S4501
Iron, Fe	S4501
Sodium, Na	S4501
Protein	S4501
Sugars, total	S4501
Fiber, total dietary	S4501
Calcium, Ca	S4501

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

Water	S19
Galactose	S19
Iron, Fe	S19
Selenium, Se	S19
Vitamin C, total ascorbic acid	S19
Tyrosine	S19
6:0	S19
10:0	S19
18:1 undifferentiated	S19
Fructose	S19
Potassium, K	S19
Zinc, Zn	S19
Cryptoxanthin, beta	S19
Folate, total	S19
Vitamin B-12	S19
Alanine	S19
Aspartic acid	S19
4:0	S19
22:0	S19
20:1	S19
Calcium, Ca	S19
Copper, Cu	S19
Niacin	S19
Pantothenic acid	S19
Phenylalanine	S19

Reference Report

JUL-17-2008 02:00 PM

Page 116 of 3136

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

Arginine	S19
16:0	S19
20:0	S19
17:1	S19
Ash	S19
18:2 undifferentiated	S19
20:4 undifferentiated	S19
18:4	S19
17:0	S19
24:0	S19
Glucose (dextrose)	S19
Maltose	S19
Sugars, total	S19
Fiber, total dietary	S19
Magnesium, Mg	S19
Manganese, Mn	S19
Riboflavin	S19
Lysine	S19
Methionine	S19
Cystine	S19
Glycine	S19
Cholesterol	S19
18:0	S19
16:1 undifferentiated	S19
20:5 n-3	S19
Phosphorus, P	S19
Carotene, beta	S19
Thiamin	S19
Vitamin K (phylloquinone)	S19
Leucine	S19
Proline	S19
8:0	S19
12:0	S19
14:1	S19
22:1 undifferentiated	S19
Protein	S19
Total lipid (fat)	S19

Reference_Report

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

Starch	S19
Sucrose	S19
Lycopene	S19
Vitamin B-6	S19
Isoleucine	S19
Histidine	S19
Glutamic acid	S19
Serine	S19
22:6 n-3	S19
Lactose	S19
Sodium, Na	S19
Tryptophan	S19
Threonine	S19
Valine	S19
14:0	S19
18:3 undifferentiated	S19
22:5 n-3	S19

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

Sugars, total	S5
Tocopherol, beta	S84
Tocopherol, delta	S84
Vitamin E (alpha-tocopherol)	S84
Vitamin K (phylloquinone)	D4002, D4072
Betaine	S3461
Tocopherol, gamma	S84
Choline, total	S3461

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

Total lipid (fat)	S19, S4501
Riboflavin	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
Copper, Cu	S19
Lycopene	S19

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

Zinc, Zn	S19
Vitamin C, total ascorbic acid	S4501
20:1	S19
Ash	S19
Water	S19
Sugars, total	S4501
Iron, Fe	S19, S4501
Fatty acids, total saturated	S4501
Calcium, Ca	S19, S4501
Manganese, Mn	S19
Vitamin B-6	S19
18:2 undifferentiated	S19
Magnesium, Mg	S19
Sodium, Na	S19, S4501
18:3 undifferentiated	S19
Protein	S19, S4501
Fiber, total dietary	S19, S4501
Potassium, K	S19
Carotene, beta	S19
Niacin	S19
Cholesterol	S4501
Phosphorus, P	S19
Cryptoxanthin, beta	S19
Thiamin	S19

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

Ash	S19
Fiber, total dietary	S19
Phosphorus, P	S19
18:4	S19
17:1	S19
Starch	S19
Galactose	S19
Calcium, Ca	S19
Potassium, K	S19
8:0	S19

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

10:0	S19
14:0	S19
16:0	S19
20:0	S19
24:0	S19
Vitamin B-6	S19
18:2 undifferentiated	S19
20:1	S19
Lactose	S19
Maltose	S19
Sugars, total	S19
Lycopene	S19
Niacin	S19
Pantothenic acid	S19
22:0	S19
20:5 n-3	S19
22:5 n-3	S19
17:0	S19
Total lipid (fat)	S19
Zinc, Zn	S19
Selenium, Se	S19
Carotene, beta	S19
18:1 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
Protein	S19
Glucose (dextrose)	S19
Fructose	S19
Water	S19
Cryptoxanthin, beta	S19
6:0	S19
18:0	S19
14:1	S19
22:1 undifferentiated	S19
Riboflavin	S19
Folate, total	S19
4:0	S19

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

16:1 undifferentiated	S19
Sucrose	S19
Iron, Fe	S19
Magnesium, Mg	S19
Sodium, Na	S19
Copper, Cu	S19
Manganese, Mn	S19
Thiamin	S19
Vitamin B-12	S19
12:0	S19
18:3 undifferentiated	S19

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

Maltose	S19
Galactose	S19
Calcium, Ca	S19, S4501
Copper, Cu	S19
Carotene, beta	S19
Thiamin	S19
Riboflavin	S19
Phenylalanine	S19
Arginine	S19
Histidine	S19
8:0	S19
12:0	S19
18:2 undifferentiated	S19
22:5 n-3	S19
Glucose (dextrose)	S19
Water	S19
Sugars, total	S19
Pantothenic acid	S19
Methionine	S19
Valine	S19
Glutamic acid	S19
Proline	S19
Serine	S19

Reference Report

JUL-17-2008 02:00 PM

Page 121 of 3136

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

22:6 n-3	S19
16:1 undifferentiated	S19
Total lipid (fat)	S19, S4501
Fiber, total dietary	S19, S4501
Phosphorus, P	S19
Sodium, Na	S19, S4501
Vitamin C, total ascorbic acid	S19, S4501
Threonine	S19
Isoleucine	S19
Leucine	S19
Cystine	S19
Aspartic acid	S19
22:0	S19
Starch	S19
Fructose	S19
Lactose	S19
Lycopene	S19
Niacin	S19
Vitamin B-12	S19
Lysine	S19
Tyrosine	S19
Glycine	S19
16:0	S19
18:1 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
14:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
Potassium, K	S19
Manganese, Mn	S19
Fatty acids, total saturated	S4501
10:0	S19
20:0	S19
17:1	S19
Iron, Fe	S19, S4501
Zinc, Zn	S19

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 122 of 3136

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

Tryptophan	S19
Cholesterol	S19, S4501
Protein	S19, S4501
Magnesium, Mg	S19
Selenium, Se	S19
Vitamin B-6	S19
Folate, total	S19
4:0	S19
14:0	S19
18:4	S19
20:1	S19
17:0	S19
24:0	S19
Ash	S19
Sucrose	S19
Cryptoxanthin, beta	S19
Alanine	S19
6:0	S19
18:0	S19

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

Potassium, K	S22
Sodium, Na	S22
Manganese, Mn	S22
Thiamin	S22
Folate, total	S22
Betaine	S4001
4:0	S22
6:0	S22
8:0	S22
16:1 undifferentiated	S22
17:0	S22
18:2 i	S22
20:3 undifferentiated	S22
Fatty acids, total trans- monoenoic	S22

Reference Report

JUL-17-2008 02:00 PM

Page 123 of 3136

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

Sugars, total	S22
Tocopherol, gamma	S22
20:0	S22
Campesterol	S22
20:2 n-6 c,c	S22
Fatty acids, total trans-polyenoic	S22
Total lipid (fat)	S22
Ash	S22
Galactose	S22
Zinc, Zn	S22
Riboflavin	S22
Choline, total	S4001
Fatty acids, total trans	S22
12:0	S22
16:1 c	S22
17:1	S22
Vitamin E (alpha-tocopherol)	S22
Niacin	S22
Vitamin K (phylloquinone)	D4002, D4072
Fatty acids, total saturated	S22
16:0	S22
18:1 undifferentiated	S22
Stigmasterol	S22
Beta-sitosterol	S22
24:0	S22
Sucrose	S22
Maltose	S22
22:6 n-3	S22
18:2 n-6 c,c	S22
Fructose	S22
Iron, Fe	S22
Phosphorus, P	S22
Tocopherol, beta	S22
Tocopherol, delta	S22
Pantothenic acid	S22
Cholesterol	S22
22:0	S22

Reference_Report

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

20:1	S22
Glucose (dextrose)	S22
Lactose	S22
Water	S22
Calcium, Ca	S22
Magnesium, Mg	S22
14:0	S22
18:0	S22
Fatty acids, total monounsaturated	S22
18:1 c	S22
Protein	S22
Copper, Cu	S22
Vitamin B-12	S22
10:0	S22
14:1	S22
22:5 n-3	S22
18:1 t	S22
18:3 n-3 c,c,c	S22

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

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

NDB No. 04027 Salad dressing, mayonnaise, imitation, soybean

Choline, total	S3461
Betaine	S3461

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

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

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

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

NDB No. 04037 Oil, vegetable, rice bran

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

NDB No. 04038 Oil, wheat germ

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

NDB No. 04042 Oil, peanut, salad or cooking

Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Betaine	S4001
Tocopherol, delta	S87
Vitamin K (phylloquinone)	D4050, D4051
Choline, total	S4001

NDB No. 04044 Oil, soybean, salad or cooking

Vitamin K (phylloquinone)	D4071, S2741, D4077, D4051
18:0	S2741
14:1	S2741
Campesterol	S2741
Beta-sitosterol	S2741
18:1 c	S2741
15:1	S2741
Copper, Cu	S2741
Choline, total	S2741
20:0	S2741
22:0	S2741
16:1 undifferentiated	S2741
17:0	S2741
18:3 n-6 c,c,c	S2741
Ash	S2741
Fatty acids, total trans	S2741

NDB No. 04044 Oil, soybean, salad or cooking

Fatty acids, total monounsaturated	S2741
Fatty acids, total polyunsaturated	S2741
18:2 n-6 c,c	S2741
Fatty acids, total trans-monoenoic	S2741
Manganese, Mn	S2741
Vitamin E (alpha-tocopherol)	S82, S2741, S87
10:0	S2741
18:2 undifferentiated	S2741
15:0	S2741
Fatty acids, total trans-polyenoic	S2741
Tocopherol, beta	S82, S2741, S87
Tocopherol, delta	S82, S2741, S87
8:0	S2741
16:0	S2741
18:1 t	S2741
Iron, Fe	S2741
20:4 undifferentiated	S2741
20:1	S2741
18:3 n-3 c,c,c	S2741
Protein	S2741
Water	S82, S2741
Tocopherol, gamma	S82, S2741, S87
Betaine	S2741
Fatty acids, total saturated	S2741
14:0	S2741
18:1 undifferentiated	S2741
Stigmasterol	S2741
18:2 t,t	S2741
Potassium, K	S2741
Sodium, Na	S2741
Zinc, Zn	S2741
12:0	S2741
18:3 undifferentiated	S2741
20:2 n-6 c,c	S2741
17:1	S2741
20:3 undifferentiated	S2741

NDB No. 04047 Vegetable oil, coconut

Tocopherol, beta	S84
Tocopherol, delta	S84
Carotene, beta	D3920
Tocopherol, gamma	S84
Vitamin K (phylloquinone)	D4050
Vitamin E (alpha-tocopherol)	S84

NDB No. 04053 Oil, olive, salad or cooking

Protein	S19
Manganese, Mn	S19
Selenium, Se	S19
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
20:4 undifferentiated	S19
Vitamin K (phylloquinone)	S19
20:0	S19
Calcium, Ca	S19
Copper, Cu	S19
8:0	S19
12:0	S19
18:1 undifferentiated	S19
22:6 n-3	S19
20:5 n-3	S19
22:5 n-3	S19
17:0	S19
Water	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
16:0	S19
22:0	S19
22:1 undifferentiated	S19
14:0	S19
14:1	S19
16:1 undifferentiated	S19

NDB No. 04053 Oil, olive, salad or cooking

24:0	S19
Total lipid (fat)	S19, S87
Zinc, Zn	S19
18:0	S19
18:4	S19
17:1	S19
Ash	S19
Iron, Fe	S19
Sodium, Na	S19
Vitamin E (alpha-tocopherol)	S87
4:0	S19
6:0	S19
10:0	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:1	S19

NDB No. 04055 Oil, vegetable, palm

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

NDB No. 04058 Oil, sesame, salad or cooking

Vitamin K (phylloquinone)	D4050, D4051
---------------------------	--------------

NDB No. 04060 Oil, vegetable, sunflower, linoleic (less than 60%)

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

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

Water	S19
Phosphorus, P	S19

Reference Report

JUL-17-2008 02:00 PM

Page 129 of 3136

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

Potassium, K	S19
Selenium, Se	S19
Vitamin B-6	S19
Methionine	S19
Valine	S19
Histidine	S19
20:4 undifferentiated	S19
16:1 undifferentiated	S19
22:1 undifferentiated	S19
Protein	S19
Starch	S19
Galactose	S19
Phenylalanine	S19
22:0	S19
20:5 n-3	S19
17:1	S19
Ash	S19
Sodium, Na	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Folate, total	S19
Vitamin B-12	S19
Isoleucine	S19
Serine	S19
18:0	S19
18:1 undifferentiated	S19
15:1	S19
Lactose	S19
Calcium, Ca	S19
Choline, total	S19
Threonine	S19
Alanine	S19
Proline	S19
Maltose	S19
Sugars, total	S19
Magnesium, Mg	S19
Zinc, Zn	S19

Reference_Report

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

Copper, Cu	S19
Carotene, beta	S19
8:0	S19
12:0	S19
18:2 undifferentiated	S19
22:5 n-3	S19
17:0	S19
Sucrose	S19
Glucose (dextrose)	S19
Iron, Fe	S19
Manganese, Mn	S19
Betaine	S19
Tyrosine	S19
Glycine	S19
10:0	S19
20:0	S19
18:3 undifferentiated	S19
24:0	S19
Fructose	S19
Fiber, total dietary	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Tryptophan	S19
Leucine	S19
Arginine	S19
Glutamic acid	S19
14:0	S19
22:6 n-3	S19
20:1	S19
Total lipid (fat)	S19
Pantothenic acid	S19
Lysine	S19
Cystine	S19
Aspartic acid	S19
4:0	S19
6:0	S19

Reference Report

JUL-17-2008 02:00 PM

Page 131 of 3136

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

16:0	S19
14:1	S19
18:4	S19

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

Riboflavin	S19
18:1 undifferentiated	S19
22:6 n-3	S19
17:0	S19
Sucrose	S19
Fructose	S19
Fiber, total dietary	S19
Magnesium, Mg	S19
Niacin	S19
18:3 undifferentiated	S19
Ash	S19
Glucose (dextrose)	S19
Water	S19
Galactose	S19
Selenium, Se	S19
Vitamin K (phylloquinone)	S19
18:0	S19
18:4	S19
Total lipid (fat)	S19
Lactose	S19
Sugars, total	S19
Carotene, beta	S19
12:0	S19
Protein	S19
Starch	S19
Sodium, Na	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S4501
Betaine	S4001
10:0	S19
14:0	S19

Reference Report

JUL-17-2008 02:00 PM

Page 132 of 3136

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

22:0	S19
Phosphorus, P	S19
Manganese, Mn	S19
Thiamin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Choline, total	S4001
8:0	S19
20:0	S19
18:2 undifferentiated	S19
20:4 undifferentiated	S19
14:1	S19
22:1 undifferentiated	S19
Calcium, Ca	S19
Iron, Fe	S19
Potassium, K	S19
Zinc, Zn	S19
Cryptoxanthin, beta	S19
4:0	S19
6:0	S19
16:1 undifferentiated	S19
24:0	S19
Maltose	S19
Copper, Cu	S19
16:0	S19
20:1	S19
20:5 n-3	S19
22:5 n-3	S19

NDB No. 04128 Margarine-like spread, (approximately 37% fat), unspecified oils

Total lipid (fat)	S2741, S3559
Water	S2741, S3559
Vitamin E (alpha-tocopherol)	S2741, S3559
Vitamin B-6	S2741, S20
Vitamin K (phylloquinone)	S2741

Reference Report

JUL-17-2008 02:00 PM

Page 133 of 3136

NDB No. 04128 Margarine-like spread, (approximately 37% fat), unspecified oils

18:0	S2741, S3559
20:4 undifferentiated	S2741, S3559
14:1	S3559
24:0	S2741, S3559
18:2 CLAs	S3559
20:2 n-6 c,c	S2741, S3559
20:3 n-3	S3559
15:0	S2741, S3559
18:1 t	S2741, S3559
22:1 t	S3559
18:2 n-6 c,c	S2741, S3559
20:3 undifferentiated	S3559
Ash	S2741, S3559
Tocopherol, beta	S2741, S3559
Tocopherol, delta	S2741, S3559
10:0	S2741, S3559
22:6 n-3	S2741, S3559
20:1	S2741, S3559
17:0	S2741, S3559
Manganese, Mn	S2741, S20
Retinol	S2741
Tocopherol, gamma	S2741, S3559
Fatty acids, total saturated	S2741, S3559
20:0	S2741, S3559
Magnesium, Mg	S2741, S20
Copper, Cu	S2741, S20
Selenium, Se	S20
14:0	S2741, S3559
16:0	S2741, S3559
22:0	S2741, S3559
18:1 c	S2741, S3559
22:1 c	S2741, S3559
17:1	S2741, S3559
18:3 n-3 c,c,c	S2741, S3559
Sodium, Na	S2741, S20
22:5 n-3	S2741, S3559
24:1 c	S3559

NDB No. 04128 Margarine-like spread, (approximately 37% fat), unspecified oils

16:1 c	S2741, S3559
22:4	S3559
Phosphorus, P	S2741, S20
Potassium, K	S2741, S20
Thiamin	S2741
Pantothenic acid	S20
4:0	S2741, S3559
16:1 t	S3559
18:2 t not further defined	S3559
18:3 n-6 c,c,c	S3559
20:3 n-6	S3559
Protein	S2741, S3559
Calcium, Ca	S2741, S20
Iron, Fe	S2741, S20
Zinc, Zn	S2741, S20
Riboflavin	S2741
Niacin	S2741
6:0	S2741, S3559
8:0	S2741, S3559
12:0	S2741, S3559
18:4	S2741, S3559
20:5 n-3	S2741, S3559
15:1	S3559

NDB No. 04132 Margarine, regular, unspecified oils, with salt added

Fatty acids, total trans	S3558
18:0	S3558
20:1	S3558
16:1 t	S3558
18:2 t not further defined	S3558
16:1 c	S3558
Fatty acids, total trans- monoenoic	S3558
Protein	S3558
Water	S3558
18:1 undifferentiated	S3558
18:3 undifferentiated	S3558

NDB No. 04132 Margarine, regular, unspecified oils, with salt added

22:1 undifferentiated	S3558
Fatty acids, total monounsaturated	S3558
17:0	S3558
18:1 c	S3558
22:1 c	S3558
Fatty acids, total trans-polyenoic	S3558
20:3 n-3	S3558
Ash	S3558
14:1	S3558
Stigmasterol	S3558
24:0	S3558
18:1 t	S3558
24:1 c	S3558
18:2 n-6 c,c	S3558
18:3 n-3 c,c,c	S3558
Total lipid (fat)	S3558
Tocopherol, delta	S3558
Fatty acids, total saturated	S3558
10:0	S3558
16:0	S3558
20:4 undifferentiated	S3558
22:1 t	S3558
15:1	S3558
4:0	S3558
6:0	S3558
22:0	S3558
18:4	S3558
Beta-sitosterol	S3558
Fatty acids, total polyunsaturated	S3558
20:3 n-6	S3558
20:0	S3558
18:2 undifferentiated	S3558
20:5 n-3	S3558
Tocopherol, gamma	S3558
8:0	S3558
12:0	S3558
14:0	S3558

NDB No. 04132 Margarine, regular, unspecified oils, with salt added

22:6 n-3	S3558
22:5 n-3	S3558
15:0	S3558
18:2 CLAs	S3558
17:1	S3558
20:3 undifferentiated	S3558
22:4	S3558
Tocopherol, beta	S3558
16:1 undifferentiated	S3558
Campesterol	S3558
20:2 n-6 c,c	S3558
18:3 n-6 c,c,c	S3558

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

Lactose	S19
Fiber, total dietary	S19
Pantothenic acid	S19
10:0	S19
Starch	S19
Fructose	S19
Iron, Fe	S19
Manganese, Mn	S19
Lycopene	S19
Vitamin B-6	S19
8:0	S19
20:0	S19
Ash	S19
Sucrose	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Vitamin K (phylloquinone)	S19
18:3 undifferentiated	S19
22:0	S19
20:1	S19
Total lipid (fat)	S19
Calcium, Ca	S19

Reference Report

JUL-17-2008 02:00 PM

Page 137 of 3136

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

Copper, Cu	S19
Cryptoxanthin, beta	S19
6:0	S19
14:0	S19
Potassium, K	S19
16:0	S19
18:0	S19
18:2 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
14:1	S19
18:4	S19
20:5 n-3	S19
22:5 n-3	S19
17:0	S19
24:0	S19
Protein	S19
Glucose (dextrose)	S19
Galactose	S19
Zinc, Zn	S19
Carotene, beta	S19
Thiamin	S19
4:0	S19
18:1 undifferentiated	S19
16:1 undifferentiated	S19
Sugars, total	S19
Riboflavin	S19
Niacin	S19
12:0	S19
Maltose	S19
Water	S19
Selenium, Se	S19
Folate, total	S19
22:1 undifferentiated	S19

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

Reference_Report

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

20:1	S19
18:0	S19
Maltose	S19
Calcium, Ca	S19, S4501
Vitamin B-6	S19
16:0	S19
Starch	S19
Fiber, total dietary	S19, S4501
Iron, Fe	S19, S4501
Potassium, K	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Riboflavin	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
Glucose (dextrose)	S19
Manganese, Mn	S19
Niacin	S19
Protein	S19, S4501
Total lipid (fat)	S19, S4501
Magnesium, Mg	S19
18:1 undifferentiated	S19
Phosphorus, P	S19
Zinc, Zn	S19
Copper, Cu	S19
Thiamin	S19
Ash	S19
Fructose	S19
Water	S19

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

Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Niacin	S19

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

Vitamin B-6	S19
12:0	S19
Ash	S19
Starch	S19
Fiber, total dietary	S19
Phosphorus, P	S19
4:0	S19
8:0	S19
10:0	S19
18:0	S19
22:1 undifferentiated	S19
Protein	S19
Water	S19
14:0	S19
18:2 undifferentiated	S19
20:1	S19
20:5 n-3	S19
Total lipid (fat)	S19
Sucrose	S19
Maltose	S19
Lycopene	S19
15:1	S19
Fructose	S19
Galactose	S19
Magnesium, Mg	S19
Potassium, K	S19
Riboflavin	S19
Folate, total	S19
6:0	S19
16:0	S19
18:1 undifferentiated	S19
18:3 undifferentiated	S19
22:5 n-3	S19
17:0	S19
17:1	S19
Carotene, beta	S19
Thiamin	S19

Reference Report

JUL-17-2008 02:00 PM

Page 140 of 3136

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

Vitamin B-12	S19
18:4	S19
24:0	S19
Lactose	S19
Iron, Fe	S19
Selenium, Se	S19
20:0	S19
22:0	S19
14:1	S19
Glucose (dextrose)	S19
Sugars, total	S19
Calcium, Ca	S19
Cryptoxanthin, beta	S19
Pantothenic acid	S19
20:4 undifferentiated	S19
22:6 n-3	S19
16:1 undifferentiated	S19

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

Sugars, total	S19
Selenium, Se	S19
14:1	S19
Glucose (dextrose)	S19
Magnesium, Mg	S19
Cryptoxanthin, beta	S19
Niacin	S19
Vitamin B-6	S19
Vitamin B-12	S19
22:1 undifferentiated	S19
24:0	S19
Protein	S19
8:0	S19
14:0	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19

Reference Report

JUL-17-2008 02:00 PM

Page 141 of 3136

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

16:1 undifferentiated	S19
20:5 n-3	S19
Calcium, Ca	S19
Potassium, K	S19
Zinc, Zn	S19
Thiamin	S19
Pantothenic acid	S19
22:0	S19
17:0	S19
17:1	S19
Sucrose	S19
Lactose	S19
Maltose	S19
Riboflavin	S19
4:0	S19
20:0	S19
18:2 undifferentiated	S19
20:1	S19
22:5 n-3	S19
Ash	S19
Starch	S19
Fiber, total dietary	S19
Lycopene	S19
Folate, total	S19
10:0	S19
18:1 undifferentiated	S19
Fructose	S19
Phosphorus, P	S19
Copper, Cu	S19
Manganese, Mn	S19
6:0	S19
16:0	S19
18:0	S19
Total lipid (fat)	S19
Water	S19
Galactose	S19
Iron, Fe	S19

Reference_Report

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

Carotene, beta	S19
12:0	S19
18:4	S19

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

Fructose	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Zinc, Zn	S19
Carotene, beta	S19
16:1 undifferentiated	S19
20:1	S19
Sucrose	S19
Calcium, Ca	S19
Manganese, Mn	S19
Selenium, Se	S19
Cryptoxanthin, beta	S19
Niacin	S19
16:0	S19
18:3 undifferentiated	S19
Starch	S19
14:0	S19
18:0	S19
22:1 undifferentiated	S19
20:2 n-6 c,c	S19
Maltose	S19
Sodium, Na	S19
Lycopene	S19
Riboflavin	S19
18:1 undifferentiated	S19
Potassium, K	S19
Copper, Cu	S19
Thiamin	S19
Folate, total	S19
24:0	S19
17:1	S19

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

Total lipid (fat)	S19
Glucose (dextrose)	S19
Water	S19
Protein	S19
Ash	S19
Fiber, total dietary	S19
Iron, Fe	S19
12:0	S19
18:2 undifferentiated	S19

NDB No. 04501 Oil, vegetable, cocoa butter

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

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

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

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

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

Vitamin E (alpha-tocopherol) S84

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

Vitamin K (phyloquinone) D4048, D4050, D4051

NDB No. 04513 Vegetable oil, palm kernel

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

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

6:0	S2221
Vitamin K (phyloquinone)	D4043, D4073, D4051, D4072
10:0	S2221
12:0	S2221
22:6 n-3	S2221
18:1 t	S2221

Reference Report

JUL-17-2008 02:00 PM

Page 144 of 3136

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

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

NDB No. 04528 Oil, vegetable, walnut

Betaine	S4001
Choline, total	S4001

NDB No. 04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular

Calcium, Ca	S4501
Choline, total	S4001
Betaine	S4001
Sodium, Na	S4501
Fiber, total dietary	S4501
Protein	S4501
Total lipid (fat)	S4501
Sugars, total	S4501
Vitamin A, IU	S4501

Reference_Report

NDB No. 04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular

Iron, Fe	S4501
Vitamin C, total ascorbic acid	S4501
Fatty acids, total saturated	S4501

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

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

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

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

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

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

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

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

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

Water	S81
Total lipid (fat)	S87

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

Vitamin E (alpha-tocopherol)	S81, S87
------------------------------	----------

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

Tocopherol, gamma	S81, S87
Water	S81
Tocopherol, beta	S87
Total lipid (fat)	S87
Tocopherol, delta	S81, S87

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

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

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

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

NDB No. 04582 Oil, vegetable, canola

Tocopherol, delta	S82, S2741, S87
8:0	S2741
18:1 c	S2741
15:1	S2741
Tocopherol, gamma	S82, S2741, S87
Betaine	S2741
18:3 undifferentiated	S2741
20:4 undifferentiated	S2741
Campesterol	S2741
Fatty acids, total polyunsaturated	S2741
Water	S82, S2741
Choline, total	S2741

NDB No. 04582 Oil, vegetable, canola

Fatty acids, total saturated	S2741
Beta-sitosterol	S2741
18:2 n-6 c,c	S2741
Fatty acids, total trans-polyenoic	S2741
Fatty acids, total trans	S2741
10:0	S2741
18:1 undifferentiated	S2741
14:1	S2741
Fatty acids, total monounsaturated	S2741
15:0	S2741
18:2 t,t	S2741
20:2 n-6 c,c	S2741
20:3 undifferentiated	S2741
Fatty acids, total trans-monoenoic	S2741
Tocopherol, beta	S82, S2741, S87
17:0	S2741
17:1	S2741
18:3 n-3 c,c,c	S2741
Total lipid (fat)	S82, S2741, S87
14:0	S2741
Ash	S2741
Vitamin K (phylloquinone)	S2741
16:0	S2741
18:0	S2741
20:0	S2741
16:1 undifferentiated	S2741
20:1	S2741
Stigmasterol	S2741
18:1 t	S2741
Protein	S2741
Vitamin E (alpha-tocopherol)	S82, S2741, S87
12:0	S2741
18:2 undifferentiated	S2741
22:0	S2741
18:3 n-6 c,c,c	S2741

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

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

NDB No. 04585 Margarine-butter blend, soybean oil and butter

Total lipid (fat)	S3548
Thiamin	S3548
Vitamin B-6	S3548
Betaine	S3548
10:0	S3548
18:0	S3548
16:1 undifferentiated	S3548
18:1 c	S3548
Calcium, Ca	S3548
Sodium, Na	S3548
20:5 n-3	S3548
18:3 n-3 c,c,c	S3548
Iron, Fe	S3548
Copper, Cu	S3548
Manganese, Mn	S3548
Tocopherol, delta	S3548
Vitamin K (phylloquinone)	S3548
4:0	S3548
14:0	S3548
16:0	S3548
18:2 n-6 c,c	S3548
Ash	S3548
Niacin	S3548
8:0	S3548
20:1	S3548
17:1	S3548
Protein	S3548
Water	S3548
Magnesium, Mg	S3548
Zinc, Zn	S3548
Vitamin E (alpha-tocopherol)	S3548
Tocopherol, gamma	S3548

Reference Report

JUL-17-2008 02:00 PM

Page 149 of 3136

NDB No. 04585 Margarine-butter blend, soybean oil and butter

Pantothenic acid	S3548
18:3 undifferentiated	S3548
22:6 n-3	S3548
14:1	S3548
22:1 undifferentiated	S3548
Fatty acids, total monounsaturated	S3548
24:0	S3548
Fatty acids, total trans-polyenoic	S3548
Phosphorus, P	S3548
Fatty acids, total trans	S3548
18:2 undifferentiated	S3548
22:0	S3548
15:0	S3548
18:1 t	S3548
22:1 c	S3548
Fatty acids, total trans-monoenoic	S3548
Potassium, K	S3548
Choline, total	S3548
Cholesterol	S3548
20:0	S3548
18:1 undifferentiated	S3548
22:5 n-3	S3548
16:1 c	S3548
Tocopherol, beta	S3548
Riboflavin	S3548
Vitamin B-12	S3548
Fatty acids, total saturated	S3548
6:0	S3548
12:0	S3548
20:4 undifferentiated	S3548
18:4	S3548
Fatty acids, total polyunsaturated	S3548
17:0	S3548
18:2 i	S3548
24:1 c	S3548

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

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

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

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

NDB No. 04588 Vegetable oil, oat

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

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

18:0	S3558
16:1 undifferentiated	S3558
22:1 undifferentiated	S3558
18:3 n-3 c,c,c	S3558
Fatty acids, total polyunsaturated	S3558
15:1	S3558
Fatty acids, total trans	S3558
8:0	S3558
12:0	S3558
20:1	S3558
22:1 c	S3558
16:0	S3558
17:0	S3558
24:0	S3558
24:1 c	S3558
17:1	S3558

Reference Report

JUL-17-2008 02:00 PM

Page 151 of 3136

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

18:1 undifferentiated	S3558
18:3 undifferentiated	S3558
18:2 CLAs	S3558
18:3 n-6 c,c,c	S3558
20:3 undifferentiated	S3558
Fatty acids, total trans-monoenoic	S3558
Fatty acids, total trans-polyenoic	S3558
Water	S3558
Vitamin E (alpha-tocopherol)	S3558
Pantothenic acid	S18
4:0	S3558
20:4 undifferentiated	S3558
22:0	S3558
18:4	S3558
20:5 n-3	S3558
Stigmasterol	S3558
Fatty acids, total monounsaturated	S3558
22:1 t	S3558
18:2 t not further defined	S3558
20:3 n-6	S3558
Ash	S3558
Fatty acids, total saturated	S3558
14:0	S3558
20:0	S3558
18:2 undifferentiated	S3558
22:5 n-3	S3558
Protein	S3558
Total lipid (fat)	S3558
6:0	S3558
10:0	S3558
22:6 n-3	S3558
14:1	S3558
Campesterol	S3558
Beta-sitosterol	S3558
15:0	S3558
20:2 n-6 c,c	S3558

Reference_Report

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

20:3 n-3	S3558
22:4	S3558

NDB No. 04611 Margarine, regular, tub, composite, 80% fat, with salt

Phosphorus, P	S3558
Tocopherol, gamma	S3558
Vitamin B-6	S3558
Vitamin K (phylloquinone)	S3558
16:0	S3558
18:2 undifferentiated	S3558
Stigmasterol	S3558
Beta-sitosterol	S3558
Fatty acids, total polyunsaturated	S3558
16:1 t	S3558
20:2 n-6 c,c	S3558
Iron, Fe	S3558
Tocopherol, delta	S3558
4:0	S3558
10:0	S3558
20:5 n-3	S3558
16:1 c	S3558
Fatty acids, total trans-polyenoic	S3558
Zinc, Zn	S3558
Choline, total	S3461
Fatty acids, total trans	S3558
14:0	S3558
18:1 undifferentiated	S3558
16:1 undifferentiated	S3558
22:1 undifferentiated	S3558
18:1 t	S3558
22:1 t	S3558
20:3 undifferentiated	S3558
Fatty acids, total trans-monoenoic	S3558
22:4	S3558
Protein	S3558
Water	S3558

Reference Report

JUL-17-2008 02:00 PM

Page 153 of 3136

NDB No. 04611 Margarine, regular, tub, composite, 80% fat, with salt

Magnesium, Mg	S3558
Potassium, K	S3558
Vitamin E (alpha-tocopherol)	S3558
Tocopherol, beta	S3558
Fatty acids, total saturated	S3558
22:5 n-3	S3558
18:3 n-3 c,c,c	S3558
20:3 n-6	S3558
Ash	S3558
Copper, Cu	S3558
Pantothenic acid	S3558
8:0	S3558
12:0	S3558
18:0	S3558
Phytosterols	S3558
18:2 CLAs	S3558
18:1 c	S3558
18:3 n-6 c,c,c	S3558
17:1	S3558
Calcium, Ca	S3558
Niacin	S3558
20:0	S3558
18:3 undifferentiated	S3558
22:6 n-3	S3558
18:4	S3558
17:0	S3558
24:1 c	S3558
18:2 n-6 c,c	S3558
Total lipid (fat)	S3558
Sodium, Na	S3558
Thiamin	S3558
Fatty acids, total monounsaturated	S3558
24:0	S3558
18:2 t not further defined	S3558
22:1 c	S3558
20:3 n-3	S3558
Manganese, Mn	S3558

Reference_Report

NDB No. 04611 Margarine, regular, tub, composite, 80% fat, with salt

Riboflavin	S3558
6:0	S3558
20:4 undifferentiated	S3558
22:0	S3558
14:1	S3558
20:1	S3558
Campesterol	S3558
15:0	S3558
15:1	S3558

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

Total lipid (fat)	S3558
20:4 undifferentiated	S3558
22:1 undifferentiated	S3558
Campesterol	S3558
18:2 CLAs	S3558
20:3 undifferentiated	S3558
18:3 n-3 c,c,c	S3558
10:0	S3558
16:1 undifferentiated	S3558
Fatty acids, total polyunsaturated	S3558
22:1 t	S3558
16:1 c	S3558
18:2 n-6 c,c	S3558
Fatty acids, total trans-monoenoic	S3558
20:3 n-3	S3558
22:4	S3558
Manganese, Mn	S19
Choline, total	S3461
8:0	S3558
20:1	S3558
18:1 c	S3558
Fatty acids, total saturated	S3558
12:0	S3558
16:0	S3558
18:0	S3558

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

15:0	S3558
20:2 n-6 c,c	S3558
18:3 n-6 c,c,c	S3558
17:1	S3558
15:1	S3558
Vitamin K (phylloquinone)	S19
18:3 undifferentiated	S3558
22:6 n-3	S3558
20:5 n-3	S3558
16:1 t	S3558
Fatty acids, total trans-polyenoic	S3558
Protein	S3558
Ash	S3558
Water	S3558
4:0	S3558
18:2 undifferentiated	S3558
22:0	S3558
18:4	S3558
22:5 n-3	S3558
18:1 t	S3558
20:3 n-6	S3558
14:0	S3558
18:1 undifferentiated	S3558
Fatty acids, total monounsaturated	S3558
18:2 t not further defined	S3558
24:1 c	S3558
22:1 c	S3558
Copper, Cu	S19
Fatty acids, total trans	S3558
6:0	S3558
20:0	S3558
14:1	S3558
Stigmasterol	S3558
Beta-sitosterol	S3558
17:0	S3558
24:0	S3558

Reference Report

JUL-17-2008 02:00 PM

Page 156 of 3136

NDB No. 04613 Margarine, margarine-like vegetable oil spread, 60% fat, tub

Ash	S3558
14:1	S3558
17:0	S3558
16:1 c	S3558
Fatty acids, total trans-monoenoic	S3558
Tocopherol, delta	S3558
Pantothenic acid	S19
4:0	S3558
6:0	S3558
12:0	S3558
18:2 undifferentiated	S3558
15:0	S3558
16:1 t	S3558
24:1 c	S3558
20:3 n-6	S3558
Vitamin E (alpha-tocopherol)	S3558
Tocopherol, gamma	S3558
Cholesterol	S19
22:1 undifferentiated	S3558
20:2 n-6 c,c	S3558
Tocopherol, beta	S3558
Vitamin B-6	S3558
18:1 undifferentiated	S3558
20:4 undifferentiated	S3558
22:0	S3558
18:4	S3558
20:5 n-3	S3558
Fatty acids, total polyunsaturated	S3558
18:2 t not further defined	S3558
18:2 CLAs	S3558
22:1 c	S3558
20:3 undifferentiated	S3558
15:1	S3558
18:3 n-3 c,c,c	S3558
Vitamin B-12	S3558
Vitamin K (phylloquinone)	S19
14:0	S3558

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 157 of 3136

NDB No. 04613 Margarine, margarine-like vegetable oil spread, 60% fat, tub

22:6 n-3	S3558
20:1	S3558
24:0	S3558
18:2 n-6 c,c	S3558
17:1	S3558
Protein	S3558
Water	S3558
18:3 undifferentiated	S3558
18:1 t	S3558
Fatty acids, total trans-polyenoic	S3558
20:3 n-3	S3558
Fatty acids, total saturated	S3558
10:0	S3558
16:0	S3558
22:5 n-3	S3558
Fatty acids, total monounsaturated	S3558
22:4	S3558
Total lipid (fat)	S3558
Choline, total	S3461
Fatty acids, total trans	S3558
8:0	S3558
18:0	S3558
20:0	S3558
16:1 undifferentiated	S3558
22:1 t	S3558
18:1 c	S3558
18:3 n-6 c,c,c	S3558

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

Vitamin K (phyloquinone)	S19
--------------------------	-----

NDB No. 04615 Shortening, vegetable, household, composite

Sodium, Na	S27
Tocopherol, beta	S87
14:1	S27, S3548

Reference_Report

NDB No. 04615 Shortening, vegetable, household, composite

16:1 undifferentiated	S27, S3548
18:2 n-6 c,c	S27, S3548
Calcium, Ca	S27
Copper, Cu	S27
Vitamin K (phylloquinone)	S27
6:0	S27, S3548
12:0	S27, S3548
Total lipid (fat)	S27, S3548
Zinc, Zn	S27
Pantothenic acid	S27
Cholesterol	S27
16:0	S27, S3548
18:2 CLAs	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Tocopherol, delta	S81, S87
Niacin	S27
Vitamin B-6	S27
8:0	S27, S3548
20:0	S27, S3548
18:4	S27, S3548
22:5 n-3	S27, S3548
Beta-sitosterol	S27
Ash	S27, S3548
Potassium, K	S27
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, gamma	S81, S87
Thiamin	S27
Riboflavin	S27
22:1 undifferentiated	S27, S3548
Campesterol	S27
17:0	S27, S3548
Protein	S27, S3548
Water	S27, S3548
Manganese, Mn	S27
Vitamin C, total ascorbic acid	S27
4:0	S27, S3548

NDB No. 04615 Shortening, vegetable, household, composite

18:0	S27, S3548
22:0	S27, S3548
20:5 n-3	S27, S3548
Stigmasterol	S27
24:1 c	S27, S3548
18:3 n-3 c,c,c	S27, S3548
Iron, Fe	S27
10:0	S27, S3548
20:4 undifferentiated	S27, S3548
22:6 n-3	S27, S3548
20:1	S27, S3548
18:2 i	S27, S3548
14:0	S27, S3548
24:0	S27, S3548
18:1 t	S27, S3548
18:1 c	S27, S3548

NDB No. 04624 Margarine-like spread, fat free, liquid, salted

Vitamin K (phyloquinone)	S20
--------------------------	-----

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

Tocopherol, beta	S3558
Niacin	S18
18:1 undifferentiated	S3558
Stigmasterol	S3558
Campesterol	S3558
18:2 CLAs	S3558
20:3 undifferentiated	S3558
22:4	S3558
Total lipid (fat)	S3558
Calcium, Ca	S18
Iron, Fe	S18
Pantothenic acid	S18
16:0	S3558
22:0	S3558

Reference Report

JUL-17-2008 02:00 PM

Page 160 of 3136

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

18:4	S3558
15:0	S3558
22:1 t	S3558
18:3 n-3 c,c,c	S3558
Ash	S3558
Tocopherol, gamma	S3558
Tocopherol, delta	S3558
8:0	S3558
18:3 undifferentiated	S3558
20:4 undifferentiated	S3558
20:1	S3558
22:1 undifferentiated	S3558
Beta-sitosterol	S3558
17:0	S3558
24:0	S3558
24:1 c	S3558
18:2 n-6 c,c	S3558
22:1 c	S3558
20:3 n-3	S3558
Vitamin E (alpha-tocopherol)	S3558
Folate, total	S18
Fatty acids, total saturated	S3558
20:0	S3558
22:5 n-3	S3558
18:3 n-6 c,c,c	S3558
Water	S3558
Cholesterol	S18
Fatty acids, total trans	S3558
12:0	S3558
16:1 undifferentiated	S3558
Fatty acids, total monounsaturated	S3558
Fatty acids, total trans-polyenoic	S3558
Protein	S3558
Potassium, K	S18
Vitamin K (phylloquinone)	S18
4:0	S3558

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 161 of 3136

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

10:0	S3558
18:0	S3558
14:1	S3558
Fatty acids, total polyunsaturated	S3558
16:1 t	S3558
18:1 c	S3558
17:1	S3558
15:1	S3558
Magnesium, Mg	S18
Sodium, Na	S18
Zinc, Zn	S18
Riboflavin	S18
Vitamin B-6	S18
18:2 undifferentiated	S3558
22:6 n-3	S3558
18:2 t not further defined	S3558
16:1 c	S3558
20:3 n-6	S3558
Phosphorus, P	S18
Thiamin	S18
6:0	S3558
14:0	S3558
20:5 n-3	S3558
18:1 t	S3558
20:2 n-6 c,c	S3558
Fatty acids, total trans-monoenoic	S3558

NDB No. 04629 Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

Protein	S3558
Total lipid (fat)	S3558
Water	S3558
Calcium, Ca	S18
Tocopherol, beta	S3558
Riboflavin	S18
Pantothenic acid	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 162 of 3136

NDB No. 04629 Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

Cholesterol	S18
6:0	S3558
8:0	S3558
22:0	S3558
18:4	S3558
16:1 t	S3558
18:2 t not further defined	S3558
Iron, Fe	S18
4:0	S3558
20:3 n-6	S3558
Folate, total	S18
10:0	S3558
12:0	S3558
16:0	S3558
18:2 undifferentiated	S3558
18:3 undifferentiated	S3558
20:5 n-3	S3558
18:2 CLAs	S3558
18:3 n-3 c,c,c	S3558
Carbohydrate, by difference	S3558
Magnesium, Mg	S18
Zinc, Zn	S18
Thiamin	S18
22:5 n-3	S3558
24:0	S3558
18:3 n-6 c,c,c	S3558
Potassium, K	S18
Fatty acids, total trans	S3558
Fatty acids, total saturated	S3558
14:0	S3558
18:0	S3558
18:1 undifferentiated	S3558
Beta-sitosterol	S18
17:0	S3558
16:1 c	S3558
20:3 undifferentiated	S3558
Fatty acids, total trans-polyenoic	S3558

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 163 of 3136

NDB No. 04629 Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

20:3 n-3	S3558
Ash	S3558
Manganese, Mn	S18
Tocopherol, gamma	S3558
Vitamin B-6	S18
Fatty acids, total polyunsaturated	S3558
22:1 t	S3558
20:2 n-6 c,c	S3558
18:2 n-6 c,c	S3558
22:1 c	S3558
Phosphorus, P	S18
20:0	S3558
22:6 n-3	S3558
20:1	S3558
Stigmasterol	S18
Fatty acids, total monounsaturated	S3558
15:0	S3558
24:1 c	S3558
Fatty acids, total trans-monoenoic	S3558
15:1	S3558
22:4	S3558
Sodium, Na	S18
Vitamin E (alpha-tocopherol)	S3558
Tocopherol, delta	S3558
20:4 undifferentiated	S3558
14:1	S3558
16:1 undifferentiated	S3558
Campesterol	S18
18:1 t	S3558
18:1 c	S3558
17:1	S3558

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

Calcium, Ca	S19
Zinc, Zn	S19

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 164 of 3136

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

Vitamin E (alpha-tocopherol)	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
20:5 n-3	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
Total lipid (fat)	S19
Copper, Cu	S19
Manganese, Mn	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
22:6 n-3	S19
22:0	S19
20:1	S19
24:0	S19
16:1 t	S19
18:2 i	S19
Ash	S19
Potassium, K	S19
Folate, total	S19
10:0	S19
20:4 undifferentiated	S19
Stigmasterol	S19
17:0	S19
Iron, Fe	S19
20:0	S19
18:1 t	S19
6:0	S19
12:0	S19
16:0	S19
22:1 undifferentiated	S19
18:3 n-3 c,c,c	S19
4:0	S19
8:0	S19
14:0	S19

Reference_Report

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

14:1	S19
Campesterol	S19
Beta-sitosterol	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
Protein	S19
Phosphorus, P	S19
Sodium, Na	S19
Selenium, Se	S19
Thiamin	S19
Riboflavin	S19
18:0	S19
18:4	S19
15:0	S19
Water	S19
Magnesium, Mg	S19
22:5 n-3	S19

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

Ash	S20
Iron, Fe	S20
18:1 t	S20
18:3 n-3 c,c,c	S20
Water	S20
Calcium, Ca	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Selenium, Se	S20
Pantothenic acid	S20
4:0	S20
18:2 n-6 c,c	S20
Niacin	S20
14:0	S20
16:0	S20

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

20:0	S20
20:5 n-3	S20
22:1 undifferentiated	S20
Protein	S20
Copper, Cu	S20
Thiamin	S20
Vitamin K (phylloquinone)	S20
18:0	S20
22:6 n-3	S20
18:4	S20
Campesterol	S20
Beta-sitosterol	S20
Total lipid (fat)	S20
Zinc, Zn	S20
Riboflavin	S20
8:0	S20
10:0	S20
16:1 undifferentiated	S20
18:1 c	S20
Manganese, Mn	S20
6:0	S20
12:0	S20
20:1	S20
Stigmasterol	S20
Vitamin E (alpha-tocopherol)	S20
Vitamin B-6	S20
Cholesterol	S20
20:4 undifferentiated	S20
Sodium, Na	S20
22:5 n-3	S20

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

Magnesium, Mg	S19
Selenium, Se	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S19

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

Vitamin K (phylloquinone)	S19
14:0	S19
17:1	S19
Lactose	S19
Niacin	S19
Cholesterol	S19
16:1 undifferentiated	S19
Ash	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Copper, Cu	S19
16:0	S19
Total lipid (fat)	S19
Starch	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Phosphorus, P	S19
Sodium, Na	S19
Vitamin B-12	S19
22:0	S19
20:1	S19
Zinc, Zn	S19
Riboflavin	S19
Pantothenic acid	S19
Vitamin B-6	S19
12:0	S19
20:0	S19
18:1 undifferentiated	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Thiamin	S19
Folate, total	S19
18:3 undifferentiated	S19
24:0	S19
Sucrose	S19

Reference Report

JUL-17-2008 02:00 PM

Page 168 of 3136

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

Sugars, total	S19
Galactose	S19
Iron, Fe	S19
Potassium, K	S19
Manganese, Mn	S19
22:1 undifferentiated	S19
Protein	S19
18:0	S19
18:2 undifferentiated	S19
17:0	S19
20:2 n-6 c,c	S19

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

Lactose	S19
Cryptoxanthin, beta	S19
Riboflavin	S19
18:1 undifferentiated	S19
18:3 undifferentiated	S19
Ash	S19
Sugars, total	S19
Sodium, Na	S19
Zinc, Zn	S19
Lycopene	S19
Niacin	S19
Maltose	S19
Water	S19
Folate, total	S19
Cholesterol	S19
18:0	S19
Sucrose	S19
Calcium, Ca	S19
Magnesium, Mg	S19
Vitamin B-6	S19
Choline, total	S19
14:0	S19
22:1 undifferentiated	S19

Reference Report

JUL-17-2008 02:00 PM

Page 169 of 3136

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

Phosphorus, P	S19
Potassium, K	S19
Manganese, Mn	S19
Selenium, Se	S19
Pantothenic acid	S19
20:0	S19
22:0	S19
17:0	S19
17:1	S19
20:3 undifferentiated	S19
Protein	S19
Total lipid (fat)	S19
Fiber, total dietary	S19
Thiamin	S19
Betaine	S19
10:0	S19
12:0	S19
16:0	S19
18:2 undifferentiated	S19
16:1 undifferentiated	S19
15:0	S19
Glucose (dextrose)	S19
Fructose	S19
Galactose	S19
13:0	S19
Iron, Fe	S19
Copper, Cu	S19
Carotene, beta	S19
Vitamin B-12	S19
14:1	S19

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

Sucrose	S26
Lactose	S26
Sugars, total	S26
Niacin	S26

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

18:4	S26
Total lipid (fat)	S26
Maltose	S26
Iron, Fe	S26
Potassium, K	S26
Vitamin B-6	S26
6:0	S26
12:0	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
Ash	S26
Pantothenic acid	S26
22:0	S26
22:5 n-3	S26
18:2 n-6 c,c	S26
Starch	S26
Fructose	S26
Water	S26
Sodium, Na	S26
Folate, total	S26
Cholesterol	S26
20:0	S26
18:3 n-3 c,c,c	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Thiamin	S26
Vitamin K (phylloquinone)	S26
17:0	S26
Galactose	S26
Calcium, Ca	S26
Zinc, Zn	S26
Riboflavin	S26
Vitamin B-12	S26
20:4 undifferentiated	S26
22:6 n-3	S26
20:5 n-3	S26

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

Protein	S26
Vitamin C, total ascorbic acid	S26
4:0	S26
14:0	S26
16:0	S26
18:1 t	S26
Glucose (dextrose)	S26
Copper, Cu	S26
Manganese, Mn	S26
8:0	S26
10:0	S26
18:0	S26
20:1	S26
22:1 undifferentiated	S26
24:0	S26
18:2 i	S26

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

Sucrose	S26
Fiber, total dietary	S26
Copper, Cu	S26
Thiamin	S26
6:0	S26
24:0	S26
16:1 c	S26
Folate, total	S26
18:0	S26
22:5 n-3	S26
Glucose (dextrose)	S26
Calcium, Ca	S26
20:5 n-3	S26
22:1 undifferentiated	S26
18:1 t	S26
18:1 c	S26
18:3 n-3 c,c,c	S26
Total lipid (fat)	S26

Reference Report

JUL-17-2008 02:00 PM

Page 172 of 3136

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

Starch	S26
Galactose	S26
Iron, Fe	S26
Sodium, Na	S26
Zinc, Zn	S26
Vitamin B-6	S26
14:0	S26
18:2 i	S26
Protein	S26
Maltose	S26
Vitamin K (phylloquinone)	S26
22:0	S26
24:1 c	S26
Ash	S26
Fructose	S26
Sugars, total	S26
Riboflavin	S26
Pantothenic acid	S26
Vitamin B-12	S26
10:0	S26
12:0	S26
14:1	S26
18:4	S26
20:1	S26
Water	S26
Magnesium, Mg	S26
Phosphorus, P	S26
4:0	S26
20:0	S26
17:0	S26
18:2 n-6 c,c	S26
Lactose	S26
Potassium, K	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Niacin	S26
Cholesterol	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 173 of 3136

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

8:0	S26
16:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26

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

Starch	S26
Magnesium, Mg	S26
Sodium, Na	S26, S4501
Folate, total	S26
Fatty acids, total trans	S4501
22:6 n-3	S26
22:0	S26
17:0	S26
18:2 i	S26
Ash	S26
Sugars, total	S26, S4501
Galactose	S26
Fiber, total dietary	S26, S4501
Calcium, Ca	S26, S4501
Vitamin C, total ascorbic acid	S26, S4501
4:0	S26
24:1 c	S26
Protein	S26, S4501
Water	S26
Phosphorus, P	S26
Cholesterol	S26, S4501
12:0	S26
16:0	S26
14:1	S26
22:1 undifferentiated	S26
22:5 n-3	S26
24:0	S26
18:3 n-3 c,c,c	S26
Copper, Cu	S26
Pantothenic acid	S26

Reference Report

JUL-17-2008 02:00 PM

Page 174 of 3136

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

Vitamin B-6	S26
Vitamin B-12	S26
10:0	S26
18:0	S26
18:4	S26
Fructose	S26
Manganese, Mn	S26
16:1 c	S26
Glucose (dextrose)	S26
Lactose	S26
Maltose	S26
Iron, Fe	S26, S4501
Thiamin	S26
Riboflavin	S26
14:0	S26
20:0	S26
20:4 undifferentiated	S26
18:2 n-6 c,c	S26
Total lipid (fat)	S26, S4501
Potassium, K	S26
Niacin	S26
Vitamin K (phylloquinone)	S26
8:0	S26
18:1 t	S26
Sucrose	S26
Zinc, Zn	S26
Vitamin A, IU	S4501
6:0	S26
20:1	S26
20:5 n-3	S26
18:1 c	S26

NDB No. 04641 Salad dressing, mayonnaise, light

Galactose	S25
Calcium, Ca	S25
Tocopherol, delta	S25

NDB No. 04641 Salad dressing, mayonnaise, light

Thiamin	S25
Vitamin B-6	S25
Cholesterol	S25
16:0	S25
22:6 n-3	S25
22:5 n-3	S25
Stigmasterol	S25
18:1 c	S25
Ash	S25
Iron, Fe	S25
Potassium, K	S25
12:0	S25
20:4 undifferentiated	S25
20:5 n-3	S25
Total lipid (fat)	S25
Starch	S25
Glucose (dextrose)	S25
Phosphorus, P	S25
Riboflavin	S25
Niacin	S25
6:0	S25
10:0	S25
Campesterol	S25
Beta-sitosterol	S25
Fructose	S25
Water	S25
Magnesium, Mg	S25
Tocopherol, beta	S25
Vitamin C, total ascorbic acid	S25
Folic acid	S25
4:0	S25
14:1	S25
24:0	S25
Copper, Cu	S25
Pantothenic acid	S25
8:0	S25
14:0	S25

NDB No. 04641 Salad dressing, mayonnaise, light

20:0	S25
17:0	S25
16:1 c	S25
18:2 n-6 c,c	S25
Maltose	S25
Selenium, Se	S25
Vitamin B-12	S25
22:0	S25
18:4	S25
18:1 t	S25
18:2 i	S25
18:2 CLAs	S25
Sugars, total	S25
Vitamin E (alpha-tocopherol)	S25
20:1	S25
24:1 c	S25
18:3 n-3 c,c,c	S25
Protein	S25
Sucrose	S25
Lactose	S25
Sodium, Na	S25
Zinc, Zn	S25
Tocopherol, gamma	S25
18:0	S25

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

15:0	S2221
18:1 c	S2221
4:0	S2221
16:0	S2221
22:6 n-3	S2221
6:0	S2221
18:0	S2221
18:4	S2221
18:3 n-3 c,c,c	S2221
10:0	S2221

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

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

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

18:3 undifferentiated	S2741
-----------------------	-------

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

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

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

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

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

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

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

22:1 undifferentiated	S2221
18:1 c	S2221
Total lipid (fat)	S2221
16:0	S2221
22:0	S2221
18:3 n-3 c,c,c	S2221

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

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

Reference Report

JUL-17-2008 02:00 PM

Page 180 of 3136

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

16:0	S2221
15:0	S2221
Fatty acids, total trans-polyenoic	S2221
20:0	S2221
22:0	S2221
22:1 undifferentiated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
18:1 c	S2221

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

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 181 of 3136

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

monounsaturated

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

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

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 182 of 3136

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

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

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

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

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

Fatty acids, total trans	S2221
12:0	S2221
18:4	S2221
18:3i	S2221
6:0	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
20:1	S2221
Fatty acids, total monounsaturated	S2221
18:1 t	S2221
Fatty acids, total saturated	S2221
8:0	S2221
18:0	S2221
22:0	S2221
15:0	S2221
17:0	S2221
Fatty acids, total trans-monoenoic	S2221
16:0	S2221
18:1 undifferentiated	S2221
16:1 undifferentiated	S2221
22:1 undifferentiated	S2221
18:2 i	S2221

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

Fatty acids, total saturated	S2221
22:0	S2221
22:6 n-3	S2221
20:1	S2221
20:5 n-3	S2221
16:1 c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
8:0	S2221
12:0	S2221
16:0	S2221

Reference Report

JUL-17-2008 02:00 PM

Page 184 of 3136

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

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

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

Fatty acids, total trans	S2221
4:0	S2221
22:6 n-3	S2221
22:0	S2221
22:1 undifferentiated	S2221
18:2 i	S2221
Fatty acids, total trans-monoenoic	S2221

Reference_Report

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

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

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

14:0	S2221
18:1 t	S2221
18:2 i	S2221
18:2 n-6 c,c	S2221

Reference Report

JUL-17-2008 02:00 PM

Page 186 of 3136

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

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

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

Reference_Report

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

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

Reference Report

JUL-17-2008 02:00 PM

Page 188 of 3136

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

22:1 undifferentiated S2221

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

18:0 S2221

22:0 S2221

18:2 n-6 c,c S2221

4:0 S2221

16:0 S2221

20:1 S2221

22:5 n-3 S2221

18:1 t S2221

16:1 c S2221

10:0 S2221

22:6 n-3 S2221

20:5 n-3 S2221

20:4 undifferentiated S2221

18:2 i S2221

Total lipid (fat) S2221

14:0 S2221

22:1 undifferentiated S2221

12:0 S2221

18:4 S2221

18:1 c S2221

20:0 S2221

15:0 S2221

6:0 S2221

8:0 S2221

17:0 S2221

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

Iron, Fe S2221

Zinc, Zn S2221

4:0 S2221

Reference_Report

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

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

Reference Report

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

22:6 n-3	S2221
20:5 n-3	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

Water	S2221
Magnesium, Mg	S2221
14:0	S2221
16:1 undifferentiated	S2221
20:1	S2221
Calcium, Ca	S2221
6:0	S2221
18:0	S2221
20:4 undifferentiated	S2221
20:5 n-3	S2221
Potassium, K	S2221
Fatty acids, total trans	S2221
18:3 undifferentiated	S2221
Iron, Fe	S2221
Phosphorus, P	S2221
12:0	S2221
18:2 undifferentiated	S2221
18:1 t	S2221
18:1 c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
Copper, Cu	S2221
8:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
Protein	S2221
Fatty acids, total saturated	S2221
22:1 undifferentiated	S2221
Fatty acids, total monounsaturated	S2221

Reference Report

JUL-17-2008 02:00 PM

Page 191 of 3136

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

18:3i	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
16:0	S2221
Fatty acids, total polyunsaturated	S2221
18:2 n-6 c,c	S2221
Total lipid (fat)	S2221
Ash	S2221
Manganese, Mn	S2221
4:0	S2221
10:0	S2221
22:6 n-3	S2221
18:4	S2221
22:5 n-3	S2221

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

Iron, Fe	S2221
18:1 undifferentiated	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
Ash	S2221
Calcium, Ca	S2221
Fatty acids, total trans	S2221
10:0	S2221
12:0	S2221
16:1 undifferentiated	S2221
Protein	S2221
Potassium, K	S2221
Manganese, Mn	S2221
Fatty acids, total saturated	S2221
20:4 undifferentiated	S2221
18:4	S2221
20:5 n-3	S2221
Magnesium, Mg	S2221

Reference_Report

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

Phosphorus, P	S2221
Copper, Cu	S2221
4:0	S2221
20:1	S2221
18:3i	S2221
6:0	S2221
22:6 n-3	S2221
22:5 n-3	S2221
Sodium, Na	S2221
16:0	S2221
18:3 undifferentiated	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Total lipid (fat)	S2221
Water	S2221
8:0	S2221
18:0	S2221
20:0	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
Zinc, Zn	S2221
14:0	S2221
18:2 undifferentiated	S2221
22:1 undifferentiated	S2221

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

Phosphorus, P	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
4:0	S2221
18:1 undifferentiated	S2221
20:4 undifferentiated	S2221
20:5 n-3	S2221
Fatty acids, total polyunsaturated	S2221
Fatty acids, total trans-	S2221

Reference Report

JUL-17-2008 02:00 PM

Page 193 of 3136

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

monoenoic

Ash	S2221
18:3i	S2221
Total lipid (fat)	S2221
10:0	S2221
6:0	S2221
18:2 undifferentiated	S2221
22:5 n-3	S2221
18:1 c	S2221
Sodium, Na	S2221
12:0	S2221
16:0	S2221
18:3 undifferentiated	S2221
18:4	S2221
Fatty acids, total trans-polyenoic	S2221
Water	S2221
Calcium, Ca	S2221
Magnesium, Mg	S2221
18:0	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
22:1 undifferentiated	S2221
Fatty acids, total monounsaturated	S2221
18:2 n-6 c,c	S2221
Iron, Fe	S2221
Fatty acids, total saturated	S2221
8:0	S2221
14:0	S2221
18:1 t	S2221
Protein	S2221
Potassium, K	S2221
Fatty acids, total trans	S2221
20:0	S2221
20:1	S2221

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 194 of 3136

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

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 195 of 3136

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

Sodium, Na	S2221
Manganese, Mn	S2221
18:2 undifferentiated	S2221
22:6 n-3	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total polyunsaturated	S2221

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

Calcium, Ca	S2221
Iron, Fe	S2221
Zinc, Zn	S2221
14:0	S2221
18:2 undifferentiated	S2221
18:3i	S2221
Protein	S2221
Copper, Cu	S2221
10:0	S2221
12:0	S2221
22:6 n-3	S2221
Water	S2221
8:0	S2221
18:0	S2221
20:4 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
18:1 t	S2221
Fatty acids, total saturated	S2221
18:1 undifferentiated	S2221
20:1	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Potassium, K	S2221
16:0	S2221
16:1 undifferentiated	S2221
Ash	S2221

Reference Report

JUL-17-2008 02:00 PM

Page 196 of 3136

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

Magnesium, Mg	S2221
Manganese, Mn	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
Sodium, Na	S2221
Fatty acids, total trans	S2221
6:0	S2221
18:3 undifferentiated	S2221
18:4	S2221
Fatty acids, total polyunsaturated	S2221
Total lipid (fat)	S2221
Phosphorus, P	S2221
4:0	S2221
20:0	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221

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

Magnesium, Mg	S2221
Phosphorus, P	S2221
Fatty acids, total trans	S2221
8:0	S2221
10:0	S2221
22:5 n-3	S2221
18:2 n-6 c,c	S2221
Sodium, Na	S2221
6:0	S2221
16:0	S2221
Fatty acids, total trans-polyenoic	S2221
Copper, Cu	S2221
Fatty acids, total saturated	S2221
14:0	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:1	S2221
Fatty acids, total polyunsaturated	S2221

Reference_Report

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

Protein	S2221
Iron, Fe	S2221
Zinc, Zn	S2221
Manganese, Mn	S2221
Ash	S2221
22:6 n-3	S2221
22:1 undifferentiated	S2221
Water	S2221
Calcium, Ca	S2221
Potassium, K	S2221
16:1 undifferentiated	S2221
18:1 t	S2221
Fatty acids, total trans-monoenoic	S2221
Total lipid (fat)	S2221
20:4 undifferentiated	S2221
18:1 c	S2221
4:0	S2221
12:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:4	S2221
20:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
18:3i	S2221

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

Ash	S2221
Fatty acids, total saturated	S2221
4:0	S2221
18:2 undifferentiated	S2221
18:4	S2221
20:5 n-3	S2221
Fatty acids, total polyunsaturated	S2221
18:1 c	S2221

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

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

Reference Report

JUL-17-2008 02:00 PM

Page 199 of 3136

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

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 200 of 3136

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

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

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

8:0 S2221

12:0 S2221

Total lipid (fat) S2221

22:0 S2221

18:3i S2221

14:0 S2221

18:0 S2221

20:0 S2221

22:5 n-3 S2221

18:1 undifferentiated S2221

20:1 S2221

20:5 n-3 S2221

18:1 t S2221

18:1 c S2221

4:0 S2221

6:0 S2221

18:2 i S2221

16:1 c S2221

18:2 n-6 c,c S2221

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

10:0 S2221

18:4 S2221

22:1 undifferentiated S2221

15:0 S2221

17:0 S2221

16:0 S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

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

Fatty acids, total trans S2221

4:0 S2221

10:0 S2221

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 201 of 3136

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

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

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

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

Reference Report

JUL-17-2008 02:00 PM

Page 203 of 3136

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

14:0 S2221

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

6:0 S2221

18:0 S2221

15:0 S2221

12:0 S2221

18:2 i S2221

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

8:0 S2221

18:4 S2221

17:0 S2221

16:1 c S2221

10:0 S2221

22:6 n-3 S2221

20:1 S2221

18:1 t S2221

18:3i S2221

16:0 S2221

18:2 n-6 c,c S2221

14:0 S2221

20:0 S2221

20:4 undifferentiated S2221

22:5 n-3 S2221

Total lipid (fat) S2221

4:0 S2221

22:0 S2221

20:5 n-3 S2221

22:1 undifferentiated S2221

18:1 c S2221

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

Fatty acids, total trans S2221

22:6 n-3 S2221

18:2 undifferentiated S2221

18:4 S2221

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 204 of 3136

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

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

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

18:0	S2221
------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 205 of 3136

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

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

Reference Report

JUL-17-2008 02:00 PM

Page 206 of 3136

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

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

Reference Report

JUL-17-2008 02:00 PM

Page 207 of 3136

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

16:1 c S2221

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

10:0 S2221

18:0 S2221

18:1 undifferentiated S2221

16:1 undifferentiated S2221

20:1 S2221

Fatty acids, total trans S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

18:4 S2221

22:5 n-3 S2221

18:2 n-6 c,c S2221

Total lipid (fat) S2221

6:0 S2221

Fatty acids, total monounsaturated S2221

Fatty acids, total trans-monoenoic S2221

18:3i S2221

20:4 undifferentiated S2221

4:0 S2221

Fatty acids, total polyunsaturated S2221

18:2 i S2221

18:1 c S2221

8:0 S2221

16:0 S2221

22:0 S2221

20:5 n-3 S2221

16:1 c S2221

Fatty acids, total saturated S2221

12:0 S2221

14:0 S2221

20:0 S2221

22:6 n-3 S2221

Fatty acids, total trans-polyenoic S2221

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 208 of 3136

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

18:3 n-3 c,c,c	S2221
22:1 undifferentiated	S2221
17:0	S2221
18:1 t	S2221

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

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

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

Total lipid (fat)	S2741
Energy	S2401
Sodium, Na	S2741
Retinol	S2741
Tocopherol, delta	S2741
Vitamin B-6	S2741
18:2 undifferentiated	S2741
22:6 n-3	S2741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 209 of 3136

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

22:0	S2741
Fatty acids, total polyunsaturated	S2741
Protein	S2741
Calcium, Ca	S2741
Potassium, K	S2741
8:0	S2741
10:0	S2741
20:0	S2741
18:1 undifferentiated	S2741
18:2 n-6 c,c	S2741
17:1	S2741
Ash	S2741
Zinc, Zn	S2741
Niacin	S2741
Fatty acids, total saturated	S2741
20:5 n-3	S2741
22:5 n-3	S2741
Fatty acids, total monounsaturated	S2741
22:1 c	S2741
Phosphorus, P	S2741
Copper, Cu	S2741
Tocopherol, beta	S2741
Vitamin K (phylloquinone)	S2741
18:0	S2741
18:3 undifferentiated	S2741
20:1	S2741
16:0	S2741
16:1 undifferentiated	S2741
22:1 undifferentiated	S2741
15:0	S2741
20:2 n-6 c,c	S2741
16:1 c	S2741
18:1 c	S2741
Fatty acids, total trans-monoenoic	S2741
Iron, Fe	S2741
6:0	S2741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 210 of 3136

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

12:0	S2741
20:4 undifferentiated	S2741
17:0	S2741
18:1 t	S2741
Fatty acids, total trans-polyenoic	S2741
Water	S2741
Manganese, Mn	S2741
Tocopherol, gamma	S2741
Riboflavin	S2741
4:0	S2741
14:0	S2741
24:0	S2741
18:3 n-3 c,c,c	S2741
18:3i	S2741
Magnesium, Mg	S2741
Vitamin E (alpha-tocopherol)	S2741
Thiamin	S2741
Fatty acids, total trans	S2741
18:4	S2741
18:2 i	S2741

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

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 211 of 3136

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

Fatty acids, total polyunsaturated	S2401
Total lipid (fat)	S2401
Energy	S2401
Sodium, Na	S2401
Cholesterol	S2401

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

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

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

Fiber, total dietary	S2401
Sodium, Na	S2401
Cholesterol	S2401
Vitamin E (alpha-tocopherol)	S2401
Phosphorus, P	S2401
Vitamin A, IU	S2401
Vitamin K (phylloquinone)	S2401

Reference Report

JUL-17-2008 02:00 PM

Page 212 of 3136

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

Beta-sitosterol	S2401
Total lipid (fat)	S2401
Sugars, total	S2401
Fatty acids, total trans	S2401
Fatty acids, total polyunsaturated	S2401
Energy	S2401
Water	S2401
Potassium, K	S2401
Fatty acids, total saturated	S2401
Phytosterols	S2401
Stigmasterol	S2401
Campesterol	S2401
Protein	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Fatty acids, total monounsaturated	S2401

NDB No. 04679 Oil, PAM cooking spray, original

Protein	S3742
Energy	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Vitamin C, total ascorbic acid	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Carbohydrate, by difference	S3742
Sodium, Na	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Ash	S3742
Sugars, total	S3742
Water	S3742
Fatty acids, total polyunsaturated	S3742

Reference Report

JUL-17-2008 02:00 PM

Page 213 of 3136

NDB No. 04683 Margarine, margarine-like vegetable oil spread, 67-70% fat, tub

Total lipid (fat)	S3558
Vitamin E (alpha-tocopherol)	S3558
Tocopherol, gamma	S3558
Fatty acids, total trans	S3558
4:0	S3558
18:1 undifferentiated	S3558
15:0	S3558
18:1 c	S3558
22:1 c	S3558
Fatty acids, total trans-polyenoic	S3558
20:3 n-6	S3558
Vitamin A, IU	S3558
Tocopherol, beta	S3558
18:0	S3558
16:1 undifferentiated	S3558
20:1	S3558
20:5 n-3	S3558
18:2 t not further defined	S3558
18:2 n-6 c,c	S3558
Fatty acids, total trans-monoenoic	S3558
Fatty acids, total saturated	S3558
8:0	S3558
10:0	S3558
20:4 undifferentiated	S3558
22:6 n-3	S3558
14:1	S3558
22:1 undifferentiated	S3558
17:0	S3558
20:2 n-6 c,c	S3558
18:3 n-6 c,c,c	S3558
20:3 undifferentiated	S3558
Sodium, Na	S3558
Tocopherol, delta	S3558
22:5 n-3	S3558
17:1	S3558
20:3 n-3	S3558
22:4	S3558

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 214 of 3136

NDB No. 04683 Margarine, margarine-like vegetable oil spread, 67-70% fat, tub

Ash	S3558
6:0	S3558
22:0	S3558
Fatty acids, total monounsaturated	S3558
24:1 c	S3558
16:1 c	S3558
Protein	S3558
18:4	S3558
15:1	S3558
12:0	S3558
14:0	S3558
20:0	S3558
18:2 undifferentiated	S3558
18:3 undifferentiated	S3558
Fatty acids, total polyunsaturated	S3558
16:1 t	S3558
22:1 t	S3558
18:2 CLAs	S3558
Water	S3558
16:0	S3558
24:0	S3558
18:1 t	S3558
18:3 n-3 c,c,c	S3558

NDB No. 04684 Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

Protein	S3558
Water	S3558
20:0	S3558
18:3 undifferentiated	S3558
18:2 CLAs	S3558
17:1	S3558
18:3 n-3 c,c,c	S3558
8:0	S3558
10:0	S3558
16:1 undifferentiated	S3558
18:4	S3558

Reference_Report

NDB No. 04684 Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

20:2 n-6 c,c	S3558
20:3 n-6	S3558
Total lipid (fat)	S3558
18:1 undifferentiated	S3558
20:4 undifferentiated	S3558
22:5 n-3	S3558
18:2 t not further defined	S3558
24:1 c	S3558
20:3 undifferentiated	S3558
Ash	S3558
Tocopherol, beta	S3558
14:0	S3558
20:1	S3558
17:0	S3558
18:2 n-6 c,c	S3558
22:1 c	S3558
18:3 n-6 c,c,c	S3558
Fatty acids, total trans	S3558
14:1	S3558
Fatty acids, total polyunsaturated	S3558
24:0	S3558
16:1 c	S3558
Fatty acids, total trans-polyenoic	S3558
Vitamin E (alpha-tocopherol)	S3558
Tocopherol, delta	S3558
6:0	S3558
22:0	S3558
20:5 n-3	S3558
22:1 undifferentiated	S3558
15:0	S3558
16:1 t	S3558
22:1 t	S3558
Fatty acids, total trans-monoenoic	S3558
Tocopherol, gamma	S3558
Fatty acids, total saturated	S3558
16:0	S3558
22:6 n-3	S3558

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 216 of 3136

NDB No. 04684 Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

18:1 c	S3558
20:3 n-3	S3558
22:4	S3558
4:0	S3558
12:0	S3558
18:0	S3558
18:2 undifferentiated	S3558
Fatty acids, total monounsaturated	S3558
18:1 t	S3558
15:1	S3558

NDB No. 04685 Oil, cooking and salad, ENOVA, 80% diglycerides

Vitamin E (alpha-tocopherol)	S3553
Tocopherol, gamma	S3553
18:1 undifferentiated	S3553
22:0	S3553
22:1 undifferentiated	S3553
Fatty acids, total polyunsaturated	S3553
18:3i	S3553
Ash	S3553
Tocopherol, beta	S3553
18:3 undifferentiated	S3553
18:4	S3553
Fatty acids, total monounsaturated	S3553
Total lipid (fat)	S3553
4:0	S3553
8:0	S3553
10:0	S3553
18:0	S3553
18:2 undifferentiated	S3553
18:2 n-6 c,c	S3553
Water	S3553
Tocopherol, delta	S3553
Fatty acids, total trans	S3553
6:0	S3553

NDB No. 04685 Oil, cooking and salad, ENOVA, 80% diglycerides

16:0	S3553
24:0	S3553
20:2 n-6 c,c	S3553
18:1 c	S3553
Fatty acids, total trans-polyenoic	S3553
Protein	S3553
16:1 undifferentiated	S3553
20:1	S3553
14:0	S3553
20:0	S3553
20:5 n-3	S3553
12:0	S3553
18:2 i	S3553
16:1 c	S3553
17:1	S3553
Fatty acids, total saturated	S3553
22:5 n-3	S3553
17:0	S3553
22:1 c	S3553
18:3 n-3 c,c,c	S3553

NDB No. 04687 Margarine-like spread, BENEOL Light Spread

Magnesium, Mg	S2741
Zinc, Zn	S2741
Manganese, Mn	S2741
Vitamin E (alpha-tocopherol)	S2741
10:0	S2741
18:0	S2741
18:3 undifferentiated	S2741
22:1 undifferentiated	S2741
Fatty acids, total trans-monoenoic	S2741
18:3 n-3 c,c,c	S2741
Total lipid (fat)	S2741
Iron, Fe	S2741
Phosphorus, P	S2741
Tocopherol, delta	S2741

Reference Report

JUL-17-2008 02:00 PM

Page 218 of 3136

NDB No. 04687 Margarine-like spread, BENEOL Light Spread

Niacin	S2741
Fatty acids, total trans	S2741
22:0	S2741
Fatty acids, total polyunsaturated	S2741
Riboflavin	S2741
Vitamin K (phylloquinone)	S2741
4:0	S2741
8:0	S2741
16:1 undifferentiated	S2741
22:5 n-3	S2741
24:0	S2741
16:1 c	S2741
Protein	S2741
Tocopherol, beta	S2741
Tocopherol, gamma	S2741
Thiamin	S2741
Vitamin B-6	S2741
18:2 undifferentiated	S2741
Fatty acids, total monounsaturated	S2741
17:0	S2741
Calcium, Ca	S2741
12:0	S2741
20:5 n-3	S2741
18:1 t	S2741
18:1 c	S2741
Ash	S2741
Water	S2741
Retinol	S2741
20:4 undifferentiated	S2741
22:6 n-3	S2741
18:4	S2741
20:2 n-6 c,c	S2741
18:2 n-6 c,c	S2741
17:1	S2741
18:3i	S2741
Sodium, Na	S2741
Copper, Cu	S2741

Reference_Report

NDB No. 04687 Margarine-like spread, BENEOL Light Spread

Fatty acids, total saturated	S2741
14:0	S2741
18:1 undifferentiated	S2741
20:1	S2741
15:0	S2741
Fatty acids, total trans-polyenoic	S2741
Potassium, K	S2741
6:0	S2741
16:0	S2741
20:0	S2741
22:1 c	S2741

NDB No. 04688 Salad dressing, spray-style dressing, assorted flavors

Fiber, total dietary	S4501
Energy	S4501
Iron, Fe	S4501
Fatty acids, total trans	S4501
Total lipid (fat)	S4501
Vitamin C, total ascorbic acid	S4501
Protein	S4501
Cholesterol	S4501
Calcium, Ca	S4501
Carbohydrate, by difference	S4501
Sugars, total	S4501
Fatty acids, total saturated	S4501
Sodium, Na	S4501
Vitamin A, IU	S4501

NDB No. 05006 Chicken, broilers or fryers, meat and skin, raw

Choline, total	S3461
Betaine	S3461

NDB No. 05007 Chicken, broilers or fryers, meat and skin, cooked, fried, batter

Fluoride, F	D5301, D5002, D5007
-------------	---------------------

Reference Report

JUL-17-2008 02:00 PM

Page 220 of 3136

NDB No. 05008 Chicken, broilers or fryers, meat and skin, cooked, fried, flour

Fluoride, F D5301, D5002, D5007

NDB No. 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted

Choline, total S3461

Betaine S3461

Fluoride, F D5301, D5002, D5007

NDB No. 05011 Chicken, broilers or fryers, meat only, raw

Choline, total S3461

Betaine S3461

NDB No. 05013 Chicken, broilers or fryers, meat only, roasted

Betaine S3461

Choline, total S3461

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

Iron, Fe S1581

Potassium, K S1581

Copper, Cu S1581

Tocopherol, gamma S1581

Folate, total S1581

Vitamin K (phylloquinone) S1581

16:0 S1581

15:0 S1581

Calcium, Ca S1581

Carotene, beta S1581

Pantothenic acid S1581

Vitamin B-12 S1581

22:0 S1581

14:1 S1581

17:0 S1581

Carotene, alpha S1581

Riboflavin S1581

10:0 S1581

Reference Report

JUL-17-2008 02:00 PM

Page 221 of 3136

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

Magnesium, Mg	S1581
Cryptoxanthin, beta	S1581
Fatty acids, total trans	S1581
8:0	S1581
12:0	S1581
20:4 undifferentiated	S1581
Fatty acids, total monounsaturated	S1581
18:3 n-6 c,c,c	S1581
Phosphorus, P	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, delta	S1581
18:2 undifferentiated	S1581
Retinol	S1581
Tocopherol, beta	S1581
Niacin	S1581
14:0	S1581
20:0	S1581
16:1 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581
Total lipid (fat)	S1581
Ash	S1581
Zinc, Zn	S1581
Manganese, Mn	S1581
Thiamin	S1581
Vitamin B-6	S1581
Cholesterol	S1581
Fatty acids, total saturated	S1581
Fatty acids, total polyunsaturated	S1581
20:2 n-6 c,c	S1581
20:3 undifferentiated	S1581
Protein	S1581
Water	S1581
Sodium, Na	S1581
Selenium, Se	S1581
Lycopene	S1581
Vitamin C, total ascorbic acid	S1581

Reference_Report

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

18:0	S1581
18:1 undifferentiated	S1581
20:1	S1581

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

Total lipid (fat)	S1581
Water	S1581
Zinc, Zn	S1581
Riboflavin	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
Fatty acids, total monounsaturated	S1581
17:0	S1581
20:2 n-6 c,c	S1581
Calcium, Ca	S1581
Cryptoxanthin, beta	S1581
Pantothenic acid	S1581
Cholesterol	S1581
18:0	S1581
16:1 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
Iron, Fe	S1581
Selenium, Se	S1581
10:0	S1581
14:0	S1581
18:1 undifferentiated	S1581
15:1	S1581
Ash	S1581
Magnesium, Mg	S1581
Sodium, Na	S1581
Retinol	S1581
Carotene, alpha	S1581
Lycopene	S1581
Thiamin	S1581
Vitamin B-12	S1581
14:1	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 223 of 3136

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

Potassium, K	S1581
Manganese, Mn	S1581
Folate, total	S1581
8:0	S1581
16:0	S1581
15:0	S1581
20:3 undifferentiated	S1581
Phosphorus, P	S1581
Carotene, beta	S1581
Vitamin B-6	S1581
12:0	S1581
22:0	S1581
18:3 n-3 c,c,c	S1581
Protein	S1581
Tocopherol, gamma	S1581
Vitamin K (phylloquinone)	S1581
Fatty acids, total trans	S1581
20:0	S1581
Copper, Cu	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, delta	S1581
Niacin	S1581
Fatty acids, total saturated	S1581
20:1	S1581
18:3 n-6 c,c,c	S1581

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

Magnesium, Mg	S1082
Phosphorus, P	S1082
Carotene, beta	S1082
Lycopene	S1082
Riboflavin	S1082
Pantothenic acid	S1082
Vitamin K (phylloquinone)	S1082
Leucine	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 224 of 3136

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

Valine	S1082
Hydroxyproline	S1082
20:4 undifferentiated	S1082
20:1	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Vitamin B-6	S1082
Tryptophan	S1082
Cystine	S1082
Phenylalanine	S1082
Histidine	S1082
Glycine	S1082
Proline	S1082
16:0	S1082
20:3 undifferentiated	S1082
Cryptoxanthin, beta	S1082
Thiamin	S1082
Folate, total	S1166
Glutamic acid	S1082
18:1 undifferentiated	S1082
Tocopherol, delta	S1166
Vitamin B-12	S1082
Choline, total	S1082
Methionine	S1082
Tyrosine	S1082
Alanine	S1082
14:0	S1082
16:1 undifferentiated	S1082
Isoleucine	S1082
10:0	S1082
20:0	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 225 of 3136

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

17:1	S1082
Protein	S1082
Total lipid (fat)	S1082
Potassium, K	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Carotene, alpha	S1082
Arginine	S1082
Fatty acids, total trans	S1082
8:0	S1082
18:0	S1082
15:0	S1082
15:1	S1082
Ash	S1082
Manganese, Mn	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Niacin	S1082
22:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:3 n-3 c,c,c	S1082
Sodium, Na	S1082
Vitamin C, total ascorbic acid	S1082
Betaine	S1082
Threonine	S1082
Lysine	S1082
Aspartic acid	S1082
Serine	S1082
Cholesterol	S1082
12:0	S1082
14:1	S1082

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

Ash	S1082
Water	S1082

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

Zinc, Zn	S1082
Folate, total	S1166
Isoleucine	S1082
Cystine	S1082
Fatty acids, total trans	S1082
18:0	S1082
Total lipid (fat)	S1082
Potassium, K	S1082
Tocopherol, beta	S1166
Choline, total	S1082, S3461
Threonine	S1082
Methionine	S1082
Histidine	S1082
10:0	S1082
14:1	S1082
18:3 n-6 c,c,c	S1082
Calcium, Ca	S1082
Magnesium, Mg	S1082
Sodium, Na	S1082
Lycopene	S1082
Vitamin K (phylloquinone)	S1166, S1082
Leucine	S1082
Arginine	S1082
20:0	S1082
18:1 undifferentiated	S1082
15:1	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, alpha	S1082
Niacin	S1082
Phenylalanine	S1082
20:1	S1082
Copper, Cu	S1082
Tocopherol, delta	S1166
Vitamin B-12	S1082
Alanine	S1082
Hydroxyproline	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 227 of 3136

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

Cholesterol	S1082
16:1 undifferentiated	S1082
17:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
Protein	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Lysine	S1082
Glycine	S1082
Serine	S1082
20:4 undifferentiated	S1082
Manganese, Mn	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Tocopherol, gamma	S1166
Thiamin	S1082
Valine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
12:0	S1082
16:0	S1082
18:2 n-6 c,c	S1082
Iron, Fe	S1082
Phosphorus, P	S1082
Carotene, beta	S1082
Riboflavin	S1082
Betaine	S1082, S3461
Tryptophan	S1082
Tyrosine	S1082
Proline	S1082
14:0	S1082
22:0	S1082
15:0	S1082
20:3 undifferentiated	S1082
18:3 n-3 c,c,c	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 228 of 3136

NDB No. 05112 Chicken, roasting, meat and skin, cooked, roasted

Fluoride, F D5301, D5002, D5007

NDB No. 05136 Chicken, capons, meat and skin, cooked, roasted

Fluoride, F D5301, D5002, D5007

NDB No. 05166 Turkey, all classes, meat and skin, cooked, roasted

Fluoride, F D5001

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

Total lipid (fat) S1581

Vitamin B-12 S1581

Vitamin K (phylloquinone) S1581

Fatty acids, total trans S1581

Fatty acids, total saturated S1581

20:0 S1581

22:0 S1581

18:3 n-3 c,c,c S1581

Ash S1581

Copper, Cu S1581

Manganese, Mn S1581

Carotene, beta S1581

Tocopherol, gamma S1581

Thiamin S1581

Riboflavin S1581

Pantothenic acid S1581

Betaine S1581

8:0 S1581

10:0 S1581

12:0 S1581

20:3 undifferentiated S1581

Water S1581

Vitamin C, total ascorbic acid S1581

14:1 S1581

Protein S1581

Zinc, Zn S1581

Reference Report

JUL-17-2008 02:00 PM

Page 229 of 3136

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

Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Tocopherol, delta	S1581
Choline, total	S1581
18:1 undifferentiated	S1581
Magnesium, Mg	S1581
Sodium, Na	S1581
Selenium, Se	S1581
Niacin	S1581
Vitamin B-6	S1581
16:0	S1581
20:4 undifferentiated	S1581
Fatty acids, total monounsaturated	S1581
17:0	S1581
Folate, total	S1581
Cholesterol	S1581
20:1	S1581
18:3 n-6 c,c,c	S1581
15:1	S1581
Iron, Fe	S1581
Phosphorus, P	S1581
Potassium, K	S1581
14:0	S1581
18:0	S1581
18:2 undifferentiated	S1581
16:1 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
Calcium, Ca	S1581
Retinol	S1581
Carotene, alpha	S1581
Lycopene	S1581
Tocopherol, beta	S1581
20:2 n-6 c,c	S1581

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 230 of 3136

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

Potassium, K	S1581
Vitamin B-6	S1581
10:0	S1581
22:0	S1581
Total lipid (fat)	S1581
Magnesium, Mg	S1581
Manganese, Mn	S1581
Thiamin	S1581
Cholesterol	S1581
18:2 undifferentiated	S1581
14:1	S1581
16:1 undifferentiated	S1581
Copper, Cu	S1581
Vitamin C, total ascorbic acid	S1581
Betaine	S1581
18:0	S1581
15:0	S1581
17:0	S1581
18:3 n-3 c,c,c	S1581
Ash	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Selenium, Se	S1581
Vitamin E (alpha-tocopherol)	S1581
Pantothenic acid	S1581
Vitamin K (phylloquinone)	S1581
12:0	S1581
18:1 undifferentiated	S1581
20:4 undifferentiated	S1581
18:3 n-6 c,c,c	S1581
15:1	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Riboflavin	S1581
Fatty acids, total trans	S1581
14:0	S1581

Reference_Report

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

20:1	S1581
20:2 n-6 c,c	S1581
Protein	S1581
Phosphorus, P	S1581
Zinc, Zn	S1581
Folate, total	S1581
Choline, total	S1581
20:3 undifferentiated	S1581
Sodium, Na	S1581
Retinol	S1581
16:0	S1581
20:0	S1581
Fatty acids, total monounsaturated	S1581
Water	S1581
Niacin	S1581
Vitamin B-12	S1581
Fatty acids, total saturated	S1581
Fatty acids, total polyunsaturated	S1581

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

Sodium, Na	S1581
Lycopene	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Fatty acids, total saturated	S1581
20:0	S1581
Calcium, Ca	S1581
Phosphorus, P	S1581
Vitamin E (alpha-tocopherol)	S1581
Thiamin	S1581
Niacin	S1581
Pantothenic acid	S1581
18:0	S1581
18:1 undifferentiated	S1581
20:1	S1581

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

Copper, Cu	S1581
Tocopherol, gamma	S1581
Vitamin C, total ascorbic acid	S1581
Vitamin K (phylloquinone)	S1581
10:0	S1581
14:0	S1581
14:1	S1581
Protein	S1581
Selenium, Se	S1581
Carotene, beta	S1581
Tocopherol, beta	S1581
Tocopherol, delta	S1581
Choline, total	S1581
16:0	S1581
20:4 undifferentiated	S1581
16:1 undifferentiated	S1581
20:2 n-6 c,c	S1581
Total lipid (fat)	S1581
Ash	S1581
Magnesium, Mg	S1581
Zinc, Zn	S1581
Retinol	S1581
Carotene, alpha	S1581
Cryptoxanthin, beta	S1581
Riboflavin	S1581
Cholesterol	S1581
12:0	S1581
22:0	S1581
17:0	S1581
Water	S1581
Iron, Fe	S1581
Betaine	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
20:3 undifferentiated	S1581
15:1	S1581

Reference_Report

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

18:3 n-3 c,c,c	S1581
Potassium, K	S1581
Fatty acids, total trans	S1581
Manganese, Mn	S1581
8:0	S1581
18:2 undifferentiated	S1581
18:3 n-6 c,c,c	S1581

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

Calcium, Ca	S1581
Riboflavin	S1581
14:1	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581
Manganese, Mn	S1581
Niacin	S1581
Folate, total	S1581
Fatty acids, total trans	S1581
22:0	S1581
15:0	S1581
Ash	S1581
Iron, Fe	S1581
Sodium, Na	S1581
Retinol	S1581
Tocopherol, beta	S1581
Choline, total	S1581
10:0	S1581
18:1 undifferentiated	S1581
20:1	S1581
18:3 n-6 c,c,c	S1581
Phosphorus, P	S1581
Copper, Cu	S1581
Vitamin E (alpha-tocopherol)	S1581
18:0	S1581
20:0	S1581

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

Fatty acids, total polyunsaturated	S1581
Water	S1581
Magnesium, Mg	S1581
14:0	S1581
20:2 n-6 c,c	S1581
Potassium, K	S1581
Zinc, Zn	S1581
Selenium, Se	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Fatty acids, total saturated	S1581
Protein	S1581
Total lipid (fat)	S1581
Thiamin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Betaine	S1581
16:0	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
Lycopene	S1581
Tocopherol, gamma	S1581
Cholesterol	S1581
12:0	S1581
16:1 undifferentiated	S1581
Fatty acids, total monounsaturated	S1581
17:0	S1581

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

Tocopherol, beta	S1581
20:4 undifferentiated	S1581
14:1	S1581
Fatty acids, total monounsaturated	S1581

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

Fatty acids, total polyunsaturated	S1581
20:2 n-6 c,c	S1581
Ash	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Copper, Cu	S1581
Lycopene	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Betaine	S1581
Cholesterol	S1581
8:0	S1581
18:0	S1581
15:0	S1581
20:3 undifferentiated	S1581
18:3 n-3 c,c,c	S1581
Calcium, Ca	S1581
Sodium, Na	S1581
Choline, total	S1581
10:0	S1581
14:0	S1581
18:1 undifferentiated	S1581
16:1 undifferentiated	S1581
Cryptoxanthin, beta	S1581
16:0	S1581
Carotene, alpha	S1581
Riboflavin	S1581
Vitamin B-6	S1581
Folate, total	S1581
20:0	S1581
18:2 undifferentiated	S1581
22:0	S1581
18:3 n-6 c,c,c	S1581
15:1	S1581
Total lipid (fat)	S1581

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

Water	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Vitamin E (alpha-tocopherol)	S1581
Niacin	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
12:0	S1581
17:0	S1581
Potassium, K	S1581
Zinc, Zn	S1581
Carotene, beta	S1581
Thiamin	S1581
Protein	S1581
Retinol	S1581
Pantothenic acid	S1581
20:1	S1581

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

Sodium, Na	S1581
Manganese, Mn	S1581
Vitamin E (alpha-tocopherol)	S1581
Vitamin C, total ascorbic acid	S1581
Niacin	S1581
Protein	S1581
Retinol	S1581
Carotene, alpha	S1581
Folate, total	S1581
20:0	S1581
Fatty acids, total monounsaturated	S1581
17:0	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Thiamin	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 237 of 3136

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

Vitamin K (phylloquinone)	S1581
10:0	S1581
12:0	S1581
14:0	S1581
20:4 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
20:3 undifferentiated	S1581
Total lipid (fat)	S1581
Water	S1581
Tocopherol, delta	S1581
Vitamin B-12	S1581
Betaine	S1581
8:0	S1581
16:1 undifferentiated	S1581
Magnesium, Mg	S1581
Selenium, Se	S1581
Carotene, beta	S1581
Riboflavin	S1581
Vitamin B-6	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:1	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581
Ash	S1581
Calcium, Ca	S1581
Potassium, K	S1581
Choline, total	S1581
16:0	S1581
22:0	S1581
15:0	S1581
20:2 n-6 c,c	S1581
Phosphorus, P	S1581
Copper, Cu	S1581
Cryptoxanthin, beta	S1581
Tocopherol, gamma	S1581
Pantothenic acid	S1581

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 238 of 3136

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

Fatty acids, total saturated	S1581
18:0	S1581
Iron, Fe	S1581
Zinc, Zn	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
14:1	S1581
18:3 n-6 c,c,c	S1581

NDB No. 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted

Fluoride, F	D5001
-------------	-------

NDB No. 05232 Turkey, young hen, meat and skin, cooked, roasted

Fluoride, F	D5001
-------------	-------

NDB No. 05256 Turkey, young tom, meat and skin, cooked, roasted

Fluoride, F	D5001
-------------	-------

NDB No. 05308 Chicken, cornish game hens, meat and skin, cooked, roasted

Fluoride, F	D5301, D5002, D5007
-------------	---------------------

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

Protein	S26
Water	S26
Magnesium, Mg	S26
Manganese, Mn	S26
Leucine	S26
Lysine	S26
Cystine	S26
Glycine	S26
Cholesterol	S26
20:4 undifferentiated	S26
20:5 n-3	S26
Lactose	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 239 of 3136

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

Zinc, Zn	S26
Niacin	S26
Vitamin B-12	S26
Threonine	S26
Methionine	S26
Phenylalanine	S26
Glutamic acid	S26
18:2 undifferentiated	S26
24:0	S26
20:2 n-6 c,c	S26
17:1	S26
Glucose (dextrose)	S26
Selenium, Se	S26
Thiamin	S26
Riboflavin	S26
Aspartic acid	S26
Proline	S26
12:0	S26
22:6 n-3	S26
22:5 n-3	S26
15:1	S26
Sucrose	S26
Fiber, total dietary	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Tryptophan	S26
Alanine	S26
14:0	S26
20:0	S26
15:0	S26
Starch	S26
Iron, Fe	S26
Potassium, K	S26
Sodium, Na	S26
Pantothenic acid	S26
Vitamin B-6	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 240 of 3136

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

Isoleucine	S26
16:0	S26
18:3 undifferentiated	S26
22:0	S26
Fructose	S26
Maltose	S26
Valine	S26
Serine	S26
22:1 undifferentiated	S26
20:3 undifferentiated	S26
Ash	S26
Calcium, Ca	S26
Phosphorus, P	S26
Vitamin E (alpha-tocopherol)	S26
Vitamin C, total ascorbic acid	S26
8:0	S26
10:0	S26
18:1 undifferentiated	S26
16:1 undifferentiated	S26
Total lipid (fat)	S26
Copper, Cu	S26
Retinol	S26
Folate, total	S26
Tyrosine	S26
Arginine	S26
Histidine	S26
18:0	S26
14:1	S26
18:4	S26
20:1	S26
17:0	S26

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

Calcium, Ca	S26
Selenium, Se	S26
Tocopherol, delta	S26

Reference Report

JUL-17-2008 02:00 PM

Page 241 of 3136

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

Tyrosine	S26
Valine	S26
Aspartic acid	S26
10:0	S26
12:0	S26
20:0	S26
15:0	S26
Starch	S26
Magnesium, Mg	S26
Vitamin B-6	S26
Vitamin B-12	S26
Glycine	S26
Serine	S26
Fatty acids, total saturated	S26
18:1 undifferentiated	S26
18:4	S26
17:1	S26
Ash	S26
Sucrose	S26
Iron, Fe	S26
Sodium, Na	S26
Zinc, Zn	S26
Thiamin	S26
Histidine	S26
18:3 undifferentiated	S26
Fatty acids, total monounsaturated	S26
24:0	S26
20:2 n-6 c,c	S26
15:1	S26
Phosphorus, P	S26
Copper, Cu	S26
Folate, total	S26
Arginine	S26
Proline	S26
Cholesterol	S26
14:0	S26
18:0	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 242 of 3136

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

20:4 undifferentiated	S26
22:0	S26
16:1 undifferentiated	S26
Potassium, K	S26
Retinol	S26
Isoleucine	S26
Leucine	S26
Methionine	S26
Phenylalanine	S26
Glutamic acid	S26
20:1	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Fatty acids, total polyunsaturated	S26
17:0	S26
Tocopherol, gamma	S26
Niacin	S26
Pantothenic acid	S26
Threonine	S26
8:0	S26
18:2 undifferentiated	S26
14:1	S26
Protein	S26
Glucose (dextrose)	S26
Lactose	S26
Maltose	S26
Manganese, Mn	S26
Vitamin E (alpha-tocopherol)	S26
Riboflavin	S26
Lysine	S26
22:6 n-3	S26
20:5 n-3	S26
Total lipid (fat)	S26
Fructose	S26
Water	S26
Fiber, total dietary	S26
Tocopherol, beta	S26

Reference_Report

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

Vitamin C, total ascorbic acid	S26
Tryptophan	S26
Cystine	S26
Alanine	S26
16:0	S26
20:3 undifferentiated	S26

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

Water	S26
Iron, Fe	S26
Riboflavin	S26
20:4 undifferentiated	S26
16:1 undifferentiated	S26
20:5 n-3	S26
20:2 n-6 c,c	S26
Protein	S26
Total lipid (fat)	S26
Starch	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Vitamin E (alpha-tocopherol)	S26
Cystine	S26
Glutamic acid	S26
Proline	S26
8:0	S26
14:1	S26
17:0	S26
Copper, Cu	S26
Retinol	S26
Vitamin C, total ascorbic acid	S26
Isoleucine	S26
Leucine	S26
Histidine	S26
Alanine	S26
10:0	S26
14:0	S26

Reference Report

JUL-17-2008 02:00 PM

Page 244 of 3136

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

18:2 undifferentiated	S26
Maltose	S26
Tocopherol, delta	S26
Thiamin	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Lysine	S26
Phenylalanine	S26
Valine	S26
12:0	S26
20:0	S26
Fatty acids, total polyunsaturated	S26
15:0	S26
Glucose (dextrose)	S26
Fructose	S26
Calcium, Ca	S26
Sodium, Na	S26
Manganese, Mn	S26
Arginine	S26
Glycine	S26
Serine	S26
18:4	S26
22:1 undifferentiated	S26
24:0	S26
20:3 undifferentiated	S26
Fiber, total dietary	S26
Zinc, Zn	S26
Tocopherol, beta	S26
Tyrosine	S26
Aspartic acid	S26
16:0	S26
22:5 n-3	S26
Ash	S26
Sucrose	S26
Potassium, K	S26
Selenium, Se	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 245 of 3136

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

Pantothenic acid	S26
Tryptophan	S26
Methionine	S26
Cholesterol	S26
18:0	S26
18:1 undifferentiated	S26
18:3 undifferentiated	S26
22:6 n-3	S26
22:0	S26
20:1	S26
Fatty acids, total monounsaturated	S26
Lactose	S26
Tocopherol, gamma	S26
Niacin	S26
Threonine	S26
Fatty acids, total saturated	S26
17:1	S26
15:1	S26

NDB No. 05321 Chicken nuggets, frozen, cooked

Ash	S23
Water	S23
Iron, Fe	S23
Potassium, K	S23
Zinc, Zn	S23
Manganese, Mn	S23
Tryptophan	S26
Threonine	S26
Glycine	S26
4:0	S23
20:4 undifferentiated	S23
14:1	S23
Fiber, total dietary	S23
Thiamin	S23
Betaine	S23
Lysine	S26

Reference_Report

NDB No. 05321 Chicken nuggets, frozen, cooked

Methionine	S26
Cystine	S26
Glutamic acid	S26
Magnesium, Mg	S23
Tocopherol, delta	S23
Pantothenic acid	S23
Isoleucine	S26
Valine	S26
Alanine	S26
Cholesterol	S23
14:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
22:6 n-3	S23
15:0	S23
Calcium, Ca	S23
Copper, Cu	S23
Tyrosine	S26
Arginine	S26
10:0	S23
16:0	S23
20:5 n-3	S23
17:0	S23
24:0	S23
Protein	S23
Tocopherol, beta	S23
Vitamin K (phylloquinone)	S23
Phenylalanine	S26
Serine	S26
12:0	S23
20:0	S23
22:0	S23
Total lipid (fat)	S23
Vitamin E (alpha-tocopherol)	S23
Tocopherol, gamma	S23
Vitamin C, total ascorbic acid	S23

NDB No. 05321 Chicken nuggets, frozen, cooked

Leucine	S26
Aspartic acid	S26
6:0	S23
18:0	S23
16:1 undifferentiated	S23
Phosphorus, P	S23
Sodium, Na	S23
Selenium, Se	S23
Choline, total	S23
Histidine	S26
Proline	S26
8:0	S23
18:4	S23
20:1	S23
22:1 undifferentiated	S23
22:5 n-3	S23

NDB No. 05322 Chicken nuggets, frozen, uncooked

Phosphorus, P	S23
Selenium, Se	S23
Retinol	S23
Tocopherol, beta	S23
Tocopherol, delta	S23
Lysine	S26
14:0	S23
20:0	S23
22:0	S23
16:1 undifferentiated	S23
20:1	S23
Tryptophan	S26
Tyrosine	S26
Aspartic acid	S26
Glutamic acid	S26
Serine	S26
Cholesterol	S23
18:0	S23

Reference Report

JUL-17-2008 02:00 PM

Page 248 of 3136

NDB No. 05322 Chicken nuggets, frozen, uncooked

18:3 undifferentiated	S23
Ash	S23
Fiber, total dietary	S23
Iron, Fe	S23
Copper, Cu	S23
Vitamin E (alpha-tocopherol)	S23
Pantothenic acid	S23
Isoleucine	S26
Alanine	S26
Potassium, K	S23
Zinc, Zn	S23
Vitamin K (phylloquinone)	S23
Proline	S26
6:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
Protein	S23
Calcium, Ca	S23
Vitamin C, total ascorbic acid	S23
Thiamin	S23
Methionine	S26
Phenylalanine	S26
16:0	S23
22:6 n-3	S23
24:0	S23
Total lipid (fat)	S23
Magnesium, Mg	S23
Manganese, Mn	S23
Choline, total	S23
Betaine	S23
Histidine	S26
4:0	S23
10:0	S23
Threonine	S26
Leucine	S26
Cystine	S26
Valine	S26

Reference_Report

NDB No. 05322 Chicken nuggets, frozen, uncooked

Arginine	S26
8:0	S23
20:4 undifferentiated	S23
14:1	S23
20:5 n-3	S23
Water	S23
Sodium, Na	S23
Tocopherol, gamma	S23
Glycine	S26
12:0	S23
18:4	S23
22:1 undifferentiated	S23
22:5 n-3	S23
Fatty acids, total polyunsaturated	S23
15:0	S23
17:0	S23

NDB No. 05323 Chicken patty, frozen, uncooked

Thiamin	S23
Pantothenic acid	S23
Tryptophan	S26
Glutamic acid	S26
18:2 undifferentiated	S23
22:0	S23
18:4	S23
Total lipid (fat)	S23
Ash	S23
Zinc, Zn	S23
Retinol	S23
Vitamin E (alpha-tocopherol)	S23
Histidine	S26
18:3 undifferentiated	S23
20:1	S23
22:5 n-3	S23
Iron, Fe	S23
Phosphorus, P	S23

NDB No. 05323 Chicken patty, frozen, uncooked

Sodium, Na	S23
Selenium, Se	S23
Valine	S26
Serine	S26
16:0	S23
20:5 n-3	S23
17:0	S23
24:0	S23
Magnesium, Mg	S23
14:0	S23
Protein	S23
Calcium, Ca	S23
Threonine	S26
Leucine	S26
Methionine	S26
Cystine	S26
Phenylalanine	S26
6:0	S23
10:0	S23
22:6 n-3	S23
Potassium, K	S23
Copper, Cu	S23
Manganese, Mn	S23
Tocopherol, gamma	S23
Isoleucine	S26
Alanine	S26
Proline	S26
8:0	S23
20:0	S23
20:4 undifferentiated	S23
22:1 undifferentiated	S23
Water	S23
Fiber, total dietary	S23
Tocopherol, delta	S23
Vitamin C, total ascorbic acid	S23
Vitamin B-6	S23
Lysine	S26

Reference Report

JUL-17-2008 02:00 PM

Page 251 of 3136

NDB No. 05323 Chicken patty, frozen, uncooked

Tyrosine	S26
Glycine	S26
Cholesterol	S23
4:0	S23
12:0	S23
18:0	S23
16:1 undifferentiated	S23
15:0	S23
Starch	S23
Tocopherol, beta	S23
Arginine	S26
Aspartic acid	S26
18:1 undifferentiated	S23
14:1	S23

NDB No. 05324 Chicken patty, frozen, cooked

Tocopherol, beta	S23
Pantothenic acid	S23
Arginine	S26
Histidine	S26
Glutamic acid	S26
Zinc, Zn	S23
Manganese, Mn	S23
Vitamin C, total ascorbic acid	S23
Isoleucine	S26
Lysine	S26
12:0	S23
14:0	S23
18:2 undifferentiated	S23
Fiber, total dietary	S23
Calcium, Ca	S23
Potassium, K	S23
Vitamin E (alpha-tocopherol)	S23
Leucine	S26
20:0	S23
20:1	S23

NDB No. 05324 Chicken patty, frozen, cooked

15:0	S23
Protein	S23
Starch	S23
Iron, Fe	S23
Phosphorus, P	S23
Sodium, Na	S23
Methionine	S26
Phenylalanine	S26
16:0	S23
18:0	S23
16:1 undifferentiated	S23
Tocopherol, delta	S23
Thiamin	S23
Threonine	S26
Valine	S26
Proline	S26
20:5 n-3	S23
22:5 n-3	S23
24:0	S23
Total lipid (fat)	S23
Ash	S23
Copper, Cu	S23
Selenium, Se	S23
Tryptophan	S26
Cystine	S26
Alanine	S26
Cholesterol	S23
18:1 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
18:4	S23
17:0	S23
Water	S23
Magnesium, Mg	S23
Tocopherol, gamma	S23
Tyrosine	S26
4:0	S23

NDB No. 05324 Chicken patty, frozen, cooked

8:0	S23
Vitamin B-6	S23
Aspartic acid	S26
Glycine	S26
Serine	S26
6:0	S23
10:0	S23
22:6 n-3	S23
22:0	S23
14:1	S23
22:1 undifferentiated	S23

NDB No. 05325 Chicken breast tenders, cooked, conventional oven

Protein	S26
Maltose	S26
Fiber, total dietary	S26
Magnesium, Mg	S26
Sodium, Na	S26
Arginine	S26
14:1	S26
Total lipid (fat)	S26
Water	S26
Calcium, Ca	S26
Potassium, K	S26
Thiamin	S26
Vitamin B-12	S26
Choline, total	S26
Vitamin K (phylloquinone)	S26
Isoleucine	S26
Cystine	S26
10:0	S26
16:1 undifferentiated	S26
20:1	S26
22:5 n-3	S26
Zinc, Zn	S26
Betaine	S26

Reference Report

JUL-17-2008 02:00 PM

Page 254 of 3136

NDB No. 05325 Chicken breast tenders, cooked, conventional oven

Tryptophan	S26
Threonine	S26
Phenylalanine	S26
Alanine	S26
Glutamic acid	S26
Proline	S26
Cholesterol	S26
14:0	S26
20:0	S26
20:4 undifferentiated	S26
22:1 undifferentiated	S26
Manganese, Mn	S26
Niacin	S26
Pantothenic acid	S26
Folate, total	S26
Leucine	S26
16:0	S26
18:0	S26
15:0	S26
Ash	S26
Starch	S26
Vitamin B-6	S26
Valine	S26
Serine	S26
17:0	S26
17:1	S26
Tyrosine	S26
Aspartic acid	S26
6:0	S26
8:0	S26
12:0	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:5 n-3	S26
Sucrose	S26
Fructose	S26
Sugars, total	S26

Reference_Report

NDB No. 05325 Chicken breast tenders, cooked, conventional oven

Copper, Cu	S26
Riboflavin	S26
Lysine	S26
Glycine	S26
Hydroxyproline	S26
4:0	S26
22:0	S26
18:4	S26
Glucose (dextrose)	S26
Lactose	S26
Galactose	S26
Iron, Fe	S26
Phosphorus, P	S26
Selenium, Se	S26
Methionine	S26
Histidine	S26
18:1 undifferentiated	S26
22:6 n-3	S26
24:0	S26

NDB No. 05326 Chicken breast tenders, cooked, microwaved

Thiamin	S26
Pantothenic acid	S26
Glutamic acid	S26
Cholesterol	S26
12:0	S26
18:2 undifferentiated	S26
Potassium, K	S26
Phenylalanine	S26
Aspartic acid	S26
8:0	S26
18:0	S26
20:0	S26
16:1 undifferentiated	S26
Copper, Cu	S26
Selenium, Se	S26

Reference Report

JUL-17-2008 02:00 PM

Page 256 of 3136

NDB No. 05326 Chicken breast tenders, cooked, microwaved

Vitamin B-6	S26
Threonine	S26
Tyrosine	S26
Histidine	S26
6:0	S26
18:4	S26
20:1	S26
17:0	S26
Total lipid (fat)	S26
Zinc, Zn	S26
Tryptophan	S26
Lysine	S26
Alanine	S26
Glycine	S26
10:0	S26
20:5 n-3	S26
Ash	S26
Calcium, Ca	S26
Sodium, Na	S26
Manganese, Mn	S26
Riboflavin	S26
Niacin	S26
Leucine	S26
Methionine	S26
Valine	S26
4:0	S26
14:1	S26
22:1 undifferentiated	S26
Protein	S26
Water	S26
Folate, total	S26
Vitamin B-12	S26
Isoleucine	S26
Cystine	S26
Arginine	S26
16:0	S26
18:3 undifferentiated	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 257 of 3136

NDB No. 05326 Chicken breast tenders, cooked, microwaved

22:0	S26
22:5 n-3	S26
24:0	S26
Magnesium, Mg	S26
Proline	S26
Serine	S26
18:1 undifferentiated	S26
22:6 n-3	S26
15:0	S26
Iron, Fe	S26
Phosphorus, P	S26
14:0	S26
20:4 undifferentiated	S26

NDB No. 05327 Chicken breast tenders, uncooked

Water	S26
Magnesium, Mg	S26
Zinc, Zn	S26
Threonine	S26
Cystine	S26
Valine	S26
6:0	S26
18:0	S26
24:0	S26
Lactose	S26
Vitamin B-6	S26
Lysine	S26
Arginine	S26
12:0	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Phosphorus, P	S26
Potassium, K	S26
Selenium, Se	S26
Niacin	S26
Folate, total	S26

Reference Report

JUL-17-2008 02:00 PM

Page 258 of 3136

NDB No. 05327 Chicken breast tenders, uncooked

Histidine	S26
Cholesterol	S26
16:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
16:1 undifferentiated	S26
22:5 n-3	S26
Starch	S26
Sugars, total	S26
Galactose	S26
Isoleucine	S26
Tyrosine	S26
8:0	S26
22:6 n-3	S26
22:0	S26
20:5 n-3	S26
22:1 undifferentiated	S26
Total lipid (fat)	S26
Sucrose	S26
Fructose	S26
Manganese, Mn	S26
Tryptophan	S26
Leucine	S26
Aspartic acid	S26
Serine	S26
10:0	S26
14:1	S26
15:0	S26
17:0	S26
Sodium, Na	S26
Pantothenic acid	S26
Vitamin B-12	S26
Glutamic acid	S26
Proline	S26
18:3 undifferentiated	S26
18:4	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 259 of 3136

NDB No. 05327 Chicken breast tenders, uncooked

Maltose	S26
Iron, Fe	S26
Vitamin K (phylloquinone)	S26
Methionine	S26
Alanine	S26
4:0	S26
14:0	S26
20:4 undifferentiated	S26
Protein	S26
Ash	S26
Glucose (dextrose)	S26
Copper, Cu	S26
Thiamin	S26
Riboflavin	S26
Phenylalanine	S26
Glycine	S26
Hydroxyproline	S26
20:1	S26

NDB No. 05332 Chicken, ground, raw

Water	S4241
Lysine	S4241
Valine	S4241
Cholesterol	S4241
10:0	S4241
18:2 undifferentiated	S4241
20:4 undifferentiated	S4241
18:1 c	S4241
18:2 n-6 c,c	S4241
18:3 n-3 c,c,c	S4241
Iron, Fe	S4241
Leucine	S4241
Arginine	S4241
8:0	S4241
12:0	S4241
14:1	S4241

Reference Report

JUL-17-2008 02:00 PM

Page 260 of 3136

NDB No. 05332 Chicken, ground, raw

20:1	S4241
15:1	S4241
Calcium, Ca	S4241
Phosphorus, P	S4241
Sodium, Na	S4241
Glutamic acid	S4241
Proline	S4241
16:0	S4241
22:0	S4241
Fatty acids, total monounsaturated	S4241
18:2 t,t	S4241
20:3 undifferentiated	S4241
Fatty acids, total trans-monoenoic	S4241
Fatty acids, total trans-polyenoic	S4241
Zinc, Zn	S4241
Vitamin E (alpha-tocopherol)	S4241
Vitamin B-12	S4241
Tryptophan	S4241
Serine	S4241
Fatty acids, total trans	S4241
14:0	S4241
18:1 undifferentiated	S4241
Protein	S4241
Ash	S4241
Magnesium, Mg	S4241
Thiamin	S4241
Niacin	S4241
Folic acid	S4241
Folate, food	S4241
Isoleucine	S4241
Cystine	S4241
Tyrosine	S4241
Aspartic acid	S4241
Glycine	S4241
18:3 undifferentiated	S4241
15:0	S4241

Reference_Report

NDB No. 05332 Chicken, ground, raw

17:0	S4241
17:1	S4241
Total lipid (fat)	S4241
Manganese, Mn	S4241
Selenium, Se	S4241
Retinol	S4241
Tocopherol, beta	S4241
Pantothenic acid	S4241
Folate, total	S4241
Methionine	S4241
Phenylalanine	S4241
Hydroxyproline	S4241
Fatty acids, total saturated	S4241
20:0	S4241
Fatty acids, total polyunsaturated	S4241
Copper, Cu	S4241
Tocopherol, gamma	S4241
Riboflavin	S4241
Vitamin B-6	S4241
Threonine	S4241
Alanine	S4241
18:0	S4241
16:1 undifferentiated	S4241
18:1 t	S4241
18:3 n-6 c,c,c	S4241
Potassium, K	S4241
Tocopherol, delta	S4241
Histidine	S4241
20:2 n-6 c,c	S4241

NDB No. 05333 Chicken, ground, crumbles, cooked, pan-browned

Manganese, Mn	S4241
Tocopherol, beta	S4241
Vitamin B-12	S4241
Tyrosine	S4241
Arginine	S4241

NDB No. 05333 Chicken, ground, crumbles, cooked, pan-browned

Glycine	S4241
18:2 undifferentiated	S4241
Fatty acids, total trans-monoenoic	S4241
Fatty acids, total trans-polyenoic	S4241
Leucine	S4241
Proline	S4241
20:2 n-6 c,c	S4241
Water	S4241
Selenium, Se	S4241
Isoleucine	S4241
Methionine	S4241
Valine	S4241
Histidine	S4241
20:4 undifferentiated	S4241
14:1	S4241
18:2 t,t	S4241
18:3 n-6 c,c,c	S4241
Zinc, Zn	S4241
Folate, total	S4241
Lysine	S4241
Cystine	S4241
Fatty acids, total saturated	S4241
18:0	S4241
Fatty acids, total monounsaturated	S4241
18:1 t	S4241
18:3 n-3 c,c,c	S4241
Total lipid (fat)	S4241
Ash	S4241
Vitamin E (alpha-tocopherol)	S4241
Tocopherol, gamma	S4241
Threonine	S4241
Aspartic acid	S4241
Glutamic acid	S4241
12:0	S4241
16:1 undifferentiated	S4241
15:0	S4241

Reference Report

JUL-17-2008 02:00 PM

Page 263 of 3136

NDB No. 05333 Chicken, ground, crumbles, cooked, pan-browned

17:0	S4241
Protein	S4241
Calcium, Ca	S4241
Vitamin B-6	S4241
Folic acid	S4241
Folate, food	S4241
8:0	S4241
10:0	S4241
14:0	S4241
20:0	S4241
17:1	S4241
20:3 undifferentiated	S4241
Magnesium, Mg	S4241
Thiamin	S4241
Riboflavin	S4241
Tryptophan	S4241
16:0	S4241
18:1 undifferentiated	S4241
18:3 undifferentiated	S4241
Fatty acids, total polyunsaturated	S4241
18:2 n-6 c,c	S4241
15:1	S4241
Iron, Fe	S4241
Phosphorus, P	S4241
Potassium, K	S4241
Sodium, Na	S4241
Copper, Cu	S4241
Retinol	S4241
Tocopherol, delta	S4241
Niacin	S4241
Pantothenic acid	S4241
Phenylalanine	S4241
Alanine	S4241
Serine	S4241
Cholesterol	S4241
Fatty acids, total trans	S4241
22:0	S4241

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 264 of 3136

NDB No. 05333 Chicken, ground, crumbles, cooked, pan-browned

20:1	S4241
18:1 c	S4241

NDB No. 05341 Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning

Glucose (dextrose)	S4101
Iron, Fe	S4101
Carotene, beta	S4101
Carotene, alpha	S4101
Riboflavin	S4101
Folate, total	S4101
Choline, total	S4101
Betaine	S4101
Serine	S4101
Cholesterol	S4101
Fatty acids, total saturated	S4101
8:0	S4101
16:0	S4101
20:0	S4101
18:1 c	S4101
Ash	S4101
Lycopene	S4101
Isoleucine	S4101
Methionine	S4101
15:0	S4101
15:1	S4101
Fiber, total dietary	S4101
Zinc, Zn	S4101
Vitamin D	S4101
Cryptoxanthin, beta	S4101
Vitamin K (phylloquinone)	S4101
Alanine	S4101
Glycine	S4101
Fatty acids, total trans	S4101
14:0	S4101
20:1	S4101
20:5 n-3	S4101

Reference Report

JUL-17-2008 02:00 PM

Page 265 of 3136

NDB No. 05341 Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning

Fatty acids, total trans-monoenoic	S4101
Selenium, Se	S4101
Retinol	S4101
Thiamin	S4101
Tryptophan	S4101
Threonine	S4101
Phenylalanine	S4101
Tyrosine	S4101
12:0	S4101
18:0	S4101
18:2 undifferentiated	S4101
18:3 undifferentiated	S4101
Fatty acids, total monounsaturated	S4101
18:1 t	S4101
Total lipid (fat)	S4101
Sucrose	S4101
Maltose	S4101
Sugars, total	S4101
Magnesium, Mg	S4101
Vitamin B-12	S4101
Leucine	S4101
Aspartic acid	S4101
Proline	S4101
Hydroxyproline	S4101
18:1 undifferentiated	S4101
20:4 undifferentiated	S4101
22:6 n-3	S4101
18:2 n-6 c,c	S4101
20:3 undifferentiated	S4101
Galactose	S4101
Phosphorus, P	S4101
Arginine	S4101
10:0	S4101
22:0	S4101
16:1 undifferentiated	S4101
18:3 n-6 c,c,c	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 266 of 3136

NDB No. 05341 Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning

17:1	S4101
Fatty acids, total trans-polyenoic	S4101
Protein	S4101
Starch	S4101
Lactose	S4101
Water	S4101
Calcium, Ca	S4101
Potassium, K	S4101
Sodium, Na	S4101
Niacin	S4101
Vitamin B-6	S4101
Valine	S4101
22:5 n-3	S4101
17:0	S4101
24:0	S4101
20:2 n-6 c,c	S4101
22:1 c	S4101
18:3 n-3 c,c,c	S4101
Fructose	S4101
Copper, Cu	S4101
Manganese, Mn	S4101
Pantothenic acid	S4101
Folate, food	S4101
Lysine	S4101
Cystine	S4101
Histidine	S4101
Glutamic acid	S4101
14:1	S4101
22:1 undifferentiated	S4101
Fatty acids, total polyunsaturated	S4101
18:2 t,t	S4101

NDB No. 05342 Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

Ash	S4101
Sugars, total	S4101
Iron, Fe	S4101

Reference Report

JUL-17-2008 02:00 PM

Page 267 of 3136

NDB No. 05342 Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

Selenium, Se	S4101
Retinol	S4101
Niacin	S4101
22:1 undifferentiated	S4101
18:2 n-6 c,c	S4101
20:3 undifferentiated	S4101
Protein	S4101
Glucose (dextrose)	S4101
Vitamin D	S4101
Tocopherol, delta	S4101
Thiamin	S4101
Betaine	S4101
18:0	S4101
Lactose	S4101
Magnesium, Mg	S4101
Copper, Cu	S4101
Lycopene	S4101
10:0	S4101
22:0	S4101
20:2 n-6 c,c	S4101
18:3 n-6 c,c,c	S4101
Starch	S4101
Phosphorus, P	S4101
Carotene, alpha	S4101
Riboflavin	S4101
Pantothenic acid	S4101
Fatty acids, total saturated	S4101
14:1	S4101
16:1 undifferentiated	S4101
20:5 n-3	S4101
24:0	S4101
22:1 c	S4101
Sucrose	S4101
Maltose	S4101
Water	S4101
Carotene, beta	S4101
Tocopherol, beta	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 268 of 3136

NDB No. 05342 Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

Vitamin B-6	S4101
Vitamin B-12	S4101
Choline, total	S4101
Folic acid	S4101
Folate, food	S4101
8:0	S4101
14:0	S4101
20:1	S4101
18:1 c	S4101
Total lipid (fat)	S4101
Fructose	S4101
Zinc, Zn	S4101
Manganese, Mn	S4101
Vitamin E (alpha-tocopherol)	S4101
Cryptoxanthin, beta	S4101
12:0	S4101
18:2 undifferentiated	S4101
22:5 n-3	S4101
Fatty acids, total polyunsaturated	S4101
17:1	S4101
Fatty acids, total trans-monoenoic	S4101
15:1	S4101
Fiber, total dietary	S4101
Sodium, Na	S4101
Tocopherol, gamma	S4101
Hydroxyproline	S4101
Fatty acids, total trans	S4101
16:0	S4101
20:0	S4101
18:1 undifferentiated	S4101
20:4 undifferentiated	S4101
17:0	S4101
18:3 n-3 c,c,c	S4101
Galactose	S4101
Calcium, Ca	S4101
Potassium, K	S4101
Folate, total	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 269 of 3136

NDB No. 05342 Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

Vitamin K (phylloquinone)	S4101
Cholesterol	S4101
18:3 undifferentiated	S4101
22:6 n-3	S4101
Fatty acids, total monounsaturated	S4101
15:0	S4101
18:1 t	S4101
18:2 t,t	S4101
Fatty acids, total trans-polyenoic	S4101

NDB No. 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning

Zinc, Zn	S4101
Cryptoxanthin, beta	S4101
Vitamin K (phylloquinone)	S4101
8:0	S4101
18:1 undifferentiated	S4101
16:1 undifferentiated	S4101
17:0	S4101
Fructose	S4101
Carotene, beta	S4101
Choline, total	S4101
Cholesterol	S4101
Fatty acids, total saturated	S4101
14:1	S4101
Fatty acids, total polyunsaturated	S4101
18:3 n-6 c,c,c	S4101
20:3 undifferentiated	S4101
Fatty acids, total trans-polyenoic	S4101
Sucrose	S4101
Maltose	S4101
Fiber, total dietary	S4101
Potassium, K	S4101
Vitamin E (alpha-tocopherol)	S4101
Lycopene	S4101
Tocopherol, beta	S4101
Tocopherol, gamma	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 270 of 3136

NDB No. 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning

Pantothenic acid	S4101
12:0	S4101
20:1	S4101
20:5 n-3	S4101
15:0	S4101
Galactose	S4101
Manganese, Mn	S4101
Thiamin	S4101
Vitamin B-6	S4101
10:0	S4101
16:0	S4101
22:0	S4101
24:0	S4101
18:2 t,t	S4101
22:1 c	S4101
17:1	S4101
18:3 n-3 c,c,c	S4101
Protein	S4101
Total lipid (fat)	S4101
Starch	S4101
Phosphorus, P	S4101
Vitamin D	S4101
Niacin	S4101
Folate, total	S4101
Betaine	S4101
20:0	S4101
22:6 n-3	S4101
22:1 undifferentiated	S4101
Fatty acids, total trans-monoenoic	S4101
Water	S4101
Iron, Fe	S4101
Copper, Cu	S4101
Retinol	S4101
Carotene, alpha	S4101
Tocopherol, delta	S4101
Riboflavin	S4101
Folate, food	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 271 of 3136

NDB No. 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning

18:0	S4101
20:2 n-6 c,c	S4101
18:2 n-6 c,c	S4101
Lactose	S4101
Sugars, total	S4101
Magnesium, Mg	S4101
Sodium, Na	S4101
Hydroxyproline	S4101
14:0	S4101
18:2 undifferentiated	S4101
18:3 undifferentiated	S4101
22:5 n-3	S4101
Ash	S4101
Glucose (dextrose)	S4101
Calcium, Ca	S4101
Selenium, Se	S4101
Vitamin B-12	S4101
Fatty acids, total trans	S4101
20:4 undifferentiated	S4101
Fatty acids, total monounsaturated	S4101
18:1 t	S4101
18:1 c	S4101
15:1	S4101

NDB No. 05344 Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning

Magnesium, Mg	S4101
Phosphorus, P	S4101
Carotene, beta	S4101
Vitamin E (alpha-tocopherol)	S4101
Tocopherol, gamma	S4101
14:0	S4101
18:1 undifferentiated	S4101
24:0	S4101
Lactose	S4101
Lycopene	S4101
Vitamin B-6	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 272 of 3136

NDB No. 05344 Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning

Folate, total	S4101
Fatty acids, total saturated	S4101
12:0	S4101
16:0	S4101
18:0	S4101
20:4 undifferentiated	S4101
15:0	S4101
Protein	S4101
Total lipid (fat)	S4101
Sucrose	S4101
Iron, Fe	S4101
Potassium, K	S4101
Sodium, Na	S4101
Manganese, Mn	S4101
Tocopherol, delta	S4101
Choline, total	S4101
18:3 undifferentiated	S4101
16:1 undifferentiated	S4101
Starch	S4101
Fructose	S4101
Selenium, Se	S4101
Vitamin C, total ascorbic acid	S4101
Vitamin B-12	S4101
Folic acid	S4101
20:0	S4101
20:5 n-3	S4101
22:1 undifferentiated	S4101
20:2 n-6 c,c	S4101
17:1	S4101
20:3 undifferentiated	S4101
Water	S4101
Calcium, Ca	S4101
Cryptoxanthin, beta	S4101
Niacin	S4101
Vitamin K (phylloquinone)	S4101
Fatty acids, total trans	S4101
22:6 n-3	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 273 of 3136

NDB No. 05344 Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning

18:1 c	S4101
Glucose (dextrose)	S4101
Copper, Cu	S4101
Vitamin D	S4101
Tocopherol, beta	S4101
Thiamin	S4101
Pantothenic acid	S4101
Betaine	S4101
8:0	S4101
22:5 n-3	S4101
18:3 n-3 c,c,c	S4101
Galactose	S4101
Carotene, alpha	S4101
Riboflavin	S4101
Folate, food	S4101
Cholesterol	S4101
10:0	S4101
18:2 undifferentiated	S4101
14:1	S4101
20:1	S4101
17:0	S4101
18:2 t,t	S4101
18:2 n-6 c,c	S4101
22:1 c	S4101
18:3 n-6 c,c,c	S4101
Fatty acids, total trans-monoenoic	S4101
Fatty acids, total trans-polyenoic	S4101
15:1	S4101
Ash	S4101
Maltose	S4101
Sugars, total	S4101
Fiber, total dietary	S4101
Zinc, Zn	S4101
Retinol	S4101
Hydroxyproline	S4101
22:0	S4101
Fatty acids, total	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 274 of 3136

NDB No. 05344 Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning

monounsaturated

Fatty acids, total polyunsaturated	S4101
18:1 t	S4101

NDB No. 05345 Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning

Maltose	S4101
---------	-------

Iron, Fe	S4101
----------	-------

Zinc, Zn	S4101
----------	-------

Tocopherol, beta	S4101
------------------	-------

8:0	S4101
-----	-------

20:1	S4101
------	-------

22:1 undifferentiated	S4101
-----------------------	-------

Fatty acids, total monounsaturated	S4101
------------------------------------	-------

17:1	S4101
------	-------

Fatty acids, total trans-monoenoic	S4101
------------------------------------	-------

15:1	S4101
------	-------

Manganese, Mn	S4101
---------------	-------

Tocopherol, gamma	S4101
-------------------	-------

Vitamin B-6	S4101
-------------	-------

Folate, food	S4101
--------------	-------

16:1 undifferentiated	S4101
-----------------------	-------

Fatty acids, total polyunsaturated	S4101
------------------------------------	-------

Fatty acids, total trans-polyenoic	S4101
------------------------------------	-------

Starch	S4101
--------	-------

Potassium, K	S4101
--------------	-------

Copper, Cu	S4101
------------	-------

Vitamin D	S4101
-----------	-------

Tocopherol, delta	S4101
-------------------	-------

Folic acid	S4101
------------	-------

Betaine	S4101
---------	-------

Fatty acids, total saturated	S4101
------------------------------	-------

18:2 undifferentiated	S4101
-----------------------	-------

18:1 t	S4101
--------	-------

20:3 undifferentiated	S4101
-----------------------	-------

Total lipid (fat)	S4101
-------------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 275 of 3136

NDB No. 05345 Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning

Carotene, beta	S4101
Cryptoxanthin, beta	S4101
Choline, total	S4101
Vitamin K (phylloquinone)	S4101
Fatty acids, total trans	S4101
14:0	S4101
18:0	S4101
18:1 undifferentiated	S4101
22:0	S4101
14:1	S4101
18:2 t,t	S4101
Water	S4101
Niacin	S4101
Folate, total	S4101
Vitamin B-12	S4101
Cholesterol	S4101
12:0	S4101
22:6 n-3	S4101
20:5 n-3	S4101
22:5 n-3	S4101
20:2 n-6 c,c	S4101
18:2 n-6 c,c	S4101
18:3 n-6 c,c,c	S4101
Protein	S4101
Ash	S4101
Sucrose	S4101
Sugars, total	S4101
Selenium, Se	S4101
Hydroxyproline	S4101
10:0	S4101
16:0	S4101
17:0	S4101
Lactose	S4101
Fiber, total dietary	S4101
Calcium, Ca	S4101
Phosphorus, P	S4101
Retinol	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 276 of 3136

NDB No. 05345 Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning

Vitamin E (alpha-tocopherol)	S4101
Lycopene	S4101
Riboflavin	S4101
18:3 undifferentiated	S4101
24:0	S4101
18:1 c	S4101
22:1 c	S4101
18:3 n-3 c,c,c	S4101
Glucose (dextrose)	S4101
Fructose	S4101
Galactose	S4101
Magnesium, Mg	S4101
Sodium, Na	S4101
Carotene, alpha	S4101
Thiamin	S4101
Pantothenic acid	S4101
20:0	S4101
20:4 undifferentiated	S4101
15:0	S4101

NDB No. 05346 Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning

Protein	S4101
Sucrose	S4101
Fructose	S4101
Calcium, Ca	S4101
Phosphorus, P	S4101
Zinc, Zn	S4101
Vitamin K (phylloquinone)	S4101
Hydroxyproline	S4101
10:0	S4101
22:6 n-3	S4101
20:5 n-3	S4101
22:5 n-3	S4101
Fatty acids, total polyunsaturated	S4101
20:2 n-6 c,c	S4101
Glucose (dextrose)	S4101

Reference Report

JUL-17-2008 02:00 PM

Page 277 of 3136

NDB No. 05346 Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning

Galactose	S4101
Potassium, K	S4101
Sodium, Na	S4101
Lycopene	S4101
Riboflavin	S4101
Niacin	S4101
Vitamin B-12	S4101
Betaine	S4101
14:0	S4101
Fatty acids, total monounsaturated	S4101
Fatty acids, total trans-monoenoic	S4101
Retinol	S4101
Carotene, beta	S4101
Vitamin D	S4101
Thiamin	S4101
Cholesterol	S4101
8:0	S4101
14:1	S4101
20:1	S4101
Starch	S4101
Carotene, alpha	S4101
Folate, total	S4101
Choline, total	S4101
12:0	S4101
18:1 undifferentiated	S4101
18:3 undifferentiated	S4101
20:4 undifferentiated	S4101
17:0	S4101
18:1 t	S4101
18:1 c	S4101
22:1 c	S4101
18:3 n-3 c,c,c	S4101
Total lipid (fat)	S4101
Folate, food	S4101
Fatty acids, total trans	S4101
22:1 undifferentiated	S4101

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 278 of 3136

NDB No. 05346 Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning

Water	S4101
Fiber, total dietary	S4101
Ash	S4101
Lactose	S4101
Maltose	S4101
Copper, Cu	S4101
Manganese, Mn	S4101
Selenium, Se	S4101
18:2 undifferentiated	S4101
22:0	S4101
15:0	S4101
18:2 t,t	S4101
15:1	S4101
Sugars, total	S4101
Iron, Fe	S4101
Magnesium, Mg	S4101
Cryptoxanthin, beta	S4101
Pantothenic acid	S4101
Vitamin B-6	S4101
Fatty acids, total saturated	S4101
16:0	S4101
18:0	S4101
20:0	S4101
16:1 undifferentiated	S4101
24:0	S4101
18:2 n-6 c,c	S4101
18:3 n-6 c,c,c	S4101
17:1	S4101
20:3 undifferentiated	S4101
Fatty acids, total trans-polyenoic	S4101

NDB No. 05353 USDA Commodity, chicken fajita strips, frozen

Phosphorus, P	S3544
Potassium, K	S3544
Manganese, Mn	S3544
Fatty acids, total saturated	S3544

Reference Report

JUL-17-2008 02:00 PM

Page 279 of 3136

NDB No. 05353 USDA Commodity, chicken fajita strips, frozen

14:1	S3544
16:1 undifferentiated	S3544
15:1	S3544
Hydroxyproline	S3544
14:0	S3544
22:0	S3544
20:1	S3544
22:4	S3544
Betaine	S3544
Cholesterol	S3544
16:0	S3544
20:5 n-3	S3544
Fatty acids, total polyunsaturated	S3544
24:0	S3544
Water	S3544
Calcium, Ca	S3544
Riboflavin	S3544
Vitamin B-6	S3544
Choline, total	S3544
Folic acid	S3544
Folate, food	S3544
12:0	S3544
18:2 undifferentiated	S3544
18:3 undifferentiated	S3544
18:4	S3544
15:0	S3544
Protein	S3544
Ash	S3544
Pantothenic acid	S3544
22:1 undifferentiated	S3544
Fatty acids, total monounsaturated	S3544
24:1 c	S3544
Iron, Fe	S3544
Sodium, Na	S3544
Selenium, Se	S3544
Folate, total	S3544
Vitamin B-12	S3544

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 280 of 3136

NDB No. 05353 USDA Commodity, chicken fajita strips, frozen

8:0	S3544
18:0	S3544
18:1 undifferentiated	S3544
Total lipid (fat)	S3544
Copper, Cu	S3544
Thiamin	S3544
Niacin	S3544
10:0	S3544
22:6 n-3	S3544
22:5 n-3	S3544
17:1	S3544
20:3 undifferentiated	S3544
21:5	S3544
Magnesium, Mg	S3544
Zinc, Zn	S3544
20:0	S3544
20:4 undifferentiated	S3544
17:0	S3544
20:2 n-6 c,c	S3544

NDB No. 05354 USDA Commodity, turkey taco meat, frozen, cooked

Vitamin B-6	S3544
Folic acid	S3544
Hydroxyproline	S3544
16:0	S3544
16:1 undifferentiated	S3544
22:4	S3544
Pantothenic acid	S3544
Folate, food	S3544
14:0	S3544
18:3 undifferentiated	S3544
18:4	S3544
20:1	S3544
22:5 n-3	S3544
20:2 n-6 c,c	S3544
21:5	S3544

Reference Report

JUL-17-2008 02:00 PM

Page 281 of 3136

NDB No. 05354 USDA Commodity, turkey taco meat, frozen, cooked

Water	S3544
Phosphorus, P	S3544
Selenium, Se	S3544
10:0	S3544
14:1	S3544
22:1 undifferentiated	S3544
17:0	S3544
24:1 c	S3544
17:1	S3544
20:3 undifferentiated	S3544
15:1	S3544
Ash	S3544
Zinc, Zn	S3544
Copper, Cu	S3544
Thiamin	S3544
Folate, total	S3544
8:0	S3544
12:0	S3544
18:0	S3544
22:0	S3544
24:0	S3544
Niacin	S3544
Vitamin B-12	S3544
Fatty acids, total saturated	S3544
18:2 undifferentiated	S3544
22:6 n-3	S3544
Fatty acids, total polyunsaturated	S3544
15:0	S3544
Protein	S3544
Magnesium, Mg	S3544
Potassium, K	S3544
Sodium, Na	S3544
Choline, total	S3544
Betaine	S3544
18:1 undifferentiated	S3544
20:4 undifferentiated	S3544
Total lipid (fat)	S3544

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 282 of 3136

NDB No. 05354 USDA Commodity, turkey taco meat, frozen, cooked

Manganese, Mn	S3544
Riboflavin	S3544
20:0	S3544
Calcium, Ca	S3544
Iron, Fe	S3544
Cholesterol	S3544
20:5 n-3	S3544
Fatty acids, total monounsaturated	S3544

NDB No. 05623 Emu, fan fillet, raw

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

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

Manganese, Mn	S3
Cholesterol	S3
Water	S3
Sodium, Na	S3
Zinc, Zn	S3
Iron, Fe	S3
Magnesium, Mg	S3
Protein	S3

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

Total lipid (fat)	S3
Ash	S3
Copper, Cu	S3
Calcium, Ca	S3
Phosphorus, P	S3
Potassium, K	S3

NDB No. 05625 Emu, flat fillet, raw

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

NDB No. 05626 Emu, full rump, raw

Potassium, K	D4281, D4282
18:0	D4281
16:1 undifferentiated	D4281
15:0	D4281
Protein	D4281, D4282
Water	D4281, D4282
Calcium, Ca	D4281, D4282
Sodium, Na	D4281, D4282
20:0	D4281
18:3 undifferentiated	D4281
22:1 undifferentiated	D4281
17:0	D4281
17:1	D4281
Ash	D4281, D4282
20:5 n-3	D4281

Reference Report

JUL-17-2008 02:00 PM

Page 284 of 3136

NDB No. 05626 Emu, full rump, raw

24:0	D4281
Iron, Fe	D4281, D4282
Zinc, Zn	D4281, D4282
Thiamin	D4281
Vitamin B-12	D4281
20:4 undifferentiated	D4281
Vitamin A, IU	D4281
18:1 undifferentiated	D4281
14:1	D4281
20:2 n-6 c,c	D4281
Magnesium, Mg	D4282
18:2 undifferentiated	D4281
20:1	D4281
Total lipid (fat)	D4281, D4282
Vitamin C, total ascorbic acid	D4281
Cholesterol	D4282
14:0	D4281
22:6 n-3	D4281
Retinol	D4281
16:0	D4281
22:0	D4281

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

Vitamin B-12	D4282
14:1	D4282
20:1	D4282
17:0	D4282
24:0	D4282
Water	D4282
Potassium, K	D4282
22:0	D4282
Protein	D4282
Total lipid (fat)	D4282
18:0	D4282
17:1	D4282
Cholesterol	D4282

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

20:0	D4282
18:1 undifferentiated	D4282
18:2 undifferentiated	D4282
18:3 undifferentiated	D4282
16:1 undifferentiated	D4282
22:1 undifferentiated	D4282
Retinol	D4282
22:6 n-3	D4282
Ash	D4282
Zinc, Zn	D4282
16:0	D4282
20:4 undifferentiated	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Sodium, Na	D4282
Vitamin C, total ascorbic acid	D4282
20:5 n-3	D4282
15:0	D4282
20:2 n-6 c,c	D4282
Thiamin	D4282
14:0	D4282

NDB No. 05628 Emu, inside drum, raw

14:1	D4281
16:1 undifferentiated	D4281
20:2 n-6 c,c	D4281
Water	D4281, D4282
Retinol	D4281
20:0	D4281
Vitamin A, IU	D4281
18:0	D4281
18:1 undifferentiated	D4281
18:3 undifferentiated	D4281
20:5 n-3	D4281
20:4 undifferentiated	D4281
Total lipid (fat)	D4281, D4282

NDB No. 05628 Emu, inside drum, raw

Magnesium, Mg	D4282
Cholesterol	D4282
14:0	D4281
15:0	D4281
24:0	D4281
Zinc, Zn	D4281, D4282
22:6 n-3	D4281
17:0	D4281
Protein	D4281, D4282
Ash	D4281, D4282
Calcium, Ca	D4281, D4282
Potassium, K	D4281, D4282
Vitamin C, total ascorbic acid	D4281
Vitamin B-12	D4281
22:0	D4281
20:1	D4281
22:1 undifferentiated	D4281
Iron, Fe	D4281, D4282
Sodium, Na	D4281, D4282
Thiamin	D4281
16:0	D4281
18:2 undifferentiated	D4281
17:1	D4281

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

20:0	D4281
22:1 undifferentiated	D4281
Protein	D4281
Ash	D4281
22:6 n-3	D4281
Total lipid (fat)	D4281
Iron, Fe	D4281
Thiamin	D4281
Vitamin B-12	D4281
14:0	D4281
18:2 undifferentiated	D4281

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

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

NDB No. 05630 Emu, outside drum, raw

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

NDB No. 05631 Emu, oyster, raw

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

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

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

NDB No. 05643 Ostrich, fan, raw

14:0	D4301
16:0	D4301
18:0	D4301
18:3 undifferentiated	D4301
Sodium, Na	D4301
Total lipid (fat)	D4301
Water	D4301

NDB No. 05643 Ostrich, fan, raw

Calcium, Ca	D4301
Iron, Fe	D4301
18:2 undifferentiated	D4301
20:4 undifferentiated	D4301
Protein	D4301
18:1 undifferentiated	D4301
16:1 undifferentiated	D4301
Cholesterol	D4301

NDB No. 05644 Ostrich, inside leg, raw

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

NDB No. 05645 Ostrich, inside leg, cooked

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

NDB No. 05645 Ostrich, inside leg, cooked

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

NDB No. 05646 Ostrich, inside strip, raw

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

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

NDB No. 05647 Ostrich, inside strip, cooked

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

NDB No. 05648 Ostrich, outside leg, raw

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

NDB No. 05649 Ostrich, outside strip, raw

20:2 n-6 c,c	D4301
Total lipid (fat)	D4301

NDB No. 05649 Ostrich, outside strip, raw

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

NDB No. 05650 Ostrich, outside strip, cooked

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

NDB No. 05650 Ostrich, outside strip, cooked

18:3 undifferentiated	D4301
Iron, Fe	D4301
Cholesterol	D4301
16:0	D4301
18:2 undifferentiated	D4301

NDB No. 05651 Ostrich, oyster, raw

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

NDB No. 05652 Ostrich, oyster, cooked

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

NDB No. 05652 Ostrich, oyster, cooked

16:1 undifferentiated	D4301
Cholesterol	D4301
16:0	D4301

NDB No. 05653 Ostrich, round, raw

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

NDB No. 05654 Ostrich, tenderloin, raw

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

NDB No. 05654 Ostrich, tenderloin, raw

18:3 undifferentiated D4301

NDB No. 05655 Ostrich, tip trimmed, raw

Calcium, Ca D4301

Cholesterol D4301

Iron, Fe D4301

18:2 undifferentiated D4301

20:4 undifferentiated D4301

18:0 D4301

18:1 undifferentiated D4301

18:3 undifferentiated D4301

Protein D4301

Water D4301

14:0 D4301

16:0 D4301

16:1 undifferentiated D4301

Total lipid (fat) D4301

Sodium, Na D4301

NDB No. 05656 Ostrich, tip trimmed, cooked

18:0 D4301

Cholesterol D4301

Sodium, Na D4301

18:3 undifferentiated D4301

20:4 undifferentiated D4301

Protein D4301

Total lipid (fat) D4301

18:2 undifferentiated D4301

Water D4301

16:0 D4301

18:1 undifferentiated D4301

16:1 undifferentiated D4301

Calcium, Ca D4301

Iron, Fe D4301

14:0 D4301

Reference Report

JUL-17-2008 02:00 PM

Page 296 of 3136

NDB No. 05657 Ostrich, top loin, raw

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

NDB No. 05658 Ostrich, top loin, cooked

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

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

Iron, Fe	S1082
Potassium, K	S1082

Reference_Report

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

Selenium, Se	S1082
Retinol	S1082
Tryptophan	S1082
Leucine	S1082
10:0	S1082
20:0	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
Ash	S1082
Sodium, Na	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Betaine	S1082
Lysine	S1082
Methionine	S1082
Phenylalanine	S1082
Alanine	S1082
12:0	S1082
14:0	S1082
14:1	S1082
20:1	S1082
17:1	S1082
18:3 n-3 c,c,c	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Vitamin K (phylloquinone)	S1082
Tyrosine	S1082
Serine	S1082
18:1 undifferentiated	S1082
22:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
15:1	S1082
Total lipid (fat)	S1082
Magnesium, Mg	S1082
Vitamin E (alpha-tocopherol)	S1166
Thiamin	S1082

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

Isoleucine	S1082
Cystine	S1082
Glutamic acid	S1082
Cholesterol	S1082
8:0	S1082
Phosphorus, P	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Vitamin C, total ascorbic acid	S1082
Folate, total	S1166
Choline, total	S1082
Threonine	S1082
Histidine	S1082
Aspartic acid	S1082
18:0	S1082
20:4 undifferentiated	S1082
16:1 undifferentiated	S1082
Zinc, Zn	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin B-12	S1082
Arginine	S1082
Hydroxyproline	S1082
15:0	S1082
Protein	S1082
Water	S1082
Riboflavin	S1082
16:0	S1082
20:3 undifferentiated	S1082
Calcium, Ca	S1082
Cryptoxanthin, beta	S1082
Niacin	S1082
Valine	S1082
Glycine	S1082
Proline	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 299 of 3136

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

Fatty acids, total trans	S1082
4:0	S1082

NDB No. 06003 CAMPBELL Soup Company, CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed

Water	S3921
-------	-------

NDB No. 06008 Soup, beef broth or bouillon canned, ready-to-serve

Fluoride, F	D5007
-------------	-------

NDB No. 06014 CAMPBELL Soup Company, CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed

Water	S3921
-------	-------

NDB No. 06016 Soup, cream of chicken, canned, condensed

Iron, Fe	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
18:3 undifferentiated	S18
20:3 undifferentiated	S18
13:0	S18
Pantothenic acid	S18
Cholesterol	S18
Fatty acids, total monounsaturated	S18
15:1	S18
Calcium, Ca	S18
Vitamin B-6	S18
14:0	S18
15:0	S18
Sugars, total	S18
Magnesium, Mg	S18
10:0	S18
Protein	S18
Water	S18
Fiber, total dietary	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 300 of 3136

NDB No. 06016 Soup, cream of chicken, canned, condensed

Copper, Cu	S18
Manganese, Mn	S18
Niacin	S18
16:0	S18
18:0	S18
18:2 undifferentiated	S18
22:0	S18
16:1 undifferentiated	S18
Phosphorus, P	S18
Selenium, Se	S18
Folate, total	S18
20:0	S18
20:1	S18
17:0	S18
Vitamin B-12	S18
Fatty acids, total saturated	S18
18:1 undifferentiated	S18
14:1	S18
Fatty acids, total polyunsaturated	S18
24:0	S18
Total lipid (fat)	S18
Ash	S18
Thiamin	S18
Riboflavin	S18
12:0	S18
20:4 undifferentiated	S18
22:1 undifferentiated	S18
20:2 n-6 c,c	S18
17:1	S18

NDB No. 06019 Soup, chicken noodle, canned, condensed

Protein	S18
Ash	S18
Water	S18
Potassium, K	S18
Niacin	S18

NDB No. 06019 Soup, chicken noodle, canned, condensed

22:0	S18
Phosphorus, P	S18
12:0	S18
Zinc, Zn	S18
Manganese, Mn	S18
14:0	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
20:2 n-6 c,c	S18
15:1	S18
Calcium, Ca	S18
Iron, Fe	S18
Copper, Cu	S18
Fatty acids, total saturated	S18
17:1	S18
20:3 undifferentiated	S18
Selenium, Se	S18
Betaine	S18
Cholesterol	S18
18:0	S18
Fatty acids, total polyunsaturated	S18
24:0	S18
Pantothenic acid	S18
20:0	S18
18:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
15:0	S18
Total lipid (fat)	S18
Magnesium, Mg	S18
Thiamin	S18
Riboflavin	S18
Choline, total	S18
16:0	S18
14:1	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 302 of 3136

NDB No. 06019 Soup, chicken noodle, canned, condensed

16:1 undifferentiated	S18
17:0	S18

NDB No. 06029 CAMPBELL Soup Company, HEALTHY REQUEST, Chicken with Rice, condensed

Water	S3921
-------	-------

NDB No. 06030 Soup, clam chowder, new england, canned, condensed

Choline, total	S3461
----------------	-------

NDB No. 06038 CAMPBELL Soup Company, CAMPBELL'S Red and White, Cheddar Cheese Soup, condensed

Water	S3921
-------	-------

NDB No. 06040 Soup, minestrone, canned, condensed

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

NDB No. 06041 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed

Water	S3921
-------	-------

NDB No. 06043 Soup, cream of mushroom, canned, condensed

Magnesium, Mg	S18
Copper, Cu	S18
Thiamin	S18
Niacin	S18
Vitamin B-12	S18
Protein	S18
Ash	S18
Water	S18
Phosphorus, P	S18
12:0	S18

Reference_Report

NDB No. 06043 Soup, cream of mushroom, canned, condensed

16:0	S18
18:2 undifferentiated	S18
Fatty acids, total monounsaturated	S18
17:0	S18
Total lipid (fat)	S18
Vitamin B-6	S18
18:1 undifferentiated	S18
15:0	S18
15:1	S18
Iron, Fe	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
14:0	S18
14:1	S18
Fatty acids, total polyunsaturated	S18
24:0	S18
17:1	S18
Sugars, total	S18
Selenium, Se	S18
Folate, total	S18
8:0	S18
18:0	S18
Fiber, total dietary	S18
Manganese, Mn	S18
16:1 undifferentiated	S18
Calcium, Ca	S18
Riboflavin	S18
10:0	S18
20:0	S18
20:1	S18
20:2 n-6 c,c	S18
Vitamin C, total ascorbic acid	S18
Pantothenic acid	S18
Cholesterol	S18
Fatty acids, total saturated	S18
18:3 undifferentiated	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 304 of 3136

NDB No. 06043 Soup, cream of mushroom, canned, condensed

22:0 S18
22:1 undifferentiated S18

NDB No. 06047 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken and Stars Soup, condensed

Water S3921

NDB No. 06054 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed

Water S3921

NDB No. 06057 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Broth, condensed

Water S3921

NDB No. 06058 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed

Water S3921

NDB No. 06062 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Noodle Soup, condensed

Water S3921

NDB No. 06068 Soup, vegetarian vegetable, canned, condensed

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

NDB No. 06071 Soup, vegetable beef, canned, condensed

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

Reference Report

JUL-17-2008 02:00 PM

Page 305 of 3136

NDB No. 06082 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed

Water S3921

NDB No. 06084 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed

Water S3921

NDB No. 06091 CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef Broth, condensed

Water S3921

NDB No. 06094 Soup, onion, dry, mix

Ash S18

Zinc, Zn S18

Manganese, Mn S18

Thiamin S18

Niacin S18

Pantothenic acid S18

14:0 S18

22:1 undifferentiated S18

Water S18

Magnesium, Mg S18

Phosphorus, P S18

Sodium, Na S18

Tocopherol, delta S18

Tocopherol, beta S18

20:0 S18

15:0 S18

Protein S18

Vitamin B-6 S18

17:0 S18

17:1 S18

Calcium, Ca S18

Potassium, K S18

Riboflavin S18

22:0 S18

24:0 S18

20:2 n-6 c,c S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 306 of 3136

NDB No. 06094 Soup, onion, dry, mix

13:0	S18
Tocopherol, gamma	S18
15:1	S18
Fiber, total dietary	S18
Selenium, Se	S18
Folate, total	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
Copper, Cu	S18

NDB No. 06097 CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef Consomme, condensed

Water	S3921
-------	-------

NDB No. 06105 CAMPBELL Soup Company, CAMPBELL'S Red and White, BATMAN Fun Shapes Soup, condensed

Water	S3921
-------	-------

NDB No. 06117 CAMPBELL Soup Company, CAMPBELL'S Red and White, Bean with Bacon Soup, condensed

Water	S3921
-------	-------

NDB No. 06128 Soup, chicken noodle, dry, mix

Glucose (dextrose)	S18
Water	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Methionine	S18
20:1	S18
15:1	S18
Fiber, total dietary	S18
Vitamin E (alpha-tocopherol)	S18
Riboflavin	S18
Niacin	S18
Vitamin B-12	S18
Tryptophan	S18

Reference Report

JUL-17-2008 02:00 PM

Page 307 of 3136

NDB No. 06128 Soup, chicken noodle, dry, mix

Valine	S18
Proline	S18
12:0	S18
Fatty acids, total polyunsaturated	S18
24:0	S18
13:0	S18
Fructose	S18
Iron, Fe	S18
Sodium, Na	S18
Selenium, Se	S18
Vitamin B-6	S18
Leucine	S18
22:0	S18
17:1	S18
Protein	S18
Ash	S18
Vitamin C, total ascorbic acid	S18
Threonine	S18
Phenylalanine	S18
Glycine	S18
18:1 undifferentiated	S18
16:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Sucrose	S18
Calcium, Ca	S18
Potassium, K	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Isoleucine	S18
Cystine	S18
10:0	S18
20:0	S18
22:1 undifferentiated	S18
Total lipid (fat)	S18
Galactose	S18
Tocopherol, delta	S18
18:0	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 308 of 3136

NDB No. 06128 Soup, chicken noodle, dry, mix

17:0	S18
20:2 n-6 c,c	S18
Lactose	S18
Maltose	S18
Sugars, total	S18
Magnesium, Mg	S18
Thiamin	S18
Folate, total	S18
Lysine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
14:0	S18
18:2 undifferentiated	S18
20:4 undifferentiated	S18
Starch	S18
Phosphorus, P	S18
Pantothenic acid	S18
Tyrosine	S18
Arginine	S18
Histidine	S18
Serine	S18
Fatty acids, total saturated	S18
16:0	S18
18:3 undifferentiated	S18
14:1	S18
15:0	S18

NDB No. 06145 CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef Noodle Soup, condensed

Water S3921

NDB No. 06146 CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 309 of 3136

NDB No. 06159 Soup, tomato, canned, condensed

Magnesium, Mg	S18
Phosphorus, P	S18
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lutein + zeaxanthin	D3851
Tocopherol, beta	S18
Vitamin C, total ascorbic acid	S18
Fatty acids, total saturated	S18
18:3 undifferentiated	S18
15:0	S18
24:0	S18
Protein	S18
Water	S18
Iron, Fe	S18
Manganese, Mn	S18
Vitamin B-6	S18
Choline, total	S18
16:0	S18
13:0	S18
Pantothenic acid	S18
18:2 undifferentiated	S18
16:1 undifferentiated	S18
Total lipid (fat)	S18
Potassium, K	S18
Copper, Cu	S18
Carotene, beta	D3851
Vitamin E (alpha-tocopherol)	S18
Riboflavin	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
20:3 undifferentiated	S18
Calcium, Ca	S18
Lycopene	D3851
Tocopherol, gamma	S18
Tocopherol, delta	S18
Niacin	S18
18:0	S18

Reference_Report

NDB No. 06159 Soup, tomato, canned, condensed

22:1 undifferentiated	S18
17:0	S18
17:1	S18
15:1	S18
Ash	S18
Sugars, total	S18
14:0	S18
Fiber, total dietary	S18
Thiamin	S18
Folate, total	S18
12:0	S18
18:1 undifferentiated	S18
Sodium, Na	S18
Zinc, Zn	S18
Selenium, Se	S18
20:1	S18

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

Iron, Fe	S23
Potassium, K	S23
Calcium, Ca	S23
Phosphorus, P	S23
Cryptoxanthin, beta	S23
Total lipid (fat)	S23
Sodium, Na	S23
Choline, total	S18
Starch	S23
Carotene, beta	S23
Lycopene	S23
Magnesium, Mg	S23
Zinc, Zn	S23
Vitamin C, total ascorbic acid	S23
Pantothenic acid	S23
Vitamin K (phylloquinone)	S23
Ash	S23
Water	S23

Reference Report

JUL-17-2008 02:00 PM

Page 311 of 3136

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

Manganese, Mn	S23
Selenium, Se	S23
Carotene, alpha	S23
Lutein + zeaxanthin	S23
Niacin	S23
Folate, total	S23
Copper, Cu	S23
Thiamin	S23
Vitamin B-6	S23

NDB No. 06195 CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Chicken Soup, condensed

Water	S3921
-------	-------

NDB No. 06209 CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Broccoli Soup, condensed

Water	S3921
-------	-------

NDB No. 06212 CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Chicken Noodle Soup, condensed

Water	S3921
-------	-------

NDB No. 06213 CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed

Water	S3921
-------	-------

NDB No. 06214 CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Cream of Mushroom Soup, condensed

Water	S3921
-------	-------

NDB No. 06215 CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Broccoli Cheese Soup, condensed

Water	S3921
-------	-------

NDB No. 06218 CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Celery Soup,

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 313 of 3136

NDB No. 06229 CAMPBELL Soup Company, PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve

Water S3921

NDB No. 06231 CAMPBELL Soup Company, PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve

Water S3921

NDB No. 06232 CAMPBELL Soup Company, PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve

Water S3921

NDB No. 06233 CAMPBELL Soup Company, PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve

Water S3921

NDB No. 06234 CAMPBELL Soup Company, PREGO Pasta, Ricotta Parmesan Italian Sauce, ready-to-serve

Water S3921

NDB No. 06235 CAMPBELL Soup Company, PREGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve

Water S3921

NDB No. 06236 CAMPBELL Soup Company, PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve

Water S3921

NDB No. 06237 CAMPBELL Soup Company, PREGO Pasta, Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve

Water S3921

NDB No. 06239 CAMPBELL Soup Company, PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve

Water S3921

NDB No. 06240 CAMPBELL Soup Company, PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 314 of 3136

NDB No. 06241 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve**

Water S3921

NDB No. 06242 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup**

Water S3921

NDB No. 06244 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve**

Water S3921

NDB No. 06245 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve**

Water S3921

NDB No. 06247 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken with Vegetables and Pasta Soup, ready-to-serve**

Water S3921

NDB No. 06250 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve**

Water S3921

NDB No. 06251 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve**

Water S3921

NDB No. 06252 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve**

Water S3921

NDB No. 06309 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken with Rice Soup, condensed**

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 315 of 3136

NDB No. 06311 CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed

Water S3921

NDB No. 06312 CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed

Water S3921

NDB No. 06314 Soup, HEALTHY CHOICE Chicken Noodle Soup, canned

Protein S3742
Ash S3742
Water S3742
Calcium, Ca S3742
Vitamin A, IU S3742
Fatty acids, total saturated S3742
Fatty acids, total monounsaturated S3742
Fatty acids, total trans S3742
Fatty acids, total polyunsaturated S3742
Cholesterol S3742
Energy S3742
Vitamin C, total ascorbic acid S3742
Carbohydrate, by difference S3742
Sugars, total S3742
Fiber, total dietary S3742
Sodium, Na S3742
Iron, Fe S3742

NDB No. 06315 Soup, HEALTHY CHOICE Chicken and Rice Soup, canned

Sugars, total S3742
Iron, Fe S3742
Fatty acids, total polyunsaturated S3742
Energy S3742
Calcium, Ca S3742
Vitamin C, total ascorbic acid S3742
Fatty acids, total saturated S3742
Protein S3742
Vitamin A, IU S3742

Reference Report

JUL-17-2008 02:00 PM

Page 316 of 3136

NDB No. 06315 Soup, HEALTHY CHOICE Chicken and Rice Soup, canned

Cholesterol	S3742
Sodium, Na	S3742
Water	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Fiber, total dietary	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total trans	S3742

NDB No. 06316 Soup, HEALTHY CHOICE Garden Vegetable Soup, canned

Iron, Fe	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Protein	S3742
Carbohydrate, by difference	S3742
Sodium, Na	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Energy	S3742
Water	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total saturated	S3742
Sugars, total	S3742
Ash	S3742
Vitamin A, IU	S3742
Fatty acids, total polyunsaturated	S3742

NDB No. 06317 CAMPBELL Soup Company, CAMPBELL'S Fat Free Beef Gravy

Water	S3921
-------	-------

NDB No. 06318 CAMPBELL Soup Company, CAMPBELL'S Country Style Cream Gravy

Water	S3921
-------	-------

Reference Report

JUL-17-2008 02:00 PM

Page 317 of 3136

NDB No. 06319 CAMPBELL Soup Company, CAMPBELL'S Country Style Sausage Gravy

Water S3921

NDB No. 06320 CAMPBELL Soup Company, CAMPBELL'S Fat Free Chicken Gravy

Water S3921

NDB No. 06321 CAMPBELL Soup Company, CAMPBELL'S Golden Pork Gravy

Water S3921

NDB No. 06322 CAMPBELL Soup Company, CAMPBELL'S Mushroom Gravy

Water S3921

NDB No. 06323 CAMPBELL Soup Company, CAMPBELL'S Fat Free Turkey Gravy

Water S3921

NDB No. 06324 CAMPBELL Soup Company, CAMPBELL'S Microwavable Beef Gravy

Water S3921

NDB No. 06325 CAMPBELL Soup Company, CAMPBELL'S Microwavable Chicken Gravy

Water S3921

NDB No. 06326 CAMPBELL Soup Company, CAMPBELL'S Turkey Gravy

Water S3921

NDB No. 06327 CAMPBELL Soup Company, FRANCO-AMERICAN Fat Free Slow Roast Beef Gravy

Water S3921

NDB No. 06328 CAMPBELL Soup Company, FRANCO-AMERICAN Fat Free Slow Roast Chicken Gravy

Water S3921

NDB No. 06329 CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Beef Gravy

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 318 of 3136

NDB No. 06329 **CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Beef Gravy**

Water S3921

NDB No. 06330 **CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Chicken Gravy**

Water S3921

NDB No. 06331 **CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Turkey Gravy**

Water S3921

NDB No. 06332 **CAMPBELL Soup Company, CAMPBELL'S Microwavable Turkey Gravy**

Water S3921

NDB No. 06333 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed**

Water S3921

NDB No. 06334 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Celery Soup, condensed**

Water S3921

NDB No. 06336 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Chicken Soup, condensed**

Water S3921

NDB No. 06337 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Chicken with Herbs Soup, condensed**

Water S3921

NDB No. 06338 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Mushroom Soup, condensed**

Water S3921

NDB No. 06339 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Mushroom with Roasted Garlic Soup, condensed**

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 319 of 3136

NDB No. 06340 CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Onion Soup, condensed

Water S3921

NDB No. 06341 CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Potato Soup, condensed

Water S3921

NDB No. 06342 CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed

Water S3921

NDB No. 06343 CAMPBELL Soup Company, CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed

Water S3921

NDB No. 06344 CAMPBELL Soup Company, CAMPBELL'S Red and White, Creamy Chicken Verde Soup, condensed

Water S3921

NDB No. 06346 CAMPBELL Soup Company, CAMPBELL'S Red and White, Curly Noodle Soup, condensed

Water S3921

NDB No. 06347 CAMPBELL Soup Company, CAMPBELL'S Red and White, DANNY PHANTOM shaped pasta with Chicken in Chicken Broth, condensed

Water S3921

NDB No. 06349 CAMPBELL Soup Company, CAMPBELL'S Red and White, DORA THE EXPLORER Kidshapes Soup, condensed

Water S3921

NDB No. 06350 CAMPBELL Soup Company, CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed

Water S3921

NDB No. 06351 CAMPBELL Soup Company, CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed

Water S3921

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 320 of 3136

NDB No. 06353 CAMPBELL Soup Company, CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed

Water S3921

NDB No. 06354 CAMPBELL Soup Company, CAMPBELL'S Red and White, French Onion Soup, condensed

Water S3921

NDB No. 06355 CAMPBELL Soup Company, CAMPBELL'S Red and White, Golden Mushroom Soup, condensed

Water S3921

NDB No. 06357 CAMPBELL Soup Company, CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed

Water S3921

NDB No. 06360 CAMPBELL Soup Company, CAMPBELL'S Red and White, GOLDFISH Pasta with Meatballs in Chicken Broth Soup, condensed

Water S3921

NDB No. 06361 CAMPBELL Soup Company, CAMPBELL'S Red and White, Green Pea Soup, condensed

Water S3921

NDB No. 06362 CAMPBELL Soup Company, CAMPBELL'S Red and White, Hearty Vegetable with Pasta Soup, condensed

Water S3921

NDB No. 06363 CAMPBELL Soup Company, CAMPBELL'S Red and White, Homestyle Chicken Noodle Soup, condensed

Water S3921

NDB No. 06364 CAMPBELL Soup Company, CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed

Water S3921

NDB No. 06365 CAMPBELL Soup Company, CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed

Reference Report

JUL-17-2008 02:00 PM

Page 322 of 3136

NDB No. 06377 CAMPBELL Soup Company, CAMPBELL'S Red and White, Tomato Soup, condensed

Water S3921

NDB No. 06379 CAMPBELL Soup Company, CAMPBELL'S Red and White, Tomato Bisque, condensed

Water S3921

NDB No. 06380 CAMPBELL Soup Company, CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed

Water S3921

NDB No. 06381 CAMPBELL Soup Company, CAMPBELL'S Red and White, Southwestern-Style Chicken Vegetable Soup, condensed

Water S3921

NDB No. 06383 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup

Water S3921

NDB No. 06384 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup

Water S3921

NDB No. 06385 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Barbeque Seasoned Burger Soup

Water S3921

NDB No. 06386 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, BBQ Seasoned Pork Soup

Water S3921

NDB No. 06387 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup

Water S3921

NDB No. 06388 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 323 of 3136

NDB No. 06389 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup

Water S3921

NDB No. 06391 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken and Dumplings Soup

Water S3921

NDB No. 06392 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup

Water S3921

NDB No. 06393 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder

Water S3921

NDB No. 06394 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Mushroom Chowder

Water S3921

NDB No. 06395 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Classic Chicken Noodle Soup

Water S3921

NDB No. 06396 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup

Water S3921

NDB No. 06398 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili

Water S3921

NDB No. 06399 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup

Water S3921

NDB No. 06400 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 325 of 3136

NDB No. 06429 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder

Water S3921

NDB No. 06431 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, New England Clam Chowder

Water S3921

NDB No. 06433 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder

Water S3921

NDB No. 06434 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup

Water S3921

NDB No. 06435 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Pepper Steak Soup

Water S3921

NDB No. 06436 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Pork Roast with Carrots & Potatoes Soup

Water S3921

NDB No. 06437 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili

Water S3921

NDB No. 06438 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup

Water S3921

NDB No. 06439 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup

Water S3921

NDB No. 06441 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 326 of 3136

NDB No. 06447 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup

Water S3921

NDB No. 06454 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Sizzlin' Steak- Grilled Steak Chili with Beans

Water S3921

NDB No. 06457 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup

Water S3921

NDB No. 06458 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Smoked Chicken with Roasted Corn Chowder

Water S3921

NDB No. 06459 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup

Water S3921

NDB No. 06462 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup

Water S3921

NDB No. 06464 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Tantalizin' Turkey - Turkey Chili with Beans Soup

Water S3921

NDB No. 06497 CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup

Water S3921

NDB No. 06502 CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup

Water S3921

NDB No. 06503 CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup

Reference Report

JUL-17-2008 02:00 PM

Page 331 of 3136

NDB No. 06592 CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Creamy Tomato Soup

Water S3921

NDB No. 06593 CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Italian Style Wedding Soup

Water S3921

NDB No. 06594 CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, New England Clam Chowder

Water S3921

NDB No. 06595 CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Vegetable Beef Soup

Water S3921

NDB No. 06596 CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Velvety Potato Soup

Water S3921

NDB No. 06597 CAMPBELL Soup Company, PACE, Chipotle Chunky Salsa

Water S3921

NDB No. 06598 CAMPBELL Soup Company, PACE, Cilantro Chunky Salsa

Water S3921

NDB No. 06599 CAMPBELL Soup Company, PACE, Enchilada Sauce

Water S3921

NDB No. 06600 CAMPBELL Soup Company, PACE, Green Taco Sauce

Water S3921

NDB No. 06601 CAMPBELL Soup Company, PACE, Lime & Garlic Chunky Salsa

Water S3921

NDB No. 06602 CAMPBELL Soup Company, PACE, Organic Picante Sauce

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 332 of 3136

NDB No. 06602 CAMPBELL Soup Company, PACE, Organic Picante Sauce

Water S3921

NDB No. 06603 CAMPBELL Soup Company, PACE, Picante Sauce

Water S3921

NDB No. 06604 CAMPBELL Soup Company, PACE, Red Taco Sauce

Water S3921

NDB No. 06605 CAMPBELL Soup Company, PACE, Thick & Chunky Salsa

Water S3921

NDB No. 06609 CAMPBELL Soup Company, SWANSON BROTH, Certified Organic Vegetable Broth

Water S3921

NDB No. 06615 CAMPBELL Soup Company, SWANSON BROTH, Vegetable Broth

Water S3921

NDB No. 06617 CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, HEALTHY REQUEST Italian-Style Wedding Soup

Water S3921

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

Carotene, alpha S4901

Niacin S22

Ash S22

Zinc, Zn S22

Manganese, Mn S22

Water S3921

Copper, Cu S22

Selenium, Se S22

Lutein + zeaxanthin S4901

Vitamin K (phylloquinone) S22

Reference Report

JUL-17-2008 02:00 PM

Page 333 of 3136

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

Magnesium, Mg	S22
Carotene, beta	S4901
Lycopene	S4901
Thiamin	S22
Betaine	S22
Fluoride, F	D5301, D5002
Cryptoxanthin, beta	S4901
Riboflavin	S22
Choline, total	S22
Pantothenic acid	S22
Vitamin B-6	S22
Phosphorus, P	S22

NDB No. 06932 CAMPBELL Soup Company, PREGO Pasta, Traditional Italian Sauce, ready-to-serve

Water	S3921
-------	-------

NDB No. 06982 Soup, ramen noodle, beef flavor, dry

Ash	S18
Lactose	S18
Maltose	S18
Iron, Fe	S18
Zinc, Zn	S18
Manganese, Mn	S18
Thiamin	S18
Methionine	S18
Arginine	S18
Alanine	S18
Glycine	S18
Protein	S18
Magnesium, Mg	S18
Potassium, K	S18
Vitamin E (alpha-tocopherol)	S18
Vitamin C, total ascorbic acid	S18
Threonine	S18
Isoleucine	S18
Leucine	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 334 of 3136

NDB No. 06982 Soup, ramen noodle, beef flavor, dry

Water	S18
Sodium, Na	S18
Tryptophan	S18
Valine	S18
Histidine	S18
Aspartic acid	S18
20:1	S18
Sucrose	S18
Riboflavin	S18
Niacin	S18
Vitamin B-6	S18
Vitamin B-12	S18
Total lipid (fat)	S18
Fructose	S18
Phosphorus, P	S18
Selenium, Se	S18
Tocopherol, delta	S18
Folate, total	S18
Phenylalanine	S18
Glutamic acid	S18
Fatty acids, total saturated	S18
18:0	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
Sugars, total	S18
Galactose	S18
Pantothenic acid	S18
Cystine	S18
Serine	S18
12:0	S18
Glucose (dextrose)	S18
Tyrosine	S18
Proline	S18
14:0	S18
16:0	S18
20:0	S18
18:1 undifferentiated	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 335 of 3136

NDB No. 06982 Soup, ramen noodle, beef flavor, dry

17:1	S18
Starch	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Copper, Cu	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Lysine	S18
22:0	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
17:0	S18
20:2 n-6 c,c	S18
15:1	S18

NDB No. 06983 Soup, ramen noodle, chicken flavor, dry

Tocopherol, delta	S18
Pantothenic acid	S18
Vitamin B-12	S18
Isoleucine	S18
Serine	S18
14:0	S18
16:0	S18
18:2 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Sucrose	S18
Water	S18
Sugars, total	S18
Sodium, Na	S18
Tocopherol, beta	S18
Folate, total	S18
Valine	S18
Histidine	S18
18:0	S18
20:2 n-6 c,c	S18

Reference Report

JUL-17-2008 02:00 PM

Page 336 of 3136

NDB No. 06983 Soup, ramen noodle, chicken flavor, dry

Magnesium, Mg	S18
Selenium, Se	S18
Vitamin B-6	S18
Threonine	S18
Cystine	S18
Phenylalanine	S18
Arginine	S18
18:1 undifferentiated	S18
Maltose	S18
Phosphorus, P	S18
Zinc, Zn	S18
Vitamin E (alpha-tocopherol)	S18
Tryptophan	S18
Alanine	S18
Glutamic acid	S18
Proline	S18
20:0	S18
Lactose	S18
Fiber, total dietary	S18
Iron, Fe	S18
Leucine	S18
Methionine	S18
Fatty acids, total polyunsaturated	S18
17:1	S18
Starch	S18
Fructose	S18
Niacin	S18
Tyrosine	S18
Aspartic acid	S18
Glucose (dextrose)	S18
Calcium, Ca	S18
Potassium, K	S18
Copper, Cu	S18
Manganese, Mn	S18
Tocopherol, gamma	S18
Thiamin	S18
Riboflavin	S18

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 337 of 3136

NDB No. 06983 Soup, ramen noodle, chicken flavor, dry

Lysine	S18
Glycine	S18
Fatty acids, total saturated	S18
12:0	S18
20:1	S18
Protein	S18
Total lipid (fat)	S18
Ash	S18
Galactose	S18
Vitamin C, total ascorbic acid	S18
18:3 undifferentiated	S18

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

Glucose (dextrose)	S2104
Water	S2104
Sugars, total	S2104
Sodium, Na	S2104
Thiamin	S2104
Methionine	S2104
12:0	S2104
18:0	S2104
Ash	S2104
Copper, Cu	S2104
Vitamin K (phylloquinone)	S2104
Lysine	S2104
18:3 undifferentiated	S2104
22:0	S2104
Fatty acids, total monounsaturated	S2104
18:3 n-3 c,c,c	S2104
Calcium, Ca	S2104
Phosphorus, P	S2104
Zinc, Zn	S2104
Folate, total	S2104
Cystine	S2104
10:0	S2104
20:2 n-6 c,c	S2104

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 338 of 3136

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

18:3 n-6 c,c,c	S2104
Total lipid (fat)	S2104
Lactose	S2104
Fiber, total dietary	S2104
Tryptophan	S2104
Isoleucine	S2104
Leucine	S2104
Aspartic acid	S2104
Proline	S2104
17:0	S2104
20:3 undifferentiated	S2104
Starch	S2104
Iron, Fe	S2104
Potassium, K	S2104
Selenium, Se	S2104
Threonine	S2104
Glutamic acid	S2104
Glycine	S2104
Fatty acids, total saturated	S2104
16:0	S2104
20:1	S2104
Fatty acids, total polyunsaturated	S2104
15:0	S2104
Maltose	S2104
Galactose	S2104
Magnesium, Mg	S2104
Riboflavin	S2104
Niacin	S2104
Vitamin B-12	S2104
Tyrosine	S2104
Serine	S2104
8:0	S2104
20:0	S2104
20:4 undifferentiated	S2104
Sucrose	S2104
Vitamin C, total ascorbic acid	S2104
Vitamin B-6	S2104

Reference_Report

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

Phenylalanine	S2104
Histidine	S2104
Alanine	S2104
18:2 undifferentiated	S2104
14:1	S2104
17:1	S2104
Protein	S2104
Fructose	S2104
Manganese, Mn	S2104
Pantothenic acid	S2104
Valine	S2104
Arginine	S2104
Cholesterol	S2104
14:0	S2104
18:1 undifferentiated	S2104
16:1 undifferentiated	S2104
15:1	S2104

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

Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Pantothenic acid	S2104
Leucine	S2104
Valine	S2104
Histidine	S2104
Aspartic acid	S2104
Cholesterol	S2104
Fatty acids, total polyunsaturated	S2104
20:3 undifferentiated	S2104
15:1	S2104
Total lipid (fat)	S2104
Calcium, Ca	S2104
Potassium, K	S2104
Selenium, Se	S2104

Reference Report

JUL-17-2008 02:00 PM

Page 340 of 3136

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

18:1 undifferentiated	S2104
18:3 undifferentiated	S2104
14:1	S2104
17:1	S2104
Iron, Fe	S2104
Vitamin B-6	S2104
Isoleucine	S2104
Proline	S2104
Serine	S2104
Hydroxyproline	S2104
8:0	S2104
12:0	S2104
18:2 undifferentiated	S2104
16:1 undifferentiated	S2104
20:1	S2104
Protein	S2104
Ash	S2104
Niacin	S2104
Methionine	S2104
Tyrosine	S2104
14:0	S2104
Fiber, total dietary	S2104
Phosphorus, P	S2104
Thiamin	S2104
Cystine	S2104
Alanine	S2104
Fatty acids, total saturated	S2104
10:0	S2104
18:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
Water	S2104
Folate, total	S2104
Tryptophan	S2104
Phenylalanine	S2104
Glutamic acid	S2104
20:4 undifferentiated	S2104

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 341 of 3136

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

15:0	S2104
17:0	S2104
18:3 n-3 c,c,c	S2104
Magnesium, Mg	S2104
Vitamin C, total ascorbic acid	S2104
Threonine	S2104
Arginine	S2104
Glycine	S2104
20:0	S2104
Fatty acids, total monounsaturated	S2104
Sugars, total	S2104
Riboflavin	S2104
Vitamin B-12	S2104
Lysine	S2104
16:0	S2104
22:0	S2104

NDB No. 06986 CAMPBELL Soup Company, HEALTHY REQUEST, Chicken Noodle Soup, condensed

Water S3921

NDB No. 06987 CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Celery Soup, condensed

Water S3921

NDB No. 06988 CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Mushroom Soup, condensed

Water S3921

NDB No. 06989 CAMPBELL Soup Company, HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed

Water S3921

NDB No. 06990 CAMPBELL Soup Company, HEALTHY REQUEST, Minestrone Soup, condensed

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 342 of 3136

NDB No. 06991 CAMPBELL Soup Company, HEALTHY REQUEST, Tomato Soup, condensed

Water S3921

NDB No. 06992 CAMPBELL Soup Company, HEALTHY REQUEST, Vegetable Soup, condensed

Water S3921

NDB No. 06994 CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve

Water S3921

NDB No. 06995 CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve

Water S3921

NDB No. 06996 CAMPBELL Soup Company, CAMPBELL'S Au Jus Gravy

Water S3921

NDB No. 06997 CAMPBELL Soup Company, CAMPBELL'S Beef Gravy

Water S3921

NDB No. 06998 CAMPBELL Soup Company, CAMPBELL'S Brown Gravy with Onions

Water S3921

NDB No. 06999 CAMPBELL Soup Company, CAMPBELL'S Chicken Gravy

Water S3921

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

Theobromine S222

Potassium, K S222

Niacin S222

4:0 S222

8:0 S222

18:2 undifferentiated S222

Reference Report

JUL-17-2008 02:00 PM

Page 343 of 3136

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

20:4 undifferentiated	S222
20:5 n-3	S222
Ash	S222
Calcium, Ca	S222
Phosphorus, P	S222
Copper, Cu	S222
Fluoride, F	D5001, D5007
Vitamin C, total ascorbic acid	S222
Thiamin	S222
Vitamin B-12	S222
14:0	S222
18:3 undifferentiated	S222
16:1 undifferentiated	S222
20:1	S222
Total lipid (fat)	S222
Magnesium, Mg	S222
Vitamin B-6	S222
12:0	S222
18:1 undifferentiated	S222
18:4	S222
Fatty acids, total monounsaturated	S222
Selenium, Se	S222
Retinol	S222
6:0	S222
Protein	S222
Fiber, total dietary	S222
Iron, Fe	S222
Zinc, Zn	S222
Manganese, Mn	S222
Cholesterol	S222
16:0	S222
22:6 n-3	S222
22:1 undifferentiated	S222
22:5 n-3	S222
Carbohydrate, by difference	S222
Energy	S222
Water	S222

Reference_Report

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

Riboflavin	S222
Pantothenic acid	S222
Folate, total	S222
10:0	S222
18:0	S222
Sodium, Na	S222
Fatty acids, total saturated	S222
Caffeine	S222
Sugars, total	S222
Vitamin A, IU	S222
Fatty acids, total polyunsaturated	S222

NDB No. 07003 Beerwurst, beer salami, pork

Fluoride, F	D5001, D5007
-------------	--------------

NDB No. 07004 Sausage, Berliner, pork, beef

Sugars, total	S248
Caffeine	S248
Vitamin D	S248

NDB No. 07005 Blood sausage

Manganese, Mn	S248
Thiamin	S248
Tryptophan	S248
Cystine	S248
Arginine	S248
4:0	S248
22:5 n-3	S248
Sugars, total	S248
Folate, total	S248
10:0	S248
14:0	S248
20:5 n-3	S248
Fatty acids, total polyunsaturated	S248
Water	S248

NDB No. 07005 Blood sausage

Calcium, Ca	S248
Iron, Fe	S248
Zinc, Zn	S248
Copper, Cu	S248
Vitamin B-6	S248
Aspartic acid	S248
6:0	S248
18:2 undifferentiated	S248
Energy	S248
Fiber, total dietary	S248
Sodium, Na	S248
Phenylalanine	S248
Tyrosine	S248
Alanine	S248
8:0	S248
20:4 undifferentiated	S248
Total lipid (fat)	S248
Vitamin C, total ascorbic acid	S248
Pantothenic acid	S248
Vitamin B-12	S248
Lysine	S248
Glutamic acid	S248
16:0	S248
18:1 undifferentiated	S248
Caffeine	S248
Phosphorus, P	S248
Potassium, K	S248
Vitamin A, IU	S248
Niacin	S248
Threonine	S248
Isoleucine	S248
16:1 undifferentiated	S248
20:1	S248
Ash	S248
Riboflavin	S248
Methionine	S248
Proline	S248

NDB No. 07005 Blood sausage

Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
18:0	S248
22:6 n-3	S248
Protein	S248
Magnesium, Mg	S248
Leucine	S248
Valine	S248
Histidine	S248
Glycine	S248
12:0	S248
18:3 undifferentiated	S248
18:4	S248
22:1 undifferentiated	S248
Fatty acids, total monounsaturated	S248

NDB No. 07006 Bockwurst, pork, veal, raw

Calcium, Ca	S247
Iron, Fe	S247
Cholesterol	S247
Sodium, Na	S247

NDB No. 07007 Bologna, beef

Protein	S1164
Water	S1164
Potassium, K	S1164
Fluoride, F	D5301, D5007, D5021
Manganese, Mn	S1164
Retinol	S1164
Carotene, alpha	S1164
Vitamin C, total ascorbic acid	S1164
Riboflavin	S1164
18:1 undifferentiated	S1164
22:0	S1164

NDB No. 07007 Bologna, beef

Fatty acids, total monounsaturated	S1164
Ash	S1164
Iron, Fe	S1164
Tocopherol, beta	S1164
Niacin	S1164
Vitamin B-6	S1164
Choline, total	S1164
Folic acid	S1164
Fatty acids, total saturated	S1164
20:2 n-6 c,c	S1164
Total lipid (fat)	S1164
Copper, Cu	S1164
Thiamin	S1164
15:0	S1164
17:0	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
Energy	S1164
Zinc, Zn	S1164
Hydroxyproline	S1164
8:0	S1164
12:0	S1164
14:0	S1164
Vitamin E (alpha-tocopherol)	S1164
Lycopene	S1164
Vitamin K (phylloquinone)	S1164
16:0	S1164
18:2 undifferentiated	S1164
14:1	S1164
20:1	S1164
18:3 n-3 c,c,c	S1164
Selenium, Se	S1164
Cryptoxanthin, beta	S1164
Tocopherol, gamma	S1164
Pantothenic acid	S1164
Folate, total	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 348 of 3136

NDB No. 07007 Bologna, beef

Betaine	S1164
Cholesterol	S1164
20:0	S1164
20:4 undifferentiated	S1164
Calcium, Ca	S1164
Phosphorus, P	S1164
Carotene, beta	S1164
Fatty acids, total trans	S1164
10:0	S1164
18:0	S1164
Magnesium, Mg	S1164
Sodium, Na	S1164
Tocopherol, delta	S1164
Vitamin B-12	S1164
16:1 undifferentiated	S1164
Fatty acids, total polyunsaturated	S1164

NDB No. 07008 Bologna, beef and pork

Potassium, K	S238
Vitamin C, total ascorbic acid	S238
18:0	S238
Riboflavin	S238
Pantothenic acid	S238
Protein	S238
Copper, Cu	S238
Folate, total	S238
Cholesterol	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Fluoride, F	D5301, D5007, D5021
Vitamin B-6	S238
Vitamin B-12	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Sodium, Na	S238
Niacin	S238

NDB No. 07008 Bologna, beef and pork

Total lipid (fat)	S238
Water	S238
Iron, Fe	S238
Vitamin D	S238
Ash	S238
Sugars, total	S238
Zinc, Zn	S238
Vitamin A, IU	S238
Thiamin	S238

NDB No. 07010 Bologna, pork

Fluoride, F	D5301, D5007, D5021
-------------	---------------------

NDB No. 07011 Bologna, turkey

Vitamin C, total ascorbic acid	S227
Fluoride, F	D5301, D5007, D5021
Cholesterol	S227, S281
Total lipid (fat)	S227, S281
Ash	S281
Iron, Fe	S227
Sodium, Na	S227, S281
Protein	S227, S281
Sugars, total	S227
Calcium, Ca	S227
Fiber, total dietary	S227
Potassium, K	S227
Vitamin A, IU	S227
Water	S227, S281

NDB No. 07013 Bratwurst, pork, cooked

Calcium, Ca	S242
Fiber, total dietary	S242
Vitamin A, IU	S242, S281
Total lipid (fat)	S242, S281
Sugars, total	S242

NDB No. 07013 Bratwurst, pork, cooked

Vitamin C, total ascorbic acid	S242
Protein	S242, S281
Sodium, Na	S242, S281
Folate, total	S242
Ash	S281
Iron, Fe	S242
Cholesterol	S242, S281
Water	S242, S281

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

Fatty acids, total saturated	S281
Sodium, Na	S281
Fatty acids, total monounsaturated	S281
Ash	S281
Fatty acids, total polyunsaturated	S281
Carbohydrate, by difference	S281
Iron, Fe	S281
Protein	S281
Total lipid (fat)	S281
Cholesterol	S281
Energy	S281
Water	S281

NDB No. 07015 Brotwurst, pork, beef, link

Potassium, K	S248
Vitamin B-6	S248
Serine	S248
8:0	S248
Total lipid (fat)	S248
Iron, Fe	S248
Magnesium, Mg	S248
Manganese, Mn	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Pantothenic acid	S248

NDB No. 07015 Brotwurst, pork, beef, link

Cystine	S248
Valine	S248
Aspartic acid	S248
Glycine	S248
Fatty acids, total saturated	S248
14:0	S248
18:1 undifferentiated	S248
18:3 undifferentiated	S248
Caffeine	S248
Fiber, total dietary	S248
Sodium, Na	S248
Thiamin	S248
Niacin	S248
Folate, total	S248
Isoleucine	S248
4:0	S248
18:2 undifferentiated	S248
18:4	S248
Fatty acids, total polyunsaturated	S248
Protein	S248
Carbohydrate, by difference	S248
Zinc, Zn	S248
Selenium, Se	S248
Riboflavin	S248
Vitamin B-12	S248
Lysine	S248
12:0	S248
16:0	S248
Fatty acids, total monounsaturated	S248
Ash	S248
Calcium, Ca	S248
Alanine	S248
18:0	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Water	S248
Copper, Cu	S248

Reference_Report

NDB No. 07015 Brotwurst, pork, beef, link

Leucine	S248
Phenylalanine	S248
Tyrosine	S248
Arginine	S248
Histidine	S248
20:4 undifferentiated	S248
22:6 n-3	S248
Phosphorus, P	S248
Vitamin A, IU	S248
Cholesterol	S248
6:0	S248
16:1 undifferentiated	S248
20:1	S248
20:5 n-3	S248
Sugars, total	S248
Tryptophan	S248
Threonine	S248
Methionine	S248
Glutamic acid	S248
Proline	S248
10:0	S248

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

Fiber, total dietary	S248
Glycine	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Folate, total	S248
Vitamin B-12	S248
Isoleucine	S248
Phenylalanine	S248
8:0	S248
10:0	S248

Reference Report

JUL-17-2008 02:00 PM

Page 353 of 3136

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

22:1 undifferentiated	S248
Magnesium, Mg	S248
Tryptophan	S248
Methionine	S248
Tyrosine	S248
18:0	S248
18:4	S248
20:5 n-3	S248
Calcium, Ca	S248
Copper, Cu	S248
Arginine	S248
Glutamic acid	S248
Proline	S248
16:0	S248
18:3 undifferentiated	S248
Phosphorus, P	S248
Sodium, Na	S248
Vitamin D	S248
Niacin	S248
Vitamin B-6	S248
Alanine	S248
Serine	S248
Cholesterol	S248
22:6 n-3	S248
22:5 n-3	S248
Total lipid (fat)	S248
Ash	S248
Sugars, total	S248
Vitamin C, total ascorbic acid	S248
Riboflavin	S248
Leucine	S248
Cystine	S248
Valine	S248
Aspartic acid	S248
6:0	S248
12:0	S248
14:0	S248

Reference_Report

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

Iron, Fe	S248
Zinc, Zn	S248
Pantothenic acid	S248
Threonine	S248
Lysine	S248
Histidine	S248
20:4 undifferentiated	S248
Protein	S248
Water	S248
Caffeine	S248
Potassium, K	S248
Thiamin	S248
4:0	S248
16:1 undifferentiated	S248
20:1	S248
Fatty acids, total polyunsaturated	S248

NDB No. 07017 Chicken roll, light meat

Caffeine	S248
Riboflavin	S3554
Cholesterol	S3554
Fatty acids, total saturated	S3554
18:2 undifferentiated	S3554
22:1 undifferentiated	S3554
22:5 n-3	S3554
20:3 undifferentiated	S3554
Fiber, total dietary	S3554
Potassium, K	S3554
Thiamin	S3554
20:1	S3554
17:0	S3554
18:1 t	S3554
22:1 c	S3554
15:1	S3554
Total lipid (fat)	S3554
Fructose	S3554

NDB No. 07017 Chicken roll, light meat

Zinc, Zn	S3554
Vitamin B-6	S3554
Vitamin B-12	S3554
Fatty acids, total trans	S3554
16:0	S3554
18:0	S3554
20:4 undifferentiated	S3554
18:3 n-3 c,c,c	S3554
Galactose	S3554
Calcium, Ca	S3554
Magnesium, Mg	S3554
Pantothenic acid	S3554
Choline, total	S3554
Folic acid	S3554
20:0	S3554
22:6 n-3	S3554
15:0	S3554
18:2 n-6 c,c	S3554
17:1	S3554
Fatty acids, total trans-monoenoic	S3554
Fatty acids, total trans-polyenoic	S3554
Ash	S3554
Glucose (dextrose)	S3554
Water	S3554
Sodium, Na	S3554
18:1 undifferentiated	S3554
22:0	S3554
20:5 n-3	S3554
24:0	S3554
Protein	S3554
Sucrose	S3554
Iron, Fe	S3554
Phosphorus, P	S3554
Copper, Cu	S3554
Manganese, Mn	S3554
Selenium, Se	S3554
Hydroxyproline	S3554

Reference_Report

NDB No. 07017 Chicken roll, light meat

12:0	S3554
14:1	S3554
16:1 undifferentiated	S3554
Fatty acids, total polyunsaturated	S3554
20:2 n-6 c,c	S3554
Lactose	S3554
Sugars, total	S3554
Niacin	S3554
10:0	S3554
14:0	S3554
18:2 t,t	S3554
18:1 c	S3554
Maltose	S3554
Folate, total	S3554
Vitamin K (phylloquinone)	S3554
Betaine	S3554
18:3 undifferentiated	S3554
Fatty acids, total monounsaturated	S3554
18:3 n-6 c,c,c	S3554

NDB No. 07018 Chicken spread

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

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

Protein	S237
---------	------

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

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

NDB No. 07022 Frankfurter, beef

Magnesium, Mg	S21
Vitamin B-6	S21
Betaine	S21, S3461
14:0	S21
18:1 undifferentiated	S21
20:1	S21
15:0	S21
Sucrose	S21
Sodium, Na	S21
Copper, Cu	S21
Folate, total	S21
Tryptophan	S2
Phenylalanine	S2
Glycine	S2
Proline	S2
Total lipid (fat)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Thiamin	S21
Pantothenic acid	S21
Methionine	S2
Tyrosine	S2
22:0	S21
Starch	S21
Calcium, Ca	S21

Reference Report

JUL-17-2008 02:00 PM

Page 358 of 3136

NDB No. 07022 Frankfurter, beef

Iron, Fe	S21
Potassium, K	S21
Riboflavin	S21
Histidine	S2
Serine	S2
Vitamin B-12	S21
18:3 undifferentiated	S21
22:1 undifferentiated	S21
Phosphorus, P	S21
Manganese, Mn	S21
Selenium, Se	S21
Niacin	S21
Choline, total	S21, S3461
Leucine	S2
Valine	S2
Alanine	S2
Glutamic acid	S2
Cholesterol	S21
16:0	S21
14:1	S21
Galactose	S21
Zinc, Zn	S21
Threonine	S2
Lysine	S2
18:0	S21
16:1 undifferentiated	S21
17:0	S21
Ash	S21
Glucose (dextrose)	S21
Fluoride, F	S21
Isoleucine	S2
Cystine	S2
Arginine	S2
Aspartic acid	S2
18:2 undifferentiated	S21

NDB No. 07023 Frankfurter, beef and pork

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

NDB No. 07024 Frankfurter, chicken

Total lipid (fat)	S3554
Sugars, total	S3554
Folate, food	S3554
8:0	S3554
18:1 t	S3554
15:1	S3554
Water	S3554
Potassium, K	S3554
Selenium, Se	S3554
18:0	S3554
Fatty acids, total polyunsaturated	S3554
20:2 n-6 c,c	S3554
20:3 undifferentiated	S3554
18:3 n-3 c,c,c	S3554
Zinc, Zn	S3554
Pantothenic acid	S3554
Folate, total	S3554
Cholesterol	S3554
10:0	S3554
20:0	S3554
Fatty acids, total trans-monoenoic	S3554
Fatty acids, total trans-polyenoic	S3554
Lactose	S3554
Phosphorus, P	S3554
Thiamin	S3554
Vitamin B-12	S3554
Choline, total	S21, S3554
22:5 n-3	S3554
Sucrose	S3554

NDB No. 07024 Frankfurter, chicken

Fructose	S3554
Galactose	S3554
Manganese, Mn	S3554
Vitamin B-6	S3554
Betaine	S21, S3554
16:0	S3554
22:0	S3554
Fatty acids, total monounsaturated	S3554
18:3 n-6 c,c,c	S3554
Glucose (dextrose)	S3554
Fiber, total dietary	S3554
Magnesium, Mg	S3554
Sodium, Na	S3554
Niacin	S3554
Vitamin K (phylloquinone)	S3554
Hydroxyproline	S3554
Fatty acids, total trans	S3554
18:1 undifferentiated	S3554
18:2 undifferentiated	S3554
20:4 undifferentiated	S3554
15:0	S3554
24:0	S3554
22:1 c	S3554
Protein	S3554
Iron, Fe	S3554
Copper, Cu	S3554
Folic acid	S3554
12:0	S3554
14:0	S3554
14:1	S3554
16:1 undifferentiated	S3554
20:5 n-3	S3554
22:1 undifferentiated	S3554
17:0	S3554
18:2 t,t	S3554
18:1 c	S3554
17:1	S3554

Reference Report

JUL-17-2008 02:00 PM

Page 361 of 3136

NDB No. 07024 Frankfurter, chicken

Ash	S3554
Maltose	S3554
Calcium, Ca	S3554
Riboflavin	S3554
Fatty acids, total saturated	S3554
18:3 undifferentiated	S3554
22:6 n-3	S3554
20:1	S3554
18:2 n-6 c,c	S3554

NDB No. 07025 Frankfurter, turkey

Iron, Fe	S3554
Potassium, K	S3554
Thiamin	S3554
Hydroxyproline	S3554
18:0	S3554
18:1 undifferentiated	S3554
14:1	S3554
Water	S3554
Fiber, total dietary	S3554
Calcium, Ca	S3554
Vitamin B-12	S3554
22:5 n-3	S3554
15:1	S3554
Ash	S3554
Lactose	S3554
Folate, total	S3554
18:3 undifferentiated	S3554
20:4 undifferentiated	S3554
22:0	S3554
16:1 undifferentiated	S3554
17:0	S3554
24:0	S3554
20:2 n-6 c,c	S3554
18:1 c	S3554
22:1 c	S3554

Reference Report

JUL-17-2008 02:00 PM

Page 362 of 3136

NDB No. 07025 Frankfurter, turkey

18:3 n-3 c,c,c	S3554
Protein	S3554
Sucrose	S3554
Magnesium, Mg	S3554
Zinc, Zn	S3554
Copper, Cu	S3554
Selenium, Se	S3554
Niacin	S3554
Fatty acids, total saturated	S3554
14:0	S3554
20:5 n-3	S3554
Fatty acids, total monounsaturated	S3554
Fatty acids, total polyunsaturated	S3554
15:0	S3554
18:3 n-6 c,c,c	S3554
Fructose	S3554
Sugars, total	S3554
Galactose	S3554
Phosphorus, P	S3554
Vitamin B-6	S3554
Betaine	S3554
Fatty acids, total trans	S3554
12:0	S3554
22:6 n-3	S3554
20:1	S3554
18:2 t,t	S3554
Fatty acids, total trans-polyenoic	S3554
22:1 undifferentiated	S3554
Total lipid (fat)	S3554
Sodium, Na	S3554
Pantothenic acid	S3554
Choline, total	S3554
Folic acid	S3554
Folate, food	S3554
Cholesterol	S3554
8:0	S3554
20:0	S3554

Reference_Report

NDB No. 07025 Frankfurter, turkey

18:2 undifferentiated	S3554
18:1 t	S3554
18:2 n-6 c,c	S3554
17:1	S3554
Glucose (dextrose)	S3554
Maltose	S3554
Manganese, Mn	S3554
Riboflavin	S3554
Vitamin K (phylloquinone)	S3554
10:0	S3554
16:0	S3554
20:3 undifferentiated	S3554
Fatty acids, total trans-monoenoic	S3554

NDB No. 07027 Ham, chopped, not canned

Cholesterol	S281
Water	S281
Vitamin A, IU	S281
Fatty acids, total saturated	S281
Protein	S281
Ash	S281
Sodium, Na	S281
Total lipid (fat)	S281

NDB No. 07028 Ham, sliced, extra lean

Iron, Fe	S3554
Phosphorus, P	S3554
20:4 undifferentiated	S3554
22:0	S3554
22:1 undifferentiated	S3554
22:5 n-3	S3554
Water	S3554
Sodium, Na	S3554
Zinc, Zn	S3554
Selenium, Se	S3554

Reference Report

JUL-17-2008 02:00 PM

Page 364 of 3136

NDB No. 07028 Ham, sliced, extra lean

Niacin	S3554
Fatty acids, total trans	S3554
12:0	S3554
16:1 undifferentiated	S3554
17:0	S3554
20:2 n-6 c,c	S3554
18:3 n-6 c,c,c	S3554
Hydroxyproline	S3554
14:0	S3554
20:5 n-3	S3554
18:1 c	S3554
Riboflavin	S3554
Vitamin K (phylloquinone)	S3554
16:0	S3554
18:2 undifferentiated	S3554
Calcium, Ca	S3554
Copper, Cu	S3554
Thiamin	S3554
20:0	S3554
18:1 undifferentiated	S3554
22:6 n-3	S3554
24:0	S3554
17:1	S3554
15:1	S3554
Manganese, Mn	S3554
Vitamin B-6	S3554
Folate, total	S3554
Choline, total	S3554
Betaine	S3554
18:1 t	S3554
18:2 t,t	S3554
18:2 n-6 c,c	S3554
22:1 c	S3554
20:3 undifferentiated	S3554
Fatty acids, total trans- monoenoic	S3554
18:3 n-3 c,c,c	S3554
Total lipid (fat)	S3554

Reference_Report

NDB No. 07028 Ham, sliced, extra lean

Ash	S3554
Pantothenic acid	S3554
Cholesterol	S3554
Fatty acids, total saturated	S3554
18:3 undifferentiated	S3554
20:1	S3554
Fatty acids, total monounsaturated	S3554
15:0	S3554
Protein	S3554
Magnesium, Mg	S3554
Potassium, K	S3554
Vitamin B-12	S3554
8:0	S3554
10:0	S3554
18:0	S3554
14:1	S3554
Fatty acids, total polyunsaturated	S3554
Fatty acids, total trans-polyenoic	S3554

NDB No. 07029 Ham, sliced, regular (approximately 11% fat)

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

NDB No. 07032 Ham and cheese loaf or roll

Sodium, Na	S281
Fluoride, F	D5301
Ash	S281
Cholesterol	S281
Protein	S281
Water	S281

NDB No. 07032 Ham and cheese loaf or roll

Total lipid (fat)	S281
Vitamin A, IU	S281

NDB No. 07034 Headcheese, pork

Riboflavin	S249
Zinc, Zn	S249
Niacin	S249
Water	S249
Total lipid (fat)	S249
Calcium, Ca	S249
Iron, Fe	S249
Ash	S249
Sodium, Na	S249
Protein	S249
Phosphorus, P	S249
Thiamin	S249
Cholesterol	S249

NDB No. 07035 Honey loaf, pork, beef

Caffeine	S248
Vitamin D	S248

NDB No. 07037 Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Iron, Fe	S3554
Potassium, K	S3554
Sodium, Na	S3554
Vitamin K (phylloquinone)	S3554
20:4 undifferentiated	S3554
14:1	S3554
20:2 n-6 c,c	S3554
18:1 c	S3554
Fatty acids, total trans-monoenoic	S3554
Fructose	S3554
Selenium, Se	S3554

Reference Report

JUL-17-2008 02:00 PM

Page 367 of 3136

NDB No. 07037 Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Folate, total	S3554
12:0	S3554
18:1 undifferentiated	S3554
Sugars, total	S3554
Thiamin	S3554
Pantothenic acid	S3554
8:0	S3554
10:0	S3554
22:6 n-3	S3554
20:5 n-3	S3554
15:0	S3554
Ash	S3554
Phosphorus, P	S3554
Riboflavin	S3554
Niacin	S3554
Fatty acids, total trans	S3554
16:0	S3554
20:0	S3554
22:1 undifferentiated	S3554
18:2 t,t	S3554
22:1 c	S3554
Total lipid (fat)	S3554
Fiber, total dietary	S3554
Magnesium, Mg	S3554
Copper, Cu	S3554
Vitamin B-12	S3554
18:3 undifferentiated	S3554
22:0	S3554
16:1 undifferentiated	S3554
Fatty acids, total monounsaturated	S3554
17:0	S3554
24:0	S3554
20:3 undifferentiated	S3554
Protein	S3554
Betaine	S3554
Hydroxyproline	S3554
22:5 n-3	S3554

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 368 of 3136

NDB No. 07037 Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Fatty acids, total polyunsaturated	S3554
18:1 t	S3554
18:3 n-3 c,c,c	S3554
Sucrose	S3554
Lactose	S3554
Maltose	S3554
Water	S3554
Calcium, Ca	S3554
Choline, total	S3554
14:0	S3554
18:2 undifferentiated	S3554
18:3 n-6 c,c,c	S3554
Glucose (dextrose)	S3554
Galactose	S3554
Zinc, Zn	S3554
Manganese, Mn	S3554
Vitamin B-6	S3554
Cholesterol	S3554
Fatty acids, total saturated	S3554
18:0	S3554
20:1	S3554
18:2 n-6 c,c	S3554
17:1	S3554
Fatty acids, total trans-polyenoic	S3554
15:1	S3554

NDB No. 07038 Knackwurst, knockwurst, pork, beef

Total lipid (fat)	S281
Water	S281
Ash	S281
Protein	S281
Iron, Fe	S281
Cholesterol	S281
Sodium, Na	S281

NDB No. 07039 Lebanon bologna, beef

Reference_Report

NDB No. 07039 Lebanon bologna, beef

Total lipid (fat)	S244
Energy	S244
Calcium, Ca	S244
Phosphorus, P	S244
Selenium, Se	S244
Vitamin A, IU	S244
Niacin	S244
Iron, Fe	S244
Riboflavin	S244
Vitamin B-6	S244
Vitamin B-12	S244
Cholesterol	S244
Ash	S244
Zinc, Zn	S244
Potassium, K	S244
Magnesium, Mg	S244
Pantothenic acid	S244
Folate, total	S244
Protein	S244
Caffeine	S244
Sodium, Na	S244
Copper, Cu	S244
Water	S244
Fiber, total dietary	S244
Manganese, Mn	S244
Vitamin C, total ascorbic acid	S244
Thiamin	S244

NDB No. 07043 Luncheon meat, beef, thin sliced

Total lipid (fat)	S3554
Copper, Cu	S3554
Fatty acids, total saturated	S3554
10:0	S3554
20:4 undifferentiated	S3554
22:0	S3554
16:1 undifferentiated	S3554

NDB No. 07043 Luncheon meat, beef, thin sliced

18:1 c	S3554
18:3 n-6 c,c,c	S3554
Phosphorus, P	S3554
Potassium, K	S3554
Pantothenic acid	S3554
Choline, total	S3554
Fatty acids, total trans	S3554
12:0	S3554
20:5 n-3	S3554
Magnesium, Mg	S3554
Cholesterol	S3554
15:0	S3554
17:0	S3554
24:0	S3554
Ash	S3554
Zinc, Zn	S3554
Selenium, Se	S3554
Thiamin	S3554
Vitamin B-12	S3554
Hydroxyproline	S3554
18:1 undifferentiated	S3554
20:1	S3554
Water	S3554
Iron, Fe	S3554
Sodium, Na	S3554
Folate, total	S3554
Vitamin K (phylloquinone)	S3554
Betaine	S3554
14:1	S3554
20:2 n-6 c,c	S3554
18:2 n-6 c,c	S3554
22:1 c	S3554
Fatty acids, total trans-monoenoic	S3554
15:1	S3554
Protein	S3554
Manganese, Mn	S3554
Riboflavin	S3554

Reference_Report

NDB No. 07043 Luncheon meat, beef, thin sliced

Niacin	S3554
16:0	S3554
20:0	S3554
Fatty acids, total monounsaturated	S3554
18:3 n-3 c,c,c	S3554
Vitamin B-6	S3554
18:2 undifferentiated	S3554
22:1 undifferentiated	S3554
18:1 t	S3554
17:1	S3554
Calcium, Ca	S3554
8:0	S3554
14:0	S3554
18:0	S3554
18:3 undifferentiated	S3554
22:6 n-3	S3554
22:5 n-3	S3554
Fatty acids, total polyunsaturated	S3554
18:2 t,t	S3554
20:3 undifferentiated	S3554
Fatty acids, total trans-polyenoic	S3554

NDB No. 07044 USDA Commodity, luncheon meat, canned

Tocopherol, beta	S3544
Tocopherol, delta	S3544
10:0	S3544
12:0	S3544
14:0	S3544
18:3 undifferentiated	S3544
22:6 n-3	S3544
18:4	S3544
20:2 n-6 c,c	S3544
17:1	S3544
Sodium, Na	S3544
Copper, Cu	S3544
Riboflavin	S3544

Reference Report

JUL-17-2008 02:00 PM

Page 372 of 3136

NDB No. 07044 USDA Commodity, luncheon meat, canned

Folate, total	S3544
Folic acid	S3544
22:5 n-3	S3544
17:0	S3544
20:3 undifferentiated	S3544
15:1	S3544
Total lipid (fat)	S3544
Phosphorus, P	S3544
Potassium, K	S3544
Vitamin E (alpha-tocopherol)	S3544
Tocopherol, gamma	S3544
Niacin	S3544
Vitamin K (phylloquinone)	S3544
Fatty acids, total saturated	S3544
8:0	S3544
14:1	S3544
22:1 undifferentiated	S3544
Fatty acids, total polyunsaturated	S3544
15:0	S3544
24:1 c	S3544
Magnesium, Mg	S3544
Hydroxyproline	S3544
18:2 undifferentiated	S3544
22:0	S3544
21:5	S3544
Water	S3544
Pantothenic acid	S3544
Cholesterol	S3544
18:0	S3544
20:0	S3544
Vitamin B-6	S3544
Vitamin B-12	S3544
Betaine	S3544
18:1 undifferentiated	S3544
20:4 undifferentiated	S3544
20:1	S3544
Protein	S3544

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 373 of 3136

NDB No. 07044 USDA Commodity, luncheon meat, canned

Calcium, Ca	S3544
Iron, Fe	S3544
Zinc, Zn	S3544
Manganese, Mn	S3544
Selenium, Se	S3544
Thiamin	S3544
16:1 undifferentiated	S3544
20:5 n-3	S3544
Fatty acids, total monounsaturated	S3544
24:0	S3544
Ash	S3544
Choline, total	S3544
Folate, food	S3544
16:0	S3544
22:4	S3544

NDB No. 07052 Pastrami, turkey

Sugars, total	S227
Iron, Fe	S227
Vitamin A, IU	S227
Cholesterol	S227
Calcium, Ca	S227
Retinol	S227
Fatty acids, total monounsaturated	S227
Carotene, beta	S227
Protein	S227
Water	S227
Potassium, K	S227
Vitamin C, total ascorbic acid	S227
Ash	S227
Fiber, total dietary	S227
Sodium, Na	S227

NDB No. 07056 Peppered loaf, pork, beef

Reference_Report

NDB No. 07056 Peppered loaf, pork, beef

Vitamin B-12	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
Water	S248
Caffeine	S248
Potassium, K	S248
Vitamin C, total ascorbic acid	S248
Niacin	S248
10:0	S248
14:0	S248
18:0	S248
22:6 n-3	S248
22:1 undifferentiated	S248
Total lipid (fat)	S248
Magnesium, Mg	S248
Copper, Cu	S248
Vitamin D	S248
Pantothenic acid	S248
Cholesterol	S248
18:2 undifferentiated	S248
16:1 undifferentiated	S248
18:4	S248
Sugars, total	S248
Folate, total	S248
4:0	S248
16:0	S248
18:1 undifferentiated	S248
20:1	S248
22:5 n-3	S248
Zinc, Zn	S248
6:0	S248
Ash	S248
Fiber, total dietary	S248
Iron, Fe	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin B-6	S248

NDB No. 07056 Peppered loaf, pork, beef

Carbohydrate, by difference	S248
Calcium, Ca	S248
Phosphorus, P	S248
Sodium, Na	S248
8:0	S248
20:5 n-3	S248
Protein	S248
Manganese, Mn	S248
Thiamin	S248
Riboflavin	S248
12:0	S248

NDB No. 07057 Pepperoni, pork, beef

Total lipid (fat)	S3554
Ash	S3554
Sugars, total	S3554
Calcium, Ca	S3554
Iron, Fe	S3554
Zinc, Zn	S3554
Manganese, Mn	S3554
Vitamin B-6	S3554
Vitamin B-12	S3554
Betaine	S3554
20:1	S3554
Fatty acids, total monounsaturated	S3554
24:0	S3554
18:1 t	S3554
18:2 n-6 c,c	S3554
Sucrose	S3554
Fiber, total dietary	S3554
Riboflavin	S3554
Hydroxyproline	S3554
8:0	S3554
20:4 undifferentiated	S3554
22:0	S3554
Fatty acids, total polyunsaturated	S3554

NDB No. 07057 Pepperoni, pork, beef

20:3 undifferentiated	S3554
Maltose	S3554
Phosphorus, P	S3554
Potassium, K	S3554
Sodium, Na	S3554
Vitamin C, total ascorbic acid	S238, S235
Thiamin	S3554
Pantothenic acid	S3554
Vitamin K (phylloquinone)	S3554
14:0	S3554
14:1	S3554
Fatty acids, total trans-monoenoic	S3554
Fatty acids, total trans-polyenoic	S3554
Glucose (dextrose)	S3554
Lactose	S3554
Vitamin D	S238
10:0	S3554
20:0	S3554
18:2 t,t	S3554
22:1 c	S3554
17:1	S3554
Magnesium, Mg	S3554
Selenium, Se	S3554
Fatty acids, total trans	S3554
22:6 n-3	S3554
20:5 n-3	S3554
22:5 n-3	S3554
17:0	S3554
20:2 n-6 c,c	S3554
18:3 n-3 c,c,c	S3554
Fructose	S3554
Galactose	S3554
Niacin	S3554
Cholesterol	S3554
22:1 undifferentiated	S3554
18:3 n-6 c,c,c	S3554
Protein	S3554

Reference_Report

NDB No. 07057 Pepperoni, pork, beef

Water	S3554
Folate, total	S3554
18:0	S3554
18:1 undifferentiated	S3554
18:2 undifferentiated	S3554
16:1 undifferentiated	S3554
15:1	S3554
Copper, Cu	S3554
Choline, total	S3554
Fatty acids, total saturated	S3554
12:0	S3554
16:0	S3554
18:3 undifferentiated	S3554
15:0	S3554
18:1 c	S3554

NDB No. 07058 Pickle and pimiento loaf, pork

16:0	S237
Iron, Fe	S237
18:1 undifferentiated	S237
20:1	S237
Ash	S237
Vitamin C, total ascorbic acid	S237
18:0	S237
20:0	S237
17:0	S237
Protein	S237
Calcium, Ca	S237
Sodium, Na	S237
Cholesterol	S237
18:2 undifferentiated	S237
18:3 undifferentiated	S237
16:1 undifferentiated	S237
Total lipid (fat)	S237
Water	S237
Vitamin A, IU	S237

NDB No. 07058 Pickle and pimiento loaf, pork

14:0 S237

NDB No. 07063 Pork sausage, fresh, raw

Water	S1164, S582
Choline, total	S1164
20:0	S1164, S582
20:4 undifferentiated	S1164, S582
Protein	S1164, S582
Phosphorus, P	S1164, S582
Selenium, Se	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S582
Tocopherol, gamma	S1164
Vitamin C, total ascorbic acid	S1164, S582
Pantothenic acid	S1164, S582
Lysine	S1164, S582
Glycine	S1164, S582
Serine	S1164, S582
Fatty acids, total saturated	S1164, S582
16:1 undifferentiated	S1164, S582
15:1	S1164, S582
Iron, Fe	S1164, S582
Magnesium, Mg	S1164, S582
Carotene, beta	S1164, S582
Tocopherol, beta	S1164
Vitamin B-6	S1164, S582
Vitamin B-12	S1164, S582
Betaine	S1164
Cystine	S1164, S582
Valine	S1164, S582
Alanine	S1164, S582
Proline	S1164, S582
Cholesterol	S1164, S582
Ash	S1164, S582
Copper, Cu	S1164, S582
Lycopene	S1164, S582

NDB No. 07063 Pork sausage, fresh, raw

Thiamin	S1164, S582
Tryptophan	S1164, S582
Leucine	S1164, S582
Methionine	S1164, S582
8:0	S1164, S582
12:0	S1164, S582
22:0	S1164, S582
14:1	S1164, S582
20:1	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
Total lipid (fat)	S1164, S582
Calcium, Ca	S1164, S582
Vitamin K (phylloquinone)	S1164
Threonine	S1164, S582
Phenylalanine	S1164, S582
Aspartic acid	S1164, S582
Glutamic acid	S1164, S582
16:0	S1164, S582
Potassium, K	S1164, S582
Sodium, Na	S1164, S582
Manganese, Mn	S1164, S582
Isoleucine	S1164, S582
Arginine	S1164, S582
Fatty acids, total trans	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
15:0	S1164, S582
18:3 n-6 c,c,c	S1164, S582
Zinc, Zn	S1164, S582
Retinol	S1164, S582
Hydroxyproline	S1164, S582
10:0	S1164, S582
14:0	S1164, S582
18:0	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
20:3 undifferentiated	S1164, S582
18:3 n-3 c,c,c	S1164, S582

Reference_Report

NDB No. 07063 Pork sausage, fresh, raw

Carotene, alpha	S1164, S582
Tocopherol, delta	S1164
Riboflavin	S1164, S582
Niacin	S1164, S582
Folate, total	S1164
Tyrosine	S1164, S582
Histidine	S1164, S582
17:0	S1164, S582
20:2 n-6 c,c	S1164, S582

NDB No. 07064 Pork sausage, fresh, cooked

Total lipid (fat)	S1164
Magnesium, Mg	S1164
Manganese, Mn	S1164
Cryptoxanthin, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
20:0	S1164
18:1 undifferentiated	S1164
Fatty acids, total polyunsaturated	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin K (phylloquinone)	S1164
18:3 n-6 c,c,c	S1164
Protein	S1164
Cholesterol	S1164
16:0	S1164
18:0	S1164
14:1	S1164
20:1	S1164
15:1	S1164
Calcium, Ca	S1164
Zinc, Zn	S1164
Selenium, Se	S1164
Folate, total	S1164

NDB No. 07064 Pork sausage, fresh, cooked

8:0	S1164
12:0	S1164
20:4 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Retinol	S1164
Lycopene	S1164
Riboflavin	S1164
10:0	S1164
15:0	S1164
20:3 undifferentiated	S1164
Energy	S1164
Potassium, K	S1164
Copper, Cu	S1164
Fluoride, F	D5301, D5007
Vitamin B-12	S1164
Fatty acids, total trans	S1164
22:0	S1164
18:3 n-3 c,c,c	S1164
Ash	S1164
Water	S1164
Iron, Fe	S1164
Phosphorus, P	S1164
Choline, total	S1164, S3461
Betaine	S1164, S3461
14:0	S1164
18:2 undifferentiated	S1164
17:0	S1164
20:2 n-6 c,c	S1164
Sodium, Na	S1164
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Thiamin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Hydroxyproline	S1164
Fatty acids, total saturated	S1164

Reference_Report

NDB No. 07064 Pork sausage, fresh, cooked

16:1 undifferentiated S1164

NDB No. 07068 Salami, cooked, beef

Total lipid (fat)	S1041
Ash	S1041
Energy	S1041
Cholesterol	S1041
Copper, Cu	S1041
16:1 undifferentiated	S1041
Protein	S1041
Sodium, Na	S1041
Water	S1041
Iron, Fe	S1041
18:3 undifferentiated	S1041
Potassium, K	S1041
14:0	S1041
16:0	S1041
18:1 undifferentiated	S1041
18:2 undifferentiated	S1041
Carbohydrate, by difference	S1041
Phosphorus, P	S1041
Fluoride, F	D5001, D5007
Sugars, total	S1041
Magnesium, Mg	S1041
Zinc, Zn	S1041
18:0	S1041
Fiber, total dietary	S1041
Calcium, Ca	S1041
Vitamin C, total ascorbic acid	S1041
12:0	S1041

NDB No. 07069 Salami, cooked, beef and pork

Sugars, total	S3554
Galactose	S3554
Iron, Fe	S3554
Phosphorus, P	S3554

NDB No. 07069 Salami, cooked, beef and pork

Selenium, Se	S3554
Betaine	S3554
10:0	S3554
18:0	S3554
14:1	S3554
16:1 undifferentiated	S3554
20:5 n-3	S3554
22:1 undifferentiated	S3554
20:2 n-6 c,c	S3554
Water	S3554
Fiber, total dietary	S3554
Thiamin	S3554
Riboflavin	S3554
Cholesterol	S3554
Fatty acids, total saturated	S3554
12:0	S3554
20:0	S3554
18:2 undifferentiated	S3554
18:1 t	S3554
18:2 t,t	S3554
Sucrose	S3554
Glucose (dextrose)	S3554
Maltose	S3554
Potassium, K	S3554
Sodium, Na	S3554
Fluoride, F	D5001, D5007
Pantothenic acid	S3554
Choline, total	S3554
22:0	S3554
24:0	S3554
22:1 c	S3554
Fatty acids, total trans-polyenoic	S3554
18:3 n-3 c,c,c	S3554
Protein	S3554
Vitamin K (phylloquinone)	S3554
8:0	S3554
18:1 undifferentiated	S3554

NDB No. 07069 Salami, cooked, beef and pork

22:5 n-3	S3554
Fatty acids, total monounsaturated	S3554
18:3 n-6 c,c,c	S3554
Fatty acids, total trans-monoenoic	S3554
Ash	S3554
Niacin	S3554
Hydroxyproline	S3554
14:0	S3554
20:4 undifferentiated	S3554
18:1 c	S3554
Lactose	S3554
Manganese, Mn	S3554
Folate, total	S3554
16:0	S3554
15:0	S3554
Magnesium, Mg	S3554
Zinc, Zn	S3554
Vitamin B-6	S3554
Fatty acids, total trans	S3554
18:3 undifferentiated	S3554
22:6 n-3	S3554
20:3 undifferentiated	S3554
15:1	S3554
Total lipid (fat)	S3554
Fructose	S3554
Calcium, Ca	S3554
Copper, Cu	S3554
Vitamin B-12	S3554
20:1	S3554
Fatty acids, total polyunsaturated	S3554
17:0	S3554
18:2 n-6 c,c	S3554
17:1	S3554

NDB No. 07070 Salami, cooked, turkey

NDB No. 07070 Salami, cooked, turkey

Vitamin A, IU	S238
Pantothenic acid	S238
Fluoride, F	D5001, D5007
Vitamin B-12	S238
Thiamin	S238
Folate, total	S238
Vitamin D	S238
Riboflavin	S238
Niacin	S238
Vitamin B-6	S238

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

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

NDB No. 07074 Smoked link sausage, pork

Fiber, total dietary	S3554
Folate, total	S3554
Fatty acids, total saturated	S3554
20:0	S3554
17:1	S3554
Sucrose	S3554
Lactose	S3554
Niacin	S3554
Pantothenic acid	S3554
18:0	S3554
20:4 undifferentiated	S3554
17:0	S3554
18:2 t,t	S3554
18:1 c	S3554
18:3 n-6 c,c,c	S3554

NDB No. 07074 Smoked link sausage, pork

18:3 n-3 c,c,c	S3554
Potassium, K	S3554
Thiamin	S3554
Vitamin B-6	S3554
Hydroxyproline	S3554
Fatty acids, total trans	S3554
8:0	S3554
14:0	S3554
16:0	S3554
22:0	S3554
20:1	S3554
Fatty acids, total polyunsaturated	S3554
15:0	S3554
Fatty acids, total trans-polyenoic	S3554
Galactose	S3554
Cholesterol	S3554
18:1 undifferentiated	S3554
18:1 t	S3554
22:1 c	S3554
Zinc, Zn	S3554
Copper, Cu	S3554
Manganese, Mn	S3554
Vitamin B-12	S3554
Vitamin K (phylloquinone)	S3554
Betaine	S3554
20:2 n-6 c,c	S3554
15:1	S3554
Selenium, Se	S3554
18:2 undifferentiated	S3554
14:1	S3554
22:1 undifferentiated	S3554
Total lipid (fat)	S3554
Ash	S3554
Fructose	S3554
Maltose	S3554
Water	S3554
Sugars, total	S3554

NDB No. 07074 Smoked link sausage, pork

Calcium, Ca	S3554
Iron, Fe	S3554
Magnesium, Mg	S3554
Sodium, Na	S3554
Riboflavin	S3554
12:0	S3554
18:3 undifferentiated	S3554
22:6 n-3	S3554
Fatty acids, total monounsaturated	S3554
Fatty acids, total trans-monoenoic	S3554
Protein	S3554
Glucose (dextrose)	S3554
Phosphorus, P	S3554
Choline, total	S3554
10:0	S3554
16:1 undifferentiated	S3554
20:5 n-3	S3554
22:5 n-3	S3554
24:0	S3554
18:2 n-6 c,c	S3554
20:3 undifferentiated	S3554

NDB No. 07075 Sausage, smoked link sausage, pork and beef

Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Riboflavin	S1164
Fatty acids, total polyunsaturated	S1164
18:3 n-3 c,c,c	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Potassium, K	S1164
Tocopherol, beta	S1164

NDB No. 07075 Sausage, smoked link sausage, pork and beef

Folate, total	S1164
Vitamin B-12	S1164
Betaine	S1164
Fatty acids, total trans	S1164
10:0	S1164
14:0	S1164
18:0	S1164
17:0	S1164
Iron, Fe	S1164
Sodium, Na	S1164
Niacin	S1164
Pantothenic acid	S1164
Choline, total	S1164
8:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
22:0	S1164
20:2 n-6 c,c	S1164
20:3 undifferentiated	S1164
Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Cholesterol	S1164
16:1 undifferentiated	S1164
20:1	S1164
18:3 n-6 c,c,c	S1164
Copper, Cu	S1164
Hydroxyproline	S1164
Fatty acids, total saturated	S1164
14:1	S1164
15:0	S1164
Zinc, Zn	S1164
Vitamin E (alpha-tocopherol)	S1164
Lycopene	S1164
Vitamin B-6	S1164

NDB No. 07075 Sausage, smoked link sausage, pork and beef

Vitamin K (phylloquinone)	S1164
12:0	S1164
18:2 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
15:1	S1164
Water	S1164
Calcium, Ca	S1164
Cryptoxanthin, beta	S1164
Tocopherol, gamma	S1164
16:0	S1164
20:4 undifferentiated	S1164

NDB No. 07076 Smoked link sausage, pork and beef, flour and nonfat dry milk added

Sugars, total	S239
Sodium, Na	S239
Calcium, Ca	S239
Iron, Fe	S239
Vitamin C, total ascorbic acid	S239
Cholesterol	S239

NDB No. 07078 Thuringer, cervelat, summer sausage, beef, pork

Water	S281, S228
Protein	S281, S228
Ash	S281, S228
Iron, Fe	S281, S228
Potassium, K	S228
Fiber, total dietary	S228
Total lipid (fat)	S281, S228
Cholesterol	S281, S228
Sodium, Na	S281, S228
Sugars, total	S228
Calcium, Ca	S228
Vitamin C, total ascorbic acid	S281, S228

NDB No. 07079 Turkey breast meat

Calcium, Ca	S227
Sodium, Na	S13, S227, S281
Retinol	S227
Cholesterol	S13, S227, S281
Protein	S13, S227, S281
Sugars, total	S227
Vitamin C, total ascorbic acid	S227
Riboflavin	S227
Potassium, K	S227
Total lipid (fat)	S13, S227, S281
Water	S13, S227, S281
Iron, Fe	S13, S227
Vitamin A, IU	S227
Thiamin	S227
Ash	S13, S281
Fiber, total dietary	S227
Niacin	S227

NDB No. 07080 Turkey ham, cured turkey thigh meat

Potassium, K	S227
Fatty acids, total polyunsaturated	S227
Total lipid (fat)	S227
Calcium, Ca	S227
Sodium, Na	S227
Vitamin C, total ascorbic acid	S227
Fatty acids, total monounsaturated	S227
Iron, Fe	S227
Water	S227
Fatty acids, total saturated	S227
Vitamin A, IU	S227
Cholesterol	S227
Sugars, total	S227
Fiber, total dietary	S227
Protein	S227

NDB No. 07081 Turkey roll, light meat

Iron, Fe	S3554
Copper, Cu	S3554
Manganese, Mn	S3554
Thiamin	S3554
Fatty acids, total saturated	S3554
10:0	S3554
16:0	S3554
14:1	S3554
15:0	S3554
18:2 t,t	S3554
22:1 c	S3554
Calcium, Ca	S3554
Magnesium, Mg	S3554
Vitamin B-12	S3554
Cholesterol	S3554
Fatty acids, total trans	S3554
16:1 undifferentiated	S3554
17:1	S3554
20:3 undifferentiated	S3554
Fatty acids, total trans-monoenoic	S3554
22:6 n-3	S3554
17:0	S3554
18:1 t	S3554
18:2 n-6 c,c	S3554
18:3 n-3 c,c,c	S3554
Protein	S3554
Potassium, K	S3554
Sodium, Na	S3554
Riboflavin	S3554
Folate, total	S3554
Betaine	S3554
Hydroxyproline	S3554
14:0	S3554
20:0	S3554
18:3 undifferentiated	S3554
22:1 undifferentiated	S3554
Fatty acids, total trans-polyenoic	S3554

Reference_Report

NDB No. 07081 Turkey roll, light meat

Zinc, Zn	S3554
12:0	S3554
18:1 undifferentiated	S3554
20:2 n-6 c,c	S3554
15:1	S3554
Ash	S3554
Phosphorus, P	S3554
Pantothenic acid	S3554
18:2 undifferentiated	S3554
22:5 n-3	S3554
24:0	S3554
18:1 c	S3554
Niacin	S3554
Vitamin B-6	S3554
Choline, total	S3554
8:0	S3554
18:0	S3554
22:0	S3554
20:1	S3554
18:3 n-6 c,c,c	S3554
Total lipid (fat)	S3554
Water	S3554
Selenium, Se	S3554
Vitamin K (phylloquinone)	S3554
20:4 undifferentiated	S3554
20:5 n-3	S3554
Fatty acids, total monounsaturated	S3554
Fatty acids, total polyunsaturated	S3554

NDB No. 07083 Sausage, Vienna, canned, chicken, beef, pork

Total lipid (fat)	S281
Theobromine	S281
Vitamin A, IU	S281
Protein	S281
Water	S281
Vitamin A, RAE	S281

NDB No. 07083 Sausage, Vienna, canned, chicken, beef, pork

Carotene, beta	S281
Lycopene	S281
Ash	S281
Lutein + zeaxanthin	S281
Cholesterol	S281
Caffeine	S281
Cryptoxanthin, beta	S281
Sodium, Na	S281
Carotene, alpha	S281
Sugars, total	S281

NDB No. 07089 Sausage, Italian, pork, cooked

Ash	S241
Retinol	S251
Vitamin A, IU	S241, S251
Calcium, Ca	S241, S251
Vitamin C, total ascorbic acid	S241, S251
Protein	S241, S251
Iron, Fe	S241, S251
Cholesterol	S241, S251
Water	S241, S251
Sugars, total	S241, S251
Fiber, total dietary	S241, S251
Sodium, Na	S241, S251
Fatty acids, total saturated	S241, S251
Total lipid (fat)	S241, S251

NDB No. 07201 OSCAR MAYER, Bologna (beef)

Protein	S281
Carbohydrate, by difference	S281
Cholesterol	S281
Ash	S281
Water	S281
Total lipid (fat)	S281
Sodium, Na	S281
Energy	S281

NDB No. 07201 OSCAR MAYER, Bologna (beef)

Vitamin A, IU S281

NDB No. 07202 OSCAR MAYER, Bologna (beef light)

Protein S281

Water S281

Cholesterol S281

Ash S281

Total lipid (fat) S281

Sodium, Na S281

Vitamin A, IU S281

NDB No. 07205 OSCAR MAYER, Bologna Light (pork, chicken, beef)

Ash S281

Protein S281

Total lipid (fat) S281

Carbohydrate, by difference S281

Energy S281

Cholesterol S281

Vitamin A, IU S281

Sodium, Na S281

Water S281

NDB No. 07207 OSCAR MAYER, Braunschweiger Liver Sausage (sliced)

Ash S281

Cholesterol S281

Protein S281

Energy S281

Iron, Fe S281

Carbohydrate, by difference S281

Sodium, Na S281

Total lipid (fat) S281

Water S281

NDB No. 07209 OSCAR MAYER, Chicken Breast (honey glazed)

NDB No. 07209 OSCAR MAYER, Chicken Breast (honey glazed)

Total lipid (fat)	S281
Cholesterol	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Protein	S281
Carbohydrate, by difference	S281
Ash	S281

NDB No. 07211 OSCAR MAYER, Ham and Cheese Loaf

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

NDB No. 07212 OSCAR MAYER, Ham (chopped with natural juice)

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

NDB No. 07213 OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Water	S281
Sodium, Na	S281
Total lipid (fat)	S281
Ash	S281
Energy	S281
Protein	S281

Reference Report

JUL-17-2008 02:00 PM

Page 396 of 3136

NDB No. 07213 OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Carbohydrate, by difference	S281
Vitamin A, IU	S281

NDB No. 07230 OSCAR MAYER, Salami (hard)

Sodium, Na	S281
Ash	S281
Cholesterol	S281
Protein	S281
Total lipid (fat)	S281
Water	S281

NDB No. 07233 OSCAR MAYER, Smokies (beef)

Total lipid (fat)	S281
Energy	S281
Vitamin A, IU	S281
Carbohydrate, by difference	S281
Cholesterol	S281
Sodium, Na	S281
Protein	S281
Ash	S281
Water	S281

NDB No. 07240 OSCAR MAYER, Wieners (pork, turkey)

Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Protein	S281
Vitamin A, IU	S281
Energy	S281
Sodium, Na	S281
Water	S281

NDB No. 07241 OSCAR MAYER, Wieners (beef franks)

Water	S21
-------	-----

Reference Report

JUL-17-2008 02:00 PM

Page 397 of 3136

NDB No. 07241 OSCAR MAYER, Wieners (beef franks)

Potassium, K	S21
Sodium, Na	S21
14:1	S21
Magnesium, Mg	S21
Copper, Cu	S21
Pantothenic acid	S21
Vitamin B-12	S21
14:0	S21
20:1	S21
Zinc, Zn	S21
Vitamin B-6	S21
Folate, total	S21
Cholesterol	S21
18:2 undifferentiated	S21
15:0	S21
Starch	S21
Calcium, Ca	S21
Phosphorus, P	S21
Niacin	S21
16:0	S21
18:0	S21
Iron, Fe	S21
Selenium, Se	S21
17:0	S21
Total lipid (fat)	S21
Manganese, Mn	S21
Thiamin	S21
Ash	S21
18:3 undifferentiated	S21

NDB No. 07242 OSCAR MAYER, Wieners (beef franks, bun length)

Total lipid (fat)	S281
Vitamin A, IU	S281
Carbohydrate, by difference	S281
Energy	S281
Cholesterol	S281

Reference Report

JUL-17-2008 02:00 PM

Page 398 of 3136

NDB No. 07242 OSCAR MAYER, Wieners (beef franks, bun length)

Ash	S281
Sodium, Na	S281
Water	S281
Protein	S281

NDB No. 07254 LOUIS RICH, Turkey Bacon

Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Protein	S281
Sodium, Na	S281
Cholesterol	S281

NDB No. 07255 LOUIS RICH, Turkey Bologna

Energy	S281
Total lipid (fat)	S281
Sodium, Na	S281
Protein	S281
Carbohydrate, by difference	S281
Ash	S281
Water	S281
Cholesterol	S281

NDB No. 07256 LOUIS RICH, Turkey Breast and White Turkey (oven roasted)

Protein	S281
Energy	S281
Cholesterol	S281
Carbohydrate, by difference	S281
Water	S281
Ash	S281
Sodium, Na	S281
Total lipid (fat)	S281

Reference Report

JUL-17-2008 02:00 PM

Page 399 of 3136

NDB No. 07268 LOUIS RICH, Turkey Smoked Sausage

Energy	S281
Cholesterol	S281
Carbohydrate, by difference	S281
Protein	S281
Ash	S281
Water	S281
Total lipid (fat)	S281
Sodium, Na	S281

NDB No. 07276 Hormel Spam, Luncheon Meat, pork with ham, minced, canned

Protein	S281
Magnesium, Mg	S259
Lycopene	S281, S259
18:1 undifferentiated	S259
Calcium, Ca	S259
Iron, Fe	S259
Sodium, Na	S281
Zinc, Zn	S259
Copper, Cu	S259
Caffeine	S281, S259
Vitamin A, IU	S281, S259
Carotene, beta	S281, S259
18:2 undifferentiated	S259
Ash	S281
Cryptoxanthin, beta	S281, S259
16:1 undifferentiated	S259
Water	S281
16:0	S259
Lutein + zeaxanthin	S281, S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S281
18:0	S259
18:3 undifferentiated	S259
Carotene, alpha	S281, S259
14:0	S259
Total lipid (fat)	S281

Reference Report

JUL-17-2008 02:00 PM

Page 400 of 3136

NDB No. 07276 HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned

Theobromine	S281, S259
Potassium, K	S259
12:0	S259

NDB No. 07277 HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

Cholesterol	S259
Lycopene	S259
12:0	S259
18:2 undifferentiated	S259
16:1 undifferentiated	S259
Cryptoxanthin, beta	S259
18:3 undifferentiated	S259
Theobromine	S259
Lutein + zeaxanthin	S259
14:0	S259
18:0	S259
Carotene, beta	S259
Carotene, alpha	S259
18:1 undifferentiated	S259
Caffeine	S259
Fiber, total dietary	S259
16:0	S259

NDB No. 07278 HORMEL Pillow Pak Sliced Turkey Pepperoni

Lutein + zeaxanthin	S259
Vitamin C, total ascorbic acid	S259
14:0	S259
16:0	S259
Protein	S259
Ash	S259
Theobromine	S259
Calcium, Ca	S259
Carotene, alpha	S259
Total lipid (fat)	S259
Fiber, total dietary	S259
Potassium, K	S259

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 401 of 3136

NDB No. 07278 HORMEL Pillow Pak Sliced Turkey Pepperoni

12:0	S259
Copper, Cu	S259
Carotene, beta	S259
Lycopene	S259
18:0	S259
18:3 undifferentiated	S259
Water	S259
Zinc, Zn	S259
18:2 undifferentiated	S259
Caffeine	S259
Iron, Fe	S259
Magnesium, Mg	S259
Sodium, Na	S259
18:1 undifferentiated	S259
Sugars, total	S259
Cholesterol	S259
Vitamin A, IU	S259
Cryptoxanthin, beta	S259
16:1 undifferentiated	S259

NDB No. 07279 HORMEL WRANGLER Beef Franks

Energy	S259
Fiber, total dietary	S259
Cholesterol	S259
Fatty acids, total saturated	S259
18:3 undifferentiated	S259
Sugars, total	S259
Iron, Fe	S259
Sodium, Na	S259
Copper, Cu	S259
Vitamin C, total ascorbic acid	S259
16:0	S259
Ash	S259
Fatty acids, total monounsaturated	S259
Total lipid (fat)	S259
Vitamin A, IU	S259

Reference_Report

NDB No. 07279 HORMEL WRANGLER Beef Franks

18:2 undifferentiated	S259
Water	S259
Calcium, Ca	S259
Magnesium, Mg	S259
14:0	S259
Zinc, Zn	S259
18:0	S259
Protein	S259
Potassium, K	S259
12:0	S259
18:1 undifferentiated	S259
16:1 undifferentiated	S259
Fatty acids, total polyunsaturated	S259

NDB No. 07905 Frankfurter, beef, pork, and turkey, fat free

Ash	S281
Sodium, Na	S281
Fatty acids, total monounsaturated	S281
Protein	S281
Vitamin A, IU	S281
Fatty acids, total saturated	S281
Water	S281
Cholesterol	S281
Fatty acids, total polyunsaturated	S281
Total lipid (fat)	S281
Vitamin C, total ascorbic acid	S281

NDB No. 07906 Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium

Carotene, beta	S281
Lycopene	S281
Theobromine	S281
Ash	S281
Fiber, total dietary	S281
Total lipid (fat)	S281

Reference Report

JUL-17-2008 02:00 PM

Page 403 of 3136

NDB No. 07906 Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium

Cholesterol	S281
Water	S281
Sugars, total	S281
Vitamin A, IU	S281
Carotene, alpha	S281
Lutein + zeaxanthin	S281
Protein	S281
Sodium, Na	S281
Cryptoxanthin, beta	S281
Caffeine	S281
Vitamin C, total ascorbic acid	S281

NDB No. 07908 Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)

Water	S281
Cholesterol	S281
Caffeine	S281
Carotene, alpha	S281
Sugars, total	S281
Carotene, beta	S281
Ash	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Total lipid (fat)	S281
Sodium, Na	S281
Lutein + zeaxanthin	S281
Vitamin A, IU	S281
Protein	S281
Theobromine	S281
Fiber, total dietary	S281

NDB No. 07909 Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite

Caffeine	S259
Magnesium, Mg	S259
Zinc, Zn	S259
Vitamin A, IU	S259

Reference Report

JUL-17-2008 02:00 PM

Page 404 of 3136

NDB No. 07909 Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite

Carotene, beta	S259
Protein	S259
Potassium, K	S259
Carotene, alpha	S259
Calcium, Ca	S259
Cryptoxanthin, beta	S259
18:1 undifferentiated	S259
Total lipid (fat)	S259
Carbohydrate, by difference	S259
Fiber, total dietary	S259
Iron, Fe	S259
Sodium, Na	S259
Lutein + zeaxanthin	S259
18:0	S259
Theobromine	S259
Sugars, total	S259
16:0	S259
Water	S259
Lycopene	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
14:0	S259
18:2 undifferentiated	S259
16:1 undifferentiated	S259
Ash	S259
Copper, Cu	S259
12:0	S259
18:3 undifferentiated	S259

NDB No. 07910 Bratwurst, veal, cooked

Energy	S245
Water	S245
Caffeine	S245
Vitamin B-12	S245
18:0	S245
Fatty acids, total polyunsaturated	S245

NDB No. 07910 Bratwurst, veal, cooked

Fiber, total dietary	S245
Calcium, Ca	S245
Lycopene	S245
Cholesterol	S245
Carbohydrate, by difference	S245
Theobromine	S245
Iron, Fe	S245
Zinc, Zn	S245
Vitamin B-6	S245
Sugars, total	S245
Vitamin A, RAE	S245
Thiamin	S245
Vitamin C, total ascorbic acid	S245
Pantothenic acid	S245
Fatty acids, total monounsaturated	S245
Protein	S245
Total lipid (fat)	S245
Sodium, Na	S245
Carotene, beta	S245
Riboflavin	S245
Folate, total	S245
Vitamin A, IU	S245
Carotene, alpha	S245
Fatty acids, total saturated	S245
Ash	S245
Magnesium, Mg	S245
Phosphorus, P	S245
Potassium, K	S245
Copper, Cu	S245
Cryptoxanthin, beta	S245
Lutein + zeaxanthin	S245
Niacin	S245

NDB No. 07911 Liverwurst spread

Ash	S226
Energy	S226

NDB No. 07911 Liverwurst spread

Theobromine	S226
Fiber, total dietary	S226
Lutein + zeaxanthin	S226
Carotene, beta	S226
Cholesterol	S226
Carbohydrate, by difference	S226
Sugars, total	S226
Carotene, alpha	S226
Protein	S226
Water	S226
Calcium, Ca	S226
Lycopene	S226
Vitamin C, total ascorbic acid	S226
Fatty acids, total saturated	S226
Caffeine	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Total lipid (fat)	S226
Retinol	S226
Cryptoxanthin, beta	S226

NDB No. 07912 Roast beef spread

Vitamin A, RAE	S226
Cryptoxanthin, beta	S226
Lutein + zeaxanthin	S226
Cholesterol	S226
Water	S226
Lycopene	S226
Caffeine	S226
Sugars, total	S226
Calcium, Ca	S226
Sodium, Na	S226
Vitamin A, IU	S226
Vitamin C, total ascorbic acid	S226
Protein	S226

NDB No. 07912 Roast beef spread

Fiber, total dietary	S226
Iron, Fe	S226
Carotene, alpha	S226
4:0	S226
Ash	S226
Theobromine	S226
Carbohydrate, by difference	S226
Total lipid (fat)	S226
Energy	S226
Carotene, beta	S226
Fatty acids, total saturated	S226

NDB No. 07913 Salami, pork, beef, less sodium

Water	S238
Theobromine	S238
Potassium, K	S238
Vitamin D	S238
Vitamin B-6	S238
18:0	S238
Protein	S238
Total lipid (fat)	S238
Phosphorus, P	S238
Sodium, Na	S238
Lycopene	S238
Riboflavin	S238
Sugars, total	S238
Carotene, alpha	S238
Vitamin C, total ascorbic acid	S238
Fatty acids, total monounsaturated	S238
Carbohydrate, by difference	S238
Caffeine	S238
Fiber, total dietary	S238
Magnesium, Mg	S238
Vitamin A, IU	S238
Cryptoxanthin, beta	S238
Folate, total	S238

NDB No. 07913 Salami, pork, beef, less sodium

Fluoride, F	D5001, D5007
Thiamin	S238
Fatty acids, total polyunsaturated	S238
Ash	S238
Energy	S238
Calcium, Ca	S238
Vitamin A, RAE	S238
Carotene, beta	S238
Lutein + zeaxanthin	S238
Pantothenic acid	S238
Cholesterol	S238
Iron, Fe	S238
Zinc, Zn	S238
Niacin	S238
Copper, Cu	S238
Vitamin B-12	S238
Fatty acids, total saturated	S238

NDB No. 07914 Sausage, Italian, sweet, links

Ash	S252
Sugars, total	S252
Carbohydrate, by difference	S252
Fiber, total dietary	S252
Carotene, alpha	S252
Protein	S252
Total lipid (fat)	S252
Water	S252
Iron, Fe	S252
Sodium, Na	S252
Carotene, beta	S252
Cryptoxanthin, beta	S252
Energy	S252
Caffeine	S252
Lycopene	S252
Theobromine	S252
Lutein + zeaxanthin	S252

NDB No. 07914 Sausage, Italian, sweet, links

Calcium, Ca S252

NDB No. 07915 Sausage, Polish, beef with chicken, hot

Energy S281

Lutein + zeaxanthin S281

Fatty acids, total saturated S281

Ash S281

Theobromine S281

Carotene, beta S281

Cryptoxanthin, beta S281

Fatty acids, total monounsaturated S281

Caffeine S281

Fiber, total dietary S281

Total lipid (fat) S281

Sugars, total S281

Iron, Fe S281

Carbohydrate, by difference S281

Sodium, Na S281

Vitamin A, IU S281

Lycopene S281

Protein S281

Water S281

Carotene, alpha S281

Fatty acids, total polyunsaturated S281

Vitamin A, RAE S281

Cholesterol S281

NDB No. 07916 Sausage, Polish, pork and beef, smoked

Carbohydrate, by difference S242

Water S242

Sugars, total S242

Carotene, alpha S242

Energy S242

Cryptoxanthin, beta S242

Folate, total S242

NDB No. 07916 Sausage, Polish, pork and beef, smoked

Lycopene	S242
Lutein + zeaxanthin	S242
Fatty acids, total saturated	S242
Vitamin A, IU	S242
Caffeine	S242
Theobromine	S242
Calcium, Ca	S242
Iron, Fe	S242
Vitamin A, RAE	S242
Fiber, total dietary	S242
Sodium, Na	S242
Protein	S242
Total lipid (fat)	S242
Ash	S242
Carotene, beta	S242
Vitamin C, total ascorbic acid	S242

NDB No. 07917 Sausage, pork and beef, with cheddar cheese, smoked

Ash	S242
Carotene, beta	S242
Protein	S242
Fiber, total dietary	S242
Vitamin A, RAE	S242
Water	S242
Caffeine	S242
Calcium, Ca	S242
Lycopene	S242
Iron, Fe	S242
Carotene, alpha	S242
Lutein + zeaxanthin	S242
Folate, total	S242
Cholesterol	S242
Sugars, total	S242
Cryptoxanthin, beta	S242
Theobromine	S242
Total lipid (fat)	S242

NDB No. 07917 Sausage, pork and beef, with cheddar cheese, smoked

Sodium, Na	S242
Vitamin C, total ascorbic acid	S242

NDB No. 07918 Sausage, summer, pork and beef, sticks, with cheddar cheese

Ash	S242
Sugars, total	S242
Caffeine	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cholesterol	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Protein	S242
Total lipid (fat)	S242
Lutein + zeaxanthin	S242
Calcium, Ca	S242
Water	S242
Folate, total	S242
Carbohydrate, by difference	S242
Theobromine	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin C, total ascorbic acid	S242
Fiber, total dietary	S242
Vitamin A, RAE	S242

NDB No. 07919 Sausage, turkey, breakfast links, mild

Energy	S252
Vitamin A, IU	S252
Sodium, Na	S252
Carotene, alpha	S252
Lycopene	S252
Protein	S252
Sugars, total	S252
Fiber, total dietary	S252

NDB No. 07919 Sausage, turkey, breakfast links, mild

Lutein + zeaxanthin	S252
Water	S252
Carbohydrate, by difference	S252
Calcium, Ca	S252
Vitamin A, RAE	S252
Cryptoxanthin, beta	S252
Total lipid (fat)	S252
Theobromine	S252
Iron, Fe	S252
Ash	S252
Caffeine	S252
Carotene, beta	S252

NDB No. 07920 Swisswurst, pork and beef, with swiss cheese, smoked

Carbohydrate, by difference	S242
Caffeine	S242
Lycopene	S242
Sodium, Na	S242
Calcium, Ca	S242
Carotene, alpha	S242
Cholesterol	S242
Ash	S242
Vitamin A, IU	S242
Carotene, beta	S242
Cryptoxanthin, beta	S242
Total lipid (fat)	S242
Theobromine	S242
Sugars, total	S242
Iron, Fe	S242
Lutein + zeaxanthin	S242
Protein	S242
Water	S242
Vitamin C, total ascorbic acid	S242
Fiber, total dietary	S242
Folate, total	S242

NDB No. 07921 Bacon and beef sticks

Energy	S228
Theobromine	S228
Sugars, total	S228
Carotene, beta	S228
Lutein + zeaxanthin	S228
Protein	S228
Ash	S228
Iron, Fe	S228
Vitamin A, RAE	S228
Fatty acids, total saturated	S228
Cryptoxanthin, beta	S228
Fatty acids, total polyunsaturated	S228
Carbohydrate, by difference	S228
Water	S228
Vitamin A, IU	S228
Carotene, alpha	S228
Cholesterol	S228
Sodium, Na	S228
Caffeine	S228
Fiber, total dietary	S228
Potassium, K	S228
Total lipid (fat)	S228
Lycopene	S228
Calcium, Ca	S228
Fatty acids, total monounsaturated	S228

NDB No. 07922 Bratwurst, beef and pork, smoked

Sodium, Na	S242
Carbohydrate, by difference	S242
Water	S242
Vitamin A, IU	S242
Carotene, beta	S242
Cryptoxanthin, beta	S242
Lutein + zeaxanthin	S242
Cholesterol	S242
Vitamin C, total ascorbic acid	S242

NDB No. 07922 Bratwurst, beef and pork, smoked

Caffeine	S242
Total lipid (fat)	S242
Iron, Fe	S242
Folate, total	S242
Protein	S242
Ash	S242
Theobromine	S242
Sugars, total	S242
Calcium, Ca	S242
Carotene, alpha	S242
Fiber, total dietary	S242
Lycopene	S242

NDB No. 07923 Bratwurst, chicken, cooked

Carbohydrate, by difference	S245
Water	S245
Caffeine	S245
Sugars, total	S245
Phosphorus, P	S245
Carotene, alpha	S245
Zinc, Zn	S245
Vitamin C, total ascorbic acid	S245
Total lipid (fat)	S245
Lycopene	S245
Thiamin	S245
Copper, Cu	S245
Pantothenic acid	S245
Vitamin B-6	S245
Cholesterol	S245
Ash	S245
Energy	S245
Iron, Fe	S245
Potassium, K	S245
Sodium, Na	S245
Cryptoxanthin, beta	S245
Folate, total	S245

NDB No. 07923 Bratwurst, chicken, cooked

Theobromine	S245
Magnesium, Mg	S245
Vitamin A, IU	S245
Carotene, beta	S245
Lutein + zeaxanthin	S245
Riboflavin	S245
Niacin	S245
Protein	S245
Fiber, total dietary	S245
Calcium, Ca	S245
Vitamin B-12	S245

NDB No. 07924 Bratwurst, pork, beef and turkey, lite, smoked

Ash	S242
Carotene, beta	S242
Lutein + zeaxanthin	S242
Carotene, alpha	S242
Caffeine	S242
Calcium, Ca	S242
Lycopene	S242
Sodium, Na	S242
Folate, total	S242
Cholesterol	S242
Total lipid (fat)	S242
Theobromine	S242
Cryptoxanthin, beta	S242
Protein	S242
Carbohydrate, by difference	S242
Water	S242
Vitamin C, total ascorbic acid	S242
Vitamin A, IU	S242
Sugars, total	S242
Fiber, total dietary	S242
Iron, Fe	S242

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

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

Theobromine	S281
Fatty acids, total saturated	S281
Water	S281
Cryptoxanthin, beta	S281
Fatty acids, total monounsaturated	S281
Protein	S281
Caffeine	S281
Carotene, beta	S281
Vitamin A, IU	S281
Lycopene	S281
Carbohydrate, by difference	S281
Energy	S281
Vitamin C, total ascorbic acid	S281
Fatty acids, total polyunsaturated	S281
Total lipid (fat)	S281
Sugars, total	S281
Fiber, total dietary	S281
Iron, Fe	S281
Sodium, Na	S281
Carotene, alpha	S281
Ash	S281
Vitamin A, RAE	S281
Lutein + zeaxanthin	S281
Cholesterol	S281

NDB No. 07926 Salami, Italian, pork

Carbohydrate, by difference	S228
Calcium, Ca	S228
Cryptoxanthin, beta	S228
Fatty acids, total saturated	S228
Fatty acids, total monounsaturated	S228
Ash	S228
Water	S228
Iron, Fe	S228
Potassium, K	S228

NDB No. 07926 Salami, Italian, pork

Fluoride, F	D5001, D5007
Fatty acids, total polyunsaturated	S228
Carotene, beta	S228
Carotene, alpha	S228
Cholesterol	S228
Protein	S228
Theobromine	S228
Lutein + zeaxanthin	S228
Total lipid (fat)	S228
Caffeine	S228
Sugars, total	S228
Fiber, total dietary	S228
Sodium, Na	S228
Lycopene	S228
Vitamin C, total ascorbic acid	S228

NDB No. 07927 Sausage, Italian, turkey, smoked

Total lipid (fat)	S227
Caffeine	S227
Iron, Fe	S227
Sugars, total	S227
Sodium, Na	S227
Carotene, beta	S227
Ash	S227
Vitamin A, IU	S227
Carotene, alpha	S227
Cholesterol	S227
Energy	S227
Theobromine	S227
Calcium, Ca	S227
Vitamin C, total ascorbic acid	S227
Water	S227
Cryptoxanthin, beta	S227
Carbohydrate, by difference	S227
Fiber, total dietary	S227
Potassium, K	S227

NDB No. 07927 Sausage, Italian, turkey, smoked

Lycopene	S227
Lutein + zeaxanthin	S227
Protein	S227

NDB No. 07928 Sausage, chicken, beef, pork, skinless, smoked

Total lipid (fat)	S225
Sodium, Na	S225
Cryptoxanthin, beta	S225
Iron, Fe	S225
Fatty acids, total saturated	S225
Water	S225
Fiber, total dietary	S225
Carotene, alpha	S225
Carbohydrate, by difference	S225
Ash	S225
Caffeine	S225
Lycopene	S225
Lutein + zeaxanthin	S225
Vitamin C, total ascorbic acid	S225
Energy	S225
Sugars, total	S225
Carotene, beta	S225
Cholesterol	S225
Protein	S225
Theobromine	S225
Calcium, Ca	S225

NDB No. 07929 Sausage, turkey, hot, smoked

Caffeine	S227
Sugars, total	S227
Lutein + zeaxanthin	S227
Potassium, K	S227
Protein	S227
Carbohydrate, by difference	S227
Energy	S227
Theobromine	S227

NDB No. 07929 Sausage, turkey, hot, smoked

Iron, Fe	S227
Carotene, beta	S227
Carotene, alpha	S227
Cholesterol	S227
Total lipid (fat)	S227
Ash	S227
Calcium, Ca	S227
Sodium, Na	S227
Cryptoxanthin, beta	S227
Vitamin C, total ascorbic acid	S227
Lycopene	S227
Fatty acids, total saturated	S227
Water	S227
Fiber, total dietary	S227
Vitamin A, IU	S227

NDB No. 07930 Yachtwurst, with pistachio nuts, cooked

Ash	S222
Iron, Fe	S222
Vitamin A, IU	S222
Fatty acids, total saturated	S222
Energy	S222
Water	S222
Theobromine	S222
Sugars, total	S222
Cryptoxanthin, beta	S222
Total lipid (fat)	S222
Carotene, beta	S222
Lutein + zeaxanthin	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Lycopene	S222
Sodium, Na	S222
Carotene, alpha	S222
Carbohydrate, by difference	S222
Caffeine	S222

NDB No. 07930 Yachtwurst, with pistachio nuts, cooked

Protein	S222
Vitamin C, total ascorbic acid	S222
Cholesterol	S222

NDB No. 07931 Beerwurst, pork and beef

Ash	S222
Energy	S222
Water	S222
Theobromine	S222
Iron, Fe	S222
Vitamin B-6	S222
4:0	S222
6:0	S222
20:1	S222
Magnesium, Mg	S222
Sodium, Na	S222
Cholesterol	S222
8:0	S222
14:0	S222
Carbohydrate, by difference	S222
Thiamin	S222
12:0	S222
18:4	S222
22:5 n-3	S222
Total lipid (fat)	S222
Caffeine	S222
Fiber, total dietary	S222
Folate, total	S222
18:0	S222
Calcium, Ca	S222
Zinc, Zn	S222
Riboflavin	S222
Niacin	S222
Pantothenic acid	S222
Vitamin B-12	S222
18:2 undifferentiated	S222

NDB No. 07931 Beerwurst, pork and beef

Sugars, total	S222
Phosphorus, P	S222
Potassium, K	S222
Copper, Cu	S222
Fatty acids, total saturated	S222
16:0	S222
18:1 undifferentiated	S222
18:3 undifferentiated	S222
16:1 undifferentiated	S222
22:1 undifferentiated	S222
Protein	S222
Vitamin A, IU	S222
20:4 undifferentiated	S222
22:6 n-3	S222
20:5 n-3	S222
Manganese, Mn	S222
Selenium, Se	S222
Vitamin C, total ascorbic acid	S222
10:0	S222
Fatty acids, total monounsaturated	S222
Fatty acids, total polyunsaturated	S222

NDB No. 07932 Chicken breast, fat-free, mesquite flavor, sliced

Protein	S224
Caffeine	S224
Theobromine	S224
Fiber, total dietary	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Carbohydrate, by difference	S224
Water	S224
Sodium, Na	S224
Vitamin A, RAE	S224
Sugars, total	S224
Calcium, Ca	S224
Carotene, alpha	S224

NDB No. 07932 Chicken breast, fat-free, mesquite flavor, sliced

Vitamin A, IU	S224
Vitamin C, total ascorbic acid	S224
Fatty acids, total saturated	S224
Total lipid (fat)	S224
Ash	S224
Energy	S224
Iron, Fe	S224
Carotene, beta	S224
Lutein + zeaxanthin	S224
Cholesterol	S224

NDB No. 07933 Chicken breast, oven-roasted, fat-free, sliced

Carbohydrate, by difference	S224
Water	S224
Calcium, Ca	S224
Iron, Fe	S224
Lycopene	S224
Vitamin C, total ascorbic acid	S224
Protein	S224
Cryptoxanthin, beta	S224
Total lipid (fat)	S224
Sugars, total	S224
Carotene, beta	S224
Cholesterol	S224
Ash	S224
Caffeine	S224
Theobromine	S224
Fiber, total dietary	S224
Vitamin A, RAE	S224
Carotene, alpha	S224
Fatty acids, total saturated	S224
Energy	S224
Sodium, Na	S224
Lutein + zeaxanthin	S224
Vitamin A, IU	S224

NDB No. 07934 Kielbasa, Polish, turkey and beef, smoked

Water	S281
Cholesterol	S281
Carbohydrate, by difference	S281
Sugars, total	S281
Cryptoxanthin, beta	S281
Lutein + zeaxanthin	S281
Total lipid (fat)	S281
Fiber, total dietary	S281
Vitamin C, total ascorbic acid	S281
Fatty acids, total saturated	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, alpha	S281
Ash	S281
Energy	S281
Carotene, beta	S281
Lycopene	S281
Caffeine	S281
Theobromine	S281
Iron, Fe	S281
Protein	S281
Sodium, Na	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

NDB No. 07935 Oven-roasted chicken breast roll

Carbohydrate, by difference	S224
Sodium, Na	S224
Vitamin A, IU	S224
Carotene, alpha	S224
Total lipid (fat)	S224
Theobromine	S224
Lycopene	S224
Cholesterol	S224
Water	S224
Calcium, Ca	S224

NDB No. 07935 Oven-roasted chicken breast roll

Vitamin A, RAE	S224
Lutein + zeaxanthin	S224
Ash	S224
Energy	S224
Caffeine	S224
Carotene, beta	S224
Cryptoxanthin, beta	S224
Vitamin C, total ascorbic acid	S224
Sugars, total	S224
Fiber, total dietary	S224
Iron, Fe	S224
Fatty acids, total saturated	S224
Protein	S224

NDB No. 07936 Bologna, pork and turkey, lite

Carotene, alpha	S247
Cryptoxanthin, beta	S247
Vitamin C, total ascorbic acid	S247
Total lipid (fat)	S247
Energy	S247
Calcium, Ca	S247
Theobromine	S247
Vitamin A, IU	S247
Fatty acids, total polyunsaturated	S247
Water	S247
Caffeine	S247
Sugars, total	S247
Fiber, total dietary	S247
Lutein + zeaxanthin	S247
Fatty acids, total saturated	S247
Carbohydrate, by difference	S247
Iron, Fe	S247
Sodium, Na	S247
Carotene, beta	S247
Cholesterol	S247
Protein	S247

NDB No. 07936 Bologna, pork and turkey, lite

Ash	S247
Lycopene	S247
Fatty acids, total monounsaturated	S247

NDB No. 07937 Bologna, pork, turkey and beef

Iron, Fe	S239
Sodium, Na	S239
Carotene, beta	S239
Fatty acids, total saturated	S239
Fiber, total dietary	S239
Calcium, Ca	S239
Carotene, alpha	S239
Cryptoxanthin, beta	S239
Lutein + zeaxanthin	S239
Cholesterol	S239
Theobromine	S239
Sugars, total	S239
Protein	S239
Caffeine	S239
Vitamin A, IU	S239
Vitamin C, total ascorbic acid	S239
Total lipid (fat)	S239
Fluoride, F	D5301, D5007, D5021
Lycopene	S239

NDB No. 07938 Ham, honey, smoked, cooked

Calcium, Ca	S233
Lutein + zeaxanthin	S233
Vitamin B-6	S233
Fatty acids, total saturated	S233
Iron, Fe	S233
Lycopene	S233
Thiamin	S233
Niacin	S233
Folate, total	S233

NDB No. 07938 Ham, honey, smoked, cooked

Vitamin B-12	S233
Protein	S233
Theobromine	S233
Ash	S233
Energy	S233
Zinc, Zn	S233
Pantothenic acid	S233
Water	S233
Potassium, K	S233
Copper, Cu	S233
Vitamin A, IU	S233
Total lipid (fat)	S233
Caffeine	S233
Sugars, total	S233
Selenium, Se	S233
Vitamin C, total ascorbic acid	S233
Phosphorus, P	S233
Carotene, beta	S233
Carotene, alpha	S233
Cryptoxanthin, beta	S233
Cholesterol	S233
Carbohydrate, by difference	S233
Fiber, total dietary	S233
Magnesium, Mg	S233
Sodium, Na	S233
Manganese, Mn	S233
Riboflavin	S233

NDB No. 07939 Frankfurter, pork

Carbohydrate, by difference	S235
Water	S235
Lycopene	S235
Vitamin B-12	S235
Cholesterol	S235
Copper, Cu	S235
Niacin	S235

Reference Report

JUL-17-2008 02:00 PM

Page 427 of 3136

NDB No. 07939 Frankfurter, pork

Folate, total	S235
Caffeine	S235
Selenium, Se	S235
Carotene, beta	S235
Carotene, alpha	S235
12:0	S235
18:3 undifferentiated	S235
Calcium, Ca	S235
Vitamin B-6	S235
18:0	S235
18:4	S235
Protein	S235
Energy	S235
Manganese, Mn	S235
Vitamin A, IU	S235
Cryptoxanthin, beta	S235
Lutein + zeaxanthin	S235
Pantothenic acid	S235
20:4 undifferentiated	S235
Total lipid (fat)	S235
Theobromine	S235
Potassium, K	S235
Sodium, Na	S235
Vitamin C, total ascorbic acid	S235
Fatty acids, total saturated	S235
18:2 undifferentiated	S235
20:1	S235
Fatty acids, total polyunsaturated	S235
Ash	S235
Sugars, total	S235
Fiber, total dietary	S235
Iron, Fe	S235
Phosphorus, P	S235
Thiamin	S235
16:1 undifferentiated	S235
Fatty acids, total monounsaturated	S235
Magnesium, Mg	S235

Reference_Report

NDB No. 07939 Frankfurter, pork

Zinc, Zn	S235
Riboflavin	S235
10:0	S235
14:0	S235
16:0	S235
18:1 undifferentiated	S235

NDB No. 07940 Macaroni and cheese loaf, chicken, pork and beef

Carbohydrate, by difference	S237
Theobromine	S237
Sugars, total	S237
Total lipid (fat)	S237
Lycopene	S237
Fatty acids, total monounsaturated	S237
Water	S237
Fiber, total dietary	S237
Calcium, Ca	S237
Carotene, beta	S237
Protein	S237
Caffeine	S237
Sodium, Na	S237
Fatty acids, total saturated	S237
Carotene, alpha	S237
Cholesterol	S237
Fatty acids, total polyunsaturated	S237
Ash	S237
Energy	S237
Iron, Fe	S237
Cryptoxanthin, beta	S237

NDB No. 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium

Carbohydrate, by difference	S281
Energy	S281
Caffeine	S281
Cryptoxanthin, beta	S281

Reference Report

JUL-17-2008 02:00 PM

Page 429 of 3136

NDB No. 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium

Theobromine	S281
Fiber, total dietary	S281
Vitamin A, IU	S281
Carotene, alpha	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281
Water	S281
Lutein + zeaxanthin	S281
Ash	S281
Lycopene	S281
Sugars, total	S281
Carotene, beta	S281
Total lipid (fat)	S281
Sodium, Na	S281
Vitamin C, total ascorbic acid	S281
Protein	S281
Cholesterol	S281

NDB No. 07942 Pate, truffle flavor

Fatty acids, total saturated	S281
Fatty acids, total polyunsaturated	S281
Protein	S281
Energy	S281
Carotene, beta	S281
Cholesterol	S281
Ash	S281
Fatty acids, total monounsaturated	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Vitamin A, IU	S281
Iron, Fe	S281
Water	S281
Sodium, Na	S281

Reference Report

JUL-17-2008 02:00 PM

Page 430 of 3136

NDB No. 07943 Turkey, breast, smoked, lemon pepper flavor, 97% fat-free

Vitamin A, IU	S281
Cryptoxanthin, beta	S281
Fatty acids, total monounsaturated	S281
Carbohydrate, by difference	S281
Caffeine	S281
Fatty acids, total saturated	S281
Sodium, Na	S281
Lycopene	S281
Protein	S281
Total lipid (fat)	S281
Theobromine	S281
Sugars, total	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Lutein + zeaxanthin	S281
Fatty acids, total polyunsaturated	S281
Energy	S281
Ash	S281
Water	S281
Fiber, total dietary	S281
Carotene, alpha	S281
Cholesterol	S281

NDB No. 07944 Turkey, white, rotisserie, deli cut

Caffeine	S227
Iron, Fe	S227
Carotene, alpha	S227
Protein	S227
Fiber, total dietary	S227
Sodium, Na	S227
Vitamin C, total ascorbic acid	S227
Fatty acids, total monounsaturated	S227
Energy	S227
Water	S227
Calcium, Ca	S227

NDB No. 07944 Turkey, white, rotisserie, deli cut

Ash	S227
Total lipid (fat)	S227
Vitamin A, IU	S227
Lycopene	S227
Cholesterol	S227
Carbohydrate, by difference	S227
Potassium, K	S227
Carotene, beta	S227
Cryptoxanthin, beta	S227
Lutein + zeaxanthin	S227
Theobromine	S227
Sugars, total	S227
Fatty acids, total saturated	S227
Fatty acids, total polyunsaturated	S227

NDB No. 07945 Frankfurter, beef, heated

Glucose (dextrose)	S21
Fructose	S21
Maltose	S21
Phosphorus, P	S21
Potassium, K	S21
Selenium, Se	S21
Niacin	S21
Vitamin B-6	S21
Tryptophan	S2
Tyrosine	S2
Arginine	S2
Histidine	S2
Glycine	S2
Proline	S2
Total lipid (fat)	S21
Copper, Cu	S21
Thiamin	S21
Leucine	S2
Lysine	S2
Methionine	S2

NDB No. 07945 Frankfurter, beef, heated

16:0	S21
18:1 undifferentiated	S21
Isoleucine	S2
Cystine	S2
Aspartic acid	S2
22:1 undifferentiated	S21
Sodium, Na	S21
Phenylalanine	S2
Glutamic acid	S2
20:1	S21
Galactose	S21
Threonine	S2
14:0	S21
18:3 undifferentiated	S21
14:1	S21
Starch	S21
Iron, Fe	S21
Manganese, Mn	S21
Riboflavin	S21
Valine	S2
Serine	S2
Cholesterol	S21
17:0	S21
Sucrose	S21
Lactose	S21
Calcium, Ca	S21
Magnesium, Mg	S21
Folate, total	S21
18:0	S21
15:0	S21
Ash	S21
Water	S21
Zinc, Zn	S21
Pantothenic acid	S21
Vitamin B-12	S21
Alanine	S2
18:2 undifferentiated	S21

NDB No. 07945 Frankfurter, beef, heated

16:1 undifferentiated S21

NDB No. 07949 Frankfurter, meat, heated

Calcium, Ca S23

Potassium, K S23

14:0 S23

16:1 undifferentiated S23

Water S23

Iron, Fe S23

Phosphorus, P S23

Sodium, Na S23

Threonine S2

Leucine S2

Methionine S2

Tyrosine S2

Glycine S2

Zinc, Zn S23

Manganese, Mn S23

Isoleucine S2

Arginine S2

Alanine S2

16:0 S23

20:4 undifferentiated S23

20:1 S23

22:1 undifferentiated S23

Total lipid (fat) S23

Valine S2

Serine S2

18:2 undifferentiated S23

Copper, Cu S23

Phenylalanine S2

Histidine S2

Glutamic acid S2

Proline S2

Cholesterol S23

Tryptophan S2

NDB No. 07949 Frankfurter, meat, heated

Aspartic acid	S2
Protein	S23
Lysine	S2
18:0	S23
18:3 undifferentiated	S23
Ash	S23
Magnesium, Mg	S23
Cystine	S2
18:1 undifferentiated	S23

NDB No. 07950 Frankfurter, meat

Potassium, K	S23
Copper, Cu	S23
Manganese, Mn	S23
Threonine	S2
16:0	S23
Magnesium, Mg	S23
Isoleucine	S2
Lysine	S2
Alanine	S2
Aspartic acid	S2
Glycine	S2
Cholesterol	S23
18:3 undifferentiated	S23
20:1	S23
Methionine	S2
Valine	S2
Serine	S2
18:0	S23
16:1 undifferentiated	S23
Protein	S23
Total lipid (fat)	S23
Histidine	S2
Proline	S2
Water	S23
Iron, Fe	S23

Reference Report

JUL-17-2008 02:00 PM

Page 435 of 3136

NDB No. 07950 Frankfurter, meat

Zinc, Zn	S23
Tyrosine	S2
Glutamic acid	S2
18:2 undifferentiated	S23
Phosphorus, P	S23
Tryptophan	S2
Phenylalanine	S2
22:1 undifferentiated	S23
Ash	S23
Calcium, Ca	S23
Sodium, Na	S23
Leucine	S2
Arginine	S2
14:0	S23
20:4 undifferentiated	S23
Cystine	S2
18:1 undifferentiated	S23

NDB No. 07951 Scrapple, pork

Ash	S243
Fructose	S243
Lactose	S243
Glucose (dextrose)	S243
Iron, Fe	S243
Riboflavin	S243
Water	S243
Calcium, Ca	S243
Zinc, Zn	S243
Vitamin A, IU	S243
Vitamin C, total ascorbic acid	S243
Niacin	S243
Protein	S243
Magnesium, Mg	S243
Phosphorus, P	S243
Maltose	S243
Fiber, total dietary	S243

NDB No. 07951 Scrapple, pork

Copper, Cu	S243
Thiamin	S243
Cholesterol	S243
Total lipid (fat)	S243
Sucrose	S243
Potassium, K	S243
Sodium, Na	S243

NDB No. 07952 Bologna, chicken, turkey, pork

Choline, total	S1164
20:4 undifferentiated	S1164
Protein	S1164
Total lipid (fat)	S1164
Energy	S1164
Tocopherol, beta	S1164
Niacin	S1164
10:0	S1164
15:0	S1164
Ash	S1164
Sodium, Na	S1164
Selenium, Se	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Vitamin K (phylloquinone)	S1164
Fatty acids, total trans	S1164
20:0	S1164
18:2 undifferentiated	S1164
16:1 undifferentiated	S1164
Fatty acids, total polyunsaturated	S1164
20:2 n-6 c,c	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164
Calcium, Ca	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Carotene, alpha	S1164

NDB No. 07952 Bologna, chicken, turkey, pork

Vitamin E (alpha-tocopherol)	S1164
Lycopene	S1164
Vitamin C, total ascorbic acid	S1164
Riboflavin	S1164
Fluoride, F	D5301, D5007, D5021
Tocopherol, gamma	S1164
Hydroxyproline	S1164
22:0	S1164
20:3 undifferentiated	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Manganese, Mn	S1164
Folic acid	S1164
Betaine	S1164
12:0	S1164
14:1	S1164
18:3 n-6 c,c,c	S1164
Water	S1164
Retinol	S1164
Carotene, beta	S1164
Cryptoxanthin, beta	S1164
Thiamin	S1164
Folate, total	S1164
Fatty acids, total saturated	S1164
16:0	S1164
18:0	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
17:0	S1164
Iron, Fe	S1164
Potassium, K	S1164
Tocopherol, delta	S1164
Vitamin B-12	S1164
Cholesterol	S1164
8:0	S1164
14:0	S1164
18:1 undifferentiated	S1164

Reference_Report

NDB No. 07953 Pork sausage, pre-cooked

Manganese, Mn	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Lycopene	S1164, S582
Pantothenic acid	S1164, S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164, S582
Arginine	S1164, S582
Serine	S1164, S582
Fatty acids, total trans	S1164, S582
Fatty acids, total saturated	S1164, S582
14:0	S1164, S582
15:0	S1164, S582
20:3 undifferentiated	S1164, S582
Phosphorus, P	S1164, S582
Thiamin	S1164, S582
Riboflavin	S1164, S582
Choline, total	S1164
Cystine	S1164, S582
10:0	S1164, S582
12:0	S1164, S582
14:1	S1164, S582
16:1 undifferentiated	S1164, S582
17:0	S1164, S582
Protein	S1164, S582
Tocopherol, beta	S1164
Methionine	S1164, S582
Alanine	S1164, S582
Glutamic acid	S1164, S582
20:1	S1164, S582
Iron, Fe	S1164, S582
Cryptoxanthin, beta	S1164, S582
Vitamin B-12	S1164, S582
Phenylalanine	S1164, S582
Tyrosine	S1164, S582
Aspartic acid	S1164, S582
22:0	S1164, S582
Water	S1164, S582

NDB No. 07953 Pork sausage, pre-cooked

Zinc, Zn	S1164, S582
Copper, Cu	S1164, S582
Tocopherol, delta	S1164
16:0	S1164, S582
18:0	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
18:3 n-6 c,c,c	S1164, S582
18:3 n-3 c,c,c	S1164, S582
Sodium, Na	S1164, S582
Vitamin C, total ascorbic acid	S1164, S582
Niacin	S1164, S582
Proline	S1164, S582
8:0	S1164, S582
20:4 undifferentiated	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
20:2 n-6 c,c	S1164, S582
Total lipid (fat)	S1164, S582
Ash	S1164, S582
Calcium, Ca	S1164, S582
Magnesium, Mg	S1164, S582
Potassium, K	S1164, S582
Selenium, Se	S1164, S582
Retinol	S1164, S582
Vitamin B-6	S1164, S582
Leucine	S1164, S582
Lysine	S1164, S582
Glycine	S1164, S582
Hydroxyproline	S1164, S582
Cholesterol	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
Carotene, beta	S1164, S582
Carotene, alpha	S1164, S582
Tocopherol, gamma	S1164
Folate, total	S1164
Betaine	S1164
Threonine	S1164, S582

Reference_Report

NDB No. 07953 Pork sausage, pre-cooked

Isoleucine	S1164, S582
Valine	S1164, S582
Histidine	S1164, S582
20:0	S1164, S582
15:1	S1164, S582

NDB No. 07954 Beef sausage, pre-cooked

Total lipid (fat)	S582
Potassium, K	S582
Zinc, Zn	S582
Retinol	S582
Tocopherol, beta	S1164
Tocopherol, delta	S1164
Choline, total	S1164
Glutamic acid	S582
Glycine	S582
Fatty acids, total saturated	S582
8:0	S582
20:4 undifferentiated	S582
18:3 n-3 c,c,c	S582
Tryptophan	S582
Threonine	S582
Valine	S582
Histidine	S582
Proline	S582
10:0	S582
20:1	S582
18:3 n-6 c,c,c	S582
Protein	S582
Sodium, Na	S582
Copper, Cu	S582
Lycopene	S582
Vitamin C, total ascorbic acid	S582
Pantothenic acid	S582
Lysine	S582
Phosphorus, P	S582

NDB No. 07954 Beef sausage, pre-cooked

Carotene, beta	S582
Cryptoxanthin, beta	S582
Betaine	S1164
Leucine	S582
Methionine	S582
Tyrosine	S582
14:0	S582
20:0	S582
22:0	S582
Fatty acids, total polyunsaturated	S582
20:3 undifferentiated	S582
Calcium, Ca	S582
Manganese, Mn	S582
Vitamin B-6	S582
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Phenylalanine	S582
Hydroxyproline	S582
16:0	S582
Ash	S582
Water	S582
Iron, Fe	S582
Thiamin	S582
Riboflavin	S582
Fatty acids, total trans	S582
12:0	S582
18:1 undifferentiated	S582
14:1	S582
Fatty acids, total monounsaturated	S582
20:2 n-6 c,c	S582
Carotene, alpha	S582
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, gamma	S1164
Niacin	S582
Cystine	S582
Alanine	S582
Serine	S582

Reference_Report

NDB No. 07954 Beef sausage, pre-cooked

18:0	S582
16:1 undifferentiated	S582
15:0	S582
17:0	S582
15:1	S582
Magnesium, Mg	S582
Selenium, Se	S582
Vitamin B-12	S582
Isoleucine	S582
Arginine	S582
Aspartic acid	S582
Cholesterol	S582
18:2 undifferentiated	S582

NDB No. 07955 Turkey sausage, fresh, raw

Copper, Cu	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin K (phylloquinone)	S1164
Cystine	S1164
Valine	S1164
Histidine	S1164
18:1 undifferentiated	S1164
15:0	S1164
18:3 n-6 c,c,c	S1164
Water	S1164
Calcium, Ca	S1164
Magnesium, Mg	S1164
Zinc, Zn	S1164
Selenium, Se	S1164
Carotene, alpha	S1164
Lycopene	S1164
Phenylalanine	S1164
Tyrosine	S1164
Serine	S1164
18:3 n-3 c,c,c	S1164

NDB No. 07955 Turkey sausage, fresh, raw

Iron, Fe	S1164
Phosphorus, P	S1164
Sodium, Na	S1164
Cryptoxanthin, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin B-12	S1164
Threonine	S1164
Methionine	S1164
12:0	S1164
18:2 undifferentiated	S1164
20:2 n-6 c,c	S1164
Protein	S1164
Ash	S1164
Manganese, Mn	S1164
Carotene, beta	S1164
Vitamin E (alpha-tocopherol)	S1164
Vitamin C, total ascorbic acid	S1164
Folate, total	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Fatty acids, total saturated	S1164
16:0	S1164
Fatty acids, total polyunsaturated	S1164
15:1	S1164
Riboflavin	S1164
Lysine	S1164
20:0	S1164
16:1 undifferentiated	S1164
Total lipid (fat)	S1164
Potassium, K	S1164
Retinol	S1164
Tocopherol, beta	S1164
Thiamin	S1164
Isoleucine	S1164
Hydroxyproline	S1164

NDB No. 07955 Turkey sausage, fresh, raw

Cholesterol	S1164
Fatty acids, total trans	S1164
10:0	S1164
14:0	S1164
18:0	S1164
22:0	S1164
14:1	S1164
Vitamin B-6	S1164
Proline	S1164
20:1	S1164
20:3 undifferentiated	S1164
Tryptophan	S1164
Leucine	S1164
Glycine	S1164
8:0	S1164
20:4 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
17:0	S1164

NDB No. 07956 Beef sausage, fresh, cooked

Manganese, Mn	S1164
Folate, total	S1164
Choline, total	S1164
Isoleucine	S1164
Cystine	S1164
Arginine	S1164
Aspartic acid	S1164
Serine	S1164
14:0	S1164
16:0	S1164
20:0	S1164
Total lipid (fat)	S1164
Ash	S1164
Magnesium, Mg	S1164
Potassium, K	S1164
Tocopherol, beta	S1164

NDB No. 07956 Beef sausage, fresh, cooked

Tocopherol, gamma	S1164
Threonine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Glutamic acid	S1164
Cholesterol	S1164
12:0	S1164
18:2 undifferentiated	S1164
Water	S1164
Fatty acids, total saturated	S1164
18:0	S1164
20:4 undifferentiated	S1164
Betaine	S1164
Phenylalanine	S1164
Hydroxyproline	S1164
18:1 undifferentiated	S1164
14:1	S1164
Iron, Fe	S1164
Copper, Cu	S1164
Cryptoxanthin, beta	S1164
Thiamin	S1164
Niacin	S1164
Vitamin B-6	S1164
Vitamin B-12	S1164
Tryptophan	S1164
Proline	S1164
20:1	S1164
Protein	S1164
Calcium, Ca	S1164
Phosphorus, P	S1164
Lycopene	S1164
Tocopherol, delta	S1164
Valine	S1164
Alanine	S1164
Fatty acids, total monounsaturated	S1164
18:3 n-6 c,c,c	S1164

Reference_Report

NDB No. 07956 Beef sausage, fresh, cooked

15:1	S1164
18:3 n-3 c,c,c	S1164
Retinol	S1164
Carotene, alpha	S1164
Vitamin C, total ascorbic acid	S1164
Pantothenic acid	S1164
Glycine	S1164
Fatty acids, total trans	S1164
8:0	S1164
10:0	S1164
Fatty acids, total polyunsaturated	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Vitamin E (alpha-tocopherol)	S1164
Riboflavin	S1164
Vitamin K (phylloquinone)	S1164
Tyrosine	S1164
Histidine	S1164
22:0	S1164
15:0	S1164
20:2 n-6 c,c	S1164
20:3 undifferentiated	S1164

NDB No. 07957 Pork and turkey sausage, pre-cooked

Ash	S1164
Water	S1164
Iron, Fe	S1164
Potassium, K	S1164
Zinc, Zn	S1164
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Serine	S1164
10:0	S1164
12:0	S1164

NDB No. 07957 Pork and turkey sausage, pre-cooked

14:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
Protein	S1164
Calcium, Ca	S1164
Copper, Cu	S1164
Thiamin	S1164
Folate, total	S1164
Arginine	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
Fatty acids, total polyunsaturated	S1164
20:3 undifferentiated	S1164
15:1	S1164
Riboflavin	S1164
Lysine	S1164
Methionine	S1164
16:1 undifferentiated	S1164
18:3 n-3 c,c,c	S1164
Sodium, Na	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Cryptoxanthin, beta	S1164
Tryptophan	S1164
Fatty acids, total trans	S1164
17:0	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Vitamin B-12	S1164
Threonine	S1164
Isoleucine	S1164

NDB No. 07957 Pork and turkey sausage, pre-cooked

Phenylalanine	S1164
Valine	S1164
Phosphorus, P	S1164
Tocopherol, delta	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Vitamin K (phylloquinone)	S1164
Alanine	S1164
8:0	S1164
18:0	S1164
18:2 undifferentiated	S1164
Total lipid (fat)	S1164
Magnesium, Mg	S1164
Carotene, alpha	S1164
Leucine	S1164
Aspartic acid	S1164
Cholesterol	S1164
Fatty acids, total saturated	S1164
20:1	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
Vitamin E (alpha-tocopherol)	S1164
Niacin	S1164
Cystine	S1164
Tyrosine	S1164
Histidine	S1164
Hydroxyproline	S1164
16:0	S1164
Fatty acids, total monounsaturated	S1164
15:0	S1164

NDB No. 07958 Turkey sausage, fresh, cooked

Phosphorus, P	S1164
Carotene, beta	S1164
Tocopherol, delta	S1164
Lysine	S1164

NDB No. 07958 Turkey sausage, fresh, cooked

Cystine	S1164
Arginine	S1164
Histidine	S1164
Aspartic acid	S1164
10:0	S1164
16:0	S1164
15:1	S1164
Potassium, K	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Vitamin C, total ascorbic acid	S1164
14:0	S1164
18:0	S1164
18:3 n-3 c,c,c	S1164
Protein	S1164
Sodium, Na	S1164
Copper, Cu	S1164
Cryptoxanthin, beta	S1164
Niacin	S1164
Vitamin B-6	S1164
Tryptophan	S1164
Isoleucine	S1164
18:1 undifferentiated	S1164
20:4 undifferentiated	S1164
20:1	S1164
Energy	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Glutamic acid	S1164
Glycine	S1164
Fatty acids, total trans	S1164
Calcium, Ca	S1164
Pantothenic acid	S1164
Folate, total	S1164
Folic acid	S1164

NDB No. 07958 Turkey sausage, fresh, cooked

Tyrosine	S1164
Valine	S1164
Alanine	S1164
Serine	S1164
20:0	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
Water	S1164
Iron, Fe	S1164
Threonine	S1164
Proline	S1164
Cholesterol	S1164
22:0	S1164
16:1 undifferentiated	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
Retinol	S1164
Vitamin B-12	S1164
Methionine	S1164
Phenylalanine	S1164
Hydroxyproline	S1164
Fatty acids, total saturated	S1164
8:0	S1164
14:1	S1164
Total lipid (fat)	S1164
Ash	S1164
Magnesium, Mg	S1164
Zinc, Zn	S1164
Tocopherol, gamma	S1164
Thiamin	S1164
Riboflavin	S1164
Vitamin K (phylloquinone)	S1164
Leucine	S1164
12:0	S1164

Reference_Report

NDB No. 07958 Turkey sausage, fresh, cooked

18:2 undifferentiated S1164

NDB No. 07959 Bologna, chicken, pork, beef

Total lipid (fat) S1164

Choline, total S1164

Hydroxyproline S1164

18:1 undifferentiated S1164

18:3 n-6 c,c,c S1164

18:3 n-3 c,c,c S1164

Water S1164

Magnesium, Mg S1164

Vitamin E (alpha-tocopherol) S1164

Cryptoxanthin, beta S1164

Tocopherol, gamma S1164

Folic acid S1164

Fatty acids, total polyunsaturated S1164

Ash S1164

Potassium, K S1164

Sodium, Na S1164

Vitamin B-12 S1164

Betaine S1164

10:0 S1164

16:0 S1164

20:0 S1164

16:1 undifferentiated S1164

Calcium, Ca S1164

Zinc, Zn S1164

Riboflavin S1164

Vitamin K (phylloquinone) S1164

Fatty acids, total trans S1164

Fatty acids, total saturated S1164

14:0 S1164

20:4 undifferentiated S1164

15:0 S1164

20:3 undifferentiated S1164

Phosphorus, P S1164

Reference Report

JUL-17-2008 02:00 PM

Page 452 of 3136

NDB No. 07959 Bologna, chicken, pork, beef

Retinol	S1164
8:0	S1164
18:0	S1164
18:2 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
15:1	S1164
Iron, Fe	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
22:0	S1164
17:0	S1164
Fluoride, F	D5301, D5007, D5021
Carotene, alpha	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Cholesterol	S1164
12:0	S1164
14:1	S1164
20:1	S1164
Protein	S1164
Energy	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Tocopherol, delta	S1164
Niacin	S1164
20:2 n-6 c,c	S1164

NDB No. 07960 Bologna, chicken, pork

Vitamin B-12	S1164
Arginine	S1164
Cholesterol	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 453 of 3136

NDB No. 07960 Bologna, chicken, pork

20:2 n-6 c,c	S1164
15:1	S1164
Ash	S1164
Manganese, Mn	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Folate, total	S1164
Cystine	S1164
Tyrosine	S1164
20:0	S1164
22:0	S1164
15:0	S1164
17:0	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Phosphorus, P	S1164
Copper, Cu	S1164
Fluoride, F	D5301, D5007, D5021
Retinol	S1164
Tocopherol, gamma	S1164
Vitamin K (phylloquinone)	S1164
Threonine	S1164
Lysine	S1164
Phenylalanine	S1164
Alanine	S1164
Proline	S1164
Fatty acids, total trans	S1164
8:0	S1164
20:4 undifferentiated	S1164
20:1	S1164
Iron, Fe	S1164
Carotene, beta	S1164
Niacin	S1164
Pantothenic acid	S1164
Folic acid	S1164
Methionine	S1164

Reference_Report

NDB No. 07960 Bologna, chicken, pork

Valine	S1164
10:0	S1164
14:1	S1164
20:3 undifferentiated	S1164
18:3 n-3 c,c,c	S1164
Total lipid (fat)	S1164
Zinc, Zn	S1164
Cryptoxanthin, beta	S1164
Tocopherol, beta	S1164
Riboflavin	S1164
14:0	S1164
18:0	S1164
18:2 undifferentiated	S1164
Protein	S1164
Magnesium, Mg	S1164
Sodium, Na	S1164
Selenium, Se	S1164
Lycopene	S1164
Vitamin B-6	S1164
Isoleucine	S1164
Leucine	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
18:3 n-6 c,c,c	S1164
Carotene, alpha	S1164
Tryptophan	S1164
Histidine	S1164
Hydroxyproline	S1164
Fatty acids, total saturated	S1164
18:1 undifferentiated	S1164
16:1 undifferentiated	S1164
Potassium, K	S1164
Vitamin E (alpha-tocopherol)	S1164
Vitamin C, total ascorbic acid	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 455 of 3136

NDB No. 07960 Bologna, chicken, pork

Serine	S1164
12:0	S1164
16:0	S1164

NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Glucose (dextrose)	S1065
Sugars, total	S3421
Fiber, total dietary	S1065
Phosphorus, P	S1065
Vitamin D	S3421
Riboflavin	S1065
Energy	S3421
Fructose	S1065
Copper, Cu	S1065
Vitamin B-6	S1065
Betaine	S1065
Lysine	S1065
Valine	S1065
Glycine	S1065
18:0	S1065
22:1 undifferentiated	S1065
Magnesium, Mg	S1065
Manganese, Mn	S1065
Vitamin C, total ascorbic acid	S1065
16:0	S1065
18:1 undifferentiated	S1065
Fatty acids, total polyunsaturated	S3421
Lactose	S1065
Water	S1065
Iron, Fe	S1065
Choline, total	S1065
Isoleucine	S1065
Cholesterol	S3421
12:0	S1065
18:2 undifferentiated	S1065
22:6 n-3	S1065

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 456 of 3136

NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

20:1	S1065
Calcium, Ca	S1065
Selenium, Se	D3358, S1065, D3359
Thiamin	S1065
Tryptophan	S1065
Threonine	S1065
Phenylalanine	S1065
Proline	S1065
Fatty acids, total saturated	S3421
8:0	S1065
10:0	S1065
18:3 undifferentiated	S1065
18:4	S1065
20:5 n-3	S1065
Protein	S1065
Total lipid (fat)	S1065
Carbohydrate, by difference	S3421
Ash	S1065
Maltose	S1065
Sodium, Na	S1065
Vitamin A, IU	S3421
Pantothenic acid	S1065
Folate, total	S1065
Leucine	S1065
Methionine	S1065
Histidine	S1065
Fatty acids, total trans	S3421
14:0	S1065
Fatty acids, total monounsaturated	S3421
Sucrose	S1065
Potassium, K	S1065
Niacin	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tyrosine	S1065
Glutamic acid	S1065

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 457 of 3136

NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Serine	S1065
20:4 undifferentiated	S1065
16:1 undifferentiated	S1065
22:5 n-3	S1065
Starch	S1065
Zinc, Zn	S1065
Cystine	S1065
Arginine	S1065
Alanine	S1065
Aspartic acid	S1065
15:0	S1065
17:0	S1065

NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Protein	S3774
Ash	S3774
Maltose	S3774
Thiamin	S3774
Pantothenic acid	S3774
Isoleucine	S3774
Cystine	S3774
Alanine	S3774
8:0	S3774
10:0	S3774
14:1	S3774
18:4	S3774
18:1 t	S3774
Total lipid (fat)	S3774
Fructose	S3774
Tyrosine	S3774
Valine	S3774
Serine	S3774
20:0	S3774
16:1 undifferentiated	S3774
20:5 n-3	S3774
Fatty acids, total polyunsaturated	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 458 of 3136

NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

24:0	S3774
16:1 t	S3774
18:1 c	S3774
Sucrose	S3774
Magnesium, Mg	S3774
Tryptophan	S3774
Glutamic acid	S3774
Proline	S3774
Fatty acids, total saturated	S3774
16:0	S3774
17:0	S3774
22:1 t	S3774
20:2 n-6 c,c	S3774
18:2 n-6 c,c	S3774
20:3 n-6	S3774
Lactose	S3774
Zinc, Zn	S3774
Aspartic acid	S3774
14:0	S3774
22:5 n-3	S3774
20:3 undifferentiated	S3774
Fatty acids, total trans-monoenoic	S3774
20:3 n-3	S3774
Glucose (dextrose)	S3774
Fiber, total dietary	S3774
Calcium, Ca	S3774
Sodium, Na	S3774
Copper, Cu	S3774
Riboflavin	S3774
Folic acid	S3774
Leucine	S3774
18:0	S3774
20:4 undifferentiated	S3774
22:1 undifferentiated	S3774
18:2 t not further defined	S3774
16:1 c	S3774
22:1 c	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 459 of 3136

NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

18:3 n-6 c,c,c	S3774
15:1	S3774
18:3 n-3 c,c,c	S3774
22:4	S3774
Galactose	S3774
Manganese, Mn	S3774
Niacin	S3774
Vitamin B-6	S3774
Methionine	S3774
24:1 c	S3774
Fatty acids, total trans-polyenoic	S3774
Starch	S3774
Water	S3774
Selenium, Se	S3774
Vitamin C, total ascorbic acid	S3774
Arginine	S3774
Fatty acids, total trans	S3774
18:2 undifferentiated	S3774
22:6 n-3	S3774
Fatty acids, total monounsaturated	S3774
18:2 CLAs	S3774
17:1	S3774
Sugars, total	S3774
Iron, Fe	S3774
Phosphorus, P	S3774
Potassium, K	S3774
Retinol	S3774
Vitamin D	S2664
Vitamin B-12	S3774
Threonine	S3774
Lysine	S3774
Phenylalanine	S3774
Histidine	S3774
Glycine	S3774
6:0	S3774
12:0	S3774
18:1 undifferentiated	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 460 of 3136

NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

18:3 undifferentiated	S3774
22:0	S3774
20:1	S3774
15:0	S3774

NDB No. 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Carbohydrate, by difference	S2664
Water	S2664
Fiber, total dietary	S2664
Thiamin	S2664
Riboflavin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Iron, Fe	S2664
Vitamin A, IU	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Protein	S2664
Sugars, total	S2664
Vitamin D	S2664
Cholesterol	S2664
Calcium, Ca	S2664
Sodium, Na	S2664
Vitamin B-12	S2664
Ash	S2664
Energy	S2664
Vitamin C, total ascorbic acid	S2664
Magnesium, Mg	S2664
Copper, Cu	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Total lipid (fat)	S2664
Zinc, Zn	S2664
Niacin	S2664
Fatty acids, total polyunsaturated	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 461 of 3136

NDB No. 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

Vitamin C, total ascorbic acid	S3901
Niacin	S3901
Vitamin B-6	S3901
Folate, total	S3901
Fatty acids, total monounsaturated	S3901
Fatty acids, total polyunsaturated	S3901
Fiber, total dietary	S3901
Iron, Fe	S3901
Fatty acids, total trans	S3901
Fatty acids, total saturated	S3901
Ash	S3901
Copper, Cu	S3901
Sodium, Na	S3901
Riboflavin	S3901
Total lipid (fat)	S3901
Carbohydrate, by difference	S3901
Water	S3901
Magnesium, Mg	S3901
Vitamin A, IU	S3901
Thiamin	S3901
Potassium, K	S3901
Zinc, Zn	S3901
Vitamin E (alpha-tocopherol)	S3901
Vitamin B-12	S3901
Protein	S3901
Energy	S3901
Sugars, total	S3901
Vitamin D	S3901
Pantothenic acid	S3901
Calcium, Ca	S3901
Phosphorus, P	S3901
Manganese, Mn	S3901
Selenium, Se	S3901
Cholesterol	S3901

NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 462 of 3136

NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Fiber, total dietary	S3901
Magnesium, Mg	S3901
Copper, Cu	S3901
Vitamin E (alpha-tocopherol)	S3901
Vitamin D	S3901
Vitamin C, total ascorbic acid	S3901
Pantothenic acid	S3901
Vitamin B-6	S3901
Iron, Fe	S3901
Phosphorus, P	S3901
Potassium, K	S3901
Vitamin A, IU	S3901
Total lipid (fat)	S3901
Carbohydrate, by difference	S3901
Energy	S3901
Sodium, Na	S3901
Selenium, Se	S3901
Thiamin	S3901
Calcium, Ca	S3901
Folate, total	S3901
Fatty acids, total trans	S3901
Zinc, Zn	S3901
Niacin	S3901
Cholesterol	S3901
Fatty acids, total polyunsaturated	S3901
Protein	S3901
Sugars, total	S3901
Vitamin B-12	S3901
Fatty acids, total saturated	S3901
Manganese, Mn	S3901
Fatty acids, total monounsaturated	S3901
Ash	S3901
Water	S3901
Riboflavin	S3901

NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 463 of 3136

NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Carbohydrate, by difference	S3901
Zinc, Zn	S3901
Copper, Cu	S3901
Niacin	S3901
Fatty acids, total trans	S3901
Protein	S3901
Sugars, total	S3901
Vitamin D	S3901
Potassium, K	S3901
Manganese, Mn	S3901
Selenium, Se	S3901
Folate, total	S3901
Water	S3901
Fiber, total dietary	S3901
Sodium, Na	S3901
Vitamin C, total ascorbic acid	S3901
Fatty acids, total saturated	S3901
Calcium, Ca	S3901
Vitamin E (alpha-tocopherol)	S3901
Pantothenic acid	S3901
Ash	S3901
Energy	S3901
Fatty acids, total monounsaturated	S3901
Fatty acids, total polyunsaturated	S3901
Magnesium, Mg	S3901
Phosphorus, P	S3901
Thiamin	S3901
Riboflavin	S3901
Vitamin B-12	S3901
Total lipid (fat)	S3901
Iron, Fe	S3901
Vitamin A, IU	S3901
Vitamin B-6	S3901
Cholesterol	S3901

NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Ash	S3774
Lactose	S3774
Water	S3774
Zinc, Zn	S3774
Choline, total	S1065
Threonine	S3774
Isoleucine	S3774
Cystine	S3774
12:0	S3774
16:1 undifferentiated	S3774
18:2 n-6 c,c	S3774
20:3 undifferentiated	S3774
Total lipid (fat)	S3774
Galactose	S3774
Selenium, Se	S3774
Retinol	S3774
Vitamin C, total ascorbic acid	S3774
Pantothenic acid	S3774
Leucine	S3774
Aspartic acid	S3774
Cholesterol	S922
Fatty acids, total trans	S3774
6:0	S3774
16:0	S3774
20:0	S3774
22:0	S3774
16:1 t	S3774
22:1 t	S3774
Tryptophan	S3774
Methionine	S3774
24:1 c	S3774
22:4	S3774
Fiber, total dietary	S3774
Iron, Fe	S3774
20:5 n-3	S3774
18:2 CLAs	S3774
22:1 c	S3774

NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Magnesium, Mg	S3774
Vitamin D	S922
Folic acid	S3774
Lysine	S3774
Arginine	S3774
Alanine	S3774
Glutamic acid	S3774
Glycine	S3774
18:1 undifferentiated	S3774
20:4 undifferentiated	S3774
14:1	S3774
18:4	S3774
22:5 n-3	S3774
20:2 n-6 c,c	S3774
18:1 c	S3774
15:1	S3774
Maltose	S3774
Phosphorus, P	S3774
Potassium, K	S3774
Sodium, Na	S3774
Copper, Cu	S3774
Vitamin B-6	S3774
Vitamin B-12	S3774
Serine	S3774
8:0	S3774
10:0	S3774
22:6 n-3	S3774
Fatty acids, total monounsaturated	S3774
Fatty acids, total polyunsaturated	S3774
15:0	S3774
24:0	S3774
18:3 n-6 c,c,c	S3774
Fatty acids, total trans-polyenoic	S3774
18:3 n-3 c,c,c	S3774
Energy	S922
Starch	S3774
Sucrose	S3774

Reference_Report

NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Fructose	S3774
Calcium, Ca	S3774
Manganese, Mn	S3774
Thiamin	S3774
Riboflavin	S3774
Phenylalanine	S3774
Tyrosine	S3774
Valine	S3774
Histidine	S3774
Proline	S3774
Fatty acids, total saturated	S3774
18:2 t not further defined	S3774
16:1 c	S3774
Fatty acids, total trans-monoenoic	S3774
20:3 n-3	S3774
20:3 n-6	S3774
Protein	S3774
Glucose (dextrose)	S3774
Sugars, total	S3774
Niacin	S3774
Betaine	S1065
14:0	S3774
18:0	S3774
18:2 undifferentiated	S3774
18:3 undifferentiated	S3774
20:1	S3774
22:1 undifferentiated	S3774
17:0	S3774
18:1 t	S3774
17:1	S3774

NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Total lipid (fat)	S1065
Lactose	S1065
Phosphorus, P	S1065
Sodium, Na	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 467 of 3136

NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Copper, Cu	S1065
Folate, total	S1065
Lysine	S1065
Histidine	S1065
10:0	S1065
Sucrose	S1065
Maltose	S1065
Vitamin B-12	S1065
Aspartic acid	S1065
Cholesterol	S2664
18:0	S1065
Starch	S1065
Magnesium, Mg	S1065
Zinc, Zn	S2664
Vitamin D	S2664
Niacin	S2664
Vitamin K (phylloquinone)	S1065
Threonine	S1065
Cystine	S1065
Proline	S1065
14:1	S1065
18:4	S1065
20:5 n-3	S1065
24:0	S1065
Ash	S1065
Calcium, Ca	S2664
Potassium, K	S1065
Manganese, Mn	S1065
Vitamin C, total ascorbic acid	S2664
Riboflavin	S1065
Methionine	S1065
Tyrosine	S1065
Arginine	S1065
Glycine	S1065
8:0	S1065
16:1 undifferentiated	S1065
15:0	S1065

Reference_Report

NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

17:0	S1065
Protein	S1065
Glucose (dextrose)	S1065
Water	S1065
Phenylalanine	S1065
Serine	S1065
12:0	S1065
16:0	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
17:1	S1065
20:3 undifferentiated	S1065
Energy	S2664
Fructose	S1065
Iron, Fe	S1065
Vitamin A, IU	S2664
Tryptophan	S1065
Isoleucine	S1065
Leucine	S1065
Valine	S1065
Alanine	S1065
18:3 undifferentiated	S1065
20:1	S1065
15:1	S1065
Fiber, total dietary	S1065
Pantothenic acid	S1065
Glutamic acid	S1065
14:0	S1065
20:0	S1065
18:2 undifferentiated	S1065
20:2 n-6 c,c	S1065
Selenium, Se	S1065
Thiamin	S1065
Vitamin B-6	S1065
18:1 undifferentiated	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 469 of 3136

NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

22:0 S1065

NDB No. 08015 Cereals ready-to-eat, rice, puffed, presweetened, with cocoa, single brand

Fluoride, F D5001, D5301, D5007, D5021

NDB No. 08017 Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Riboflavin	S922
Ash	S922
Calcium, Ca	S922
Phosphorus, P	S922
Vitamin B-12	S922
Fatty acids, total monounsaturated	S922
Fiber, total dietary	S922
Fatty acids, total polyunsaturated	S922
Carbohydrate, by difference	S922
Energy	S922
Water	S922
Vitamin C, total ascorbic acid	S922
Folate, total	S922
Fatty acids, total trans	S922
Potassium, K	S922
Thiamin	S922
Protein	S922
Sugars, total	S922
Magnesium, Mg	S922
Sodium, Na	S922
Niacin	S922
Cholesterol	S922
Iron, Fe	S922
Vitamin B-6	S922
Fatty acids, total saturated	S922

Reference Report

JUL-17-2008 02:00 PM

Page 470 of 3136

NDB No. 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Ash	S3901
Folate, total	S3901
Cholesterol	S3901
Total lipid (fat)	S3901
Water	S3901
Zinc, Zn	S3901
Fatty acids, total saturated	S3901
Protein	S3901
Carbohydrate, by difference	S3901
Iron, Fe	S3901
Magnesium, Mg	S3901
Pantothenic acid	S3901
Vitamin B-12	S3901
Sugars, total	S3901
Calcium, Ca	S3901
Manganese, Mn	S3901
Vitamin E (alpha-tocopherol)	S3901
Vitamin B-6	S3901
Fiber, total dietary	S3901
Phosphorus, P	S3901
Sodium, Na	S3901
Copper, Cu	S3901
Vitamin A, IU	S3901
Thiamin	S3901
Niacin	S3901
Fatty acids, total polyunsaturated	S3901
Energy	S3901
Vitamin D	S3901
Vitamin C, total ascorbic acid	S3901
Riboflavin	S3901
Fatty acids, total monounsaturated	S3901
Potassium, K	S3901
Fatty acids, total trans	S3901

NDB No. 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Energy	S922
--------	------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 471 of 3136

NDB No. 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Protein	S922
Potassium, K	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Cholesterol	S922
Carbohydrate, by difference	S922
Ash	S922
Sodium, Na	S922
Riboflavin	S922
Vitamin B-6	S922
Vitamin B-12	S922
Water	S922
Niacin	S922
Folate, total	S922
Iron, Fe	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Fatty acids, total trans	S922

NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Lactose	S1065
Manganese, Mn	S1065
Glutamic acid	S1065
20:0	S1065
22:6 n-3	S1065
14:1	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
24:0	S1065
Sucrose	S1065
Calcium, Ca	S1065
Potassium, K	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 472 of 3136

NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Folate, total	S1065
Valine	S1065
Proline	S1065
16:0	S1065
18:1 undifferentiated	S1065
20:1	S1065
17:1	S1065
Ash	S1065
Water	S1065
Zinc, Zn	S1065
Vitamin C, total ascorbic acid	S2664
Niacin	S1065
Choline, total	S1065
Lysine	S1065
Histidine	S1065
20:4 undifferentiated	S1065
16:1 undifferentiated	S1065
18:4	S1065
Copper, Cu	S1065
Riboflavin	S1065
Vitamin B-6	S1065
Cystine	S1065
Glycine	S1065
Serine	S1065
12:0	S1065
20:5 n-3	S1065
Maltose	S1065
Fiber, total dietary	S1065
Magnesium, Mg	S1065
Selenium, Se	S1065
Cryptoxanthin, beta	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Threonine	S1065
Phenylalanine	S1065
Aspartic acid	S1065
22:0	S1065

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 473 of 3136

NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

20:3 undifferentiated	S1065
Starch	S1065
Glucose (dextrose)	S1065
Iron, Fe	S1065
Phosphorus, P	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
8:0	S1065
14:0	S1065
18:2 undifferentiated	S1065
15:1	S1065
Total lipid (fat)	S1065
Energy	S2664
Sodium, Na	S1065
Vitamin D	S2664
Lycopene	S1065
Pantothenic acid	S1065
Tryptophan	S1065
Leucine	S1065
Methionine	S1065
Cholesterol	S2664
18:0	S1065
18:3 undifferentiated	S1065
Protein	S1065
Fructose	S1065
Thiamin	S1065
Betaine	S1065
Isoleucine	S1065
Tyrosine	S1065
Arginine	S1065
Alanine	S1065
10:0	S1065
15:0	S1065
17:0	S1065
20:2 n-6 c,c	S1065

NDB No. 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Phosphorus, P	S4561
Fatty acids, total trans	S4561
Fatty acids, total monounsaturated	S4561
Energy	S4561
Sugars, total	S4561
Vitamin D	S4561
Cholesterol	S4561
Carbohydrate, by difference	S4561
Potassium, K	S4561
Sodium, Na	S4561
Manganese, Mn	S4561
Vitamin A, IU	S4561
Folate, total	S4561
Fatty acids, total polyunsaturated	S4561
Total lipid (fat)	S4561
Water	S4561
Zinc, Zn	S4561
Copper, Cu	S4561
Ash	S4561
Vitamin C, total ascorbic acid	S4561
Thiamin	S4561
Riboflavin	S4561
Fatty acids, total saturated	S4561
Iron, Fe	S4561
Niacin	S4561
Protein	S4561
Magnesium, Mg	S4561
Vitamin B-12	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Vitamin B-6	S4561

NDB No. 08025 Cereals ready-to-eat, Ralston Crispy Rice

Sugars, total	S2662
Phosphorus, P	S2662
Potassium, K	S2662

NDB No. 08025 Cereals ready-to-eat, Ralston Crispy Rice

Copper, Cu	S2662
Tocopherol, delta	S2662
Niacin	S2662
Vitamin B-6	S2662
Cystine	S2662
20:0	S2662
18:1 undifferentiated	S2662
Total lipid (fat)	S2662
Water	S2662
Galactose	S2662
Retinol	S2662
Vitamin K (phylloquinone)	S2662
Arginine	S2662
Alanine	S2662
Glycine	S2662
8:0	S2662
12:0	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
24:1 c	S2662
Fructose	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Zinc, Zn	S2662
Selenium, Se	S2662
Tocopherol, beta	S2662
Vitamin C, total ascorbic acid	S2662
Methionine	S2662
Proline	S2662
Serine	S2662
14:0	S2662
16:0	S2662
18:3 undifferentiated	S2662
22:0	S2662
Calcium, Ca	S2662
Thiamin	S2662
Pantothenic acid	S2662

Reference_Report

NDB No. 08025 Cereals ready-to-eat, Ralston Crispy Rice

Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Tyrosine	S2662
16:1 undifferentiated	S2662
22:1 undifferentiated	S2662
24:0	S2662
15:1	S2662
Maltose	S2662
Manganese, Mn	S2662
Tocopherol, gamma	S2662
Leucine	S2662
Lysine	S2662
14:1	S2662
20:1	S2662
20:5 n-3	S2662
Fatty acids, total polyunsaturated	S2662
17:0	S2662
17:1	S2662
21:5	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Vitamin E (alpha-tocopherol)	S2662
18:2 undifferentiated	S2662
22:6 n-3	S2662
18:4	S2662
20:2 n-6 c,c	S2662
Ash	S2662
Sodium, Na	S2662
Phenylalanine	S2662
Histidine	S2662
Glutamic acid	S2662
Fatty acids, total saturated	S2662
10:0	S2662
18:0	S2662
20:4 undifferentiated	S2662
15:0	S2662

Reference Report

JUL-17-2008 02:00 PM

Page 477 of 3136

NDB No. 08025 Cereals ready-to-eat, Ralston Crispy Rice

22:4	S2662
Protein	S2662
Lactose	S2662
Fiber, total dietary	S2662
Riboflavin	S2662
Valine	S2662
Aspartic acid	S2662
20:3 undifferentiated	S2662

NDB No. 08026 Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran

Energy	S603
Calcium, Ca	S603
Vitamin D	S603
Niacin	S603
Vitamin B-12	S603
Carbohydrate, by difference	S603
Ash	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Cholesterol	S603
Fatty acids, total saturated	S603
Protein	S603
Iron, Fe	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin B-6	S603
Folate, total	S603
Water	S603
Fiber, total dietary	S603
Sodium, Na	S603
Total lipid (fat)	S603
Potassium, K	S603
Riboflavin	S603

NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes

Carbohydrate, by difference	S4561
-----------------------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 478 of 3136

NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes

Phosphorus, P	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561
Water	S4561
Vitamin E (alpha-tocopherol)	S4561
Fatty acids, total saturated	S4561
Protein	S4561
Sugars, total	S4561
Magnesium, Mg	S4561
Potassium, K	S4561
Copper, Cu	S4561
Niacin	S4561
Vitamin B-12	S4561
Fatty acids, total polyunsaturated	S4561
Vitamin A, IU	S4561
Riboflavin	S4561
Ash	S4561
Zinc, Zn	S4561
Thiamin	S4561
Folate, total	S4561
Cholesterol	S4561
Total lipid (fat)	S4561
Energy	S4561
Calcium, Ca	S4561
Iron, Fe	S4561
Pantothenic acid	S4561
Fiber, total dietary	S4561
Sodium, Na	S4561
Vitamin B-6	S4561
Fatty acids, total monounsaturated	S4561
Vitamin D	S4561

NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Starch	S3774
Glucose (dextrose)	S3774
Thiamin	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 479 of 3136

NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Pantothenic acid	S3774
Fatty acids, total saturated	S4561
22:0	S3774
14:1	S3774
24:1 c	S3774
Vitamin B-6	S4561
Folate, total	S4561
Methionine	S3774
Tyrosine	S3774
Alanine	S3774
Aspartic acid	S3774
Fatty acids, total trans	S4561
18:2 undifferentiated	S3774
22:5 n-3	S3774
Fatty acids, total polyunsaturated	S4561
Sugars, total	S4561
Calcium, Ca	S4561
Potassium, K	S4561
Copper, Cu	S3774
Manganese, Mn	S3774
Riboflavin	S4561
Vitamin B-12	S4561
Leucine	S3774
Arginine	S3774
Histidine	S3774
Water	S4561
Selenium, Se	S3774
Cholesterol	S4561
18:3 undifferentiated	S3774
20:5 n-3	S3774
Sucrose	S3774
Valine	S3774
Glutamic acid	S3774
Glycine	S3774
16:0	S3774
20:0	S3774
20:4 undifferentiated	S3774

Reference_Report

NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Carbohydrate, by difference	S4561
Energy	S4561
Fructose	S3774
Maltose	S3774
Sodium, Na	S4561
Vitamin D	S4561
Niacin	S4561
Proline	S3774
10:0	S3774
12:0	S1065
22:6 n-3	S3774
16:1 undifferentiated	S3774
20:1	S3774
22:1 undifferentiated	S3774
17:0	S3774
22:4	S3774
Protein	S4561
Total lipid (fat)	S4561
Lactose	S3774
Fiber, total dietary	S4561
Iron, Fe	S4561
Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Threonine	S3774
Lysine	S3774
Phenylalanine	S3774
14:0	S1065
18:1 undifferentiated	S3774
18:4	S3774
Fatty acids, total monounsaturated	S3774
20:2 n-6 c,c	S3774
15:1	S3774
Ash	S4561
Galactose	S3774
Phosphorus, P	S4561
Zinc, Zn	S4561
Tryptophan	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 481 of 3136

NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Isoleucine	S3774
Cystine	S3774
Serine	S3774
8:0	S3774
15:0	S3774
24:0	S3774
17:1	S3774
20:3 undifferentiated	S3774

NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Protein	S4561
Sugars, total	S4561
Iron, Fe	S4561
Carbohydrate, by difference	S4561
Energy	S4561
Water	S4561
Riboflavin	S4561
Niacin	S4561
Calcium, Ca	S4561
Folate, total	S4561
Cholesterol	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S2664
Ash	S4561
Vitamin B-6	S4561
Fiber, total dietary	S4561
Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Magnesium, Mg	S4561
Copper, Cu	S4561
Vitamin B-12	S4561
Fatty acids, total polyunsaturated	S2664
Phosphorus, P	S4561
Sodium, Na	S4561
Zinc, Zn	S4561
Thiamin	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 482 of 3136

NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Fatty acids, total monounsaturated	S2664
Total lipid (fat)	S4561
Potassium, K	S4561

NDB No. 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

Protein	S4561
Phosphorus, P	S4561
Potassium, K	S4561
Thiamin	S4561
Total lipid (fat)	S4561
Carbohydrate, by difference	S4561
Ash	S4561
Water	S4561
Magnesium, Mg	S4561
Copper, Cu	S4561
Vitamin D	S4561
Riboflavin	S4561
Fatty acids, total saturated	S4561
Energy	S4561
Sugars, total	S4561
Vitamin B-12	S4561
Cholesterol	S4561
Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Folate, total	S4561
Fatty acids, total trans	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Vitamin B-6	S4561
Fatty acids, total monounsaturated	S4561
Sodium, Na	S4561
Zinc, Zn	S4561
Niacin	S4561
Fatty acids, total polyunsaturated	S4561
Iron, Fe	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 483 of 3136

NDB No. 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

Carbohydrate, by difference	S922
Folate, total	S922
Sugars, total	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total monounsaturated	S922
Phosphorus, P	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin B-12	S922
Thiamin	S922
Riboflavin	S922
Protein	S922
Ash	S922
Energy	S922
Magnesium, Mg	S922
Sodium, Na	S922
Water	S922
Fiber, total dietary	S922
Niacin	S922
Vitamin B-6	S922
Calcium, Ca	S922
Iron, Fe	S922
Potassium, K	S922
Vitamin C, total ascorbic acid	S922

NDB No. 08038 Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

Galactose	S3774
Fiber, total dietary	S3774
Cystine	S3774
Alanine	S3774
Aspartic acid	S3774
22:6 n-3	S3774
24:1 c	S3774
20:3 n-3	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 484 of 3136

NDB No. 08038 Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

Ash	S3774
Starch	S3774
Fructose	S3774
Threonine	S3774
Fatty acids, total trans	S3774
8:0	S3774
14:0	S3774
18:1 undifferentiated	S3774
18:2 undifferentiated	S3774
18:3 undifferentiated	S3774
22:0	S3774
20:5 n-3	S3774
15:0	S3774
16:1 t	S3774
18:2 n-6 c,c	S3774
Sucrose	S3774
Glucose (dextrose)	S3774
Iron, Fe	S3774
Manganese, Mn	S3774
Thiamin	S3774
Riboflavin	S3774
Vitamin B-6	S3774
Folic acid	S3774
Tyrosine	S3774
Serine	S3774
Fatty acids, total polyunsaturated	S3774
18:2 t not further defined	S3774
20:2 n-6 c,c	S3774
16:1 c	S3774
Fatty acids, total trans-monoenoic	S3774
Selenium, Se	S3774
Tryptophan	S3774
Leucine	S3774
Glycine	S3774
10:0	S3774
16:1 undifferentiated	S3774
17:0	S3774

Reference_Report

NDB No. 08038 Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

22:1 c	S3774
20:3 undifferentiated	S3774
Protein	S3774
Total lipid (fat)	S3774
Lactose	S3774
Vitamin C, total ascorbic acid	S3774
Vitamin B-12	S3774
Arginine	S3774
Fatty acids, total saturated	S3774
6:0	S3774
20:0	S3774
18:4	S3774
22:1 undifferentiated	S3774
22:5 n-3	S3774
15:1	S3774
Magnesium, Mg	S3774
Sodium, Na	S3774
Zinc, Zn	S3774
Copper, Cu	S3774
Niacin	S3774
Glutamic acid	S3774
18:1 t	S3774
18:2 CLAs	S3774
18:3 n-6 c,c,c	S3774
17:1	S3774
22:4	S3774
Sugars, total	S3774
Calcium, Ca	S3774
Phosphorus, P	S3774
Potassium, K	S3774
Retinol	S3774
Lysine	S3774
Methionine	S3774
Phenylalanine	S3774
Proline	S3774
12:0	S3774
16:0	S3774

NDB No. 08038 Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

20:4 undifferentiated	S3774
Fatty acids, total monounsaturated	S3774
18:1 c	S3774
Fatty acids, total trans-polyenoic	S3774
20:3 n-6	S3774
Maltose	S3774
Water	S3774
Pantothenic acid	S3774
Isoleucine	S3774
Valine	S3774
Histidine	S3774
18:0	S3774
14:1	S3774
20:1	S3774
24:0	S3774
22:1 t	S3774
18:3 n-3 c,c,c	S3774

NDB No. 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Energy	S922
Calcium, Ca	S922
Sodium, Na	S922
Vitamin A, IU	S922
Vitamin C, total ascorbic acid	S922
Protein	S922
Carbohydrate, by difference	S922
Iron, Fe	S922
Magnesium, Mg	S922
Potassium, K	S922
Niacin	S922
Fatty acids, total saturated	S922
Ash	S922
Fiber, total dietary	S922
Folate, total	S922
Vitamin D	S922
Cholesterol	S922

Reference Report

JUL-17-2008 02:00 PM

Page 487 of 3136

NDB No. 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Water	S922
Riboflavin	S922
Vitamin B-6	S922
Fatty acids, total monounsaturated	S922
Sugars, total	S922
Phosphorus, P	S922
Zinc, Zn	S922
Thiamin	S922
Vitamin B-12	S922
Fatty acids, total trans	S922

NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

Protein	S3901
Zinc, Zn	S3901
Copper, Cu	S3901
Riboflavin	S3901
Vitamin B-6	S3901
Cholesterol	S3901
Calcium, Ca	S3901
Niacin	S3901
Fatty acids, total monounsaturated	S3901
Energy	S3901
Vitamin E (alpha-tocopherol)	S3901
Total lipid (fat)	S3901
Magnesium, Mg	S3901
Sodium, Na	S3901
Folate, total	S3901
Vitamin B-12	S3901
Fatty acids, total trans	S3901
Sugars, total	S3901
Iron, Fe	S3901
Phosphorus, P	S3901
Selenium, Se	S3901
Vitamin A, IU	S3901
Vitamin D	S3901

NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

Carbohydrate, by difference	S3901
Ash	S3901
Fiber, total dietary	S3901
Vitamin C, total ascorbic acid	S3901
Pantothenic acid	S3901
Fatty acids, total polyunsaturated	S3901
Water	S3901
Potassium, K	S3901
Manganese, Mn	S3901
Thiamin	S3901
Fatty acids, total saturated	S3901

NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

Maltose	S3774
Water	S3774
Magnesium, Mg	S3774
Vitamin B-12	S3774
Leucine	S3774
Arginine	S3774
Fatty acids, total saturated	S3774
18:1 undifferentiated	S3774
22:0	S3774
18:2 CLAs	S3774
20:3 undifferentiated	S3774
Starch	S3774
Sugars, total	S3774
Galactose	S3774
Zinc, Zn	S3774
Methionine	S3774
Cystine	S3774
Aspartic acid	S3774
Glutamic acid	S3774
Serine	S3774
8:0	S3774
10:0	S3774
12:0	S3774

NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

20:1	S3774
22:1 undifferentiated	S3774
22:5 n-3	S3774
Fatty acids, total monounsaturated	S3774
18:2 n-6 c,c	S3774
17:1	S3774
22:4	S3774
Fiber, total dietary	S3774
Vitamin D	S922
Lysine	S3774
Phenylalanine	S3774
Valine	S3774
18:0	S3774
17:0	S3774
18:2 t not further defined	S3774
18:3 n-3 c,c,c	S3774
Ash	S3774
Glucose (dextrose)	S3774
Riboflavin	S3774
Niacin	S3774
Threonine	S3774
Proline	S3774
14:1	S3774
16:1 undifferentiated	S3774
Fatty acids, total trans-monoenoic	S3774
Protein	S3774
Fructose	S3774
Lactose	S3774
Phosphorus, P	S3774
Potassium, K	S3774
Sodium, Na	S3774
Pantothenic acid	S3774
Folic acid	S3774
Isoleucine	S3774
16:0	S3774
20:0	S3774

NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

18:2 undifferentiated	S3774
20:3 n-3	S3774
20:3 n-6	S3774
Total lipid (fat)	S3774
Calcium, Ca	S3774
Selenium, Se	S3774
Alanine	S3774
24:0	S3774
18:1 t	S3774
24:1 c	S3774
18:1 c	S3774
Iron, Fe	S3774
Retinol	S3774
Vitamin C, total ascorbic acid	S3774
Thiamin	S3774
Vitamin B-6	S3774
Tyrosine	S3774
Histidine	S3774
6:0	S3774
14:0	S3774
20:5 n-3	S3774
15:0	S3774
16:1 t	S3774
22:1 t	S3774
18:3 n-6 c,c,c	S3774
Fatty acids, total trans-polyenoic	S3774
Sucrose	S3774
Copper, Cu	S3774
Manganese, Mn	S3774
Tryptophan	S3774
Glycine	S3774
Fatty acids, total trans	S3774
18:3 undifferentiated	S3774
20:4 undifferentiated	S3774
22:6 n-3	S3774
18:4	S3774
Fatty acids, total polyunsaturated	S3774

Reference Report

JUL-17-2008 02:00 PM

Page 491 of 3136

NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

20:2 n-6 c,c	S3774
16:1 c	S3774
22:1 c	S3774
15:1	S3774

NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Protein	S3901
Energy	S3901
Fiber, total dietary	S3901
Magnesium, Mg	S3901
Fatty acids, total monounsaturated	S3901
Carbohydrate, by difference	S3901
Vitamin E (alpha-tocopherol)	S3901
Pantothenic acid	S3901
Folate, total	S3901
Fatty acids, total trans	S3901
Fatty acids, total saturated	S3901
Vitamin B-6	S3901
Total lipid (fat)	S3901
Phosphorus, P	S3901
Vitamin C, total ascorbic acid	S3901
Riboflavin	S3901
Vitamin D	S3901
Vitamin B-12	S3901
Ash	S3901
Water	S3901
Sugars, total	S3901
Calcium, Ca	S3901
Zinc, Zn	S3901
Cholesterol	S3901
Manganese, Mn	S3901
Selenium, Se	S3901
Vitamin A, IU	S3901
Thiamin	S3901
Iron, Fe	S3901
Potassium, K	S3901

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 492 of 3136

NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Sodium, Na	S3901
Copper, Cu	S3901
Niacin	S3901
Fatty acids, total polyunsaturated	S3901

NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Fructose	S3774
Iron, Fe	S3774
Selenium, Se	S3774
Lysine	S3774
Methionine	S3774
12:0	S3774
20:4 undifferentiated	S3774
22:6 n-3	S3774
22:5 n-3	S3774
18:2 CLAs	S3774
18:1 c	S3774
Total lipid (fat)	S3774
Ash	S3774
Sucrose	S3774
Calcium, Ca	S3774
Sodium, Na	S3774
Copper, Cu	S3774
Manganese, Mn	S3774
Vitamin B-12	S3774
Glutamic acid	S3774
Fatty acids, total saturated	S3774
14:0	S3774
20:5 n-3	S3774
20:3 n-6	S3774
22:4	S3774
Starch	S3774
Lactose	S3774
Sugars, total	S3774
Potassium, K	S3774
Thiamin	S3774

NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Niacin	S3774
Leucine	S3774
Fatty acids, total trans	S3774
18:0	S3774
22:0	S3774
14:1	S3774
18:4	S3774
24:1 c	S3774
15:1	S3774
Protein	S3774
Glucose (dextrose)	S3774
Maltose	S3774
Retinol	S3774
Vitamin D	S922
Tryptophan	S3774
Isoleucine	S3774
Cystine	S3774
Aspartic acid	S3774
8:0	S3774
20:0	S3774
18:3 undifferentiated	S3774
20:1	S3774
17:0	S3774
18:1 t	S3774
18:2 n-6 c,c	S3774
Fatty acids, total trans-monoenoic	S3774
Fatty acids, total trans-polyenoic	S3774
Water	S3774
Vitamin B-6	S3774
Serine	S3774
16:1 undifferentiated	S3774
24:0	S3774
22:1 t	S3774
18:2 t not further defined	S3774
17:1	S3774
Galactose	S3774
Fiber, total dietary	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 494 of 3136

NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Magnesium, Mg	S3774
Zinc, Zn	S3774
Vitamin C, total ascorbic acid	S3774
Phenylalanine	S3774
Valine	S3774
Histidine	S3774
Alanine	S3774
Proline	S3774
10:0	S3774
18:1 undifferentiated	S3774
18:2 undifferentiated	S3774
22:1 undifferentiated	S3774
20:2 n-6 c,c	S3774
18:3 n-6 c,c,c	S3774
20:3 undifferentiated	S3774
Riboflavin	S3774
Tyrosine	S3774
6:0	S3774
Fatty acids, total monounsaturated	S3774
Fatty acids, total polyunsaturated	S3774
15:0	S3774
16:1 t	S3774
Phosphorus, P	S3774
Pantothenic acid	S3774
Folic acid	S3774
Threonine	S3774
Arginine	S3774
Glycine	S3774
16:0	S3774
16:1 c	S3774
22:1 c	S3774
18:3 n-3 c,c,c	S3774
20:3 n-3	S3774

NDB No. 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

Reference Report

JUL-17-2008 02:00 PM

Page 495 of 3136

NDB No. 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

Carbohydrate, by difference	S3901
Phosphorus, P	S3901
Vitamin A, IU	S3901
Pantothenic acid	S3901
Cholesterol	S3901
Protein	S3901
Iron, Fe	S3901
Potassium, K	S3901
Vitamin E (alpha-tocopherol)	S3901
Folate, total	S3901
Fatty acids, total polyunsaturated	S3901
Sodium, Na	S3901
Selenium, Se	S3901
Total lipid (fat)	S3901
Calcium, Ca	S3901
Copper, Cu	S3901
Manganese, Mn	S3901
Vitamin D	S3901
Zinc, Zn	S3901
Riboflavin	S3901
Energy	S3901
Fiber, total dietary	S3901
Niacin	S3901
Fatty acids, total trans	S3901
Fatty acids, total monounsaturated	S3901
Ash	S3901
Water	S3901
Sugars, total	S3901
Vitamin C, total ascorbic acid	S3901
Vitamin B-6	S3901
Vitamin B-12	S3901
Fatty acids, total saturated	S3901
Magnesium, Mg	S3901
Thiamin	S3901

Reference Report

JUL-17-2008 02:00 PM

Page 496 of 3136

NDB No. 08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

Protein	S922
Ash	S922
Thiamin	S922
Carbohydrate, by difference	S922
Calcium, Ca	S922
Vitamin C, total ascorbic acid	S922
Water	S922
Magnesium, Mg	S603
Energy	S922
Sugars, total	S922
Iron, Fe	S922
Phosphorus, P	S603
Vitamin A, IU	S922
Folate, total	S922
Cholesterol	S922
Fatty acids, total saturated	S922
Fiber, total dietary	S603
Sodium, Na	S922
Vitamin D	S603
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Vitamin B-12	S922
Potassium, K	S922
Zinc, Zn	S922
Fatty acids, total trans	S922

NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Niacin	S2664
Vitamin B-6	S2664
Energy	S2664
Riboflavin	S2664
Vitamin B-12	S2664

Reference Report

JUL-17-2008 02:00 PM

Page 497 of 3136

NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Copper, Cu	S2664
Cholesterol	S2664
Protein	S2664
Ash	S2664
Water	S2664
Magnesium, Mg	S2664
Vitamin A, IU	S2664
Folate, total	S2664
Fatty acids, total monounsaturated	S2664
Calcium, Ca	S2664
Sodium, Na	S2664
Pantothenic acid	S2664
Fatty acids, total trans	S2664
Total lipid (fat)	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Carbohydrate, by difference	S2664
Iron, Fe	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Zinc, Zn	S2664
Vitamin E (alpha-tocopherol)	S2664
Fatty acids, total saturated	S2664
Fatty acids, total polyunsaturated	S2664

NDB No. 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Protein	S3901
Ash	S3901
Potassium, K	S3901
Sodium, Na	S3901
Fatty acids, total saturated	S3901
Fatty acids, total polyunsaturated	S3901
Phosphorus, P	S3901
Copper, Cu	S3901
Pantothenic acid	S3901
Vitamin B-12	S3901

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 498 of 3136

NDB No. 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Cholesterol	S3901
Energy	S3901
Vitamin D	S3901
Thiamin	S3901
Vitamin B-6	S3901
Manganese, Mn	S3901
Vitamin A, IU	S3901
Riboflavin	S3901
Folate, total	S3901
Magnesium, Mg	S3901
Vitamin C, total ascorbic acid	S3901
Fatty acids, total trans	S3901
Total lipid (fat)	S3901
Carbohydrate, by difference	S3901
Water	S3901
Sugars, total	S3901
Calcium, Ca	S3901
Iron, Fe	S3901
Zinc, Zn	S3901
Selenium, Se	S3901
Fiber, total dietary	S3901
Niacin	S3901
Fatty acids, total monounsaturated	S3901

NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Lactose	S3774
Vitamin D	S2664
Riboflavin	S3774
Tryptophan	S3774
Isoleucine	S3774
Serine	S3774
8:0	S3774
16:0	S3774
14:1	S3774
Fatty acids, total monounsaturated	S3774

Reference Report

JUL-17-2008 02:00 PM

Page 499 of 3136

NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

16:1 t	S3774
22:1 t	S3774
20:2 n-6 c,c	S3774
22:1 c	S3774
17:1	S3774
Ash	S3774
Magnesium, Mg	S3774
Potassium, K	S3774
Zinc, Zn	S3774
Selenium, Se	S3774
Threonine	S3774
Proline	S3774
18:3 undifferentiated	S3774
20:4 undifferentiated	S3774
15:0	S3774
24:1 c	S3774
18:3 n-6 c,c,c	S3774
20:3 undifferentiated	S3774
Fatty acids, total trans-polyenoic	S3774
Sugars, total	S3774
Vitamin B-12	S3774
Cystine	S3774
Aspartic acid	S3774
6:0	S3774
14:0	S3774
18:0	S3774
20:0	S3774
22:6 n-3	S3774
20:1	S3774
20:3 n-6	S3774
Sucrose	S3774
Maltose	S3774
Phosphorus, P	S3774
Vitamin C, total ascorbic acid	S3774
Vitamin B-6	S3774
Tyrosine	S3774
Arginine	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 500 of 3136

NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Glutamic acid	S3774
12:0	S3774
22:5 n-3	S3774
17:0	S3774
18:2 t not further defined	S3774
15:1	S3774
22:4	S3774
Total lipid (fat)	S3774
Fiber, total dietary	S3774
Calcium, Ca	S3774
Sodium, Na	S3774
Folic acid	S3774
Leucine	S3774
Histidine	S3774
Glycine	S3774
Fatty acids, total trans	S3774
10:0	S3774
18:2 undifferentiated	S3774
22:1 undifferentiated	S3774
18:1 t	S3774
18:3 n-3 c,c,c	S3774
20:3 n-3	S3774
Starch	S3774
Water	S3774
Galactose	S3774
Manganese, Mn	S3774
Pantothenic acid	S3774
Phenylalanine	S3774
Valine	S3774
18:4	S3774
20:5 n-3	S3774
24:0	S3774
16:1 c	S3774
Fatty acids, total trans- monoenoic	S3774
Fructose	S3774
Retinol	S3774
Lysine	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 501 of 3136

NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Methionine	S3774
18:1 undifferentiated	S3774
22:0	S3774
16:1 undifferentiated	S3774
Fatty acids, total polyunsaturated	S3774
18:1 c	S3774
Protein	S3774
Glucose (dextrose)	S3774
Iron, Fe	S3774
Copper, Cu	S3774
Thiamin	S3774
Niacin	S3774
Alanine	S3774
Fatty acids, total saturated	S3774
18:2 CLAs	S3774
18:2 n-6 c,c	S3774

NDB No. 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Fructose	S1065
Lactose	S1065
Phosphorus, P	S1065
Riboflavin	S1065
18:0	S1065
18:1 undifferentiated	S1065
22:0	S1065
18:4	S1065
17:1	S1065
Sucrose	S1065
Calcium, Ca	S1065
Vitamin C, total ascorbic acid	S1065
Lysine	S1065
Cystine	S1065
Alanine	S1065
18:2 undifferentiated	S1065
Ash	S1065
Water	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 502 of 3136

NDB No. 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Niacin	S1065
Pantothenic acid	S1065
Vitamin B-12	S1065
Phenylalanine	S1065
Arginine	S1065
Proline	S1065
20:4 undifferentiated	S1065
20:1	S1065
Glucose (dextrose)	S1065
Maltose	S1065
Sodium, Na	S1065
Vitamin K (phylloquinone)	S1065
Threonine	S1065
Glycine	S1065
Serine	S1065
15:0	S1065
Total lipid (fat)	S1065
Manganese, Mn	S1065
Folate, total	S1065
Isoleucine	S1065
16:0	S1065
20:0	S1065
20:5 n-3	S1065
20:2 n-6 c,c	S1065
20:3 undifferentiated	S1065
15:1	S1065
Iron, Fe	S1065
Selenium, Se	S1065
Thiamin	S1065
Tyrosine	S1065
8:0	S1065
14:1	S1065
22:1 undifferentiated	S1065
Starch	S1065
Fiber, total dietary	S1065
Magnesium, Mg	S1065
Vitamin B-6	S1065

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 503 of 3136

NDB No. 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Tryptophan	S1065
10:0	S1065
14:0	S1065
22:6 n-3	S1065
22:5 n-3	S1065
24:0	S1065
Protein	S1065
Potassium, K	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Leucine	S1065
Methionine	S1065
Valine	S1065
Histidine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
12:0	S1065
18:3 undifferentiated	S1065
16:1 undifferentiated	S1065
17:0	S1065

NDB No. 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Ash	S922
Vitamin C, total ascorbic acid	S4705
Sodium, Na	S4705
Niacin	S4705
Protein	S922
Carbohydrate, by difference	S922
Calcium, Ca	S4705
Vitamin B-12	S4705
Sugars, total	S4705
Zinc, Zn	S4705
Riboflavin	S4705
Fiber, total dietary	S603
Potassium, K	S4705
Vitamin B-6	S4705

NDB No. 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Folate, total	S4705
Fatty acids, total trans	S922
Iron, Fe	S4705
Water	S922
Vitamin A, IU	S4705
Energy	S922
Vitamin D	S4705
Thiamin	S4705
Cholesterol	S922

NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Ash	S3774
Glucose (dextrose)	S3774
Iron, Fe	S3774
Sodium, Na	S3774
Vitamin D	S2664
Fatty acids, total trans	S3774
Fatty acids, total saturated	S3774
18:0	S3774
22:1 undifferentiated	S3774
Calcium, Ca	S3774
Copper, Cu	S3774
Fluoride, F	D5001, D5301, D5007, D5021
Vitamin B-12	S3774
Vitamin K (phylloquinone)	S1065, S2662
Isoleucine	S1065, S2662
Proline	S1065, S2662
18:2 undifferentiated	S3774
16:1 undifferentiated	S3774
20:1	S3774
17:0	S3774
22:1 t	S3774
18:2 CLAs	S3774
24:1 c	S3774
22:1 c	S3774
22:4	S3774

NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Total lipid (fat)	S3774
Sugars, total	S3774
Zinc, Zn	S3774
Retinol	S3774
Choline, total	S1065
Lysine	S1065, S2662
22:6 n-3	S3774
22:0	S3774
20:3 n-3	S3774
Protein	S3774
Starch	S3774
Fructose	S3774
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
8:0	S3774
20:5 n-3	S3774
24:0	S3774
18:2 n-6 c,c	S3774
Fiber, total dietary	S3774
Selenium, Se	S3774
Pantothenic acid	S3774
Folic acid	S3774
Betaine	S1065
Leucine	S1065, S2662
Cystine	S1065, S2662
Histidine	S1065, S2662
6:0	S3774
14:0	S3774
20:4 undifferentiated	S3774
14:1	S3774
Fatty acids, total polyunsaturated	S3774
16:1 t	S3774
16:1 c	S3774
Fatty acids, total trans-monoenoic	S3774
Fatty acids, total trans-polyenoic	S3774
15:1	S3774
Magnesium, Mg	S3774

Reference_Report

NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Phosphorus, P	S3774
Manganese, Mn	S3774
Tocopherol, delta	S2662
Vitamin B-6	S3774
Phenylalanine	S1065, S2662
Tyrosine	S1065, S2662
Valine	S1065, S2662
Glutamic acid	S1065, S2662
Glycine	S1065, S2662
10:0	S3774
12:0	S3774
16:0	S3774
18:1 undifferentiated	S3774
18:1 c	S3774
18:3 n-3 c,c,c	S3774
Lactose	S3774
Maltose	S3774
Galactose	S3774
Vitamin C, total ascorbic acid	S3774
Thiamin	S3774
Riboflavin	S3774
Niacin	S3774
Threonine	S1065, S2662
Serine	S1065, S2662
20:0	S3774
18:3 undifferentiated	S3774
22:5 n-3	S3774
15:0	S3774
18:1 t	S3774
18:2 t not further defined	S3774
20:2 n-6 c,c	S3774
17:1	S3774
20:3 undifferentiated	S3774
20:3 n-6	S3774
Sucrose	S3774
Water	S3774
Potassium, K	S3774

NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Tocopherol, gamma	S2662
Tryptophan	S1065, S2662
Methionine	S1065, S2662
Arginine	S1065, S2662
Alanine	S1065, S2662
Aspartic acid	S1065, S2662
Cholesterol	S2664
18:4	S3774
Fatty acids, total monounsaturated	S3774
18:3 n-6 c,c,c	S3774

NDB No. 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

Fiber, total dietary	S702
Copper, Cu	S702
Vitamin B-12	S702
Magnesium, Mg	S702
Vitamin A, IU	S702
Thiamin	S702
Phosphorus, P	S702
Manganese, Mn	S702
Vitamin D	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Pantothenic acid	S702
Fatty acids, total polyunsaturated	S702
Water	S702
Iron, Fe	S702
Cholesterol	S702
Protein	S702
Energy	S702
Potassium, K	S702
Riboflavin	S702
Vitamin B-6	S702

Reference Report

JUL-17-2008 02:00 PM

Page 508 of 3136

NDB No. 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

Ash	S702
Sodium, Na	S702
Zinc, Zn	S702
Folate, total	S702
Calcium, Ca	S702
Vitamin C, total ascorbic acid	S702
Niacin	S702

NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Magnesium, Mg	S2664
Vitamin B-6	S2664
Cholesterol	S2664
Iron, Fe	S2664
Fatty acids, total trans	S2664
Niacin	S2664
Vitamin B-12	S2664
Betaine	S3461
Protein	S2664
Potassium, K	S2664
Zinc, Zn	S2664
Vitamin C, total ascorbic acid	S2664
Folate, total	S2664
Choline, total	S3461
Fatty acids, total saturated	S2664
Carbohydrate, by difference	S2664
Water	S2664
Sodium, Na	S2664
Vitamin E (alpha-tocopherol)	S2664
Thiamin	S2664
Fatty acids, total polyunsaturated	S2664
Ash	S2664
Fatty acids, total monounsaturated	S2664

NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Total lipid (fat)	S2664
Energy	S2664
Phosphorus, P	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Riboflavin	S2664

NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Energy	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664
Phosphorus, P	S2664
Water	S2664
Vitamin C, total ascorbic acid	S2664
Folate, total	S2664
Copper, Cu	S2664
Sugars, total	S2664
Niacin	S2664
Magnesium, Mg	S2664
Thiamin	S2664
Fatty acids, total saturated	S2664
Riboflavin	S2664
Vitamin B-6	S2664
Protein	S2664
Ash	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin D	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total monounsaturated	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Calcium, Ca	S2664
Zinc, Zn	S2664

NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Fatty acids, total polyunsaturated S2664

NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Vitamin D S2664

Vitamin C, total ascorbic acid S3774

Threonine S3774

Tyrosine S3774

6:0 S3774

10:0 S3774

14:0 S3774

18:4 S3774

Fatty acids, total polyunsaturated S3774

18:2 t not further defined S3774

20:3 undifferentiated S3774

Protein S3774

Energy S2664

Water S3774

Fiber, total dietary S3774

Potassium, K S3774

Lysine S3774

Glutamic acid S3774

Proline S3774

22:6 n-3 S3774

14:1 S3774

17:1 S3774

22:4 S3774

Lactose S3774

Retinol S3774

Pantothenic acid S3774

Phenylalanine S3774

Serine S3774

20:4 undifferentiated S3774

22:5 n-3 S3774

Fructose S3774

Thiamin S3774

Vitamin B-12 S3774

NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Tryptophan	S3774
18:1 undifferentiated	S3774
22:1 undifferentiated	S3774
16:1 t	S3774
24:1 c	S3774
18:2 n-6 c,c	S3774
18:3 n-6 c,c,c	S3774
20:3 n-6	S3774
Starch	S3774
Sugars, total	S3774
Galactose	S3774
Calcium, Ca	S3774
Magnesium, Mg	S3774
Sodium, Na	S3774
Leucine	S3774
Fatty acids, total trans	S3774
Fatty acids, total saturated	S3774
8:0	S3774
12:0	S3774
16:0	S3774
18:3 undifferentiated	S3774
16:1 undifferentiated	S3774
15:0	S3774
18:1 t	S3774
20:2 n-6 c,c	S3774
Fatty acids, total trans- monoenoic	S3774
20:3 n-3	S3774
Ash	S3774
Sucrose	S3774
Glucose (dextrose)	S3774
Maltose	S3774
Copper, Cu	S3774
Niacin	S3774
Isoleucine	S3774
18:0	S3774
20:0	S3774
20:5 n-3	S3774

Reference_Report

NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Fatty acids, total monounsaturated	S3774
18:2 CLAs	S3774
22:1 c	S3774
15:1	S3774
Total lipid (fat)	S3774
Iron, Fe	S3774
Phosphorus, P	S3774
Manganese, Mn	S3774
Selenium, Se	S3774
Riboflavin	S3774
Vitamin B-6	S3774
Folic acid	S3774
Valine	S3774
Arginine	S3774
Alanine	S3774
Aspartic acid	S3774
18:2 undifferentiated	S3774
22:0	S3774
17:0	S3774
24:0	S3774
18:1 c	S3774
18:3 n-3 c,c,c	S3774
Zinc, Zn	S3774
Methionine	S3774
Cystine	S3774
Histidine	S3774
Glycine	S3774
Cholesterol	S2664
20:1	S3774
22:1 t	S3774
16:1 c	S3774
Fatty acids, total trans-polyenoic	S3774

NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS

Calcium, Ca	S2664
Energy	S2664

Reference Report

JUL-17-2008 02:00 PM

Page 513 of 3136

NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS

Water	S2664
Potassium, K	S2664
Folate, total	S2664
Fatty acids, total trans	S2664
Protein	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Thiamin	S2664
Fatty acids, total polyunsaturated	S2664
Carbohydrate, by difference	S2664
Sodium, Na	S2664
Fatty acids, total monounsaturated	S2664
Iron, Fe	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Fatty acids, total saturated	S2664
Total lipid (fat)	S2664
Phosphorus, P	S2664
Vitamin C, total ascorbic acid	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Ash	S2664
Sugars, total	S2664
Fiber, total dietary	S2664

NDB No. 08074 Cereals ready-to-eat, Ralston TASTEEOS

Manganese, Mn	S2662
Retinol	S2662
Leucine	S2662
Histidine	S2662
Aspartic acid	S2662
Fatty acids, total saturated	S2662
8:0	S2662
24:1 c	S2662
Water	S2662

Reference_Report

NDB No. 08074 Cereals ready-to-eat, Ralston TASTEEOS

Zinc, Zn	S2662
Niacin	S2662
Vitamin K (phylloquinone)	S2662
Phenylalanine	S2662
Glutamic acid	S2662
20:0	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
22:1 undifferentiated	S2662
Fatty acids, total monounsaturated	S2662
21:5	S2662
22:4	S2662
Total lipid (fat)	S2662
Iron, Fe	S2662
Phosphorus, P	S2662
Vitamin E (alpha-tocopherol)	S2662
Vitamin B-6	S2662
Choline, total	S2662
Isoleucine	S2662
Cystine	S2662
Valine	S2662
18:0	S2662
18:4	S2662
20:1	S2662
17:0	S2662
24:0	S2662
15:1	S2662
Protein	S2662
Potassium, K	S2662
Thiamin	S2662
Methionine	S2662
Tyrosine	S2662
Arginine	S2662
12:0	S2662
18:1 undifferentiated	S2662
22:5 n-3	S2662
15:0	S2662

Reference_Report

NDB No. 08074 Cereals ready-to-eat, Ralston TASTEEOS

20:2 n-6 c,c	S2662
Ash	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Vitamin C, total ascorbic acid	S2662
Tryptophan	S2662
Glycine	S2662
Proline	S2662
14:0	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
16:1 undifferentiated	S2662
Sucrose	S2662
Sodium, Na	S2662
Selenium, Se	S2662
Tocopherol, beta	S2662
Betaine	S2662
Lysine	S2662
16:0	S2662
20:5 n-3	S2662
Fatty acids, total polyunsaturated	S2662
Glucose (dextrose)	S2662
Galactose	S2662
Tocopherol, delta	S2662
Pantothenic acid	S2662
10:0	S2662
14:1	S2662
17:1	S2662
Sugars, total	S2662
Magnesium, Mg	S2662
Copper, Cu	S2662
Tocopherol, gamma	S2662
Riboflavin	S2662
Threonine	S2662

NDB No. 08074 Cereals ready-to-eat, Ralston TASTEEOS

Alanine	S2662
Serine	S2662
22:0	S2662
20:3 undifferentiated	S2662

NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Zinc, Zn	S922
Vitamin D	S922
Niacin	S922
Leucine	S1065
Cystine	S1065
Tyrosine	S1065
Cholesterol	S922
8:0	S1065
18:0	S1065
18:2 undifferentiated	S1065
20:4 undifferentiated	S1065
Vitamin E (alpha-tocopherol)	S922
Riboflavin	S922
Folate, total	S922
Arginine	S1065
Alanine	S1065
14:0	S1065
Vitamin C, total ascorbic acid	S922
Histidine	S1065
Serine	S1065
Magnesium, Mg	S922
Vitamin B-6	S922
Glycine	S1065
Proline	S1065
Fatty acids, total trans	S922
10:0	S1065
16:1 undifferentiated	S1065
Protein	S922
Water	S922
Fiber, total dietary	S922

Reference Report

JUL-17-2008 02:00 PM

Page 517 of 3136

NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Choline, total	S1065
Threonine	S1065
Phenylalanine	S1065
Valine	S1065
16:0	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
Energy	S922
Copper, Cu	S922
Selenium, Se	S1065
Thiamin	S922
Pantothenic acid	S922
Betaine	S1065
Isoleucine	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
Carbohydrate, by difference	S922
Calcium, Ca	S922
Vitamin A, IU	S922
Vitamin B-12	S922
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Glutamic acid	S1065
18:1 undifferentiated	S1065
Ash	S922
Sugars, total	S922
Iron, Fe	S922
Aspartic acid	S1065
12:0	S1065
18:3 undifferentiated	S1065
22:6 n-3	S1065

NDB No. 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX

Carbohydrate, by difference	S922
Fatty acids, total trans	S922
Vitamin C, total ascorbic acid	S922
Cholesterol	S922
Protein	S922
Water	S922
Fiber, total dietary	S922
Energy	S922
Ash	S922
Sugars, total	S922

NDB No. 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Ash	S922
Vitamin A, IU	S922
Vitamin D	S922
Fatty acids, total trans	S922
Carbohydrate, by difference	S922
Sugars, total	S922
Calcium, Ca	S922
Phosphorus, P	S922
Vitamin B-12	S922
Fiber, total dietary	S922
Iron, Fe	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Vitamin B-6	S922
Folate, total	S922
Magnesium, Mg	S922
Potassium, K	S922
Energy	S922
Riboflavin	S922
Cholesterol	S922
Protein	S922
Sodium, Na	S922

NDB No. 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Water	S922
Niacin	S922

NDB No. 08083 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

Vitamin B-12	S2502
Folic acid	S2502
Ash	S2502
Vitamin C, total ascorbic acid	S2502
Niacin	S2502
Fatty acids, total polyunsaturated	S2502
Thiamin	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Vitamin B-6	S2502
Energy	S2502
Zinc, Zn	S2502
Riboflavin	S2502
Fatty acids, total saturated	S2502
Carbohydrate, by difference	S2502
Water	S2502
Sugars, total	S2502
Iron, Fe	S2502
Vitamin D	S2502
Fatty acids, total monounsaturated	S2502
Protein	S2502
Potassium, K	S2502
Sodium, Na	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502

NDB No. 08084 Cereals ready-to-eat, wheat germ, toasted, plain

Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068
Choline, total	S4001, S3461
Carotene, beta	D3921

Reference Report

JUL-17-2008 02:00 PM

Page 520 of 3136

NDB No. 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Water	S702
Calcium, Ca	S702
Iron, Fe	S702
Phosphorus, P	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Fatty acids, total polyunsaturated	S702
Zinc, Zn	S702
Vitamin B-6	S702
Fatty acids, total saturated	S702
Energy	S702
Magnesium, Mg	S702
Potassium, K	S702
Copper, Cu	S702
Niacin	S702
Pantothenic acid	S702
Cholesterol	S702
Protein	S702
Vitamin B-12	S702
Folate, total	S702
Carbohydrate, by difference	S702
Vitamin D	S702
Total lipid (fat)	S702
Fiber, total dietary	S702
Sodium, Na	S702
Fatty acids, total monounsaturated	S702

NDB No. 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

Energy	S922
Fiber, total dietary	S922
Zinc, Zn	S922
Protein	S922

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 521 of 3136

NDB No. 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

Magnesium, Mg	S922
Fatty acids, total monounsaturated	S922
Sugars, total	S922
Calcium, Ca	S922
Niacin	S922
Phosphorus, P	S922
Vitamin D	S922
Water	S922
Fatty acids, total polyunsaturated	S922
Ash	S922
Iron, Fe	S922
Potassium, K	S922
Vitamin A, IU	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Carbohydrate, by difference	S922
Sodium, Na	S922
Vitamin B-6	S922
Folate, total	S922

NDB No. 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

Sugars, total	S922
Vitamin A, IU	S922
Pantothenic acid	S922
Fatty acids, total trans	S922
Phosphorus, P	S922
Folate, total	S922
Protein	S922
Ash	S922
Water	S922
Fiber, total dietary	S922

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 522 of 3136

NDB No. 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

Thiamin	S922
Niacin	S922
Carbohydrate, by difference	S922
Iron, Fe	S922
Copper, Cu	S922
Vitamin B-6	S922
Energy	S922
Potassium, K	S922
Vitamin C, total ascorbic acid	S922
Vitamin B-12	S922
Calcium, Ca	S922
Magnesium, Mg	S922
Vitamin E (alpha-tocopherol)	S922
Vitamin D	S922
Sodium, Na	S922
Zinc, Zn	S922
Riboflavin	S922
Cholesterol	S922

NDB No. 08088 Cereals ready-to-eat, GENERAL MILLS, Team CHEERIOS

Vitamin D	S922
Calcium, Ca	S922
Vitamin A, IU	S922
Riboflavin	S922
Niacin	S922
Carbohydrate, by difference	S922
Ash	S922
Sugars, total	S922
Thiamin	S922
Folate, total	S922
Fatty acids, total trans	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Phosphorus, P	S922
Vitamin B-12	S922

Reference_Report

NDB No. 08088 Cereals ready-to-eat, GENERAL MILLS, Team CHEERIOS

Iron, Fe	S922
Potassium, K	S922
Pantothenic acid	S922
Vitamin B-6	S922
Protein	S922
Energy	S922
Water	S922
Fiber, total dietary	S922
Magnesium, Mg	S922
Vitamin C, total ascorbic acid	S922
Cholesterol	S922

NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Carbohydrate, by difference	S922
Potassium, K	S922
Protein	S922
Energy	S922
Water	S922
Fiber, total dietary	S922
Riboflavin	S922
Niacin	S922
Choline, total	S3461
Betaine	S3461
Vitamin D	S922
Fatty acids, total trans	S922
Iron, Fe	S922
Zinc, Zn	S922
Copper, Cu	S922
Ash	S922
Calcium, Ca	S922
Sodium, Na	S922
Vitamin C, total ascorbic acid	S922
Folate, total	S922
Vitamin B-12	S922
Magnesium, Mg	S922
Phosphorus, P	S922

NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Vitamin A, IU	S922
Vitamin B-6	S922
Cholesterol	S922
Sugars, total	S922
Thiamin	S922

NDB No. 08090 Cereals, corn grits, white, regular and quick, enriched, dry

Folate, total	D4901
---------------	-------

NDB No. 08091 Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Choline, total	S2661
Betaine	S2661

NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry

Total lipid (fat)	S702
Ash	S702
Vitamin B-6	S702
Protein	S702
Energy	S702
Copper, Cu	S702
Pantothenic acid	S702
Betaine	S2661
Fiber, total dietary	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Choline, total	S2661
Potassium, K	S702
Zinc, Zn	S702
Riboflavin	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Folate, total	S702
Carbohydrate, by difference	S702
Phosphorus, P	S702

NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry

Sodium, Na	S702
Manganese, Mn	S702
Sugars, total	S702
Iron, Fe	S702
Vitamin B-12	S702
Fatty acids, total polyunsaturated	S702
Water	S702
Calcium, Ca	S702
Magnesium, Mg	S702
Vitamin A, IU	S702
Thiamin	S702
Niacin	S702
Cholesterol	S702

NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Sugars, total	S702
Calcium, Ca	S702
Phosphorus, P	S702
Thiamin	S702
Niacin	S702
Pantothenic acid	S702
Magnesium, Mg	S702
Sodium, Na	S702
Riboflavin	S702
Vitamin B-6	S702
Fatty acids, total saturated	S702
Vitamin D	S702
Vitamin B-12	S702
Water	S702
Fiber, total dietary	S702
Copper, Cu	S702
Carbohydrate, by difference	S702
Ash	S702
Fatty acids, total monounsaturated	S702
Potassium, K	S702
Cholesterol	S702

Reference Report

JUL-17-2008 02:00 PM

Page 526 of 3136

NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Protein	S702
Total lipid (fat)	S702
Energy	S702
Iron, Fe	S702
Folate, total	S702
Zinc, Zn	S702
Manganese, Mn	S702
Vitamin C, total ascorbic acid	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08102 Cereals, CREAM OF WHEAT, regular, dry

Selenium, Se	D3359
--------------	-------

NDB No. 08105 Cereals, CREAM OF WHEAT, quick, cooked with water, without salt

Choline, total	S3461
Betaine	S3461

NDB No. 08112 Cereals, farina, enriched, dry

Folate, total	D4901
---------------	-------

NDB No. 08116 Cereals, MALT-O-MEAL, plain, dry

Fiber, total dietary	S2502
Sugars, total	S2502
Riboflavin	S2502
Ash	S2502
Vitamin B-6	S2502
Fatty acids, total polyunsaturated	S2502
Thiamin	S2502
Carbohydrate, by difference	S2502
Water	S2502
Iron, Fe	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502

NDB No. 08116 Cereals, MALT-O-MEAL, plain, dry

Protein	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Niacin	S2502
Cholesterol	S2502
Fatty acids, total monounsaturated	S2502
Energy	S2502
Calcium, Ca	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502

NDB No. 08120 Cereals, oats, regular and quick and instant, not fortified, dry

Water	S1163
Phosphorus, P	S1163
Sodium, Na	S1163
Vitamin E (alpha-tocopherol)	S1163
Lutein + zeaxanthin	D3921
Pantothenic acid	S1163
Alanine	S1163
Proline	S1163
Sucrose	S1163
Maltose	S1163
Sugars, total	S1163
Vitamin B-6	S1163
Isoleucine	S1163
Total lipid (fat)	S1163
Fructose	S1163
Iron, Fe	S1163
Vitamin C, total ascorbic acid	S1163
Phenylalanine	S1163
Arginine	S1163
Glycine	S1163
Glucose (dextrose)	S1163
Lactose	S1163
Lysine	S1163
Protein	S1163

NDB No. 08120 Cereals, oats, regular and quick and instant, not fortified, dry

Ash	S1163
Starch	S1163
Selenium, Se	S1163
Niacin	S1163
Methionine	S1163
Valine	S1163
Histidine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Potassium, K	S1163
Vitamin A, IU	D3921
Carotene, beta	D3921
Riboflavin	S1163
Tryptophan	S1163
Cystine	S1163
Serine	S1163
Galactose	S1163
Fiber, total dietary	S1163
Tocopherol, delta	S1163
Thiamin	S1163
Vitamin K (phylloquinone)	S1163
Tyrosine	S1163
Magnesium, Mg	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Threonine	S1163
Leucine	S1163

NDB No. 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt

Fiber, total dietary	S1163
Thiamin	S1163
Threonine	S1163
Isoleucine	S1163
Cystine	S1163

Reference Report

JUL-17-2008 02:00 PM

Page 529 of 3136

NDB No. 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt

Phenylalanine	S1163
Aspartic acid	S1163
16:0	S1163
18:0	S1163
Protein	S1163
Tryptophan	S1163
Methionine	S1163
Fatty acids, total trans	S1163
14:0	S1163
20:0	S1163
18:3 undifferentiated	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
17:0	S1163
18:2 n-6 c,c	S1163
Starch	S1163
Sugars, total	S1163
Galactose	S1163
Calcium, Ca	S1163
Zinc, Zn	S1163
Pantothenic acid	S1163
Folate, total	S1163
Leucine	S1163
Proline	S1163
Serine	S1163
16:1 c	S1163
18:3 n-3 c,c,c	S1163
Sucrose	S1163
Lactose	S1163
Copper, Cu	S1163
Fluoride, F	D5001, D5002, D5007
Tocopherol, delta	S1163
Niacin	S1163
Choline, total	S3461
Arginine	S1163
18:2 undifferentiated	S1163

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 530 of 3136

NDB No. 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt

20:1	S1163
Fatty acids, total monounsaturated	S1163
18:1 t	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Maltose	S1163
Iron, Fe	S1163
Potassium, K	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Riboflavin	S1163
Vitamin K (phylloquinone)	S1163
Lysine	S1163
Tyrosine	S1163
Glutamic acid	S1163
Fatty acids, total saturated	S1163
18:1 undifferentiated	S1163
18:1 c	S1163
Fatty acids, total trans-polyenoic	S1163
Total lipid (fat)	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Manganese, Mn	S1163
Tocopherol, gamma	S1163
Vitamin B-6	S1163
Valine	S1163
Glycine	S1163
18:2 i	S1163
Ash	S1163
Sodium, Na	S1163
Vitamin C, total ascorbic acid	S1163
Histidine	S1163
Alanine	S1163
Fatty acids, total polyunsaturated	S1163
Fatty acids, total trans-	S1163

Reference_Report

NDB No. 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt

monoenoic

Water	S1163
Betaine	S3461
15:0	S1163
17:1	S1163

NDB No. 08122 Cereals, oats, instant, fortified, plain, dry

Maltose	S1163
Galactose	S1163
Vitamin E (alpha-tocopherol)	S1163
Lysine	S1163
Methionine	S1163
Valine	S1163
22:0	S1163
16:1 undifferentiated	S1163
Fatty acids, total polyunsaturated	S1163
Protein	S1163
Sucrose	S1163
Glucose (dextrose)	S1163
Calcium, Ca	S1163
Tocopherol, beta	S1163
Isoleucine	S1163
Glycine	S1163
15:0	S1163
18:1 t	S1163
18:2 i	S1163
18:1 c	S1163
Fatty acids, total trans-polyenoic	S1163
Lactose	S1163
Potassium, K	S1163
Manganese, Mn	S1163
Vitamin A, IU	S3381
Pantothenic acid	S1163
Vitamin K (phylloquinone)	S1163
Threonine	S1163
Leucine	S1163

Reference_Report

NDB No. 08122 Cereals, oats, instant, fortified, plain, dry

Tyrosine	S1163
Fatty acids, total monounsaturated	S1163
17:0	S1163
Total lipid (fat)	S1163
Magnesium, Mg	S1163
Zinc, Zn	S1163
Tocopherol, gamma	S1163
Niacin	S1163
Aspartic acid	S1163
20:0	S1163
Starch	S1163
Phosphorus, P	S1163
Copper, Cu	S1163
Riboflavin	S1163
Vitamin B-6	S1163
Cystine	S1163
Histidine	S1163
Glutamic acid	S1163
Proline	S1163
Cholesterol	S3381
16:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
Fructose	S1163
Sugars, total	S1163
Selenium, Se	S1163
Retinol	S1163
Vitamin C, total ascorbic acid	S1163
Phenylalanine	S1163
Fatty acids, total trans	S1163
Iron, Fe	S1163
Tocopherol, delta	S1163
Thiamin	S1163
Folate, total	S1163
Tryptophan	S1163
Serine	S1163

Reference_Report

NDB No. 08122 Cereals, oats, instant, fortified, plain, dry

Fatty acids, total saturated	S1163
14:1	S1163
17:1	S1163
Fatty acids, total trans-monoenoic	S1163
18:3 n-3 c,c,c	S1163
Ash	S1163
Water	S1163
Fiber, total dietary	S1163
Sodium, Na	S1163
Arginine	S1163
Alanine	S1163
14:0	S1163
18:0	S1163
20:1	S1163
16:1 c	S1163
18:2 n-6 c,c	S1163

NDB No. 08123 Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

Fructose	S1163
Magnesium, Mg	S1163
Copper, Cu	S1163
Selenium, Se	S1163
Cystine	S1163
Maltose	S1163
Isoleucine	S1163
Methionine	S1163
Aspartic acid	S1163
Glycine	S1163
Protein	S1163
Lactose	S1163
Galactose	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Threonine	S1163
Phenylalanine	S1163
Total lipid (fat)	S1163

Reference Report

JUL-17-2008 02:00 PM

Page 534 of 3136

NDB No. 08123 Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

Sucrose	S1163
Sugars, total	S1163
Fiber, total dietary	S1163
Calcium, Ca	S1163
Zinc, Zn	S1163
Vitamin C, total ascorbic acid	S1163
Vitamin B-6	S1163
Tryptophan	S1163
Water	S1163
Potassium, K	S1163
Manganese, Mn	S1163
Vitamin E (alpha-tocopherol)	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Tyrosine	S1163
Phosphorus, P	S1163
Sodium, Na	S1163
Leucine	S1163
Lysine	S1163
Alanine	S1163
Glutamic acid	S1163
Serine	S1163
Starch	S1163
Glucose (dextrose)	S1163
Iron, Fe	S1163
Tocopherol, beta	S1163
Pantothenic acid	S1163
Folate, total	S1163
Vitamin K (phylloquinone)	S1163
Arginine	S1163
Ash	S1163
Valine	S1163
Histidine	S1163
Proline	S1163

Reference Report

JUL-17-2008 02:00 PM

Page 535 of 3136

NDB No. 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Ash	S702
Iron, Fe	S702
Magnesium, Mg	S702
Energy	S702
Sugars, total	S702
Manganese, Mn	S702
Thiamin	S702
Pantothenic acid	S702
Cholesterol	S702
Phosphorus, P	S702
Carbohydrate, by difference	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Vitamin B-6	S702
Vitamin B-12	S702
Total lipid (fat)	S702
Fiber, total dietary	S702
Sodium, Na	S702
Vitamin A, IU	S702
Vitamin D	S702
Calcium, Ca	S702
Zinc, Zn	S702
Copper, Cu	S702
Potassium, K	S702
Niacin	S702
Folate, total	S702
Protein	S702
Water	S702

NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry

Magnesium, Mg	S702
Zinc, Zn	S702
Vitamin B-12	S702
Carbohydrate, by difference	S702
Niacin	S702
Water	S702

Reference Report

JUL-17-2008 02:00 PM

Page 536 of 3136

NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry

Vitamin D	S702
Pantothenic acid	S702
Total lipid (fat)	S702
Sodium, Na	S702
Copper, Cu	S702
Vitamin C, total ascorbic acid	S702
Protein	S702
Iron, Fe	S702
Manganese, Mn	S702
Riboflavin	S702
Energy	S702
Sugars, total	S702
Potassium, K	S702
Thiamin	S702
Folate, total	S702
Ash	S702
Phosphorus, P	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Vitamin A, IU	S702
Vitamin B-6	S702
Cholesterol	S702

NDB No. 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Vitamin C, total ascorbic acid	S702
Water	S702
Fiber, total dietary	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Zinc, Zn	S702
Vitamin A, IU	S702
Thiamin	S702
Vitamin B-6	S702
Vitamin B-12	S702
Calcium, Ca	S702

Reference Report

JUL-17-2008 02:00 PM

Page 537 of 3136

NDB No. 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Iron, Fe	S702
Carbohydrate, by difference	S702
Sodium, Na	S702
Folate, total	S702
Protein	S702
Energy	S702
Manganese, Mn	S702
Vitamin D	S702
Niacin	S702
Pantothenic acid	S702
Total lipid (fat)	S702
Ash	S702
Sugars, total	S702
Copper, Cu	S702
Riboflavin	S702

NDB No. 08138 Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Calcium, Ca	S2502
Zinc, Zn	S2502
Riboflavin	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Protein	S2502
Fiber, total dietary	S2502
Vitamin A, IU	S2502
Thiamin	S2502
Carbohydrate, by difference	S2502
Niacin	S2502
Fatty acids, total polyunsaturated	S2502
Ash	S2502
Energy	S2502
Iron, Fe	S2502
Sodium, Na	S2502
Vitamin B-6	S2502
Fatty acids, total monounsaturated	S2502

Reference_Report

NDB No. 08138 Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Potassium, K	S2502
Water	S2502
Sugars, total	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Fatty acids, total saturated	S2502

NDB No. 08139 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

Potassium, K	S603
Vitamin D	S603
Thiamin	S603
Cholesterol	S603
Folate, total	S603
Ash	S603
Vitamin C, total ascorbic acid	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603
Protein	S603
Energy	S603
Phosphorus, P	S603
Vitamin A, IU	S603
Vitamin B-6	S603
Water	S603
Fiber, total dietary	S603
Carbohydrate, by difference	S603
Iron, Fe	S603
Magnesium, Mg	S603
Zinc, Zn	S603
Calcium, Ca	S603
Sodium, Na	S603
Riboflavin	S603
Niacin	S603

NDB No. 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Fiber, total dietary	S702
Phosphorus, P	S702

NDB No. 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Vitamin A, IU	S702
Iron, Fe	S702
Potassium, K	S702
Zinc, Zn	S702
Copper, Cu	S702
Ash	S702
Magnesium, Mg	S702
Sodium, Na	S702
Riboflavin	S702
Niacin	S702
Fatty acids, total polyunsaturated	S702
Total lipid (fat)	S702
Energy	S702
Vitamin B-6	S702
Vitamin B-12	S702
Fatty acids, total monounsaturated	S702
Protein	S702
Carbohydrate, by difference	S702
Pantothenic acid	S702
Folate, total	S702
Fatty acids, total saturated	S702
Water	S702
Calcium, Ca	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Maltose	S1065
Caffeine	S2422
Sugars, total	S2422
Calcium, Ca	S2422, S1065
Magnesium, Mg	S2422, S1065
Phosphorus, P	S2422, S1065
Copper, Cu	S2422, S1065

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Carotene, beta	S2422
Cystine	S1065
Alanine	S1065
Proline	S1065
8:0	S1065
12:0	S1065
22:1 undifferentiated	S1065
15:0	S1065
15:1	S1065
Energy	S2422
Sodium, Na	S2422, S1065
Zinc, Zn	S2422, S1065
Vitamin A, IU	S2422
Folate, total	S2422, S1065
Vitamin B-12	S2422, S1065
Choline, total	S1065
Tryptophan	S1065
Threonine	S1065
Leucine	S1065
Tyrosine	S1065
Arginine	S1065
Glutamic acid	S1065
10:0	S1065
17:0	S1065
20:3 undifferentiated	S1065
Sucrose	S1065
Manganese, Mn	S1065
Retinol	S2422
Niacin	S2422, S1065
Fatty acids, total trans	S2422
18:0	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
22:0	S1065
20:1	S1065
22:5 n-3	S1065
Glucose (dextrose)	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 541 of 3136

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Water	S2422, S1065
Iron, Fe	S2422, S1065
Vitamin E (alpha-tocopherol)	S2422
Vitamin K (phylloquinone)	S1065
Aspartic acid	S1065
Serine	S1065
18:1 undifferentiated	S1065
20:4 undifferentiated	S1065
Starch	S1065
Fructose	S1065
Potassium, K	S2422, S1065
Thiamin	S2422, S1065
Pantothenic acid	S2422, S1065
Betaine	S1065
Lysine	S1065
Phenylalanine	S1065
Glycine	S1065
16:1 undifferentiated	S1065
20:2 n-6 c,c	S1065
Carbohydrate, by difference	S2422
Fiber, total dietary	S2422, S1065
Vitamin B-6	S2422, S1065
Methionine	S1065
Cholesterol	S2422
16:0	S1065
22:6 n-3	S1065
14:1	S1065
18:4	S1065
17:1	S1065
Total lipid (fat)	S2422, S1065
Ash	S2422, S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S2422, S1065
Isoleucine	S1065
Histidine	S1065
20:5 n-3	S1065
Protein	S2422, S1065

Reference Report

JUL-17-2008 02:00 PM

Page 542 of 3136

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Lactose	S1065
Vitamin D	S2422
Riboflavin	S2422, S1065
Valine	S1065
14:0	S1065
20:0	S1065
24:0	S1065

NDB No. 08177 Cereals, MALT-O-MEAL, chocolate, dry

Ash	S2502
Sugars, total	S2502
Iron, Fe	S2502
Vitamin C, total ascorbic acid	S2502
Vitamin B-6	S2502
Fatty acids, total polyunsaturated	S2502
Potassium, K	S2502
Calcium, Ca	S2502
Sodium, Na	S2502
Thiamin	S2502
Cholesterol	S2502
Energy	S2502
Phosphorus, P	S2502
Fatty acids, total saturated	S2502
Fiber, total dietary	S2502
Riboflavin	S2502
Carbohydrate, by difference	S2502
Water	S2502
Protein	S2502
Niacin	S2502
Folic acid	S2502
Fatty acids, total monounsaturated	S2502

NDB No. 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Potassium, K	S4561
Water	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 543 of 3136

NDB No. 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Fatty acids, total polyunsaturated	S4561
Total lipid (fat)	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Vitamin D	S4561
Cholesterol	S4561
Magnesium, Mg	S4561
Folate, total	S4561
Fatty acids, total monounsaturated	S4561
Protein	S4561
Calcium, Ca	S4561
Phosphorus, P	S4561
Vitamin B-6	S4561
Ash	S4561
Iron, Fe	S4561
Zinc, Zn	S4561
Thiamin	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Energy	S4561
Fiber, total dietary	S4561
Copper, Cu	S4561
Vitamin C, total ascorbic acid	S4561
Riboflavin	S4561
Niacin	S4561
Vitamin B-12	S4561

NDB No. 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, APPLE CINNAMON

Phosphorus, P	S922
Vitamin A, IU	S922
Vitamin C, total ascorbic acid	S922
Cholesterol	S922
Fatty acids, total trans	S922
Riboflavin	S922

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 544 of 3136

NDB No. 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, APPLE CINNAMON

Fatty acids, total monounsaturated	S922
Water	S922
Zinc, Zn	S922
Vitamin D	S922
Vitamin B-6	S922
Carbohydrate, by difference	S922
Fiber, total dietary	S922
Sodium, Na	S922
Fatty acids, total polyunsaturated	S922
Protein	S922
Calcium, Ca	S922
Thiamin	S922
Sugars, total	S922
Vitamin B-12	S922
Ash	S922
Iron, Fe	S922
Magnesium, Mg	S922
Potassium, K	S922
Folate, total	S922
Fatty acids, total saturated	S922
Energy	S922
Copper, Cu	S922
Niacin	S922

NDB No. 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

Vitamin A, IU	S922
Energy	S922
Thiamin	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922
Sugars, total	S922
Niacin	S922
Potassium, K	S922
Folate, total	S922
Fatty acids, total saturated	S922

Reference_Report

NDB No. 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

Carbohydrate, by difference	S922
Calcium, Ca	S922
Magnesium, Mg	S922
Zinc, Zn	S922
Vitamin B-12	S922
Water	S922
Fiber, total dietary	S922
Sodium, Na	S922
Cholesterol	S922
Ash	S922
Iron, Fe	S922
Phosphorus, P	S922
Protein	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Riboflavin	S922
Vitamin B-6	S922
Fatty acids, total trans	S922

NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

Total lipid (fat)	S702
Calcium, Ca	S702
Copper, Cu	S702
Thiamin	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Protein	S702
Sodium, Na	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Iron, Fe	S702
Phosphorus, P	S702
Manganese, Mn	S702
Vitamin B-6	S702
Fatty acids, total monounsaturated	S702
Sugars, total	S702

Reference Report

JUL-17-2008 02:00 PM

Page 546 of 3136

NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

Fiber, total dietary	S702
Cholesterol	S702
Fatty acids, total polyunsaturated	S702
Ash	S702
Potassium, K	S702
Zinc, Zn	S702
Folate, total	S702
Carbohydrate, by difference	S702
Water	S702
Magnesium, Mg	S702
Pantothenic acid	S702
Energy	S702
Riboflavin	S702
Niacin	S702

NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds

Zinc, Zn	S922
Riboflavin	S922
Cholesterol	S922
Copper, Cu	S922
Vitamin A, IU	S922
Choline, total	S4001
Fatty acids, total saturated	S922
Protein	S922
Water	S922
Calcium, Ca	S922
Potassium, K	S922
Sodium, Na	S922
Vitamin B-6	S922
Folate, total	S922
Sugars, total	S922
Magnesium, Mg	S922
Energy	S922
Fiber, total dietary	S922
Iron, Fe	S922
Betaine	S4001

Reference Report

JUL-17-2008 02:00 PM

Page 547 of 3136

NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds

Carbohydrate, by difference	S922
Ash	S922
Phosphorus, P	S922
Vitamin C, total ascorbic acid	S922
Niacin	S922
Vitamin B-12	S922
Fatty acids, total trans	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922
Vitamin D	S922
Thiamin	S922

NDB No. 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Ash	S2502
Sugars, total	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Protein	S2502
Calcium, Ca	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Fatty acids, total saturated	S2502
Iron, Fe	S2502
Vitamin B-6	S2502
Fatty acids, total trans	S2502
Fatty acids, total monounsaturated	S2502
Carbohydrate, by difference	S2502
Energy	S2502
Water	S2502
Fatty acids, total polyunsaturated	S2502
Fiber, total dietary	S2502
Potassium, K	S2502
Vitamin C, total ascorbic acid	S2502
Vitamin B-12	S2502

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 548 of 3136

NDB No. 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Vitamin D	S2502
Folic acid	S2502
Cholesterol	S2502

NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Carbohydrate, by difference	S3901
Ash	S3901
Magnesium, Mg	S3901
Selenium, Se	S3901
Protein	S3901
Total lipid (fat)	S3901
Iron, Fe	S3901
Zinc, Zn	S3901
Niacin	S3901
Pantothenic acid	S3901
Fatty acids, total trans	S3901
Sugars, total	S3901
Fiber, total dietary	S3901
Manganese, Mn	S3901
Vitamin D	S3901
Fatty acids, total polyunsaturated	S3901
Calcium, Ca	S3901
Vitamin A, IU	S3901
Folate, total	S3901
Sodium, Na	S3901
Riboflavin	S3901
Vitamin B-6	S3901
Vitamin E (alpha-tocopherol)	S3901
Vitamin C, total ascorbic acid	S3901
Phosphorus, P	S3901
Copper, Cu	S3901
Vitamin B-12	S3901
Fatty acids, total saturated	S3901
Energy	S3901
Water	S3901
Potassium, K	S3901

NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Thiamin	S3901
Cholesterol	S3901

NDB No. 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Calcium, Ca	S3901
Iron, Fe	S3901
Selenium, Se	S3901
Riboflavin	S3901
Pantothenic acid	S3901
Vitamin B-6	S3901
Folate, total	S3901
Ash	S3901
Energy	S3901
Vitamin A, IU	S3901
Cholesterol	S3901
Total lipid (fat)	S3901
Sugars, total	S3901
Zinc, Zn	S3901
Manganese, Mn	S3901
Water	S3901
Copper, Cu	S3901
Thiamin	S3901
Vitamin B-12	S3901
Fatty acids, total monounsaturated	S3901
Fatty acids, total polyunsaturated	S3901
Phosphorus, P	S3901
Vitamin C, total ascorbic acid	S3901
Niacin	S3901
Fatty acids, total trans	S3901
Fatty acids, total saturated	S3901
Carbohydrate, by difference	S3901
Potassium, K	S3901
Vitamin E (alpha-tocopherol)	S3901
Vitamin D	S3901
Protein	S3901
Fiber, total dietary	S3901

NDB No. 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Magnesium, Mg	S3901
Sodium, Na	S3901

NDB No. 08212 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

Phosphorus, P	S702
Vitamin B-6	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Fatty acids, total polyunsaturated	S702
Vitamin A, IU	S702
Pantothenic acid	S702
Protein	S702
Ash	S702
Magnesium, Mg	S702
Zinc, Zn	S702
Thiamin	S702
Potassium, K	S702
Niacin	S702
Cholesterol	S702
Fatty acids, total monounsaturated	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Iron, Fe	S702
Copper, Cu	S702
Vitamin D	S702
Vitamin B-12	S702
Sodium, Na	S702
Manganese, Mn	S702
Fatty acids, total saturated	S702
Energy	S702
Water	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Folate, total	S702

Reference Report

JUL-17-2008 02:00 PM

Page 551 of 3136

NDB No. 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

Carbohydrate, by difference	S702
Manganese, Mn	S702
Thiamin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Ash	S702
Fiber, total dietary	S702
Magnesium, Mg	S702
Potassium, K	S702
Vitamin C, total ascorbic acid	S702
Energy	S702
Folate, total	S702
Fatty acids, total polyunsaturated	S702
Calcium, Ca	S702
Riboflavin	S702
Vitamin B-12	S702
Fatty acids, total monounsaturated	S702
Protein	S702
Total lipid (fat)	S702
Phosphorus, P	S702
Fatty acids, total saturated	S702
Sodium, Na	S702
Copper, Cu	S702
Vitamin D	S702
Niacin	S702
Cholesterol	S702
Water	S702
Zinc, Zn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Iron, Fe	S702

NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Protein	S3901
Ash	S3901

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 552 of 3136

NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Magnesium, Mg	S3901
Cholesterol	S3901
Copper, Cu	S3901
Selenium, Se	S3901
Total lipid (fat)	S3901
Carbohydrate, by difference	S3901
Calcium, Ca	S3901
Phosphorus, P	S3901
Potassium, K	S3901
Manganese, Mn	S3901
Vitamin E (alpha-tocopherol)	S3901
Vitamin C, total ascorbic acid	S3901
Thiamin	S3901
Energy	S3901
Water	S3901
Sodium, Na	S3901
Zinc, Zn	S3901
Folate, total	S3901
Fatty acids, total trans	S3901
Fatty acids, total monounsaturated	S3901
Vitamin A, IU	S3901
Vitamin D	S3901
Fatty acids, total saturated	S3901
Sugars, total	S3901
Iron, Fe	S3901
Niacin	S3901
Vitamin B-6	S3901
Fiber, total dietary	S3901
Riboflavin	S3901
Pantothenic acid	S3901
Vitamin B-12	S3901

NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Copper, Cu	S702
Pantothenic acid	S702

Reference Report

JUL-17-2008 02:00 PM

Page 553 of 3136

NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Folate, total	S702
Fatty acids, total polyunsaturated	S702
Vitamin A, IU	S702
Vitamin B-12	S702
Fatty acids, total monounsaturated	S702
Total lipid (fat)	S702
Fiber, total dietary	S702
Thiamin	S702
Niacin	S702
Vitamin B-6	S702
Protein	S702
Calcium, Ca	S702
Iron, Fe	S702
Selenium, Se	S702
Fatty acids, total saturated	S702
Carbohydrate, by difference	S702
Ash	S702
Magnesium, Mg	S702
Potassium, K	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Energy	S702
Water	S702
Phosphorus, P	S702
Sodium, Na	S702
Zinc, Zn	S702
Manganese, Mn	S702
Riboflavin	S702

NDB No. 08217 Cereals ready to eat, composite character cereals (movies, TV), brand A

Iron, Fe	S2664
Copper, Cu	S2664
Riboflavin	S2664
Niacin	S2664
Protein	S2664
Water	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 554 of 3136

NDB No. 08217 Cereals ready to eat, composite character cereals (movies, TV), brand A

Fiber, total dietary	S2664
Magnesium, Mg	S2664
Zinc, Zn	S2664
Vitamin B-12	S2664
Vitamin A, IU	S2664
Thiamin	S2664
Fatty acids, total monounsaturated	S2664
Carbohydrate, by difference	S2664
Total lipid (fat)	S2664
Calcium, Ca	S2664
Phosphorus, P	S2664
Sodium, Na	S2664
Vitamin C, total ascorbic acid	S2664
Ash	S2664
Sugars, total	S2664
Potassium, K	S2664
Vitamin D	S2664
Vitamin B-6	S2664
Folate, total	S2664
Energy	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total polyunsaturated	S2664

NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Ash	S3901
Fiber, total dietary	S3901
Phosphorus, P	S3901
Selenium, Se	S1065
Fatty acids, total monounsaturated	S3901
Protein	S3901
Thiamin	S3901
Riboflavin	S3901
Fatty acids, total trans	S3901
Carbohydrate, by difference	S3901

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 555 of 3136

NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Manganese, Mn	S3901
Vitamin D	S3901
Fatty acids, total saturated	S3901
Water	S3901
Sodium, Na	S3901
Niacin	S3901
Vitamin B-6	S3901
Cholesterol	S3901
Calcium, Ca	S3901
Iron, Fe	S3901
Vitamin A, IU	S3901
Vitamin E (alpha-tocopherol)	S3901
Folate, total	S3901
Vitamin B-12	S3901
Choline, total	S1065
Fatty acids, total polyunsaturated	S3901
Copper, Cu	S3901
Total lipid (fat)	S3901
Energy	S3901
Magnesium, Mg	S3901
Zinc, Zn	S3901
Betaine	S1065
Sugars, total	S3901
Potassium, K	S3901
Vitamin C, total ascorbic acid	S3901
Pantothenic acid	S3901

NDB No. 08219 Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut

Folate, total	S3901
Fatty acids, total polyunsaturated	S3901
Protein	S3901
Ash	S3901
Energy	S3901
Fiber, total dietary	S3901
Magnesium, Mg	S3901
Vitamin C, total ascorbic acid	S3901

Reference Report

JUL-17-2008 02:00 PM

Page 556 of 3136

NDB No. 08219 Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut

Niacin	S3901
Cholesterol	S3901
Fatty acids, total monounsaturated	S3901
Phosphorus, P	S3901
Copper, Cu	S3901
Vitamin B-12	S3901
Total lipid (fat)	S3901
Water	S3901
Sugars, total	S3901
Sodium, Na	S3901
Zinc, Zn	S3901
Pantothenic acid	S3901
Fatty acids, total saturated	S3901
Thiamin	S3901
Riboflavin	S3901
Carbohydrate, by difference	S3901
Iron, Fe	S3901
Potassium, K	S3901
Manganese, Mn	S3901
Calcium, Ca	S3901
Fatty acids, total trans	S3901
Selenium, Se	S3901
Vitamin A, IU	S3901
Vitamin E (alpha-tocopherol)	S3901
Vitamin D	S3901
Vitamin B-6	S3901

NDB No. 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Energy	S3901
Sugars, total	S3901
Fiber, total dietary	S3901
Calcium, Ca	S3901
Vitamin A, IU	S3901
Vitamin B-6	S3901
Pantothenic acid	S3901
Vitamin B-12	S3901

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 557 of 3136

NDB No. 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Fatty acids, total saturated	S3901
Fatty acids, total monounsaturated	S3901
Thiamin	S3901
Carbohydrate, by difference	S3901
Magnesium, Mg	S3901
Manganese, Mn	S3901
Riboflavin	S3901
Niacin	S3901
Folate, total	S3901
Cholesterol	S3901
Total lipid (fat)	S3901
Ash	S3901
Sodium, Na	S3901
Vitamin C, total ascorbic acid	S3901
Iron, Fe	S3901
Zinc, Zn	S3901
Copper, Cu	S3901
Vitamin E (alpha-tocopherol)	S3901
Fatty acids, total trans	S3901
Fatty acids, total polyunsaturated	S3901
Water	S3901
Potassium, K	S3901
Vitamin D	S3901
Protein	S3901
Phosphorus, P	S3901
Selenium, Se	S3901

NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

Magnesium, Mg	S702
Phosphorus, P	S702
Sodium, Na	S702
Vitamin C, total ascorbic acid	S702
Water	S702
Iron, Fe	S702
Potassium, K	S702
Zinc, Zn	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 558 of 3136

NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

Pantothenic acid	S702
Cholesterol	S702
Protein	S702
Selenium, Se	S702
Carotene, beta	S702
Vitamin B-6	S702
Vitamin B-12	S702
Manganese, Mn	S702
Total lipid (fat)	S702
Vitamin D	S702
Riboflavin	S702
Copper, Cu	S702
Thiamin	S702
Fatty acids, total monounsaturated	S702
Ash	S702
Energy	S702
Carbohydrate, by difference	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Vitamin A, IU	S702
Niacin	S702
Folate, total	S702
Fatty acids, total saturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Niacin	S702
Pantothenic acid	S702
Cholesterol	S702
Sugars, total	S702
Magnesium, Mg	S702
Sodium, Na	S702
Manganese, Mn	S702
Folate, total	S702
Vitamin B-12	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 559 of 3136

NDB No. 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Copper, Cu	S702
Riboflavin	S702
Carbohydrate, by difference	S702
Ash	S702
Water	S702
Iron, Fe	S702
Potassium, K	S702
Fiber, total dietary	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin B-6	S702
Total lipid (fat)	S702
Energy	S702
Phosphorus, P	S702
Protein	S702
Calcium, Ca	S702
Zinc, Zn	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702

NDB No. 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Protein	S702
Sugars, total	S702
Zinc, Zn	S702
Vitamin D	S702
Magnesium, Mg	S702
Pantothenic acid	S702
Vitamin B-6	S702
Carbohydrate, by difference	S702
Vitamin A, IU	S702
Sodium, Na	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Water	S702
Calcium, Ca	S702

NDB No. 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Phosphorus, P	S702
Manganese, Mn	S702
Cholesterol	S702
Ash	S702
Energy	S702
Potassium, K	S702
Vitamin B-12	S702
Fiber, total dietary	S702
Folate, total	S702
Total lipid (fat)	S702
Iron, Fe	S702
Copper, Cu	S702
Vitamin C, total ascorbic acid	S702

NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Carbohydrate, by difference	S702
Potassium, K	S702
Selenium, Se	S702
Vitamin C, total ascorbic acid	S702
Folate, total	S702
Fiber, total dietary	S702
Total lipid (fat)	S702
Energy	S702
Copper, Cu	S702
Niacin	S702
Vitamin B-6	S702
Vitamin B-12	S702
Protein	S702
Iron, Fe	S702
Vitamin A, IU	S702
Cholesterol	S702
Water	S702
Sugars, total	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Zinc, Zn	S702

Reference Report

JUL-17-2008 02:00 PM

Page 561 of 3136

NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Fatty acids, total polyunsaturated	S702
Calcium, Ca	S702
Vitamin D	S702
Ash	S702
Thiamin	S702
Riboflavin	S702
Sodium, Na	S702
Manganese, Mn	S702
Pantothenic acid	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702

NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry

Sodium, Na	S702
Thiamin	S702
Vitamin C, total ascorbic acid	S702
Niacin	S702
Vitamin B-6	S702
Fatty acids, total monounsaturated	S702
Ash	S702
Potassium, K	S702
Protein	S702
Carbohydrate, by difference	S702
Water	S702
Fiber, total dietary	S702
Zinc, Zn	S702
Riboflavin	S702
Pantothenic acid	S702
Vitamin B-12	S702
Energy	S702
Vitamin A, IU	S702
Vitamin D	S702
Folate, total	S702
Iron, Fe	S702
Fatty acids, total saturated	S702

Reference_Report

NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry

Total lipid (fat)	S702
Sugars, total	S702
Calcium, Ca	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Copper, Cu	S702
Manganese, Mn	S702
Cholesterol	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08239 Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS Berry Burst CHEERIOS, all flavors

Vitamin C, total ascorbic acid	S922
Vitamin D	S922
Cholesterol	S922
Carbohydrate, by difference	S922
Fatty acids, total saturated	S922
Ash	S922
Fiber, total dietary	S922
Energy	S922
Water	S922
Sugars, total	S922
Sodium, Na	S922
Fatty acids, total trans	S922
Protein	S922

NDB No. 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

Magnesium, Mg	S922
Fatty acids, total polyunsaturated	S922
Carbohydrate, by difference	S922
Iron, Fe	S922
Potassium, K	S922
Folate, total	S922
Protein	S922
Thiamin	S922
Niacin	S922
Sodium, Na	S922

NDB No. 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

Vitamin C, total ascorbic acid	S922
Cholesterol	S922
Calcium, Ca	S922
Vitamin B-6	S922
Ash	S922
Sugars, total	S922
Fiber, total dietary	S922
Phosphorus, P	S922
Zinc, Zn	S922
Copper, Cu	S922
Fatty acids, total monounsaturated	S922
Energy	S922
Water	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin B-12	S922
Fatty acids, total trans	S922
Riboflavin	S922
Fatty acids, total saturated	S922

NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Protein	S922
Sugars, total	S922
Phosphorus, P	S922
Vitamin C, total ascorbic acid	S922
Niacin	S922
Vitamin B-6	S922
Cholesterol	S922
Ash	S922
Water	S922
Energy	S922
Calcium, Ca	S922
Zinc, Zn	S922
Fatty acids, total trans	S922
Potassium, K	S922
Sodium, Na	S922

NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Riboflavin	S922
Vitamin B-12	S922
Iron, Fe	S922
Vitamin D	S922
Thiamin	S922
Carbohydrate, by difference	S922
Fiber, total dietary	S922
Vitamin A, IU	S922
Magnesium, Mg	S922
Folate, total	S922

NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Raisin

Sugars, total	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Fiber, total dietary	S922
Sodium, Na	S922
Fatty acids, total saturated	S922
Potassium, K	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Fatty acids, total monounsaturated	S922
Magnesium, Mg	S922
Fatty acids, total trans	S922
Iron, Fe	S922
Vitamin D	S922
Vitamin B-12	S922
Fatty acids, total polyunsaturated	S922
Protein	S922
Carbohydrate, by difference	S922
Energy	S922
Phosphorus, P	S922
Folate, total	S922
Calcium, Ca	S922
Cholesterol	S922
Ash	S922

Reference Report

JUL-17-2008 02:00 PM

Page 565 of 3136

NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Raisin

Water	S922
Copper, Cu	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922

NDB No. 08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

Sodium, Na	S603
Zinc, Zn	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Fatty acids, total saturated	S603
Iron, Fe	S603
Folate, total	S603
Thiamin	S603
Vitamin B-6	S603
Potassium, K	S603
Calcium, Ca	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-12	S603

NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Ash	S922
Phosphorus, P	S922
Zinc, Zn	S922
Cholesterol	S922
Water	S922
Calcium, Ca	S922
Potassium, K	S922
Thiamin	S922
Riboflavin	S922
Vitamin B-6	S922
Fatty acids, total trans	S922
Niacin	S922

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 566 of 3136

NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Protein	S922
Sugars, total	S922
Vitamin A, IU	S922
Vitamin C, total ascorbic acid	S922
Folate, total	S922
Carbohydrate, by difference	S922
Magnesium, Mg	S922
Copper, Cu	S922
Energy	S922
Fiber, total dietary	S922
Sodium, Na	S922
Pantothenic acid	S922
Iron, Fe	S922
Vitamin E (alpha-tocopherol)	S922
Vitamin D	S922
Vitamin B-12	S922

NDB No. 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Calcium, Ca	S3421
Sodium, Na	S3421
Vitamin D	S3421
Niacin	S3421
Cholesterol	S3421
Carbohydrate, by difference	S3421
Thiamin	S3421
Vitamin B-12	S3421
Fatty acids, total saturated	S3421
Fatty acids, total polyunsaturated	S3421
Energy	S3421
Sugars, total	S3421
Riboflavin	S3421
Fatty acids, total monounsaturated	S3421
Fiber, total dietary	S3421
Fatty acids, total trans	S3421
Ash	S3421
Magnesium, Mg	S3421

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 567 of 3136

NDB No. 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Vitamin A, IU	S3421
Vitamin B-6	S3421
Protein	S3421
Iron, Fe	S3421
Phosphorus, P	S3421
Zinc, Zn	S3421
Total lipid (fat)	S3421
Water	S3421
Potassium, K	S3421
Copper, Cu	S3421
Vitamin C, total ascorbic acid	S3421
Folate, total	S3421

NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Ash	S2664
Vitamin E (alpha-tocopherol)	S2664
Riboflavin	S2664
Folate, total	S2664
Total lipid (fat)	S2664
Energy	S2664
Iron, Fe	S2664
Niacin	S2664
Cholesterol	S2664
Fatty acids, total monounsaturated	S2664
Calcium, Ca	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Vitamin D	S2664
Thiamin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Fatty acids, total polyunsaturated	S2664
Water	S2664
Fatty acids, total trans	S2664
Protein	S2664

Reference_Report

NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Carbohydrate, by difference	S2664
Sugars, total	S2664
Copper, Cu	S2664
Fatty acids, total saturated	S2664
Vitamin C, total ascorbic acid	S2664
Fiber, total dietary	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin B-12	S2664

NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Protein	S2662
Carbohydrate, by difference	S2664
Energy	S2664
Lactose	S2662
Magnesium, Mg	S2662
Selenium, Se	S2662
Carotene, alpha	S2662
Vitamin D	S2664
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Methionine	S2662
Tyrosine	S2662
Proline	S2662
Serine	S2662
14:0	S2662
18:3 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
20:2 n-6 c,c	S2662
15:1	S2662
Sucrose	S2662
Vitamin E (alpha-tocopherol)	S2662

Reference Report

JUL-17-2008 02:00 PM

Page 569 of 3136

NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Alanine	S2662
18:2 undifferentiated	S2662
20:1	S2662
20:5 n-3	S2662
22:5 n-3	S2662
Glucose (dextrose)	S2662
Retinol	S2662
Tocopherol, delta	S2662
Histidine	S2662
22:1 undifferentiated	S2662
24:0	S2662
17:1	S2662
Sodium, Na	S2662
Tocopherol, beta	S2662
Riboflavin	S2662
Vitamin B-6	S2662
Choline, total	S2662
Threonine	S2662
Glycine	S2662
18:4	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
24:1 c	S2662
Total lipid (fat)	S2662
Water	S2662
Galactose	S2662
Calcium, Ca	S2662
Zinc, Zn	S2662
Carotene, beta	S2662
Thiamin	S2662
Phenylalanine	S2662
Cholesterol	S2664
12:0	S2662
18:1 undifferentiated	S2662
20:4 undifferentiated	S2662
20:3 undifferentiated	S2662
Iron, Fe	S2662

Reference_Report

NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Manganese, Mn	S2662
Folate, total	S2664
Vitamin B-12	S2664
Leucine	S2662
Valine	S2662
8:0	S2662
10:0	S2662
17:0	S2662
Maltose	S2662
Sugars, total	S2662
Phosphorus, P	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, gamma	S2662
Vitamin C, total ascorbic acid	S2662
Niacin	S2662
Pantothenic acid	S2662
Isoleucine	S2662
Lysine	S2662
Glutamic acid	S2662
Fatty acids, total saturated	S2662
16:0	S2662
20:0	S2662
21:5	S2662
Ash	S2662
Fructose	S2662
Fiber, total dietary	S2662
Potassium, K	S2662
Copper, Cu	S2662
Betaine	S2662
Cystine	S2662
Arginine	S2662
Aspartic acid	S2662
18:0	S2662
15:0	S2662
22:4	S2662

Reference Report

JUL-17-2008 02:00 PM

Page 571 of 3136

NDB No. 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

Magnesium, Mg	S922
Zinc, Zn	S922
Cholesterol	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Vitamin C, total ascorbic acid	S922
Fatty acids, total polyunsaturated	S922
Ash	S922
Energy	S922
Phosphorus, P	S922
Sodium, Na	S922
Vitamin A, IU	S922
Thiamin	S922
Protein	S922
Sugars, total	S922
Fatty acids, total trans	S922
Water	S922
Potassium, K	S922
Copper, Cu	S922
Vitamin D	S922
Vitamin B-12	S922
Fatty acids, total saturated	S922
Carbohydrate, by difference	S922
Riboflavin	S922
Vitamin B-6	S922
Folate, total	S922
Iron, Fe	S922
Niacin	S922
Fatty acids, total monounsaturated	S922

NDB No. 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Total lipid (fat)	S922
Calcium, Ca	S922
Iron, Fe	S922
Riboflavin	S922
Vitamin B-12	S922

Reference_Report

NDB No. 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Fatty acids, total polyunsaturated	S922
Vitamin A, IU	S922
Thiamin	S922
Vitamin B-6	S922
Folate, total	S922
Fatty acids, total monounsaturated	S922
Sugars, total	S922
Fiber, total dietary	S922
Zinc, Zn	S922
Vitamin D	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Copper, Cu	S922
Cholesterol	S922
Carbohydrate, by difference	S922
Energy	S922
Protein	S922
Ash	S922
Water	S922
Niacin	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Sodium, Na	S922
Vitamin C, total ascorbic acid	S922

NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Sugars, total	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Niacin	S922
Fatty acids, total saturated	S922
Iron, Fe	S922
Riboflavin	S922
Carbohydrate, by difference	S922

Reference Report

JUL-17-2008 02:00 PM

Page 573 of 3136

NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Ash	S922
Zinc, Zn	S922
Fiber, total dietary	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin B-6	S922
Energy	S922
Water	S922
Calcium, Ca	S922
Cholesterol	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Folate, total	S922
Fatty acids, total monounsaturated	S922
Potassium, K	S922
Fatty acids, total polyunsaturated	S922
Protein	S922
Sodium, Na	S922
Fatty acids, total trans	S922

NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Fiber, total dietary	S922
Thiamin	S922
Fatty acids, total trans	S922
Cholesterol	S922
Water	S922
Magnesium, Mg	S922
Potassium, K	S922
Zinc, Zn	S922
Calcium, Ca	S922
Phosphorus, P	S922
Riboflavin	S922
Vitamin A, IU	S922
Folate, total	S922
Vitamin B-12	S922

NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Protein	S922
Energy	S922
Sugars, total	S922
Vitamin D	S922
Carbohydrate, by difference	S922
Sodium, Na	S922
Vitamin C, total ascorbic acid	S922
Niacin	S922
Vitamin B-6	S922
Ash	S922
Iron, Fe	S922

NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Iron, Fe	S922
Thiamin	S922
Cholesterol	S922
Fatty acids, total trans	S922
Phosphorus, P	S922
Zinc, Zn	S922
Vitamin C, total ascorbic acid	S922
Riboflavin	S922
Fatty acids, total monounsaturated	S922
Protein	S922
Carbohydrate, by difference	S922
Niacin	S922
Vitamin B-12	S922
Water	S922
Calcium, Ca	S922
Energy	S922
Sugars, total	S922
Sodium, Na	S922
Folate, total	S922
Potassium, K	S922
Vitamin B-6	S922
Ash	S922

Reference Report

JUL-17-2008 02:00 PM

Page 575 of 3136

NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Magnesium, Mg	S922
Vitamin D	S922

NDB No. 08269 Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes

Carbohydrate, by difference	S922
Water	S922
Fluoride, F	D5001, D5007, D5021
Vitamin C, total ascorbic acid	S922
Vitamin A, IU	S922
Niacin	S922
Riboflavin	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Vitamin B-6	S922
Cholesterol	S922
Protein	S922
Iron, Fe	S922
Thiamin	S922
Vitamin B-12	S922
Fatty acids, total trans	S922
Ash	S922
Energy	S922
Phosphorus, P	S922
Potassium, K	S922
Zinc, Zn	S922
Vitamin D	S922
Fatty acids, total saturated	S922
Sugars, total	S922
Sodium, Na	S922
Folate, total	S922

NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Folate, total	S922
Protein	S922
Fiber, total dietary	S922

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 576 of 3136

NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Water	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Riboflavin	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Carbohydrate, by difference	S922
Thiamin	S922
Calcium, Ca	S922
Copper, Cu	S922
Vitamin B-12	S922
Energy	S922
Sugars, total	S922
Vitamin B-6	S922
Ash	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Niacin	S922
Cholesterol	S922

NDB No. 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Water	S922
Potassium, K	S922
Sodium, Na	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Fiber, total dietary	S922
Carbohydrate, by difference	S922
Vitamin D	S922
Vitamin B-12	S922
Sugars, total	S922

NDB No. 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Phosphorus, P	S922
Cholesterol	S922
Riboflavin	S922
Fatty acids, total trans	S922
Vitamin B-6	S922
Folate, total	S922
Protein	S922
Energy	S922
Calcium, Ca	S922
Zinc, Zn	S922
Niacin	S922
Fatty acids, total saturated	S922
Fatty acids, total polyunsaturated	S922
Ash	S922
Iron, Fe	S922
Magnesium, Mg	S922
Fatty acids, total monounsaturated	S922

NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Total lipid (fat)	S3774
Fructose	S3774
Calcium, Ca	S3774
Iron, Fe	S3774
Isoleucine	S3774
Lysine	S3774
Tyrosine	S3774
Arginine	S3774
16:0	S3774
18:0	S3774
14:1	S3774
18:1 t	S3774
17:1	S3774
18:3 n-3 c,c,c	S3774
Ash	S3774
Starch	S3774
Magnesium, Mg	S3774

NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Phosphorus, P	S3774
Sodium, Na	S3774
Vitamin C, total ascorbic acid	S3774
Tryptophan	S3774
Glutamic acid	S3774
Serine	S3774
12:0	S3774
18:3 undifferentiated	S3774
18:2 t not further defined	S3774
20:3 n-6	S3774
Sugars, total	S3774
Copper, Cu	S3774
Thiamin	S3774
Valine	S3774
Fatty acids, total trans	S3774
8:0	S3774
14:0	S3774
20:0	S3774
Fatty acids, total polyunsaturated	S3774
15:0	S3774
Glucose (dextrose)	S3774
Lactose	S3774
Zinc, Zn	S3774
Leucine	S3774
Alanine	S3774
Glycine	S3774
20:4 undifferentiated	S3774
17:0	S3774
24:1 c	S3774
22:1 c	S3774
20:3 n-3	S3774
Sucrose	S3774
Niacin	S3774
Pantothenic acid	S3774
Aspartic acid	S3774
22:6 n-3	S3774
16:1 undifferentiated	S3774

NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

20:5 n-3	S3774
22:1 undifferentiated	S3774
22:1 t	S3774
18:1 c	S3774
18:2 n-6 c,c	S3774
Fatty acids, total trans-monoenoic	S3774
15:1	S3774
Water	S3774
Galactose	S3774
Potassium, K	S3774
Manganese, Mn	S3774
Vitamin D	S922
Riboflavin	S3774
Vitamin B-6	S3774
Folic acid	S3774
Methionine	S3774
Histidine	S3774
Fatty acids, total saturated	S3774
18:1 undifferentiated	S3774
18:4	S3774
22:5 n-3	S3774
20:2 n-6 c,c	S3774
16:1 c	S3774
20:3 undifferentiated	S3774
22:4	S3774
Protein	S3774
Phenylalanine	S3774
Proline	S3774
18:2 undifferentiated	S3774
22:0	S3774
20:1	S3774
Fatty acids, total monounsaturated	S3774
24:0	S3774
16:1 t	S3774
18:2 CLAs	S3774
Fatty acids, total trans-polyenoic	S3774

NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Maltose	S3774
Fiber, total dietary	S3774
Selenium, Se	S3774
Retinol	S3774
Vitamin B-12	S3774
Threonine	S3774
Cystine	S3774
6:0	S3774
10:0	S3774
18:3 n-6 c,c,c	S3774

NDB No. 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Total lipid (fat)	S922
Energy	S922
Potassium, K	S922
Sodium, Na	S922
Fatty acids, total saturated	S922
Carbohydrate, by difference	S922
Fiber, total dietary	S603
Vitamin B-6	S922
Water	S922
Sugars, total	S922
Magnesium, Mg	S922
Vitamin C, total ascorbic acid	S922
Fatty acids, total polyunsaturated	S922
Calcium, Ca	S922
Niacin	S922
Cholesterol	S922
Fatty acids, total monounsaturated	S922
Ash	S922
Iron, Fe	S922
Riboflavin	S922
Protein	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Thiamin	S922

NDB No. 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Vitamin B-12	S922
Phosphorus, P	S922
Vitamin D	S922
Fatty acids, total trans	S922
Folate, total	S922

NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Protein	S922
Vitamin C, total ascorbic acid	S922
Fatty acids, total trans	S922
Water	S922
Phosphorus, P	S922
Potassium, K	S922
Zinc, Zn	S922
Vitamin B-6	S922
Fiber, total dietary	S922
Magnesium, Mg	S922
Cholesterol	S922
Fatty acids, total saturated	S922
Carbohydrate, by difference	S922
Energy	S922
Sugars, total	S922
Vitamin A, IU	S922
Riboflavin	S922
Niacin	S922
Folate, total	S922
Total lipid (fat)	S922
Ash	S922
Calcium, Ca	S922
Sodium, Na	S922
Thiamin	S922
Vitamin B-12	S922
Fatty acids, total polyunsaturated	S922
Iron, Fe	S922
Vitamin D	S922
Fatty acids, total	S922

NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

monounsaturated

NDB No. 08277 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

Protein	S603
Fiber, total dietary	S603
Zinc, Zn	S603
Copper, Cu	S603
Thiamin	S603
Cholesterol	S603
Ash	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Sodium, Na	S603
Vitamin A, IU	S603
Total lipid (fat)	S603
Iron, Fe	S603
Potassium, K	S603
Riboflavin	S603
Fatty acids, total saturated	S603
Carbohydrate, by difference	S603
Water	S603
Calcium, Ca	S603
Vitamin C, total ascorbic acid	S603

NDB No. 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM

Phosphorus, P	S922
Vitamin C, total ascorbic acid	S922
Vitamin B-12	S922
Cholesterol	S922
Calcium, Ca	S922
Potassium, K	S922
Sodium, Na	S922
Protein	S922
Water	S922
Vitamin D	S922

Reference Report

JUL-17-2008 02:00 PM

Page 583 of 3136

NDB No. 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM

Ash	S922
Sugars, total	S922
Fiber, total dietary	S922
Iron, Fe	S922
Zinc, Zn	S922
Magnesium, Mg	S603
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Carbohydrate, by difference	S922
Energy	S922
Folate, total	S922
Vitamin A, IU	S922
Thiamin	S922
Fatty acids, total trans	S922

NDB No. 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Iron, Fe	S2664
Vitamin B-12	S2664
Fatty acids, total monounsaturated	S2664
Phosphorus, P	S2664
Vitamin B-6	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Vitamin A, IU	S2664
Carbohydrate, by difference	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Folate, total	S2664
Fatty acids, total polyunsaturated	S2664
Protein	S2664
Water	S2664
Magnesium, Mg	S2664
Potassium, K	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 584 of 3136

NDB No. 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Vitamin D	S2664
Ash	S2664
Fatty acids, total trans	S2664
Total lipid (fat)	S2664
Sugars, total	S2664
Vitamin E (alpha-tocopherol)	S2664
Thiamin	S2664
Riboflavin	S2664
Cholesterol	S2664
Energy	S2664
Niacin	S2664
Fatty acids, total saturated	S2664

NDB No. 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Vitamin D	S4561
Niacin	S4561
Fatty acids, total trans	S4561
Protein	S4561
Sugars, total	S4561
Copper, Cu	S4561
Energy	S4561
Fiber, total dietary	S4561
Zinc, Zn	S4561
Riboflavin	S4561
Folate, total	S4561
Fatty acids, total monounsaturated	S4561
Thiamin	S4561
Vitamin B-6	S4561
Ash	S4561
Water	S4561
Calcium, Ca	S4561
Phosphorus, P	S4561
Vitamin E (alpha-tocopherol)	S4561
Vitamin B-12	S4561
Fatty acids, total polyunsaturated	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 585 of 3136

NDB No. 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Cholesterol	S4561
Total lipid (fat)	S4561
Carbohydrate, by difference	S4561
Iron, Fe	S4561
Magnesium, Mg	S4561
Potassium, K	S4561
Sodium, Na	S4561
Fatty acids, total saturated	S4561

NDB No. 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Fiber, total dietary	S2664
Potassium, K	S2664
Vitamin A, IU	S2664
Vitamin B-12	S2664
Protein	S2664
Sugars, total	S2664
Vitamin C, total ascorbic acid	S2664
Niacin	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664
Energy	S2664
Calcium, Ca	S2664
Phosphorus, P	S2664
Iron, Fe	S2664
Sodium, Na	S2664
Carbohydrate, by difference	S2664
Water	S2664
Vitamin D	S2664
Riboflavin	S2664
Vitamin B-6	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Folate, total	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 586 of 3136

NDB No. 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Ash	S2664
Fatty acids, total trans	S2664
Total lipid (fat)	S2664
Magnesium, Mg	S2664
Vitamin E (alpha-tocopherol)	S2664
Thiamin	S2664
Pantothenic acid	S2664
Cholesterol	S2664

NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS

Fiber, total dietary	S2664
Copper, Cu	S2664
Thiamin	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Sugars, total	S2664
Sodium, Na	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Niacin	S2664
Vitamin B-12	S2664
Protein	S2664
Energy	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Total lipid (fat)	S2664
Water	S2664
Phosphorus, P	S2664
Riboflavin	S2664
Folate, total	S2664
Fatty acids, total polyunsaturated	S2664
Calcium, Ca	S2664
Potassium, K	S2664
Zinc, Zn	S2664
Vitamin B-6	S2664
Fatty acids, total monounsaturated	S2664

Reference_Report

NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS

Fatty acids, total saturated S2664

NDB No. 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal

Energy S4561

Calcium, Ca S4561

Thiamin S4561

Folate, total S4561

Protein S4561

Sugars, total S4561

Fiber, total dietary S4561

Vitamin C, total ascorbic acid S4561

Copper, Cu S4561

Vitamin B-12 S4561

Carbohydrate, by difference S4561

Ash S4561

Water S4561

Sodium, Na S4561

Vitamin A, IU S4561

Vitamin D S4561

Potassium, K S4561

Vitamin B-6 S4561

Iron, Fe S4561

Phosphorus, P S4561

Zinc, Zn S4561

Niacin S4561

Cholesterol S4561

Fatty acids, total saturated S4561

Fatty acids, total
monounsaturated S4561

Fatty acids, total polyunsaturated S4561

Total lipid (fat) S4561

Magnesium, Mg S4561

Riboflavin S4561

Fatty acids, total trans S4561

NDB No. 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS

Reference Report

JUL-17-2008 02:00 PM

Page 588 of 3136

NDB No. 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS

Total lipid (fat)	S2664
Sugars, total	S2664
Thiamin	S2664
Fatty acids, total trans	S2664
Magnesium, Mg	S2664
Niacin	S2664
Protein	S2664
Carbohydrate, by difference	S2664
Riboflavin	S2664
Calcium, Ca	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Ash	S2664
Folate, total	S2664
Vitamin B-12	S2664
Fiber, total dietary	S2664
Phosphorus, P	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Water	S2664
Iron, Fe	S2664
Copper, Cu	S2664
Fatty acids, total polyunsaturated	S2664
Energy	S2664
Potassium, K	S2664
Vitamin B-6	S2664
Cholesterol	S2664

NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Protein	S702
Calcium, Ca	S702
Cholesterol	S702
Fatty acids, total monounsaturated	S702
Potassium, K	S702
Vitamin A, IU	S702

Reference_Report

NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Vitamin D	S702
Fatty acids, total saturated	S702
Carbohydrate, by difference	S702
Copper, Cu	S702
Fatty acids, total polyunsaturated	S702
Water	S702
Iron, Fe	S702
Magnesium, Mg	S702
Sodium, Na	S702
Thiamin	S702
Niacin	S702
Folate, total	S702
Phosphorus, P	S702
Riboflavin	S702
Zinc, Zn	S702
Selenium, Se	S702
Vitamin C, total ascorbic acid	S702
Total lipid (fat)	S702
Ash	S702
Manganese, Mn	S702
Pantothenic acid	S702
Vitamin B-6	S702
Vitamin B-12	S702
Energy	S702
Fiber, total dietary	S702

NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Protein	S702
Magnesium, Mg	S702
Pantothenic acid	S702
Energy	S702
Thiamin	S702
Vitamin B-6	S702
Fatty acids, total polyunsaturated	S702
Carbohydrate, by difference	S702
Water	S702

Reference Report

JUL-17-2008 02:00 PM

Page 590 of 3136

NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Iron, Fe	S702
Manganese, Mn	S702
Vitamin D	S702
Riboflavin	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Zinc, Zn	S702
Copper, Cu	S702
Niacin	S702
Phosphorus, P	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Potassium, K	S702
Sodium, Na	S702
Vitamin B-12	S702
Total lipid (fat)	S702
Ash	S702
Vitamin C, total ascorbic acid	S702
Folate, total	S702
Fatty acids, total monounsaturated	S702

NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Protein	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Phosphorus, P	S702
Pantothenic acid	S702
Folate, total	S702
Total lipid (fat)	S702
Zinc, Zn	S702
Vitamin B-6	S702
Carbohydrate, by difference	S702
Water	S702
Manganese, Mn	S702
Thiamin	S702

NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Fatty acids, total monounsaturated	S702
Copper, Cu	S702
Vitamin D	S702
Vitamin B-12	S702
Iron, Fe	S702
Riboflavin	S702
Fatty acids, total polyunsaturated	S702
Energy	S702
Potassium, K	S702
Niacin	S702
Ash	S702
Sodium, Na	S702
Vitamin A, IU	S702
Cholesterol	S702
Magnesium, Mg	S702
Vitamin C, total ascorbic acid	S702
Fatty acids, total saturated	S702

NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Carbohydrate, by difference	S2664
Water	S2664
Potassium, K	S2664
Copper, Cu	S2664
Fatty acids, total monounsaturated	S2664
Total lipid (fat)	S2664
Sodium, Na	S2664
Folate, total	S2664
Vitamin B-12	S2664
Vitamin C, total ascorbic acid	S2664
Niacin	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Ash	S2664
Calcium, Ca	S2664
Phosphorus, P	S2664

NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Riboflavin	S2664
Vitamin B-6	S2664
Fatty acids, total saturated	S2664
Magnesium, Mg	S2664
Zinc, Zn	S2664
Fatty acids, total polyunsaturated	S2664
Protein	S2664
Sugars, total	S2664
Iron, Fe	S2664
Thiamin	S2664
Fiber, total dietary	S2664
Vitamin D	S2664
Energy	S2664

NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry

Total lipid (fat)	S702
Phosphorus, P	S702
Potassium, K	S702
Folate, total	S702
Vitamin B-12	S702
Ash	S702
Cholesterol	S702
Energy	S702
Copper, Cu	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702
Carbohydrate, by difference	S702
Fiber, total dietary	S702
Zinc, Zn	S702
Sugars, total	S702
Calcium, Ca	S702
Vitamin A, IU	S702
Niacin	S702
Pantothenic acid	S702
Water	S702
Iron, Fe	S702

NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry

Sodium, Na	S702
Manganese, Mn	S702
Fatty acids, total saturated	S702
Magnesium, Mg	S702
Riboflavin	S702
Protein	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Vitamin B-6	S702

NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, dry

Total lipid (fat)	S702
Ash	S702
Vitamin B-6	S702
Sugars, total	S702
Potassium, K	S702
Riboflavin	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Thiamin	S702
Folate, total	S702
Vitamin A, IU	S702
Niacin	S702
Fatty acids, total polyunsaturated	S702
Protein	S702
Iron, Fe	S702
Magnesium, Mg	S702
Sodium, Na	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total monounsaturated	S702
Phosphorus, P	S702
Carbohydrate, by difference	S702
Copper, Cu	S702
Manganese, Mn	S702

Reference Report

JUL-17-2008 02:00 PM

Page 594 of 3136

NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, dry

Calcium, Ca	S702
Zinc, Zn	S702
Vitamin C, total ascorbic acid	S702
Pantothenic acid	S702
Fatty acids, total saturated	S702

NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry

Protein	S702
Potassium, K	S702
Cholesterol	S702
Copper, Cu	S702
Vitamin B-6	S702
Vitamin B-12	S702
Calcium, Ca	S702
Riboflavin	S702
Total lipid (fat)	S702
Water	S702
Vitamin A, IU	S702
Pantothenic acid	S702
Folate, total	S702
Ash	S702
Selenium, Se	S702
Vitamin C, total ascorbic acid	S702
Niacin	S702
Fatty acids, total saturated	S702
Carbohydrate, by difference	S702
Phosphorus, P	S702
Zinc, Zn	S702
Manganese, Mn	S702
Thiamin	S702
Energy	S702
Sugars, total	S702
Fiber, total dietary	S702
Magnesium, Mg	S702
Sodium, Na	S702
Iron, Fe	S702

Reference Report

JUL-17-2008 02:00 PM

Page 595 of 3136

NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry

Vitamin D S702

NDB No. 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Antioxidant Cereal

Total lipid (fat) S4561

Iron, Fe S4561

Riboflavin S4561

Vitamin B-12 S4561

Vitamin A, IU S4561

Folate, total S4561

Sugars, total S4561

Phosphorus, P S4561

Thiamin S4561

Fiber, total dietary S4561

Potassium, K S4561

Niacin S4561

Pantothenic acid S4561

Fatty acids, total trans S4561

Ash S4561

Copper, Cu S4561

Vitamin D S4561

Carbohydrate, by difference S4561

Magnesium, Mg S4561

Zinc, Zn S4561

Vitamin C, total ascorbic acid S4561

Water S4561

Sodium, Na S4561

Vitamin E (alpha-tocopherol) S4561

Vitamin B-6 S4561

Cholesterol S4561

Fatty acids, total saturated S4561

Fatty acids, total monounsaturated S4561

Fatty acids, total polyunsaturated S4561

Protein S4561

Energy S4561

Reference Report

JUL-17-2008 02:00 PM

Page 596 of 3136

NDB No. 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size

Protein	S2664
Energy	S2664
Sugars, total	S2664
Iron, Fe	S2664
Riboflavin	S2664
Carbohydrate, by difference	S2664
Fiber, total dietary	S2664
Potassium, K	S2664
Niacin	S2664
Total lipid (fat)	S2664
Ash	S2664
Phosphorus, P	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Sodium, Na	S2664
Thiamin	S2664
Folate, total	S2664
Fatty acids, total monounsaturated	S2664
Copper, Cu	S2664
Vitamin B-6	S2664
Water	S2664
Calcium, Ca	S2664
Magnesium, Mg	S2664
Zinc, Zn	S2664
Fatty acids, total polyunsaturated	S2664

NDB No. 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

Carbohydrate, by difference	S922
Fiber, total dietary	S922
Energy	S922
Sugars, total	S922
Ash	S922
Water	S922
Vitamin E (alpha-tocopherol)	S84

Reference_Report

NDB No. 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

Cholesterol	S922
Fatty acids, total saturated	S922
Fatty acids, total polyunsaturated	S922
Protein	S922
Fatty acids, total trans	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922

NDB No. 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH

Protein	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Sugars, total	S2502
Vitamin B-6	S2502
Energy	S2502
Water	S2502
Fatty acids, total polyunsaturated	S2502
Fiber, total dietary	S2502
Carbohydrate, by difference	S2502
Thiamin	S2502
Riboflavin	S2502
Folic acid	S2502
Fatty acids, total trans	S2502
Ash	S2502
Iron, Fe	S2502
Potassium, K	S2502
Niacin	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502

NDB No. 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

Protein	S2502
Vitamin C, total ascorbic acid	S2502
Fatty acids, total	S2502

NDB No. 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

monounsaturated

Niacin	S2502
Folic acid	S2502
Water	S2502
Iron, Fe	S2502
Potassium, K	S2502
Fiber, total dietary	S2502
Energy	S2502
Thiamin	S2502
Vitamin B-6	S2502
Fatty acids, total trans	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Fatty acids, total polyunsaturated	S2502
Calcium, Ca	S2502
Cholesterol	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Sugars, total	S2502
Riboflavin	S2502
Fatty acids, total saturated	S2502

NDB No. 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

Protein	S2502
Vitamin D	S2502
Vitamin B-12	S2502
Energy	S2502
Sugars, total	S2502
Potassium, K	S2502
Vitamin C, total ascorbic acid	S2502
Niacin	S2502
Cholesterol	S2502
Water	S2502
Phosphorus, P	S2502
Zinc, Zn	S2502
Carbohydrate, by difference	S2502
Fiber, total dietary	

Reference_Report

NDB No. 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

	S2502
Fatty acids, total trans	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Riboflavin	S2502
Vitamin B-6	S2502
Fatty acids, total polyunsaturated	S2502
Iron, Fe	S2502
Thiamin	S2502
Folic acid	S2502
Fatty acids, total monounsaturated	S2502
Calcium, Ca	S2502
Magnesium, Mg	S2502
Ash	S2502
Copper, Cu	S2502
Fatty acids, total saturated	S2502

NDB No. 08349 Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Energy	S2502
Water	S2502
Zinc, Zn	S2502
Niacin	S2502
Ash	S2502
Fiber, total dietary	S2502
Vitamin C, total ascorbic acid	S2502
Fatty acids, total polyunsaturated	S2502
Fatty acids, total monounsaturated	S2502
Magnesium, Mg	S2502
Sodium, Na	S2502
Vitamin D	S2502
Vitamin B-12	S2502
Thiamin	S2502
Fatty acids, total saturated	S2502
Calcium, Ca	S2502
Vitamin A, IU	S2502

NDB No. 08349 Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Vitamin B-6	S2502
Cholesterol	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Folic acid	S2502
Protein	S2502
Carbohydrate, by difference	S2502
Sugars, total	S2502
Potassium, K	S2502
Riboflavin	S2502
Fatty acids, total trans	S2502

NDB No. 08350 Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S

Protein	S2502
Water	S2502
Potassium, K	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Niacin	S2502
Iron, Fe	S2502
Thiamin	S2502
Riboflavin	S2502
Cholesterol	S2502
Fatty acids, total monounsaturated	S2502
Vitamin D	S2502
Fatty acids, total saturated	S2502
Carbohydrate, by difference	S2502
Energy	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Sugars, total	S2502
Vitamin C, total ascorbic acid	S2502
Folic acid	S2502
Fiber, total dietary	S2502
Magnesium, Mg	S2502
Sodium, Na	S2502

NDB No. 08350 Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S

Ash	S2502
Calcium, Ca	S2502
Phosphorus, P	S2502
Fatty acids, total polyunsaturated	S2502
Vitamin A, IU	S2502

NDB No. 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Total lipid (fat)	S702
Ash	S702
Energy	S702
Fiber, total dietary	S702
Thiamin	S702
Cholesterol	S702
Fatty acids, total monounsaturated	S702
Magnesium, Mg	S702
Potassium, K	S702
Sodium, Na	S702
Selenium, Se	S702
Vitamin D	S702
Carbohydrate, by difference	S702
Zinc, Zn	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Vitamin B-6	S702
Protein	S702
Copper, Cu	S702
Folate, total	S702
Vitamin B-12	S702
Water	S702
Calcium, Ca	S702
Iron, Fe	S702
Phosphorus, P	S702
Vitamin A, IU	S702
Niacin	S702
Fatty acids, total polyunsaturated	S702
Manganese, Mn	S702

Reference Report

JUL-17-2008 02:00 PM

Page 602 of 3136

NDB No. 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Pantothenic acid	S702
Fatty acids, total saturated	S702

NDB No. 08352 Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Zinc, Zn	S702
Carbohydrate, by difference	S702
Water	S702
Thiamin	S702
Niacin	S702
Fatty acids, total saturated	S702
Copper, Cu	S702
Vitamin B-12	S702
Total lipid (fat)	S702
Energy	S702
Fiber, total dietary	S702
Magnesium, Mg	S702
Selenium, Se	S702
Vitamin B-6	S702
Fatty acids, total polyunsaturated	S702
Riboflavin	S702
Sugars, total	S702
Sodium, Na	S702
Vitamin A, IU	S702
Vitamin D	S702
Protein	S702
Ash	S702
Phosphorus, P	S702
Potassium, K	S702
Manganese, Mn	S702
Vitamin C, total ascorbic acid	S702
Pantothenic acid	S702
Folate, total	S702
Calcium, Ca	S702
Iron, Fe	S702
Fatty acids, total monounsaturated	S702

NDB No. 08353 Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Ash	S702
Water	S702
Sodium, Na	S702
Pantothenic acid	S702
Folate, total	S702
Fatty acids, total polyunsaturated	S702
Energy	S702
Phosphorus, P	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Fiber, total dietary	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Fatty acids, total monounsaturated	S702
Manganese, Mn	S702
Protein	S702
Total lipid (fat)	S702
Vitamin B-6	S702
Iron, Fe	S702
Zinc, Zn	S702
Selenium, Se	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Vitamin D	S702
Cholesterol	S702
Carbohydrate, by difference	S702
Calcium, Ca	S702
Magnesium, Mg	S702
Potassium, K	S702
Copper, Cu	S702

NDB No. 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Protein	S702

Reference Report

JUL-17-2008 02:00 PM

Page 604 of 3136

NDB No. 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Calcium, Ca	S702
Fatty acids, total saturated	S702
Energy	S702
Phosphorus, P	S702
Zinc, Zn	S702
Manganese, Mn	S702
Thiamin	S702
Pantothenic acid	S702
Fatty acids, total polyunsaturated	S702
Ash	S702
Fiber, total dietary	S702
Sodium, Na	S702
Folate, total	S702
Potassium, K	S702
Copper, Cu	S702
Vitamin A, IU	S702
Riboflavin	S702
Niacin	S702
Vitamin B-6	S702
Fatty acids, total monounsaturated	S702
Carbohydrate, by difference	S702
Vitamin B-12	S702
Total lipid (fat)	S702
Water	S702
Iron, Fe	S702
Magnesium, Mg	S702
Cholesterol	S702

NDB No. 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Iron, Fe	S702
Phosphorus, P	S702
Ash	S702
Water	S702
Magnesium, Mg	S702
Manganese, Mn	S702
Potassium, K	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 605 of 3136

NDB No. 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Pantothenic acid	S702
Zinc, Zn	S702
Copper, Cu	S702
Vitamin D	S702
Vitamin B-6	S702
Fatty acids, total saturated	S702
Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Energy	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Vitamin A, IU	S702
Niacin	S702
Folate, total	S702
Fatty acids, total monounsaturated	S702
Thiamin	S702
Vitamin B-12	S702
Fatty acids, total polyunsaturated	S702
Sodium, Na	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Cholesterol	S702

NDB No. 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Vitamin A, IU	S702
Phosphorus, P	S702
Potassium, K	S702
Riboflavin	S702
Fatty acids, total monounsaturated	S702
Carbohydrate, by difference	S702
Water	S702
Calcium, Ca	S702
Energy	S702
Magnesium, Mg	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 606 of 3136

NDB No. 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Ash	S702
Zinc, Zn	S702
Niacin	S702
Cholesterol	S702
Protein	S702
Sugars, total	S702
Fiber, total dietary	S702
Sodium, Na	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Vitamin B-6	S702
Folate, total	S702
Total lipid (fat)	S702
Iron, Fe	S702
Thiamin	S702
Pantothenic acid	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Energy	S702
Vitamin A, IU	S702
Fatty acids, total saturated	S702
Protein	S702
Carbohydrate, by difference	S702
Ash	S702
Vitamin B-6	S702
Fatty acids, total polyunsaturated	S702
Total lipid (fat)	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Phosphorus, P	S702
Potassium, K	S702

NDB No. 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Zinc, Zn	S702
Copper, Cu	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Pantothenic acid	S702
Cholesterol	S702
Water	S702
Magnesium, Mg	S702
Sodium, Na	S702
Vitamin B-12	S702
Thiamin	S702
Manganese, Mn	S702
Vitamin D	S702
Folate, total	S702
Fatty acids, total monounsaturated	S702
Iron, Fe	S702
Niacin	S702

NDB No. 08359 Cereals ready-to-eat, QUAKER, Frosted Oats

Protein	S702
Water	S702
Calcium, Ca	S702
Iron, Fe	S702
Cholesterol	S702
Zinc, Zn	S702
Manganese, Mn	S702
Vitamin C, total ascorbic acid	S702
Sodium, Na	S702
Copper, Cu	S702
Vitamin A, IU	S702
Folate, total	S702
Pantothenic acid	S702
Carbohydrate, by difference	S702
Vitamin B-6	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702

NDB No. 08359 Cereals ready-to-eat, QUAKER, Frosted Oats

Total lipid (fat)	S702
Thiamin	S702
Fatty acids, total polyunsaturated	S702
Ash	S702
Energy	S702
Fiber, total dietary	S702
Potassium, K	S702
Riboflavin	S702
Fatty acids, total monounsaturated	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Vitamin D	S702
Niacin	S702

NDB No. 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

Energy	S702
Manganese, Mn	S702
Folate, total	S702
Cholesterol	S702
Fatty acids, total polyunsaturated	S702
Total lipid (fat)	S702
Vitamin C, total ascorbic acid	S702
Pantothenic acid	S702
Protein	S702
Carbohydrate, by difference	S702
Calcium, Ca	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Copper, Cu	S702
Vitamin A, IU	S702
Niacin	S702
Vitamin B-12	S702
Fatty acids, total monounsaturated	S702
Water	S702
Iron, Fe	S702

NDB No. 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

Potassium, K	S702
Zinc, Zn	S702
Selenium, Se	S702
Riboflavin	S702
Vitamin B-6	S702
Ash	S702
Fiber, total dietary	S702
Vitamin D	S702
Sodium, Na	S702
Thiamin	S702
Fatty acids, total saturated	S702

NDB No. 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Total lipid (fat)	S702
Ash	S702
Water	S702
Thiamin	S702
Riboflavin	S702
Fatty acids, total saturated	S702
Fatty acids, total polyunsaturated	S702
Selenium, Se	S702
Vitamin A, IU	S702
Copper, Cu	S702
Vitamin C, total ascorbic acid	S702
Niacin	S702
Folate, total	S702
Protein	S702
Iron, Fe	S702
Magnesium, Mg	S702
Potassium, K	S702
Manganese, Mn	S702
Energy	S702
Pantothenic acid	S702
Vitamin B-12	S702
Fiber, total dietary	S702
Calcium, Ca	S702

Reference Report

JUL-17-2008 02:00 PM

Page 610 of 3136

NDB No. 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Sodium, Na	S702
Vitamin B-6	S702
Cholesterol	S702
Carbohydrate, by difference	S702
Phosphorus, P	S702
Vitamin D	S702
Zinc, Zn	S702
Fatty acids, total monounsaturated	S702

NDB No. 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Riboflavin	S702
Vitamin B-12	S702
Ash	S702
Selenium, Se	S702
Water	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Pantothenic acid	S702
Folate, total	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Thiamin	S702
Niacin	S702
Fiber, total dietary	S702
Iron, Fe	S702
Sodium, Na	S702
Zinc, Zn	S702
Vitamin C, total ascorbic acid	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702
Calcium, Ca	S702
Fatty acids, total saturated	S702
Protein	S702

Reference_Report

NDB No. 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Potassium, K	S702
Cholesterol	S702
Energy	S702
Copper, Cu	S702
Vitamin D	S702
Vitamin B-6	S702

NDB No. 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Thiamin	S702
Riboflavin	S702
Choline, total	S3461
Protein	S702
Magnesium, Mg	S702
Vitamin D	S702
Cholesterol	S702
Total lipid (fat)	S702
Fiber, total dietary	S702
Iron, Fe	S702
Vitamin B-12	S702
Carbohydrate, by difference	S702
Water	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Folate, total	S702
Fatty acids, total monounsaturated	S702
Calcium, Ca	S702
Sodium, Na	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin B-6	S702
Fatty acids, total saturated	S702
Ash	S702
Energy	S702
Fatty acids, total polyunsaturated	S702
Potassium, K	S702
Niacin	S702

Reference Report

JUL-17-2008 02:00 PM

Page 612 of 3136

NDB No. 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Pantothenic acid	S702
Phosphorus, P	S702
Zinc, Zn	S702

NDB No. 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Fiber, total dietary	S702
Riboflavin	S702
Folate, total	S702
Cholesterol	S702
Protein	S702
Total lipid (fat)	S702
Zinc, Zn	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Niacin	S702
Vitamin B-12	S702
Fatty acids, total polyunsaturated	S702
Water	S702
Vitamin B-6	S702
Fatty acids, total saturated	S702
Carbohydrate, by difference	S702
Energy	S702
Potassium, K	S702
Sodium, Na	S702
Thiamin	S702
Magnesium, Mg	S702
Manganese, Mn	S702
Fatty acids, total monounsaturated	S702
Ash	S702
Calcium, Ca	S702
Iron, Fe	S702
Phosphorus, P	S702
Copper, Cu	S702
Vitamin D	S702
Pantothenic acid	S702

NDB No. 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Potassium, K	S702
Thiamin	S702
Folate, total	S702
Protein	S702
Copper, Cu	S702
Carbohydrate, by difference	S702
Ash	S702
Cholesterol	S702
Water	S702
Magnesium, Mg	S702
Manganese, Mn	S702
Total lipid (fat)	S702
Energy	S702
Fiber, total dietary	S702
Iron, Fe	S702
Sodium, Na	S702
Zinc, Zn	S702
Phosphorus, P	S702
Vitamin D	S702
Pantothenic acid	S702
Fatty acids, total saturated	S702
Calcium, Ca	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Niacin	S702
Vitamin B-6	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702
Vitamin A, IU	S702
Vitamin B-12	S702

NDB No. 08371 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Water	S922
Potassium, K	S922
Copper, Cu	S922
Niacin	S922

Reference Report

JUL-17-2008 02:00 PM

Page 614 of 3136

NDB No. 08371 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Energy	S922
Thiamin	S922
Riboflavin	S922
Vitamin B-12	S922
Protein	S922
Phosphorus, P	S922
Cholesterol	S922
Fiber, total dietary	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Vitamin B-6	S922
Fatty acids, total trans	S922
Carbohydrate, by difference	S922
Magnesium, Mg	S922
Folate, total	S922
Ash	S922
Sugars, total	S922
Iron, Fe	S922
Sodium, Na	S922
Calcium, Ca	S922
Zinc, Zn	S922
Vitamin A, IU	S922

NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Water	S2664
Zinc, Zn	S2664
Sugars, total	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Vitamin B-12	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Copper, Cu	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664
Ash	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 615 of 3136

NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Phosphorus, P	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Niacin	S2664
Vitamin B-6	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Carbohydrate, by difference	S2664
Folate, total	S2664
Riboflavin	S2664
Protein	S2664
Total lipid (fat)	S2664
Energy	S2664
Magnesium, Mg	S2664
Cholesterol	S2664
Fiber, total dietary	S2664
Potassium, K	S2664

NDB No. 08375 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Phosphorus, P	S4561
Potassium, K	S4561
Zinc, Zn	S4561
Vitamin C, total ascorbic acid	S4561
Folate, total	S4561
Cholesterol	S4561
Fatty acids, total trans	S4561
Sugars, total	S4561
Riboflavin	S4561
Ash	S4561
Iron, Fe	S4561
Magnesium, Mg	S4561
Sodium, Na	S4561
Vitamin D	S4561
Thiamin	S4561
Calcium, Ca	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 616 of 3136

NDB No. 08375 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Copper, Cu	S4561
Fatty acids, total saturated	S4561
Fatty acids, total monounsaturated	S4561
Carbohydrate, by difference	S4561
Water	S4561
Vitamin A, IU	S4561
Niacin	S4561
Vitamin B-6	S4561
Energy	S4561
Vitamin B-12	S4561
Protein	S4561
Total lipid (fat)	S4561
Fiber, total dietary	S4561
Fatty acids, total polyunsaturated	S4561

NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS

Ash	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Vitamin B-6	S4561
Vitamin B-12	S4561
Fatty acids, total saturated	S4561
Total lipid (fat)	S4561
Sugars, total	S4561
Potassium, K	S4561
Carbohydrate, by difference	S4561
Water	S4561
Fatty acids, total monounsaturated	S4561
Fatty acids, total polyunsaturated	S4561
Protein	S4561
Fiber, total dietary	S4561
Phosphorus, P	S4561
Vitamin C, total ascorbic acid	S4561
Folate, total	S4561
Calcium, Ca	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 617 of 3136

NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS

Thiamin	S4561
Riboflavin	S4561
Niacin	S4561
Energy	S4561
Zinc, Zn	S4561
Vitamin D	S4561
Cholesterol	S4561
Fatty acids, total trans	S4561
Iron, Fe	S4561

NDB No. 08379 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat

Ash	S4561
Vitamin A, IU	S4561
Fatty acids, total polyunsaturated	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Calcium, Ca	S4561
Sugars, total	S4561
Sodium, Na	S4561
Carbohydrate, by difference	S4561
Energy	S4561
Phosphorus, P	S4561
Potassium, K	S4561
Protein	S4561
Total lipid (fat)	S4561
Fatty acids, total monounsaturated	S4561
Fiber, total dietary	S4561
Cholesterol	S4561
Water	S4561
Iron, Fe	S4561

NDB No. 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Water	S2664
Folate, total	S2664

Reference Report

JUL-17-2008 02:00 PM

Page 618 of 3136

NDB No. 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Protein	S2664
Carbohydrate, by difference	S2664
Energy	S2664
Magnesium, Mg	S2664
Riboflavin	S2664
Sugars, total	S2664
Sodium, Na	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin C, total ascorbic acid	S2664
Ash	S2664
Zinc, Zn	S2664
Niacin	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664
Total lipid (fat)	S2664
Phosphorus, P	S2664
Vitamin B-6	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Potassium, K	S2664
Fatty acids, total saturated	S2664
Iron, Fe	S2664
Vitamin D	S2664
Thiamin	S2664
Fatty acids, total trans	S2664

NDB No. 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Protein	S2664
Carbohydrate, by difference	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Niacin	S2664
Calcium, Ca	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 619 of 3136

NDB No. 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Zinc, Zn	S2664
Riboflavin	S2664
Vitamin B-6	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Ash	S2664
Copper, Cu	S2664
Sugars, total	S2664
Phosphorus, P	S2664
Vitamin E (alpha-tocopherol)	S2664
Folate, total	S2664
Choline, total	S4001
Fatty acids, total trans	S2664
Total lipid (fat)	S2664
Potassium, K	S2664
Selenium, Se	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664
Vitamin C, total ascorbic acid	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Water	S2664
Magnesium, Mg	S2664
Thiamin	S2664
Energy	S2664
Betaine	S4001
Fatty acids, total polyunsaturated	S2664

NDB No. 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Cholesterol	S2664
Protein	S4561
Total lipid (fat)	S4561
Energy	S4561
Riboflavin	S4561
Carbohydrate, by difference	S4561
Water	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 620 of 3136

NDB No. 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Calcium, Ca	S4561
Phosphorus, P	S4561
Potassium, K	S4561
Niacin	S4561
Folate, total	S4561
Fatty acids, total polyunsaturated	S2664
Ash	S4561
Sugars, total	S4561
Copper, Cu	S4561
Fiber, total dietary	S4561
Iron, Fe	S4561
Sodium, Na	S4561
Zinc, Zn	S4561
Thiamin	S4561
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Vitamin B-6	S4561
Fatty acids, total monounsaturated	S2664

NDB No. 08386 Cereals ready-to-eat, KASHI GOLEAN CRUNCH! by KELLOGG

Protein	S2664
Ash	S2664
Sodium, Na	S2664
Copper, Cu	S2664
Iron, Fe	S2664
Phosphorus, P	S2664
Niacin	S2664
Total lipid (fat)	S2664
Fiber, total dietary	S2664
Manganese, Mn	S2664
Vitamin B-6	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total polyunsaturated	S2664
Carbohydrate, by difference	S2664
Zinc, Zn	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 621 of 3136

NDB No. 08386 Cereals ready-to-eat, KASHI GOLEAN CRUNCH! by KELLOGG

Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Magnesium, Mg	S2664
Vitamin A, IU	S2664
Thiamin	S2664
Cholesterol	S2664
Fatty acids, total monounsaturated	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Riboflavin	S2664
Calcium, Ca	S2664
Potassium, K	S2664

NDB No. 08387 Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat

Sugars, total	S4561
Phosphorus, P	S4561
Potassium, K	S4561
Fatty acids, total saturated	S4561
Fiber, total dietary	S4561
Magnesium, Mg	S4561
Zinc, Zn	S4561
Cholesterol	S4561
Fatty acids, total polyunsaturated	S4561
Calcium, Ca	S4561
Folate, total	S4561
Vitamin B-12	S4561
Fatty acids, total monounsaturated	S4561
Vitamin A, IU	S4561
Vitamin E (alpha-tocopherol)	S4561
Vitamin C, total ascorbic acid	S4561
Protein	S4561
Energy	S4561
Fatty acids, total trans	S4561
Carbohydrate, by difference	S4561

Reference_Report

NDB No. 08387 Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat

Iron, Fe	S4561
Total lipid (fat)	S4561
Ash	S4561
Water	S4561
Sodium, Na	S4561
Vitamin B-6	S4561

NDB No. 08388 Cereals ready-to-eat, Puffed KASHI by Kellogg

Fiber, total dietary	S2664
Potassium, K	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Water	S2664
Sugars, total	S2664
Niacin	S682
Fatty acids, total polyunsaturated	S2664
Protein	S2664
Total lipid (fat)	S2664
Sodium, Na	S2664
Thiamin	S682
Fatty acids, total monounsaturated	S2664
Carbohydrate, by difference	S2664
Riboflavin	S2664
Fatty acids, total trans	S2664
Energy	S2664
Iron, Fe	S2664
Ash	S2664
Phosphorus, P	S682

NDB No. 08389 Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs

Water	S4561
Vitamin A, IU	S4561
Niacin	S4561
Fatty acids, total trans	S2664
Sugars, total	S4561

NDB No. 08389 Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs

Total lipid (fat)	S4561
Phosphorus, P	S2664
Vitamin C, total ascorbic acid	S4561
Carbohydrate, by difference	S4561
Potassium, K	S4561
Fiber, total dietary	S4561
Betaine	S3461
Sodium, Na	S4561
Cholesterol	S2664
Protein	S4561
Choline, total	S3461

NDB No. 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg

Sodium, Na	S2664
Fatty acids, total trans	S2664
Carbohydrate, by difference	S2664
Water	S2664
Thiamin	S682
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total polyunsaturated	S2664
Total lipid (fat)	S2664
Phosphorus, P	S2664
Vitamin B-6	S682
Fatty acids, total monounsaturated	S2664
Protein	S2664
Ash	S2664
Magnesium, Mg	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Potassium, K	S2664
Riboflavin	S682
Energy	S2664
Sugars, total	S2664
Vitamin A, IU	S2664

Reference Report

JUL-17-2008 02:00 PM

Page 624 of 3136

NDB No. 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg

Niacin S682

NDB No. 08393 Cereals ready-to-eat, KASHI GOLEAN by Kellogg

Iron, Fe S2664

Phosphorus, P S2664

Fatty acids, total saturated S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Water S2664

Sugars, total S2664

Fatty acids, total polyunsaturated S2664

Fiber, total dietary S2664

Calcium, Ca S2664

Fatty acids, total monounsaturated S2664

Ash S2664

Potassium, K S2664

Sodium, Na S2664

Energy S2664

Magnesium, Mg S2664

Fatty acids, total trans S2664

Protein S2664

Zinc, Zn S2664

Vitamin A, IU S2664

Cholesterol S2664

NDB No. 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Zinc, Zn S702

Manganese, Mn S702

Fatty acids, total monounsaturated S702

Water S702

Vitamin D S702

Pantothenic acid S702

Protein S702

Carbohydrate, by difference S702

Reference_Report

NDB No. 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Energy	S702
Iron, Fe	S702
Magnesium, Mg	S702
Sodium, Na	S702
Copper, Cu	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Ash	S702
Phosphorus, P	S702
Thiamin	S702
Fiber, total dietary	S702
Niacin	S702
Vitamin B-6	S702
Cholesterol	S702
Total lipid (fat)	S702
Potassium, K	S702
Vitamin A, IU	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total polyunsaturated	S702
Calcium, Ca	S702
Fatty acids, total saturated	S702

NDB No. 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats

Copper, Cu	S702
Manganese, Mn	S702
Folate, total	S702
Energy	S702
Iron, Fe	S702
Phosphorus, P	S702
Thiamin	S702
Niacin	S702
Fatty acids, total saturated	S702
Magnesium, Mg	S702
Zinc, Zn	S702
Vitamin D	S702

NDB No. 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats

Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702
Protein	S702
Riboflavin	S702
Pantothenic acid	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Sodium, Na	S702
Vitamin B-6	S702
Cholesterol	S702
Ash	S702
Potassium, K	S702
Vitamin A, IU	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Water	S702
Vitamin C, total ascorbic acid	S702
Vitamin B-12	S702

NDB No. 08396 Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Water	S702
Calcium, Ca	S702
Iron, Fe	S702
Vitamin B-6	S702
Fatty acids, total saturated	S702
Pantothenic acid	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Potassium, K	S702
Vitamin A, IU	S702
Riboflavin	S702
Selenium, Se	S702
Folate, total	S702
Cholesterol	S702

Reference Report

JUL-17-2008 02:00 PM

Page 627 of 3136

NDB No. 08396 Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Magnesium, Mg	S702
Phosphorus, P	S702
Thiamin	S702
Niacin	S702
Protein	S702
Sodium, Na	S702
Vitamin B-12	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702
Fiber, total dietary	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702

NDB No. 08398 Cereals ready-to-eat, GENERAL MILLS, HARMONY

Total lipid (fat)	S603
Energy	S603
Water	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Calcium, Ca	S603
Vitamin A, IU	S603
Vitamin C, total ascorbic acid	S603
Vitamin B-12	S603
Sodium, Na	S603
Copper, Cu	S603
Thiamin	S603
Fiber, total dietary	S603
Zinc, Zn	S603
Cholesterol	S603
Fatty acids, total saturated	S603
Protein	S603
Iron, Fe	S603

Reference_Report

NDB No. 08398 Cereals ready-to-eat, GENERAL MILLS, HARMONY

Vitamin D	S603
Carbohydrate, by difference	S603
Ash	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Folate, total	S603

NDB No. 08400 Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

Iron, Fe	S881
Copper, Cu	S881
Manganese, Mn	S881
Vitamin D	S881
Vitamin C, total ascorbic acid	S881
Vitamin B-6	S881
Sodium, Na	S881
Riboflavin	S881
Water	S881
Magnesium, Mg	S881
Energy	S881
Selenium, Se	S881
Fatty acids, total saturated	S881
Protein	S881
Carbohydrate, by difference	S881
Ash	S881
Zinc, Zn	S881
Vitamin A, IU	S881
Sugars, total	S881
Phosphorus, P	S881
Potassium, K	S881
Niacin	S881
Pantothenic acid	S881
Fatty acids, total polyunsaturated	S881
Calcium, Ca	S881
Fatty acids, total monounsaturated	S881
Total lipid (fat)	S881

Reference Report

JUL-17-2008 02:00 PM

Page 629 of 3136

NDB No. 08400 Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

Fiber, total dietary	S881
Thiamin	S881
Folate, total	S881
Vitamin B-12	S881

NDB No. 08401 Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Water	S881
Copper, Cu	S881
Selenium, Se	S881
Vitamin C, total ascorbic acid	S881
Protein	S881
Potassium, K	S881
Cholesterol	S881
Fatty acids, total monounsaturated	S881
Calcium, Ca	S881
Phosphorus, P	S881
Vitamin A, IU	S881
Pantothenic acid	S881
Fatty acids, total saturated	S881
Total lipid (fat)	S881
Sodium, Na	S881
Thiamin	S881
Niacin	S881
Carbohydrate, by difference	S881
Magnesium, Mg	S881
Folate, total	S881
Iron, Fe	S881
Zinc, Zn	S881
Riboflavin	S881
Energy	S881
Vitamin D	S881
Vitamin B-12	S881
Ash	S881
Sugars, total	S881
Fiber, total dietary	S881
Manganese, Mn	S881

Reference_Report

NDB No. 08401 Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Vitamin B-6	S881
Fatty acids, total polyunsaturated	S881

NDB No. 08402 Cereals, QUAKER, Quick Oats, Dry

Total lipid (fat)	S702
Ash	S702
Potassium, K	S702
Niacin	S702
Vitamin B-12	S702
Protein	S702
Carbohydrate, by difference	S702
Water	S702
Manganese, Mn	S702
Magnesium, Mg	S702
Pantothenic acid	S702
Iron, Fe	S702
Vitamin D	S702
Thiamin	S702
Sugars, total	S702
Sodium, Na	S702
Copper, Cu	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702
Energy	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Vitamin B-6	S702
Phosphorus, P	S702
Zinc, Zn	S702
Cholesterol	S702

NDB No. 08408 Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon TOASTY O's

Protein	S2502
Zinc, Zn	S2502
Cholesterol	S2502

Reference Report

JUL-17-2008 02:00 PM

Page 631 of 3136

NDB No. 08408 Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon TOASTY O's

Fatty acids, total trans	S2502
Fatty acids, total polyunsaturated	S2502
Carbohydrate, by difference	S2502
Magnesium, Mg	S2502
Sodium, Na	S2502
Folic acid	S2502
Calcium, Ca	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Riboflavin	S2502
Fatty acids, total saturated	S2502
Energy	S2502
Water	S2502
Phosphorus, P	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Vitamin B-6	S2502
Iron, Fe	S2502
Thiamin	S2502
Vitamin B-12	S2502
Ash	S2502
Potassium, K	S2502
Vitamin A, IU	S2502
Niacin	S2502
Fatty acids, total monounsaturated	S2502

NDB No. 08409 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Protein	S2502
Energy	S2502
Vitamin D	S2502
Niacin	S2502
Carbohydrate, by difference	S2502
Riboflavin	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Folic acid	S2502

Reference_Report

NDB No. 08409 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Water	S2502
Fiber, total dietary	S2502
Vitamin A, IU	S2502
Fatty acids, total saturated	S2502
Ash	S2502
Iron, Fe	S2502
Vitamin B-12	S2502
Fatty acids, total polyunsaturated	S2502
Fatty acids, total monounsaturated	S2502
Sugars, total	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin B-6	S2502

NDB No. 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Total lipid (fat)	S702
Fiber, total dietary	S702
Magnesium, Mg	S702
Copper, Cu	S702
Vitamin C, total ascorbic acid	S702
Vitamin A, IU	S702
Vitamin D	S702
Pantothenic acid	S702
Fatty acids, total polyunsaturated	S702
Protein	S702
Calcium, Ca	S702
Sodium, Na	S702
Water	S702
Iron, Fe	S702
Potassium, K	S702
Carotene, beta	S702
Thiamin	S702
Riboflavin	S702
Ash	S702
Zinc, Zn	S702
Selenium, Se	S702

Reference Report

JUL-17-2008 02:00 PM

Page 633 of 3136

NDB No. 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Niacin	S702
Fatty acids, total saturated	S702
Carbohydrate, by difference	S702
Sugars, total	S702
Folate, total	S702
Cholesterol	S702
Energy	S702
Vitamin B-12	S702
Phosphorus, P	S702
Manganese, Mn	S702
Vitamin B-6	S702
Fatty acids, total monounsaturated	S702

NDB No. 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

Fiber, total dietary	S702
Sodium, Na	S702
Total lipid (fat)	S702
Copper, Cu	S702
Thiamin	S702
Vitamin B-6	S702
Protein	S702
Vitamin A, IU	S702
Folate, total	S702
Carbohydrate, by difference	S702
Phosphorus, P	S702
Ash	S702
Energy	S702
Zinc, Zn	S702
Riboflavin	S702
Sugars, total	S702
Niacin	S702
Vitamin B-12	S702
Cholesterol	S702
Iron, Fe	S702
Manganese, Mn	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 634 of 3136

NDB No. 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Pantothenic acid	S702
Water	S702
Calcium, Ca	S702
Magnesium, Mg	S702
Potassium, K	S702

NDB No. 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

Sugars, total	S702
Riboflavin	S702
Vitamin B-6	S702
Energy	S702
Sodium, Na	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin A, IU	S702
Potassium, K	S702
Zinc, Zn	S702
Pantothenic acid	S702
Folate, total	S702
Total lipid (fat)	S702
Calcium, Ca	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Copper, Cu	S702
Thiamin	S702
Water	S702
Iron, Fe	S702
Vitamin C, total ascorbic acid	S702
Vitamin B-12	S702
Protein	S702
Ash	S702
Carbohydrate, by difference	S702
Fiber, total dietary	S702
Niacin	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 635 of 3136

NDB No. 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

Cholesterol S702

NDB No. 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

Water S702

Calcium, Ca S702

Vitamin D S702

Energy S702

Sugars, total S702

Vitamin B-6 S702

Total lipid (fat) S702

Iron, Fe S702

Thiamin S702

Carbohydrate, by difference S702

Sodium, Na S702

Manganese, Mn S702

Vitamin B-12 S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Zinc, Zn S702

Vitamin C, total ascorbic acid S702

Riboflavin S702

Niacin S702

Folate, total S702

Cholesterol S702

Protein S702

Copper, Cu S702

Vitamin A, IU S702

Ash S702

Fiber, total dietary S702

Pantothenic acid S702

NDB No. 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Copper, Cu S702

Riboflavin S702

Iron, Fe S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 636 of 3136

NDB No. 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Potassium, K	S702
Vitamin B-12	S702
Sodium, Na	S702
Vitamin C, total ascorbic acid	S702
Water	S702
Vitamin A, IU	S702
Niacin	S702
Vitamin B-6	S702
Folate, total	S702
Ash	S702
Zinc, Zn	S702
Manganese, Mn	S702
Protein	S702
Carbohydrate, by difference	S702
Energy	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Thiamin	S702
Pantothenic acid	S702
Cholesterol	S702
Total lipid (fat)	S702
Vitamin D	S702

NDB No. 08415 Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry

Copper, Cu	S702
Vitamin B-6	S702
Sugars, total	S702
Fiber, total dietary	S702
Iron, Fe	S702
Magnesium, Mg	S702
Energy	S702
Thiamin	S702
Carbohydrate, by difference	S702

Reference Report

JUL-17-2008 02:00 PM

Page 637 of 3136

NDB No. 08415 Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry

Water	S702
Niacin	S702
Pantothenic acid	S702
Calcium, Ca	S702
Manganese, Mn	S702
Ash	S702
Sodium, Na	S702
Vitamin A, IU	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Total lipid (fat)	S702
Potassium, K	S702
Protein	S702
Phosphorus, P	S702
Zinc, Zn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Riboflavin	S702

NDB No. 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

Sodium, Na	S702
Carbohydrate, by difference	S702
Phosphorus, P	S702
Protein	S702
Energy	S702
Water	S702
Vitamin D	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Sugars, total	S702
Niacin	S702
Ash	S702
Riboflavin	S702

Reference Report

JUL-17-2008 02:00 PM

Page 638 of 3136

NDB No. 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

Pantothenic acid	S702
Cholesterol	S702
Calcium, Ca	S702
Potassium, K	S702
Zinc, Zn	S702
Vitamin B-6	S702
Vitamin B-12	S702
Total lipid (fat)	S702
Fiber, total dietary	S702
Iron, Fe	S702
Magnesium, Mg	S702
Copper, Cu	S702
Folate, total	S702

NDB No. 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Ash	S702
Potassium, K	S702
Vitamin B-12	S702
Fiber, total dietary	S702
Iron, Fe	S702
Carbohydrate, by difference	S702
Sugars, total	S702
Copper, Cu	S702
Vitamin B-6	S702
Water	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Thiamin	S702
Riboflavin	S702
Pantothenic acid	S702
Folate, total	S702
Magnesium, Mg	S702
Sodium, Na	S702
Vitamin D	S702
Phosphorus, P	S702
Cholesterol	S702

NDB No. 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Energy	S702
Calcium, Ca	S702
Vitamin C, total ascorbic acid	S702
Protein	S702
Total lipid (fat)	S702
Zinc, Zn	S702
Niacin	S702

NDB No. 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

Carbohydrate, by difference	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Vitamin B-6	S702
Protein	S702
Energy	S702
Iron, Fe	S702
Pantothenic acid	S702
Manganese, Mn	S702
Water	S702
Niacin	S702
Total lipid (fat)	S702
Ash	S702
Calcium, Ca	S702
Sodium, Na	S702
Copper, Cu	S702
Vitamin B-12	S702
Fiber, total dietary	S702
Potassium, K	S702
Cholesterol	S702
Sugars, total	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Zinc, Zn	S702
Thiamin	S702
Riboflavin	S702

Reference Report

JUL-17-2008 02:00 PM

Page 640 of 3136

NDB No. 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

Folate, total S702

NDB No. 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

Protein S702

Total lipid (fat) S702

Copper, Cu S702

Vitamin B-12 S702

Fatty acids, total polyunsaturated S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Iron, Fe S702

Phosphorus, P S702

Thiamin S702

Cholesterol S702

Fiber, total dietary S702

Magnesium, Mg S702

Carotene, beta S702

Vitamin C, total ascorbic acid S702

Carbohydrate, by difference S702

Energy S702

Vitamin A, IU S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Ash S702

Water S702

Calcium, Ca S702

Zinc, Zn S702

Sugars, total S702

Potassium, K S702

Sodium, Na S702

Manganese, Mn S702

Vitamin D S702

Folate, total S702

Reference Report

JUL-17-2008 02:00 PM

Page 641 of 3136

NDB No. 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

Total lipid (fat)	S702
Fiber, total dietary	S702
Copper, Cu	S702
Protein	S702
Zinc, Zn	S702
Vitamin D	S702
Water	S702
Iron, Fe	S702
Manganese, Mn	S702
Sugars, total	S702
Sodium, Na	S702
Carbohydrate, by difference	S702
Calcium, Ca	S702
Phosphorus, P	S702
Thiamin	S702
Energy	S702
Potassium, K	S702
Riboflavin	S702
Vitamin B-12	S702
Ash	S702
Magnesium, Mg	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Niacin	S702
Cholesterol	S702

NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Sugars, total	S702
Iron, Fe	S702
Vitamin D	S702
Carbohydrate, by difference	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702

Reference Report

JUL-17-2008 02:00 PM

Page 642 of 3136

NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Vitamin B-6	S702
Cholesterol	S702
Magnesium, Mg	S702
Zinc, Zn	S702
Protein	S702
Total lipid (fat)	S702
Ash	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Copper, Cu	S702
Riboflavin	S702
Phosphorus, P	S702
Potassium, K	S702
Pantothenic acid	S702
Folate, total	S702
Vitamin B-12	S702
Energy	S702
Water	S702
Sodium, Na	S702
Manganese, Mn	S702
Thiamin	S702
Niacin	S702

NDB No. 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

Fiber, total dietary	S702
Vitamin D	S702
Iron, Fe	S702
Copper, Cu	S702
Riboflavin	S702
Niacin	S702
Folate, total	S702
Protein	S702
Total lipid (fat)	S702
Sodium, Na	S702
Manganese, Mn	S702
Thiamin	S702

Reference Report

JUL-17-2008 02:00 PM

Page 643 of 3136

NDB No. 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

Carbohydrate, by difference	S702
Potassium, K	S702
Zinc, Zn	S702
Ash	S702
Water	S702
Phosphorus, P	S702
Pantothenic acid	S702
Calcium, Ca	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Energy	S702
Magnesium, Mg	S702
Sugars, total	S702
Vitamin B-6	S702
Vitamin B-12	S702
Cholesterol	S702

NDB No. 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

Protein	S1065
Fructose	S1065
Selenium, Se	S1065
10:0	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:5 n-3	S1065
Glucose (dextrose)	S1065
Lactose	S1065
Maltose	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Copper, Cu	S1065
20:0	S1065
15:1	S1065
Total lipid (fat)	S1065
Water	S1065
Potassium, K	S1065

Reference_Report

NDB No. 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

Niacin	S1065
12:0	S1065
18:0	S1065
18:3 undifferentiated	S1065
17:0	S1065
24:0	S1065
Ash	S1065
Fiber, total dietary	S1065
Sodium, Na	S1065
Folate, total	S1065
14:0	S1065
16:0	S1065
20:5 n-3	S1065
Calcium, Ca	S1065
Zinc, Zn	S1065
Manganese, Mn	S1065
Vitamin C, total ascorbic acid	S1065
16:1 undifferentiated	S1065
15:0	S1065
20:3 undifferentiated	S1065
8:0	S1065
18:1 undifferentiated	S1065
22:1 undifferentiated	S1065
Phosphorus, P	S1065
Thiamin	S1065
Vitamin B-6	S1065
18:2 undifferentiated	S1065
20:1	S1065
20:2 n-6 c,c	S1065
17:1	S1065
Sucrose	S1065
Riboflavin	S1065
Pantothenic acid	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
22:0	S1065
14:1	S1065

NDB No. 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

18:4 S1065

NDB No. 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Fiber, total dietary	S702
Sodium, Na	S702
Zinc, Zn	S702
Vitamin D	S702
Niacin	S702
Fatty acids, total saturated	S702
Potassium, K	S702
Riboflavin	S702
Vitamin B-6	S702
Thiamin	S702
Cholesterol	S702
Protein	S702
Total lipid (fat)	S702
Vitamin A, IU	S702
Vitamin B-12	S702
Manganese, Mn	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702
Calcium, Ca	S702
Iron, Fe	S702
Copper, Cu	S702
Vitamin C, total ascorbic acid	S702
Energy	S702
Water	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Folate, total	S702
Carbohydrate, by difference	S702
Ash	S702
Pantothenic acid	S702

Reference Report

JUL-17-2008 02:00 PM

Page 646 of 3136

NDB No. 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Carbohydrate, by difference	S702
Calcium, Ca	S702
Selenium, Se	S702
Vitamin B-12	S702
Total lipid (fat)	S702
Sodium, Na	S702
Vitamin A, IU	S702
Thiamin	S702
Vitamin B-6	S702
Fiber, total dietary	S702
Phosphorus, P	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Niacin	S702
Cholesterol	S702
Fatty acids, total monounsaturated	S702
Ash	S702
Fatty acids, total polyunsaturated	S702
Protein	S702
Zinc, Zn	S702
Copper, Cu	S702
Magnesium, Mg	S702
Riboflavin	S702
Pantothenic acid	S702
Energy	S702
Iron, Fe	S702
Potassium, K	S702
Folate, total	S702
Fatty acids, total saturated	S702
Water	S702
Manganese, Mn	S702

NDB No. 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Magnesium, Mg	S702
Phosphorus, P	S702
Manganese, Mn	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 647 of 3136

NDB No. 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Fatty acids, total polyunsaturated	S702
Iron, Fe	S702
Riboflavin	S702
Folate, total	S702
Energy	S702
Potassium, K	S702
Thiamin	S702
Fatty acids, total saturated	S702
Protein	S702
Sodium, Na	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Water	S702
Sugars, total	S702
Calcium, Ca	S702
Copper, Cu	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Vitamin B-12	S702
Fatty acids, total monounsaturated	S702
Fiber, total dietary	S702
Zinc, Zn	S702
Vitamin D	S702
Cholesterol	S702

NDB No. 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Phosphorus, P	S702
Carbohydrate, by difference	S702
Energy	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Fatty acids, total polyunsaturated	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 648 of 3136

NDB No. 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Niacin	S702
Cholesterol	S702
Fatty acids, total monounsaturated	S702
Manganese, Mn	S702
Selenium, Se	S702
Fatty acids, total saturated	S702
Ash	S702
Calcium, Ca	S702
Potassium, K	S702
Sodium, Na	S702
Copper, Cu	S702
Vitamin D	S702
Vitamin B-6	S702
Folate, total	S702
Total lipid (fat)	S702
Sugars, total	S702
Magnesium, Mg	S702
Zinc, Zn	S702
Pantothenic acid	S702
Water	S702
Fiber, total dietary	S702
Iron, Fe	S702
Thiamin	S702
Vitamin B-12	S702
Protein	S702
Riboflavin	S702

NDB No. 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Total lipid (fat)	S702
Water	S702
Sugars, total	S702
Vitamin A, IU	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 649 of 3136

NDB No. 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Fiber, total dietary	S702
Magnesium, Mg	S702
Sodium, Na	S702
Cholesterol	S702
Copper, Cu	S702
Folate, total	S702
Fatty acids, total polyunsaturated	S702
Protein	S702
Ash	S702
Calcium, Ca	S702
Zinc, Zn	S702
Manganese, Mn	S702
Carbohydrate, by difference	S702
Energy	S702
Selenium, Se	S702
Vitamin D	S702
Vitamin B-6	S702
Iron, Fe	S702
Potassium, K	S702
Vitamin C, total ascorbic acid	S702
Phosphorus, P	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702

NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Iron, Fe	S702
Magnesium, Mg	S702
Riboflavin	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fiber, total dietary	S702
Manganese, Mn	S702
Calcium, Ca	S702
Vitamin C, total ascorbic acid	S702

Reference Report

JUL-17-2008 02:00 PM

Page 650 of 3136

NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Fatty acids, total monounsaturated	S702
Carbohydrate, by difference	S702
Ash	S702
Phosphorus, P	S702
Sodium, Na	S702
Vitamin D	S702
Thiamin	S702
Total lipid (fat)	S702
Pantothenic acid	S702
Fatty acids, total polyunsaturated	S702
Energy	S702
Potassium, K	S702
Zinc, Zn	S702
Folate, total	S702
Vitamin B-12	S702
Protein	S702
Copper, Cu	S702
Selenium, Se	S702
Vitamin A, IU	S702
Water	S702
Niacin	S702
Vitamin B-6	S702

NDB No. 08456 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon

Sugars, total	S2664
Iron, Fe	S2664
Thiamin	S2664
Vitamin B-12	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Water	S2664
Vitamin A, IU	S2664
Niacin	S2664
Folate, total	S2664
Fatty acids, total trans	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 651 of 3136

NDB No. 08456 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon

Protein	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Fiber, total dietary	S2664
Energy	S2664
Vitamin D	S2664
Vitamin B-6	S2664
Cholesterol	S2664
Fatty acids, total polyunsaturated	S2664
Zinc, Zn	S2664
Potassium, K	S2664
Sodium, Na	S2664
Riboflavin	S2664
Total lipid (fat)	S2664

NDB No. 08457 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry

Sugars, total	S2664
Fiber, total dietary	S2664
Fatty acids, total trans	S2664
Ash	S2664
Energy	S2664
Sodium, Na	S2664
Thiamin	S2664
Riboflavin	S2664
Magnesium, Mg	S2664
Fatty acids, total monounsaturated	S2664
Calcium, Ca	S2664
Potassium, K	S2664
Vitamin C, total ascorbic acid	S2664
Vitamin B-12	S2664
Water	S2664
Phosphorus, P	S2664
Zinc, Zn	S2664
Vitamin D	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 652 of 3136

NDB No. 08457 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry

Iron, Fe	S2664
Niacin	S2664
Vitamin B-6	S2664
Cholesterol	S2664
Protein	S2664
Fatty acids, total saturated	S2664
Fatty acids, total polyunsaturated	S2664
Vitamin A, IU	S2664
Folate, total	S2664

NDB No. 08458 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry

Fatty acids, total saturated	S2664
Energy	S4561
Potassium, K	S4561
Vitamin A, IU	S4561
Thiamin	S4561
Fatty acids, total polyunsaturated	S2664
Total lipid (fat)	S4561
Sugars, total	S4561
Calcium, Ca	S4561
Vitamin C, total ascorbic acid	S4561
Niacin	S4561
Cholesterol	S2664
Protein	S4561
Carbohydrate, by difference	S4561
Ash	S4561
Fatty acids, total monounsaturated	S2664
Fiber, total dietary	S4561
Magnesium, Mg	S4561
Vitamin B-12	S4561
Fatty acids, total trans	S2664
Sodium, Na	S4561
Zinc, Zn	S4561
Vitamin D	S4561
Riboflavin	S4561
Iron, Fe	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 653 of 3136

NDB No. 08458 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry

Vitamin B-6	S4561
Water	S4561
Phosphorus, P	S4561
Folate, total	S4561

NDB No. 08459 Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size

Total lipid (fat)	S2664
Fiber, total dietary	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Carbohydrate, by difference	S2664
Niacin	S2664
Zinc, Zn	S2664
Folate, total	S2664
Vitamin B-12	S2664
Protein	S2664
Cholesterol	S2664
Ash	S2664
Thiamin	S2664
Vitamin B-6	S2664
Water	S2664
Sodium, Na	S2664
Fatty acids, total monounsaturated	S2664
Energy	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Potassium, K	S2664
Sugars, total	S2664
Riboflavin	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total polyunsaturated	S2664

NDB No. 08460 Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS

Energy	S2664
--------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 654 of 3136

NDB No. 08460 Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS

Fatty acids, total trans	S2664
Vitamin C, total ascorbic acid	S2664
Sodium, Na	S2664
Riboflavin	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Total lipid (fat)	S2664
Ash	S2664
Zinc, Zn	S2664
Cholesterol	S2664
Fiber, total dietary	S2664
Carbohydrate, by difference	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Vitamin A, IU	S2664
Thiamin	S2664
Niacin	S2664
Vitamin B-6	S2664
Fatty acids, total polyunsaturated	S2664
Sugars, total	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Vitamin D	S2664
Folate, total	S2664
Vitamin B-12	S2664
Protein	S2664
Water	S2664
Potassium, K	S2664

NDB No. 08461 Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH by KELLOGG

Total lipid (fat)	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Vitamin A, IU	S2664
Cholesterol	S2664
Fatty acids, total	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 655 of 3136

NDB No. 08461 Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH by KELLOGG

monounsaturated

Ash	S2664
Water	S2664
Phosphorus, P	S2664
Energy	S2664
Zinc, Zn	S2664
Fatty acids, total polyunsaturated	S2664
Protein	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Sodium, Na	S2664
Fatty acids, total saturated	S2664
Sugars, total	S2664
Potassium, K	S2664
Carbohydrate, by difference	S2664
Fatty acids, total trans	S2664

NDB No. 08462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat

Sodium, Na	S4561
Fatty acids, total polyunsaturated	S4561
Carbohydrate, by difference	S4561
Water	S4561
Fatty acids, total monounsaturated	S4561
Ash	S4561
Total lipid (fat)	S4561
Energy	S4561
Iron, Fe	S4561
Cholesterol	S4561
Protein	S4561
Sugars, total	S4561
Calcium, Ca	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total saturated	S4561
Fiber, total dietary	S4561
Potassium, K	S4561
Vitamin A, IU	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 656 of 3136

NDB No. 08462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat

Fatty acids, total trans S4561

NDB No. 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE STRAWBERRY FIELDS

Protein S4561

Energy S4561

Iron, Fe S4561

Fatty acids, total trans S4561

Fatty acids, total saturated S4561

Water S4561

Vitamin A, IU S4561

Fatty acids, total polyunsaturated S4561

Calcium, Ca S4561

Cholesterol S4561

Fiber, total dietary S4561

Potassium, K S4561

Fatty acids, total monounsaturated S4561

Carbohydrate, by difference S4561

Ash S4561

Sugars, total S4561

Sodium, Na S4561

Vitamin C, total ascorbic acid S4561

Total lipid (fat) S4561

NDB No. 08464 Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING by KELLOGG

Ash S2664

Sugars, total S2664

Calcium, Ca S2664

Fatty acids, total saturated S2664

Fiber, total dietary S2664

Cholesterol S2664

Fatty acids, total trans S2664

Energy S2664

Water S2664

Iron, Fe S2664

Sodium, Na S2664

Reference_Report

NDB No. 08464 Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING by KELLOGG

Fatty acids, total monounsaturated	S2664
Protein	S2664
Fatty acids, total polyunsaturated	S2664
Carbohydrate, by difference	S2664
Total lipid (fat)	S2664

NDB No. 08466 Cereals ready-to-eat, KELLOGG, SCOOBY-DOO! Berry Bones

Energy	S4561
Vitamin D	S4561
Cholesterol	S4561
Calcium, Ca	S4561
Protein	S4561
Iron, Fe	S4561
Copper, Cu	S4561
Niacin	S4561
Folate, total	S4561
Ash	S4561
Riboflavin	S4561
Sugars, total	S4561
Vitamin C, total ascorbic acid	S4561
Thiamin	S4561
Vitamin B-12	S4561
Fatty acids, total monounsaturated	S4561
Fatty acids, total polyunsaturated	S4561
Total lipid (fat)	S4561
Fiber, total dietary	S4561
Potassium, K	S4561
Fatty acids, total saturated	S4561
Carbohydrate, by difference	S4561
Water	S4561
Phosphorus, P	S4561
Vitamin A, IU	S4561
Vitamin B-6	S4561
Magnesium, Mg	S4561
Sodium, Na	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 658 of 3136

NDB No. 08466 Cereals ready-to-eat, KELLOGG, SCOOPY-DOO! Berry Bones

Zinc, Zn S4561

NDB No. 08467 Cereals ready-to-eat, KASHI ORGANIC PROMISE CRANBERRY SUNSHINE by KELLOGG

Energy S3421

Potassium, K S3421

Fatty acids, total polyunsaturated S3421

Ash S3421

Total lipid (fat) S3421

Fiber, total dietary S3421

Fatty acids, total trans S3421

Fatty acids, total monounsaturated S3421

Water S3421

Sugars, total S3421

Cholesterol S3421

Fatty acids, total saturated S3421

Protein S3421

Carbohydrate, by difference S3421

Iron, Fe S3421

Sodium, Na S3421

NDB No. 08468 Cereals ready-to-eat, KELLOGG'S, Reduced Sugar FROOT LOOPS

Protein S4561

Calcium, Ca S4561

Folate, total S4561

Sugars, total S4561

Fiber, total dietary S4561

Thiamin S4561

Riboflavin S4561

Fatty acids, total trans S4561

Iron, Fe S4561

Magnesium, Mg S4561

Phosphorus, P S4561

Zinc, Zn S4561

Vitamin B-12 S4561

Reference Report

JUL-17-2008 02:00 PM

Page 659 of 3136

NDB No. 08468 Cereals ready-to-eat, KELLOGG'S, Reduced Sugar FROOT LOOPS

Fatty acids, total saturated	S4561
Carbohydrate, by difference	S4561
Energy	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Vitamin B-6	S4561
Potassium, K	S4561
Vitamin D	S4561
Vitamin C, total ascorbic acid	S4561
Total lipid (fat)	S4561
Ash	S4561
Water	S4561
Niacin	S4561
Cholesterol	S2664
Fatty acids, total monounsaturated	S4561
Fatty acids, total polyunsaturated	S4561

NDB No. 08469 Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal

Carbohydrate, by difference	S2664
Ash	S2664
Phosphorus, P	S2664
Fatty acids, total trans	S2664
Fatty acids, total polyunsaturated	S2664
Energy	S2664
Riboflavin	S2664
Protein	S2664
Total lipid (fat)	S2664
Water	S2664
Folate, total	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664
Niacin	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Calcium, Ca	S2664
Potassium, K	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 660 of 3136

NDB No. 08469 Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal

Sodium, Na	S2664
Thiamin	S2664
Fatty acids, total monounsaturated	S2664
Vitamin D	S2664
Vitamin B-6	S2664
Fatty acids, total saturated	S2664
Sugars, total	S2664
Magnesium, Mg	S2664
Vitamin C, total ascorbic acid	S2664

NDB No. 08470 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry

Protein	S2664
Water	S2664
Phosphorus, P	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Potassium, K	S2664
Fatty acids, total trans	S2664
Carbohydrate, by difference	S2664
Magnesium, Mg	S2664
Thiamin	S2664
Niacin	S2664
Vitamin B-6	S2664
Vitamin B-12	S2664
Fatty acids, total saturated	S2664
Ash	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Folate, total	S2664
Fatty acids, total polyunsaturated	S2664
Energy	S2664
Iron, Fe	S2664
Vitamin C, total ascorbic acid	S2664
Cholesterol	S2664
Total lipid (fat)	S2664

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 661 of 3136

NDB No. 08470 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry

Sugars, total	S2664
Zinc, Zn	S2664
Riboflavin	S2664
Fatty acids, total monounsaturated	S2664

NDB No. 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle Protein Plus

Total lipid (fat)	S4561
Vitamin A, IU	S4561
Thiamin	S4561
Riboflavin	S4561
Cholesterol	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Iron, Fe	S4561
Potassium, K	S4561
Water	S4561
Phosphorus, P	S4561
Sodium, Na	S4561
Zinc, Zn	S4561
Manganese, Mn	S4561
Folate, total	S4561
Ash	S4561
Magnesium, Mg	S4561
Vitamin B-6	S4561
Fatty acids, total polyunsaturated	S4561
Fiber, total dietary	S4561
Copper, Cu	S4561
Fatty acids, total monounsaturated	S4561
Selenium, Se	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561
Protein	S4561
Energy	S4561
Niacin	S4561
Calcium, Ca	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 662 of 3136

NDB No. 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle Protein Plus

Vitamin E (alpha-tocopherol)	S4561
Vitamin B-12	S4561
Fatty acids, total saturated	S4561

NDB No. 08472 Cereals ready-to-eat, KELLOGG'S, CORN FLAKES With Real Bananas

Ash	S2664
Water	S2664
Vitamin D	S2664
Niacin	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Total lipid (fat)	S2664
Calcium, Ca	S2664
Riboflavin	S2664
Fatty acids, total polyunsaturated	S2664
Energy	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Fatty acids, total saturated	S2664
Potassium, K	S2664
Fatty acids, total trans	S2664
Fatty acids, total monounsaturated	S2664
Sodium, Na	S2664
Folate, total	S2664
Phosphorus, P	S2664
Zinc, Zn	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Protein	S2664
Carbohydrate, by difference	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Vitamin B-6	S2664

NDB No. 08476 Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 663 of 3136

NDB No. 08476 Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS

Carbohydrate, by difference	S2502
Magnesium, Mg	S2502
Sodium, Na	S2502
Vitamin D	S2502
Vitamin B-12	S2502
Potassium, K	S2502
Protein	S2502
Phosphorus, P	S2502
Vitamin B-6	S2502
Fatty acids, total monounsaturated	S2502
Energy	S2502
Water	S2502
Vitamin A, IU	S2502
Riboflavin	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Niacin	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Zinc, Zn	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Fatty acids, total trans	S2502
Ash	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Folic acid	S2502
Fatty acids, total polyunsaturated	S2502

NDB No. 08478 Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Vitamin B-12	S3774
Methionine	S3774
Aspartic acid	S3774
Glycine	S3774
10:0	S3774
18:0	S3774

Reference_Report

NDB No. 08478 Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

16:1 undifferentiated	S3774
20:3 undifferentiated	S3774
Total lipid (fat)	S3774
Sucrose	S3774
Maltose	S3774
Zinc, Zn	S3774
Isoleucine	S3774
Glutamic acid	S3774
Serine	S3774
14:1	S3774
Fatty acids, total polyunsaturated	S3774
17:1	S3774
Starch	S3774
Water	S3774
Thiamin	S3774
Pantothenic acid	S3774
Vitamin B-6	S3774
Proline	S3774
Fatty acids, total saturated	S3774
18:1 undifferentiated	S3774
18:2 undifferentiated	S3774
16:1 t	S3774
18:3 n-6 c,c,c	S3774
Fatty acids, total trans-monoenoic	S3774
20:3 n-3	S3774
Galactose	S3774
Magnesium, Mg	S3774
Potassium, K	S3774
Sodium, Na	S3774
Copper, Cu	S3774
Lysine	S3774
Phenylalanine	S3774
12:0	S3774
18:3 undifferentiated	S3774
20:4 undifferentiated	S3774
22:1 t	S3774
20:2 n-6 c,c	S3774

Reference_Report

NDB No. 08478 Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

15:1	S3774
18:3 n-3 c,c,c	S3774
Energy	S2502
Fructose	S3774
Retinol	S3774
Threonine	S3774
18:4	S3774
20:5 n-3	S3774
22:1 undifferentiated	S3774
22:5 n-3	S3774
18:1 c	S3774
Glucose (dextrose)	S3774
Lactose	S3774
Sugars, total	S3774
Iron, Fe	S3774
Phosphorus, P	S3774
Vitamin C, total ascorbic acid	S3774
Niacin	S3774
Cystine	S3774
Valine	S3774
Alanine	S3774
8:0	S3774
22:0	S3774
Fatty acids, total monounsaturated	S3774
17:0	S3774
18:1 t	S3774
18:2 CLAs	S3774
18:2 n-6 c,c	S3774
20:3 n-6	S3774
Protein	S3774
Fiber, total dietary	S3774
Calcium, Ca	S3774
Manganese, Mn	S3774
Vitamin D	S2502
Folic acid	S3774
Tryptophan	S3774
Leucine	S3774

NDB No. 08478 Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Tyrosine	S3774
Histidine	S3774
6:0	S3774
14:0	S3774
16:0	S3774
15:0	S3774
16:1 c	S3774
22:1 c	S3774
Fatty acids, total trans-polyenoic	S3774
Ash	S3774
Selenium, Se	S3774
Riboflavin	S3774
Arginine	S3774
Fatty acids, total trans	S3774
20:0	S3774
22:6 n-3	S3774
20:1	S3774
24:0	S3774
18:2 t not further defined	S3774
24:1 c	S3774
22:4	S3774

NDB No. 08481 Cereals ready-to-eat, Malt-O-Meal Honey Graham Cereal

Energy	S2502
Potassium, K	S2502
Carbohydrate, by difference	S2502
Magnesium, Mg	S2502
Riboflavin	S2502
Niacin	S2502
Folic acid	S2502
Ash	S2502
Phosphorus, P	S2502
Vitamin D	S2502
Thiamin	S2502
Vitamin B-12	S2502
Sugars, total	S2502

Reference Report

JUL-17-2008 02:00 PM

Page 667 of 3136

NDB No. 08481 Cereals ready-to-eat, Malt-O-Meal Honey Graham Cereal

Vitamin C, total ascorbic acid	S2502
Vitamin B-6	S2502
Sodium, Na	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Fatty acids, total trans	S2502
Protein	S2502
Zinc, Zn	S2502
Fatty acids, total polyunsaturated	S2502
Water	S2502
Fiber, total dietary	S2502
Vitamin A, IU	S2502

NDB No. 08483 Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal

Energy	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Protein	S2502
Ash	S2502
Riboflavin	S2502
Niacin	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Potassium, K	S2502
Carbohydrate, by difference	S2502
Phosphorus, P	S2502
Fatty acids, total polyunsaturated	S2502
Water	S2502
Calcium, Ca	S2502
Fiber, total dietary	S2502
Thiamin	S2502
Fatty acids, total monounsaturated	S2502
Sugars, total	S2502

Reference Report

JUL-17-2008 02:00 PM

Page 668 of 3136

NDB No. 08483 Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal

Iron, Fe	S2502
Vitamin C, total ascorbic acid	S2502

NDB No. 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal

Energy	S2502
Calcium, Ca	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Vitamin D	S2502
Thiamin	S2502
Carbohydrate, by difference	S2502
Water	S2502
Vitamin B-6	S2502
Cholesterol	S2502
Sugars, total	S2502
Fatty acids, total monounsaturated	S2502
Protein	S2502
Ash	S2502
Sodium, Na	S2502
Vitamin C, total ascorbic acid	S2502
Folic acid	S2502
Fatty acids, total polyunsaturated	S2502
Vitamin A, IU	S2502
Riboflavin	S2502
Niacin	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin B-12	S2502
Fiber, total dietary	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Fatty acids, total saturated	S2502

NDB No. 08487 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal

Magnesium, Mg	S2502
---------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 669 of 3136

NDB No. 08487 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal

Phosphorus, P	S2502
Sodium, Na	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin B-6	S2502
Folic acid	S2502
Carbohydrate, by difference	S2502
Sugars, total	S2502
Potassium, K	S2502
Vitamin C, total ascorbic acid	S2502
Riboflavin	S2502
Vitamin D	S2502
Ash	S2502
Fiber, total dietary	S2502
Iron, Fe	S2502
Niacin	S2502
Energy	S2502
Zinc, Zn	S2502
Vitamin B-12	S2502
Fatty acids, total monounsaturated	S2502
Protein	S2502
Water	S2502
Calcium, Ca	S2502
Thiamin	S2502
Fatty acids, total saturated	S2502
Fatty acids, total polyunsaturated	S2502

NDB No. 08488 Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry

Ash	S2502
Niacin	S2502
Thiamin	S2502
Fatty acids, total saturated	S2502
Energy	S2502
Iron, Fe	S2502
Fatty acids, total monounsaturated	S2502

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 670 of 3136

NDB No. 08488 Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry

Calcium, Ca	S2502
Fatty acids, total polyunsaturated	S2502
Sugars, total	S2502
Potassium, K	S2502
Vitamin C, total ascorbic acid	S2502
Riboflavin	S2502
Cholesterol	S2502
Water	S2502
Fiber, total dietary	S2502
Vitamin B-6	S2502
Protein	S2502
Carbohydrate, by difference	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Folic acid	S2502

NDB No. 08489 Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry

Energy	S2502
Water	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Cholesterol	S2502
Fiber, total dietary	S2502
Iron, Fe	S2502
Sugars, total	S2502
Thiamin	S2502
Calcium, Ca	S2502
Fatty acids, total monounsaturated	S2502
Phosphorus, P	S2502
Ash	S2502
Riboflavin	S2502
Fatty acids, total saturated	S2502
Carbohydrate, by difference	S2502
Folic acid	S2502

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 671 of 3136

NDB No. 08489 Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry

Protein	S2502
Niacin	S2502
Vitamin B-6	S2502
Fatty acids, total polyunsaturated	S2502

NDB No. 08490 Cereals ready-to-eat, MALT-O-MEAL, High Fiber Bran Flakes

Protein	S2502
Magnesium, Mg	S2502
Sodium, Na	S2502
Ash	S2502
Iron, Fe	S2502
Niacin	S2502
Water	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Carbohydrate, by difference	S2502
Vitamin A, IU	S2502
Vitamin E (alpha-tocopherol)	S2502
Vitamin B-12	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Thiamin	S2502
Cholesterol	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502
Energy	S2502
Calcium, Ca	S2502
Vitamin C, total ascorbic acid	S2502
Riboflavin	S2502
Vitamin B-6	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin D	S2502

Reference Report

JUL-17-2008 02:00 PM

Page 672 of 3136

NDB No. 08491 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal

Folic acid	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Calcium, Ca	S2502
Magnesium, Mg	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin D	S2502
Niacin	S2502
Vitamin B-6	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502
Copper, Cu	S2502
Thiamin	S2502
Protein	S2502
Water	S2502
Sugars, total	S2502
Phosphorus, P	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Energy	S2502
Fiber, total dietary	S2502
Fatty acids, total saturated	S2502
Iron, Fe	S2502
Riboflavin	S2502
Vitamin B-12	S2502

NDB No. 08492 Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal

Iron, Fe	S2502
Fatty acids, total polyunsaturated	S2502
Water	S2502
Thiamin	S2502
Carbohydrate, by difference	S2502
Phosphorus, P	S2502
Vitamin A, IU	S2502

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 673 of 3136

NDB No. 08492 Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal

Vitamin C, total ascorbic acid	S2502
Fatty acids, total saturated	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Niacin	S2502
Cholesterol	S2502
Sodium, Na	S2502
Protein	S2502
Sugars, total	S2502
Riboflavin	S2502
Potassium, K	S2502
Fatty acids, total monounsaturated	S2502
Ash	S2502
Energy	S2502

NDB No. 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS

Calcium, Ca	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Niacin	S2502
Potassium, K	S2502
Copper, Cu	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Protein	S2502
Ash	S2502
Fiber, total dietary	S2502
Riboflavin	S2502
Fatty acids, total trans	S2502
Sodium, Na	S2502
Thiamin	S2502
Carbohydrate, by difference	S2502
Vitamin D	S2502
Vitamin B-12	S2502
Energy	S2502
Water	S2502

Reference_Report

NDB No. 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS

Sugars, total	S2502
Fatty acids, total monounsaturated	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Vitamin C, total ascorbic acid	S2502
Vitamin B-6	S2502
Folic acid	S2502
Fatty acids, total polyunsaturated	S2502

NDB No. 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS

Energy	S2502
Sugars, total	S2502
Magnesium, Mg	S2502
Copper, Cu	S2502
Vitamin B-12	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Sodium, Na	S2502
Vitamin D	S2502
Thiamin	S2502
Phosphorus, P	S2502
Zinc, Zn	S2502
Water	S2502
Riboflavin	S2502
Fatty acids, total monounsaturated	S2502
Protein	S2502
Fiber, total dietary	S2502
Fatty acids, total saturated	S2502
Ash	S2502
Vitamin B-6	S2502
Folic acid	S2502
Fatty acids, total polyunsaturated	S2502
Carbohydrate, by difference	S2502
Vitamin A, IU	S2502

NDB No. 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS

Vitamin C, total ascorbic acid	S2502
Niacin	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502

NDB No. 08495 Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES

Protein	S2502
Energy	S2502
Sodium, Na	S2502
Fatty acids, total monounsaturated	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Fatty acids, total trans	S2502
Ash	S2502
Thiamin	S2502
Fiber, total dietary	S2502
Magnesium, Mg	S2502
Potassium, K	S2502
Vitamin D	S2502
Cholesterol	S2502
Phosphorus, P	S2502
Vitamin A, IU	S2502
Vitamin B-6	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Water	S2502
Zinc, Zn	S2502
Niacin	S2502
Vitamin B-12	S2502
Carbohydrate, by difference	S2502
Sugars, total	S2502
Copper, Cu	S2502
Vitamin C, total ascorbic acid	S2502
Riboflavin	S2502
Fatty acids, total polyunsaturated	S2502

Reference Report

JUL-17-2008 02:00 PM

Page 676 of 3136

NDB No. 08497 Cereals ready-to-eat, MALT-O-MEAL, Corn Flakes

Fatty acids, total monounsaturated	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Fatty acids, total trans	S2502
Sugars, total	S2502
Protein	S2502
Potassium, K	S2502
Thiamin	S2502
Niacin	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Vitamin B-6	S2502
Fatty acids, total polyunsaturated	S2502
Ash	S2502
Water	S2502
Fiber, total dietary	S2502
Sodium, Na	S2502
Vitamin C, total ascorbic acid	S2502
Carbohydrate, by difference	S2502
Energy	S2502
Riboflavin	S2502
Vitamin D	S2502
Cholesterol	S2502

NDB No. 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal

Protein	S2502
Copper, Cu	S2502
Vitamin B-12	S2502
Fatty acids, total trans	S2502
Water	S2502
Fatty acids, total monounsaturated	S2502
Energy	S2502
Magnesium, Mg	S2502
Potassium, K	S2502
Vitamin C, total ascorbic acid	S2502

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 677 of 3136

NDB No. 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal

Riboflavin	S2502
Niacin	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Sugars, total	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin B-6	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Fiber, total dietary	S2502
Thiamin	S2502
Fatty acids, total polyunsaturated	S2502
Calcium, Ca	S2502
Zinc, Zn	S2502
Cholesterol	S2502

NDB No. 08501 Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BITES

Water	S2502
Fiber, total dietary	S2502
Sodium, Na	S2502
Folic acid	S2502
Calcium, Ca	S2502
Vitamin B-6	S2502
Potassium, K	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Sugars, total	S2502
Vitamin A, IU	S2502
Riboflavin	S2502
Niacin	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Vitamin D	S2502

Reference Report

JUL-17-2008 02:00 PM

Page 678 of 3136

NDB No. 08501 Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES

Vitamin C, total ascorbic acid	S2502
Fatty acids, total polyunsaturated	S2502
Zinc, Zn	S2502
Fatty acids, total monounsaturated	S2502
Energy	S2502
Thiamin	S2502
Protein	S2502
Iron, Fe	S2502
Vitamin B-12	S2502
Fatty acids, total saturated	S2502

NDB No. 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes

Potassium, K	S2662
Sodium, Na	S2662
Selenium, Se	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Valine	S2662
12:0	S2662
22:0	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
17:1	S2662
15:1	S2662
Retinol	S2662
Alanine	S2662
Proline	S2662
Serine	S2662
8:0	S2662
10:0	S2662
18:1 undifferentiated	S2662
20:4 undifferentiated	S2662
14:1	S2662
18:4	S2662
20:2 n-6 c,c	S2662

NDB No. 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes

Total lipid (fat)	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Tocopherol, beta	S2662
Riboflavin	S2662
18:3 undifferentiated	S2662
20:5 n-3	S2662
20:3 undifferentiated	S2662
Ash	S2662
Maltose	S2662
Vitamin C, total ascorbic acid	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Phenylalanine	S2662
Tyrosine	S2662
Arginine	S2662
18:0	S2662
20:0	S2662
24:0	S2662
24:1 c	S2662
Starch	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Zinc, Zn	S2662
Vitamin E (alpha-tocopherol)	S2662
Niacin	S2662
Leucine	S2662
Histidine	S2662
Fatty acids, total saturated	S2662
18:2 undifferentiated	S2662
22:1 undifferentiated	S2662
15:0	S2662
17:0	S2662
Protein	S2662
Sugars, total	S2662
Magnesium, Mg	S2662
Methionine	S2662

NDB No. 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes

Cystine	S2662
16:1 undifferentiated	S2662
20:1	S2662
Fatty acids, total polyunsaturated	S2662
21:5	S2662
Lactose	S2662
Water	S2662
Galactose	S2662
Phosphorus, P	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Thiamin	S2662
Choline, total	S2662
Threonine	S2662
Aspartic acid	S2662
14:0	S2662
16:0	S2662
22:4	S2662
Fructose	S2662
Iron, Fe	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Betaine	S2662
Isoleucine	S2662
Lysine	S2662
Glutamic acid	S2662
Glycine	S2662
22:6 n-3	S2662

NDB No. 08505 Cereals ready-to-eat, Ralston Corn Biscuits

Ash	S2662
Sucrose	S2662
Lactose	S2662
Magnesium, Mg	S2662
Copper, Cu	S2662
Tocopherol, beta	S2662

NDB No. 08505 Cereals ready-to-eat, Ralston Corn Biscuits

Vitamin C, total ascorbic acid	S2662
Riboflavin	S2662
Arginine	S2662
22:6 n-3	S2662
17:0	S2662
Fructose	S2662
Maltose	S2662
Water	S2662
Iron, Fe	S2662
Manganese, Mn	S2662
Threonine	S2662
Alanine	S2662
Serine	S2662
18:0	S2662
18:1 undifferentiated	S2662
20:4 undifferentiated	S2662
20:2 n-6 c,c	S2662
21:5	S2662
22:4	S2662
Sugars, total	S2662
Thiamin	S2662
Cystine	S2662
Histidine	S2662
16:0	S2662
20:0	S2662
22:1 undifferentiated	S2662
Fatty acids, total polyunsaturated	S2662
20:3 undifferentiated	S2662
Phosphorus, P	S2662
Retinol	S2662
Tocopherol, delta	S2662
Niacin	S2662
Lysine	S2662
18:3 undifferentiated	S2662
Fatty acids, total monounsaturated	S2662
Galactose	S2662
Calcium, Ca	S2662

Reference_Report

NDB No. 08505 Cereals ready-to-eat, Ralston Corn Biscuits

Potassium, K	S2662
Selenium, Se	S2662
Carotene, beta	S2662
Lycopene	S2662
Pantothenic acid	S2662
Vitamin K (phylloquinone)	S2662
Isoleucine	S2662
14:1	S2662
20:5 n-3	S2662
24:1 c	S2662
Protein	S2662
Glucose (dextrose)	S2662
Tocopherol, gamma	S2662
Leucine	S2662
Phenylalanine	S2662
Fatty acids, total saturated	S2662
10:0	S2662
12:0	S2662
18:2 undifferentiated	S2662
22:0	S2662
18:4	S2662
15:1	S2662
Total lipid (fat)	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Carotene, alpha	S2662
Vitamin B-6	S2662
Tryptophan	S2662
Glutamic acid	S2662
Glycine	S2662
8:0	S2662
14:0	S2662
16:1 undifferentiated	S2662
20:1	S2662
22:5 n-3	S2662
17:1	S2662
Fiber, total dietary	S2662

NDB No. 08505 Cereals ready-to-eat, Ralston Corn Biscuits

Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Methionine	S2662
Tyrosine	S2662
Valine	S2662
Aspartic acid	S2662
Proline	S2662
15:0	S2662
24:0	S2662

NDB No. 08506 Cereals ready-to-eat, Ralston Corn Flakes

Sugars, total	S2662
Copper, Cu	S2662
Carotene, alpha	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Leucine	S2662
Methionine	S2662
Cystine	S2662
Arginine	S2662
Alanine	S2662
Serine	S2662
Fatty acids, total saturated	S2662
10:0	S2662
16:0	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
20:5 n-3	S2662
22:5 n-3	S2662
20:3 undifferentiated	S2662
Protein	S2662
Glucose (dextrose)	S2662
Calcium, Ca	S2662
Magnesium, Mg	S2662

NDB No. 08506 Cereals ready-to-eat, Ralston Corn Flakes

Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Riboflavin	S2662
Niacin	S2662
Tryptophan	S2662
Phenylalanine	S2662
Glycine	S2662
Total lipid (fat)	S2662
Starch	S2662
Maltose	S2662
Lycopene	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Valine	S2662
Aspartic acid	S2662
12:0	S2662
18:1 undifferentiated	S2662
22:0	S2662
22:1 undifferentiated	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:1	S2662
21:5	S2662
Pantothenic acid	S2662
Threonine	S2662
Lysine	S2662
Histidine	S2662
14:1	S2662
20:2 n-6 c,c	S2662
Fructose	S2662
Lactose	S2662
Sodium, Na	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Tocopherol, beta	S2662

Reference_Report

NDB No. 08506 Cereals ready-to-eat, Ralston Corn Flakes

14:0	S2662
15:1	S2662
22:4	S2662
Fiber, total dietary	S2662
Tyrosine	S2662
Glutamic acid	S2662
8:0	S2662
18:0	S2662
20:0	S2662
18:2 undifferentiated	S2662
16:1 undifferentiated	S2662
Water	S2662
Iron, Fe	S2662
Potassium, K	S2662
Zinc, Zn	S2662
Manganese, Mn	S2662
Choline, total	S2662
Isoleucine	S2662
Proline	S2662
20:1	S2662
24:0	S2662
24:1 c	S2662
Ash	S2662
Sucrose	S2662
Galactose	S2662
Phosphorus, P	S2662
Betaine	S2662
22:6 n-3	S2662
18:4	S2662
17:0	S2662

NDB No. 08507 Cereals ready-to-eat, Ralston Crispy Hexagons

Vitamin C, total ascorbic acid	S2662
Riboflavin	S2662
Tryptophan	S2662
Isoleucine	S2662

NDB No. 08507 Cereals ready-to-eat, Ralston Crispy Hexagons

Cystine	S2662
Phenylalanine	S2662
Arginine	S2662
Aspartic acid	S2662
Fatty acids, total saturated	S2662
20:1	S2662
24:1 c	S2662
Ash	S2662
Carotene, beta	S2662
Histidine	S2662
Alanine	S2662
10:0	S2662
12:0	S2662
22:6 n-3	S2662
22:5 n-3	S2662
Protein	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Maltose	S2662
Galactose	S2662
Copper, Cu	S2662
Retinol	S2662
Tocopherol, beta	S2662
Tocopherol, delta	S2662
Niacin	S2662
Glutamic acid	S2662
16:1 undifferentiated	S2662
17:1	S2662
Lactose	S2662
Manganese, Mn	S2662
Pantothenic acid	S2662
18:3 undifferentiated	S2662
22:0	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
20:3 undifferentiated	S2662
15:1	S2662

Reference_Report

NDB No. 08507 Cereals ready-to-eat, Ralston Crispy Hexagons

22:4	S2662
Total lipid (fat)	S2662
Sucrose	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Zinc, Zn	S2662
Vitamin E (alpha-tocopherol)	S2662
Thiamin	S2662
Vitamin B-6	S2662
Threonine	S2662
Leucine	S2662
Methionine	S2662
Valine	S2662
8:0	S2662
16:0	S2662
20:4 undifferentiated	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
17:0	S2662
21:5	S2662
Sugars, total	S2662
Fiber, total dietary	S2662
Carotene, alpha	S2662
Proline	S2662
18:0	S2662
18:4	S2662
15:0	S2662
24:0	S2662
Magnesium, Mg	S2662
Sodium, Na	S2662
Cryptoxanthin, beta	S2662
Lysine	S2662
Glycine	S2662
18:1 undifferentiated	S2662
20:2 n-6 c,c	S2662
Water	S2662
Calcium, Ca	S2662

NDB No. 08507 Cereals ready-to-eat, Ralston Crispy Hexagons

Iron, Fe	S2662
Selenium, Se	S2662
Lycopene	S2662
Tocopherol, gamma	S2662
Vitamin K (phylloquinone)	S2662
Tyrosine	S2662
Serine	S2662
14:0	S2662
20:0	S2662
18:2 undifferentiated	S2662
14:1	S2662

NDB No. 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Ash	S2662
Sugars, total	S2662
Lycopene	S2662
Niacin	S2662
Arginine	S2662
Glycine	S2662
12:0	S2662
18:0	S2662
17:1	S2662
Iron, Fe	S2662
Selenium, Se	S2662
Tocopherol, beta	S2662
Tryptophan	S2662
18:4	S2662
Fatty acids, total polyunsaturated	S2662
20:2 n-6 c,c	S2662
Sucrose	S2662
Maltose	S2662
Fiber, total dietary	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Thiamin	S2662
Vitamin K (phylloquinone)	S2662

Reference Report

JUL-17-2008 02:00 PM

Page 689 of 3136

NDB No. 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Phenylalanine	S2662
Serine	S2662
8:0	S2662
22:6 n-3	S2662
24:0	S2662
22:4	S2662
Lactose	S2662
Water	S2662
Potassium, K	S2662
Carotene, beta	S2662
Tocopherol, delta	S2662
Threonine	S2662
Tyrosine	S2662
Histidine	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
14:1	S2662
17:0	S2662
20:3 undifferentiated	S2662
Fructose	S2662
Calcium, Ca	S2662
Tocopherol, gamma	S2662
Leucine	S2662
Cystine	S2662
Glutamic acid	S2662
10:0	S2662
18:3 undifferentiated	S2662
16:1 undifferentiated	S2662
22:1 undifferentiated	S2662
15:0	S2662
Total lipid (fat)	S2662
Phosphorus, P	S2662
Sodium, Na	S2662
Manganese, Mn	S2662
Vitamin E (alpha-tocopherol)	S2662
Riboflavin	S2662
Isoleucine	S2662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 690 of 3136

NDB No. 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Methionine	S2662
Valine	S2662
Fatty acids, total saturated	S2662
16:0	S2662
20:1	S2662
Fatty acids, total monounsaturated	S2662
15:1	S2662
Protein	S2662
Glucose (dextrose)	S2662
Magnesium, Mg	S2662
Carotene, alpha	S2662
Cryptoxanthin, beta	S2662
Vitamin C, total ascorbic acid	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Proline	S2662
14:0	S2662
20:0	S2662
20:4 undifferentiated	S2662
22:5 n-3	S2662
24:1 c	S2662
21:5	S2662
Galactose	S2662
Retinol	S2662
Lysine	S2662
Alanine	S2662
Aspartic acid	S2662
22:0	S2662
20:5 n-3	S2662

NDB No. 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Protein	S2662
Fiber, total dietary	S2662
Magnesium, Mg	S2662
Manganese, Mn	S2662
Retinol	S2662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 691 of 3136

NDB No. 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Tocopherol, gamma	S2662
Thiamin	S2662
Pantothenic acid	S2662
Tyrosine	S2662
Proline	S2662
Fatty acids, total polyunsaturated	S2662
20:3 undifferentiated	S2662
Zinc, Zn	S2662
Threonine	S2662
8:0	S2662
20:5 n-3	S2662
Vitamin K (phylloquinone)	S2662
Cystine	S2662
Phenylalanine	S2662
Glycine	S2662
18:1 undifferentiated	S2662
Sucrose	S2662
Water	S2662
Sodium, Na	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Isoleucine	S2662
Arginine	S2662
18:0	S2662
18:3 undifferentiated	S2662
15:0	S2662
Glucose (dextrose)	S2662
Maltose	S2662
Phosphorus, P	S2662
Niacin	S2662
Tryptophan	S2662
Serine	S2662
18:2 undifferentiated	S2662
20:4 undifferentiated	S2662
22:0	S2662
18:4	S2662
22:5 n-3	S2662

Reference Report

JUL-17-2008 02:00 PM

Page 692 of 3136

NDB No. 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Fatty acids, total monounsaturated	S2662
17:0	S2662
20:2 n-6 c,c	S2662
21:5	S2662
Fructose	S2662
Calcium, Ca	S2662
Potassium, K	S2662
Tocopherol, beta	S2662
Vitamin B-6	S2662
Leucine	S2662
Valine	S2662
Histidine	S2662
Glutamic acid	S2662
12:0	S2662
20:0	S2662
14:1	S2662
15:1	S2662
22:4	S2662
Total lipid (fat)	S2662
Galactose	S2662
Copper, Cu	S2662
Vitamin E (alpha-tocopherol)	S2662
Lysine	S2662
Aspartic acid	S2662
14:0	S2662
16:1 undifferentiated	S2662
22:1 undifferentiated	S2662
17:1	S2662
Ash	S2662
Lactose	S2662
Sugars, total	S2662
Iron, Fe	S2662
Selenium, Se	S2662
Riboflavin	S2662
Methionine	S2662
Alanine	S2662
Fatty acids, total saturated	S2662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 693 of 3136

NDB No. 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

10:0	S2662
16:0	S2662
22:6 n-3	S2662
20:1	S2662
24:0	S2662
24:1 c	S2662

NDB No. 08513 Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS

Energy	S922
Riboflavin	S922
Carbohydrate, by difference	S922
Water	S922
Phosphorus, P	S922
Vitamin C, total ascorbic acid	S922
Vitamin B-12	S922
Iron, Fe	S922
Magnesium, Mg	S922
Protein	S922
Sugars, total	S922
Vitamin B-6	S922
Fiber, total dietary	S922
Sodium, Na	S922
Zinc, Zn	S922
Thiamin	S922
Cholesterol	S922
Ash	S922
Potassium, K	S922
Vitamin A, IU	S922
Niacin	S922
Folate, total	S922
Calcium, Ca	S922
Vitamin D	S922
Fatty acids, total trans	S922

NDB No. 08514 Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX

Water	S922
-------	------

Reference_Report

NDB No. 08514 Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX

Fiber, total dietary	S922
Niacin	S922
Calcium, Ca	S922
Vitamin B-6	S922
Iron, Fe	S922
Sodium, Na	S922
Vitamin A, IU	S922
Sugars, total	S922
Vitamin D	S922
Folate, total	S922
Energy	S922
Zinc, Zn	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Vitamin B-12	S922
Cholesterol	S922
Ash	S922
Potassium, K	S922

NDB No. 08515 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Triple Berry

Protein	S922
Niacin	S922
Water	S922
Sugars, total	S922
Calcium, Ca	S922
Vitamin D	S922
Thiamin	S922
Riboflavin	S922
Ash	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total polyunsaturated	S922
Vitamin B-6	S922
Fatty acids, total monounsaturated	S922
Carbohydrate, by difference	S922

Reference Report

JUL-17-2008 02:00 PM

Page 695 of 3136

NDB No. 08515 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Triple Berry

Magnesium, Mg	S922
Fatty acids, total trans	S922
Energy	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Fatty acids, total saturated	S922
Fiber, total dietary	S922
Iron, Fe	S922
Sodium, Na	S922
Phosphorus, P	S922
Potassium, K	S922
Vitamin C, total ascorbic acid	S922
Folate, total	S922

NDB No. 08516 Cereals ready-to-eat, GENERAL MILLS, Peanut Butter Cookie Crisp

Vitamin A, IU	S922
Protein	S922
Potassium, K	S922
Zinc, Zn	S922
Riboflavin	S922
Vitamin B-12	S922
Fatty acids, total polyunsaturated	S922
Calcium, Ca	S922
Magnesium, Mg	S922
Folate, total	S922
Fatty acids, total trans	S922
Sugars, total	S922
Cholesterol	S922
Fatty acids, total monounsaturated	S922
Energy	S922
Iron, Fe	S922
Phosphorus, P	S922
Carbohydrate, by difference	S922
Sodium, Na	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922

Reference_Report

NDB No. 08516 Cereals ready-to-eat, GENERAL MILLS, Peanut Butter Cookie Crisp

Thiamin	S922
Ash	S922
Fiber, total dietary	S922
Vitamin B-6	S922
Fatty acids, total saturated	S922
Water	S922
Niacin	S922

NDB No. 08517 Cereals ready-to-eat, GENERAL MILLS Mills Peanut Butter Toast Crunch

Iron, Fe	S922
Magnesium, Mg	S922
Vitamin D	S922
Thiamin	S922
Sugars, total	S922
Riboflavin	S922
Protein	S922
Ash	S922
Water	S922
Niacin	S922
Folate, total	S922
Potassium, K	S922
Fatty acids, total saturated	S922
Energy	S922
Zinc, Zn	S922
Vitamin B-12	S922
Fatty acids, total polyunsaturated	S922
Carbohydrate, by difference	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Vitamin A, IU	S922
Vitamin C, total ascorbic acid	S922
Cholesterol	S922
Phosphorus, P	S922
Sodium, Na	S922
Vitamin B-6	S922
Fatty acids, total monounsaturated	S922

Reference Report

JUL-17-2008 02:00 PM

Page 697 of 3136

NDB No. 08518 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Yogurt Bites

Ash	S4561
Vitamin E (alpha-tocopherol)	S4561
Vitamin C, total ascorbic acid	S4561
Phosphorus, P	S4561
Water	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Iron, Fe	S4561
Vitamin A, IU	S4561
Riboflavin	S4561
Cholesterol	S4561
Total lipid (fat)	S4561
Carbohydrate, by difference	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Sugars, total	S4561
Copper, Cu	S4561
Vitamin D	S4561
Niacin	S4561
Pantothenic acid	S4561
Folate, total	S4561
Potassium, K	S4561
Thiamin	S4561
Protein	S4561
Magnesium, Mg	S4561
Zinc, Zn	S4561
Fatty acids, total polyunsaturated	S4561
Energy	S4561
Sodium, Na	S4561
Vitamin B-6	S4561
Vitamin B-12	S4561
Fatty acids, total monounsaturated	S4561

NDB No. 08519 Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES

Protein	S4561
Carbohydrate, by difference	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 698 of 3136

NDB No. 08519 Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES

Zinc, Zn	S4561
Copper, Cu	S4561
Vitamin D	S4561
Fatty acids, total trans	S4561
Fatty acids, total monounsaturated	S4561
Fatty acids, total polyunsaturated	S4561
Sugars, total	S4561
Potassium, K	S4561
Sodium, Na	S4561
Cholesterol	S4561
Iron, Fe	S4561
Vitamin B-12	S4561
Water	S4561
Calcium, Ca	S4561
Vitamin C, total ascorbic acid	S4561
Riboflavin	S4561
Ash	S4561
Energy	S4561
Vitamin A, IU	S4561
Fatty acids, total saturated	S4561
Fiber, total dietary	S4561
Phosphorus, P	S4561
Folate, total	S4561
Total lipid (fat)	S4561
Magnesium, Mg	S4561
Thiamin	S4561
Niacin	S4561
Vitamin B-6	S4561

NDB No. 08520 Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ

Fiber, total dietary	S4561
Iron, Fe	S4561
Vitamin E (alpha-tocopherol)	S4561
Fatty acids, total trans	S4561
Carbohydrate, by difference	S4561
Calcium, Ca	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 699 of 3136

NDB No. 08520 Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ

Magnesium, Mg	S4561
Phosphorus, P	S4561
Sodium, Na	S4561
Copper, Cu	S4561
Vitamin D	S4561
Total lipid (fat)	S4561
Energy	S4561
Thiamin	S4561
Niacin	S4561
Protein	S4561
Fatty acids, total saturated	S4561
Fatty acids, total monounsaturated	S4561
Sugars, total	S4561
Zinc, Zn	S4561
Vitamin B-6	S4561
Fatty acids, total polyunsaturated	S4561
Potassium, K	S4561
Ash	S4561
Water	S4561
Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Cholesterol	S4561
Riboflavin	S4561
Folate, total	S4561
Vitamin B-12	S4561

NDB No. 08521 Cereals ready-to-eat, KELLOGG, CRAN-VANILLA Crunch

Protein	S3421
Vitamin B-12	S3421
Ash	S3421
Calcium, Ca	S3421
Water	S3421
Potassium, K	S3421
Zinc, Zn	S3421
Niacin	S3421
Cholesterol	S3421

Reference_Report

NDB No. 08521 Cereals ready-to-eat, KELLOGG, CRAN-VANILLA Crunch

Fiber, total dietary	S3421
Phosphorus, P	S3421
Sodium, Na	S3421
Vitamin A, IU	S3421
Riboflavin	S3421
Vitamin B-6	S3421
Fatty acids, total trans	S3421
Sugars, total	S3421
Vitamin C, total ascorbic acid	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Vitamin D	S3421
Thiamin	S3421
Folate, total	S3421
Fatty acids, total polyunsaturated	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Energy	S3421
Copper, Cu	S3421

NDB No. 08524 Cereals ready-to-eat, KELLOGG, EGGO Crunch Cereal, maple flavored

Protein	S4561
Riboflavin	S4561
Fatty acids, total trans	S4561
Carbohydrate, by difference	S4561
Energy	S4561
Sugars, total	S4561
Vitamin A, IU	S4561
Fatty acids, total saturated	S4561
Water	S4561
Iron, Fe	S4561
Phosphorus, P	S4561
Cholesterol	S4561
Fatty acids, total polyunsaturated	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 701 of 3136

NDB No. 08524 Cereals ready-to-eat, KELLOGG, EGGO Crunch Cereal, maple flavored

Total lipid (fat)	S4561
Copper, Cu	S4561
Magnesium, Mg	S4561
Potassium, K	S4561
Selenium, Se	S4561
Manganese, Mn	S4561
Vitamin E (alpha-tocopherol)	S4561
Thiamin	S4561
Niacin	S4561
Vitamin B-6	S4561
Ash	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Sodium, Na	S4561
Zinc, Zn	S4561
Vitamin C, total ascorbic acid	S4561
Vitamin D	S4561
Folate, total	S4561
Vitamin B-12	S4561
Fatty acids, total monounsaturated	S4561

NDB No. 08525 Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS Bite Size Vanilla Creme

Energy	S4561
Sugars, total	S4561
Fatty acids, total saturated	S4561
Vitamin D	S4561
Folate, total	S4561
Carbohydrate, by difference	S4561
Iron, Fe	S4561
Potassium, K	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561
Fatty acids, total monounsaturated	S4561
Phosphorus, P	S4561
Riboflavin	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 702 of 3136

NDB No. 08525 Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS Bite Size Vanilla Creme

Ash	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Thiamin	S4561
Water	S4561
Vitamin E (alpha-tocopherol)	S4561
Niacin	S4561
Fatty acids, total polyunsaturated	S4561
Total lipid (fat)	S4561
Copper, Cu	S4561
Vitamin B-6	S4561
Protein	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Magnesium, Mg	S4561
Zinc, Zn	S4561
Vitamin B-12	S4561
Cholesterol	S4561

NDB No. 08526 Cereals ready-to-eat, KELLOGG, Marshmallow FROOT LOOPS, Rainbow Breeze

Fiber, total dietary	S3421
Vitamin D	S3421
Riboflavin	S3421
Fatty acids, total polyunsaturated	S3421
Iron, Fe	S3421
Vitamin C, total ascorbic acid	S3421
Carbohydrate, by difference	S3421
Energy	S3421
Magnesium, Mg	S3421
Vitamin B-12	S3421
Fatty acids, total monounsaturated	S3421
Total lipid (fat)	S3421
Water	S3421
Calcium, Ca	S3421
Fatty acids, total saturated	S3421
Protein	S3421

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 703 of 3136

NDB No. 08526 Cereals ready-to-eat, KELLOGG, Marshmallow FROOT LOOPS, Rainbow Breeze

Sodium, Na	S3421
Thiamin	S3421
Folate, total	S3421
Cholesterol	S3421
Ash	S3421
Phosphorus, P	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Niacin	S3421
Sugars, total	S3421
Vitamin B-6	S3421

NDB No. 08527 Cereals ready-to-eat, KELLOGG, Robots

Ash	S3421
Fiber, total dietary	S3421
Zinc, Zn	S3421
Fatty acids, total saturated	S3421
Sodium, Na	S3421
Riboflavin	S3421
Vitamin B-12	S3421
Protein	S3421
Sugars, total	S3421
Phosphorus, P	S3421
Vitamin D	S3421
Vitamin B-6	S3421
Folate, total	S3421
Cholesterol	S3421
Total lipid (fat)	S3421
Energy	S3421
Magnesium, Mg	S3421
Fatty acids, total polyunsaturated	S3421
Niacin	S3421
Fatty acids, total monounsaturated	S3421
Water	S3421
Calcium, Ca	S3421
Iron, Fe	S3421

Reference_Report

NDB No. 08527 Cereals ready-to-eat, KELLOGG, Robots

Carbohydrate, by difference	S3421
Vitamin A, IU	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421

NDB No. 08528 Cereals ready-to-eat, KELLOGG, Smart Start Healthy Heart, Original

Ash	S4561
Energy	S4561
Fatty acids, total trans	S4561
Total lipid (fat)	S4561
Thiamin	S4561
Niacin	S4561
Fatty acids, total monounsaturated	S4561
Water	S4561
Iron, Fe	S4561
Potassium, K	S4561
Protein	S4561
Calcium, Ca	S4561
Magnesium, Mg	S4561
Vitamin D	S4561
Pantothenic acid	S4561
Fiber, total dietary	S4561
Zinc, Zn	S4561
Vitamin E (alpha-tocopherol)	S4561
Vitamin C, total ascorbic acid	S4561
Carbohydrate, by difference	S4561
Phosphorus, P	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Riboflavin	S4561
Vitamin B-6	S4561
Sugars, total	S4561
Folate, total	S4561
Vitamin B-12	S4561
Cholesterol	S4561
Fatty acids, total saturated	S4561

NDB No. 08528 Cereals ready-to-eat, KELLOGG, Smart Start Healthy Heart, Original

Fatty acids, total polyunsaturated S4561

NDB No. 08529 Cereals ready-to-eat, KELLOGG, SMART START Healthy Heart, Maple Brown Sugar

Zinc, Zn S4561

Thiamin S4561

Copper, Cu S4561

Riboflavin S4561

Niacin S4561

Sugars, total S4561

Potassium, K S4561

Pantothenic acid S4561

Fatty acids, total saturated S4561

Water S4561

Selenium, Se S4561

Vitamin A, IU S4561

Vitamin B-6 S4561

Cholesterol S4561

Fatty acids, total polyunsaturated S4561

Total lipid (fat) S4561

Carbohydrate, by difference S4561

Energy S4561

Calcium, Ca S4561

Sodium, Na S4561

Vitamin E (alpha-tocopherol) S4561

Fatty acids, total trans S4561

Protein S4561

Ash S4561

Iron, Fe S4561

Fatty acids, total
monounsaturated S4561

Fiber, total dietary S4561

Phosphorus, P S4561

Vitamin C, total ascorbic acid S4561

Magnesium, Mg S4561

Vitamin D S4561

Folate, total S4561

Vitamin B-12 S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 706 of 3136

NDB No. 08530 Cereals ready-to-eat, KELLOGG, SMORZ

Sugars, total	S4561
Calcium, Ca	S4561
Magnesium, Mg	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Fatty acids, total polyunsaturated	S4561
Carbohydrate, by difference	S4561
Iron, Fe	S4561
Folate, total	S4561
Total lipid (fat)	S4561
Phosphorus, P	S4561
Potassium, K	S4561
Zinc, Zn	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Riboflavin	S4561
Water	S4561
Fiber, total dietary	S4561
Fatty acids, total monounsaturated	S4561
Protein	S4561
Energy	S4561
Thiamin	S4561
Niacin	S4561
Vitamin B-6	S4561
Cholesterol	S4561
Vitamin B-12	S4561
Ash	S4561
Vitamin D	S4561

NDB No. 08531 Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt

Protein	S3421
Carbohydrate, by difference	S3421
Calcium, Ca	S3421
Vitamin A, IU	S3421
Vitamin C, total ascorbic acid	S3421

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 707 of 3136

NDB No. 08531 Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt

Niacin	S3421
Water	S3421
Fiber, total dietary	S3421
Iron, Fe	S3421
Riboflavin	S3421
Fatty acids, total trans	S3421
Total lipid (fat)	S3421
Magnesium, Mg	S3421
Vitamin B-12	S3421
Sugars, total	S3421
Vitamin D	S3421
Folate, total	S3421
Cholesterol	S3421
Ash	S3421
Energy	S3421
Phosphorus, P	S3421
Thiamin	S3421
Potassium, K	S3421
Sodium, Na	S3421
Vitamin B-6	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421
Zinc, Zn	S3421

NDB No. 08532 Cereals ready-to-eat, KELLOGG, SpongeBob SquarePants

Protein	S3421
Carbohydrate, by difference	S3421
Sugars, total	S3421
Calcium, Ca	S3421
Zinc, Zn	S3421
Niacin	S3421
Fatty acids, total polyunsaturated	S3421
Phosphorus, P	S3421
Vitamin A, IU	S3421
Riboflavin	S3421

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 708 of 3136

NDB No. 08532 Cereals ready-to-eat, KELLOGG, SpongeBob SquarePants

Fatty acids, total monounsaturated	S3421
Water	S3421
Fiber, total dietary	S3421
Cholesterol	S3421
Energy	S3421
Potassium, K	S3421
Vitamin D	S3421
Fatty acids, total trans	S3421
Ash	S3421
Sodium, Na	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Vitamin B-12	S3421
Total lipid (fat)	S3421
Magnesium, Mg	S3421
Vitamin B-6	S3421
Folate, total	S3421
Iron, Fe	S3421
Fatty acids, total saturated	S3421

NDB No. 08533 Cereals ready-to-eat, KELLOGG, Star Wars

Carbohydrate, by difference	S3421
Fiber, total dietary	S3421
Vitamin A, IU	S3421
Riboflavin	S3421
Water	S3421
Zinc, Zn	S3421
Thiamin	S3421
Vitamin B-12	S3421
Protein	S3421
Iron, Fe	S3421
Sodium, Na	S3421
Fatty acids, total monounsaturated	S3421
Sugars, total	S3421
Cholesterol	S3421

NDB No. 08533 Cereals ready-to-eat, KELLOGG, Star Wars

Fatty acids, total trans	S3421
Ash	S3421
Phosphorus, P	S3421
Niacin	S3421
Total lipid (fat)	S3421
Copper, Cu	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Energy	S3421
Calcium, Ca	S3421
Potassium, K	S3421
Magnesium, Mg	S3421
Vitamin B-6	S3421
Folate, total	S3421
Fatty acids, total saturated	S3421
Fatty acids, total polyunsaturated	S3421

NDB No. 08534 Cereals ready-to-eat, KELLOGG, TIGER POWER

Carbohydrate, by difference	S3421
Magnesium, Mg	S3421
Folate, total	S3421
Cholesterol	S3421
Fatty acids, total saturated	S3421
Ash	S3421
Fiber, total dietary	S3421
Potassium, K	S3421
Vitamin A, IU	S3421
Riboflavin	S3421
Phosphorus, P	S3421
Energy	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Niacin	S3421
Water	S3421
Vitamin B-6	S3421

NDB No. 08534 Cereals ready-to-eat, KELLOGG, TIGER POWER

Fatty acids, total monounsaturated	S3421
Total lipid (fat)	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Protein	S3421
Sugars, total	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Vitamin B-12	S3421
Fatty acids, total trans	S3421
Fatty acids, total polyunsaturated	S3421

NDB No. 08535 Cereals ready-to-eat, KELLOGG, Toasted Honey Crunch

Calcium, Ca	S3421
Phosphorus, P	S3421
Vitamin A, IU	S3421
Thiamin	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Sugars, total	S3421
Magnesium, Mg	S3421
Pantothenic acid	S3421
Fatty acids, total saturated	S3421
Total lipid (fat)	S3421
Vitamin B-6	S3421
Energy	S3421
Vitamin D	S3421
Niacin	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Sodium, Na	S3421
Potassium, K	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin C, total ascorbic acid	S3421
Folate, total	S3421

Reference Report

JUL-17-2008 02:00 PM

Page 711 of 3136

NDB No. 08535 Cereals ready-to-eat, KELLOGG, Toasted Honey Crunch

Fatty acids, total polyunsaturated	S3421
Protein	S3421
Water	S3421
Iron, Fe	S3421
Riboflavin	S3421
Fatty acids, total monounsaturated	S3421
Fiber, total dietary	S3421

NDB No. 08536 Cereals ready-to-eat, KELLOGG, MINI SWIRLZ Fudge Ripple

Protein	S3421
Sugars, total	S3421
Vitamin D	S3421
Phosphorus, P	S3421
Copper, Cu	S3421
Folate, total	S3421
Fatty acids, total monounsaturated	S3421
Carbohydrate, by difference	S3421
Energy	S3421
Potassium, K	S3421
Sodium, Na	S3421
Niacin	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total polyunsaturated	S3421
Ash	S3421
Fiber, total dietary	S3421
Vitamin C, total ascorbic acid	S3421
Riboflavin	S3421
Iron, Fe	S3421
Fatty acids, total trans	S3421
Water	S3421
Zinc, Zn	S3421
Calcium, Ca	S3421
Vitamin A, IU	S3421
Fatty acids, total saturated	S3421

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 712 of 3136

NDB No. 08536 Cereals ready-to-eat, KELLOGG, MINI SWIRLZ Fudge Ripple

Total lipid (fat)	S3421
Magnesium, Mg	S3421
Thiamin	S3421
Vitamin B-6	S3421

NDB No. 08537 Cereals ready-to-eat, KASHI 7 Whole Grain Flakes by KELLOGG

Fiber, total dietary	S4561
Zinc, Zn	S4561
Protein	S4561
Iron, Fe	S4561
Phosphorus, P	S4561
Ash	S4561
Calcium, Ca	S4561
Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Cholesterol	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Fatty acids, total monounsaturated	S4561
Total lipid (fat)	S4561
Energy	S4561
Potassium, K	S4561
Sodium, Na	S4561
Water	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Magnesium, Mg	S4561
Fatty acids, total polyunsaturated	S4561

NDB No. 08538 Cereals ready-to-eat, KASHI, HEART TO HEART, Wild Blueberry

Water	S4561
Magnesium, Mg	S4561
Folate, total	S4561
Fatty acids, total monounsaturated	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 713 of 3136

NDB No. 08538 Cereals ready-to-eat, KASHI, HEART TO HEART, Wild Blueberry

Iron, Fe	S4561
Sodium, Na	S4561
Carotene, beta	S4561
Fatty acids, total trans	S4561
Fatty acids, total polyunsaturated	S4561
Sugars, total	S4561
Fiber, total dietary	S4561
Zinc, Zn	S4561
Fatty acids, total saturated	S4561
Protein	S4561
Total lipid (fat)	S4561
Phosphorus, P	S4561
Carbohydrate, by difference	S4561
Calcium, Ca	S4561
Potassium, K	S4561
Vitamin E (alpha-tocopherol)	S4561
Ash	S4561
Vitamin B-12	S4561
Cholesterol	S4561
Vitamin C, total ascorbic acid	S4561
Energy	S4561
Vitamin B-6	S4561

NDB No. 08539 Cereals ready-to-eat, KASHI ORGANIC PROMISE CINNAMON HARVEST

Protein	S4561
Sodium, Na	S4561
Energy	S4561
Calcium, Ca	S4561
Iron, Fe	S4561
Ash	S4561
Fiber, total dietary	S4561
Cholesterol	S4561
Fatty acids, total saturated	S4561
Fatty acids, total polyunsaturated	S4561
Total lipid (fat)	S4561
Carbohydrate, by difference	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 714 of 3136

NDB No. 08539 Cereals ready-to-eat, KASHI ORGANIC PROMISE CINNAMON HARVEST

Water	S4561
Vitamin C, total ascorbic acid	S4561
Potassium, K	S4561
Vitamin A, IU	S4561
Fatty acids, total trans	S4561
Sugars, total	S4561
Fatty acids, total monounsaturated	S4561

NDB No. 08540 Cereals ready-to-eat, KASHI MIGHTY BITES, Cinnamon Cereal

Protein	S3421
Energy	S3421
Fatty acids, total trans	S3421
Phosphorus, P	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin E (alpha-tocopherol)	S3421
Vitamin C, total ascorbic acid	S3421
Fatty acids, total saturated	S3421
Total lipid (fat)	S3421
Fatty acids, total polyunsaturated	S3421
Iron, Fe	S3421
Ash	S3421
Magnesium, Mg	S3421
Thiamin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Fatty acids, total monounsaturated	S3421
Carbohydrate, by difference	S3421
Calcium, Ca	S3421
Vitamin D	S3421
Niacin	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Water	S3421

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 715 of 3136

NDB No. 08540 Cereals ready-to-eat, KASHI MIGHTY BITES, Cinnamon Cereal

Sugars, total	S3421
Potassium, K	S3421
Fiber, total dietary	S3421
Riboflavin	S3421

NDB No. 08541 Cereals ready-to-eat, KASHI MIGHTY BITES, Honey Crunch Cereal

Copper, Cu	S4561
Vitamin E (alpha-tocopherol)	S4561
Folate, total	S4561
Fatty acids, total monounsaturated	S4561
Carbohydrate, by difference	S4561
Vitamin D	S4561
Magnesium, Mg	S4561
Phosphorus, P	S4561
Selenium, Se	S4561
Total lipid (fat)	S4561
Sugars, total	S4561
Fatty acids, total saturated	S4561
Ash	S4561
Energy	S4561
Water	S4561
Sodium, Na	S4561
Manganese, Mn	S4561
Vitamin C, total ascorbic acid	S4561
Thiamin	S4561
Riboflavin	S4561
Pantothenic acid	S4561
Vitamin B-6	S4561
Fatty acids, total polyunsaturated	S4561
Fiber, total dietary	S4561
Iron, Fe	S4561
Cholesterol	S4561
Fatty acids, total trans	S4561
Vitamin B-12	S4561
Protein	S4561
Calcium, Ca	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 716 of 3136

NDB No. 08541 Cereals ready-to-eat, KASHI MIGHTY BITES, Honey Crunch Cereal

Potassium, K	S4561
Zinc, Zn	S4561
Vitamin A, IU	S4561
Niacin	S4561

NDB No. 08542 Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS bite size STRAWBERRY DELIGHT

Calcium, Ca	S3421
Riboflavin	S3421
Folate, total	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421
Ash	S3421
Water	S3421
Sugars, total	S3421
Fatty acids, total trans	S3421
Iron, Fe	S3421
Sodium, Na	S3421
Copper, Cu	S3421
Zinc, Zn	S3421
Thiamin	S3421
Vitamin B-6	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Cholesterol	S3421
Fatty acids, total saturated	S3421
Energy	S3421
Protein	S3421
Fiber, total dietary	S3421
Niacin	S3421
Vitamin B-12	S3421

NDB No. 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond

Carbohydrate, by difference	S4561
Energy	S4561
Iron, Fe	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 717 of 3136

NDB No. 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond

Magnesium, Mg	S4561
Vitamin E (alpha-tocopherol)	S4561
Vitamin D	S4561
Thiamin	S4561
Vitamin B-6	S4561
Fatty acids, total trans	S4561
Total lipid (fat)	S4561
Folate, total	S4561
Cholesterol	S4561
Fatty acids, total monounsaturated	S4561
Fiber, total dietary	S4561
Potassium, K	S4561
Niacin	S4561
Fatty acids, total polyunsaturated	S4561
Calcium, Ca	S4561
Sodium, Na	S4561
Protein	S4561
Phosphorus, P	S4561
Zinc, Zn	S4561
Vitamin C, total ascorbic acid	S4561
Sugars, total	S4561
Vitamin B-12	S4561
Fatty acids, total saturated	S4561
Ash	S4561
Water	S4561
Vitamin A, IU	S4561
Riboflavin	S4561

NDB No. 08545 Cereals ready-to-eat, QUAKEE, Toasted Oatmeal Supreme Cereal, Strawberry Mango

Sugars, total	S3901
Magnesium, Mg	S3901
Selenium, Se	S3901
Vitamin D	S3901
Fatty acids, total monounsaturated	S3901
Energy	S3901

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 718 of 3136

NDB No. 08545 Cereals ready-to-eat, QUAKER, Toasted Oatmeal Supreme Cereal, Strawberry Mango

Water	S3901
Manganese, Mn	S3901
Fiber, total dietary	S3901
Potassium, K	S3901
Ash	S3901
Vitamin E (alpha-tocopherol)	S3901
Sodium, Na	S3901
Copper, Cu	S3901
Fatty acids, total saturated	S3901
Protein	S3901
Total lipid (fat)	S3901
Carbohydrate, by difference	S3901
Calcium, Ca	S3901
Phosphorus, P	S3901
Zinc, Zn	S3901
Pantothenic acid	S3901

NDB No. 08547 Cereals ready-to-eat, Quaker, Peanut Butter Chocolatey Crunch Cereal

Copper, Cu	S3901
Cholesterol	S3901
Water	S3901
Calcium, Ca	S3901
Fatty acids, total saturated	S3901
Fatty acids, total polyunsaturated	S3901
Carbohydrate, by difference	S3901
Ash	S3901
Vitamin D	S3901
Riboflavin	S3901
Fatty acids, total monounsaturated	S3901
Total lipid (fat)	S3901
Magnesium, Mg	S3901
Sodium, Na	S3901
Zinc, Zn	S3901
Pantothenic acid	S3901
Folate, total	S3901
Vitamin B-12	S3901

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 719 of 3136

NDB No. 08547 Cereals ready-to-eat, Quaker, Peanut Butter Chocolatey Crunch Cereal

Potassium, K	S3901
Manganese, Mn	S3901
Vitamin A, IU	S3901
Energy	S3901
Phosphorus, P	S3901
Vitamin C, total ascorbic acid	S3901
Vitamin B-6	S3901
Protein	S3901
Sugars, total	S3901
Iron, Fe	S3901
Selenium, Se	S3901
Fiber, total dietary	S3901
Thiamin	S3901
Niacin	S3901

NDB No. 08548 Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal

Potassium, K	S3901
Manganese, Mn	S3901
Riboflavin	S3901
Vitamin B-6	S3901
Carbohydrate, by difference	S3901
Calcium, Ca	S3901
Sodium, Na	S3901
Vitamin C, total ascorbic acid	S3901
Niacin	S3901
Folate, total	S3901
Fatty acids, total saturated	S3901
Fatty acids, total monounsaturated	S3901
Selenium, Se	S3901
Sugars, total	S3901
Iron, Fe	S3901
Pantothenic acid	S3901
Zinc, Zn	S3901
Vitamin D	S3901
Energy	S3901
Water	S3901

Reference_Report

NDB No. 08548 Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal

Fiber, total dietary	S3901
Magnesium, Mg	S3901
Vitamin A, IU	S3901
Ash	S3901
Phosphorus, P	S3901
Copper, Cu	S3901
Thiamin	S3901
Protein	S3901
Total lipid (fat)	S3901
Vitamin B-12	S3901
Fatty acids, total polyunsaturated	S3901

NDB No. 08549 Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal

Total lipid (fat)	S3901
Iron, Fe	S3901
Vitamin C, total ascorbic acid	S3901
Pantothenic acid	S3901
Vitamin B-6	S3901
Protein	S3901
Energy	S3901
Zinc, Zn	S3901
Potassium, K	S3901
Vitamin D	S3901
Fiber, total dietary	S3901
Calcium, Ca	S3901
Sodium, Na	S3901
Niacin	S3901
Folate, total	S3901
Vitamin B-12	S3901
Ash	S3901
Manganese, Mn	S3901
Selenium, Se	S3901
Cholesterol	S3901
Fatty acids, total trans	S3901
Fatty acids, total saturated	S3901
Water	S3901

NDB No. 08549 Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal

Magnesium, Mg	S3901
Vitamin A, IU	S3901
Riboflavin	S3901
Fatty acids, total polyunsaturated	S3901
Carbohydrate, by difference	S3901
Sugars, total	S3901
Phosphorus, P	S3901
Copper, Cu	S3901
Vitamin E (alpha-tocopherol)	S3901
Fatty acids, total monounsaturated	S3901
Thiamin	S3901

NDB No. 08550 Cereals ready-to-eat, QUAKER, Christmas Crunch

Riboflavin	S3901
Protein	S3901
Total lipid (fat)	S3901
Fiber, total dietary	S3901
Iron, Fe	S3901
Selenium, Se	S3901
Vitamin E (alpha-tocopherol)	S3901
Pantothenic acid	S3901
Fatty acids, total polyunsaturated	S3901
Phosphorus, P	S3901
Thiamin	S3901
Fatty acids, total trans	S3901
Carbohydrate, by difference	S3901
Water	S3901
Potassium, K	S3901
Manganese, Mn	S3901
Vitamin C, total ascorbic acid	S3901
Calcium, Ca	S3901
Niacin	S3901
Vitamin B-6	S3901
Folate, total	S3901
Vitamin A, IU	S3901
Vitamin D	S3901

NDB No. 08550 Cereals ready-to-eat, QUAKER, Christmas Crunch

Vitamin B-12	S3901
Cholesterol	S3901
Fatty acids, total saturated	S3901
Ash	S3901
Energy	S3901
Sugars, total	S3901
Magnesium, Mg	S3901
Sodium, Na	S3901
Zinc, Zn	S3901
Copper, Cu	S3901
Fatty acids, total monounsaturated	S3901

NDB No. 08551 Cereals ready-to-eat, QUAKER, QUAKER Life Vanilla Yogurt Crunch Cereal

Carbohydrate, by difference	S3901
Energy	S3901
Water	S3901
Total lipid (fat)	S3901
Fiber, total dietary	S3901
Zinc, Zn	S3901
Fatty acids, total saturated	S3901
Vitamin A, IU	S3901
Thiamin	S3901
Fatty acids, total trans	S3901
Fatty acids, total monounsaturated	S3901
Iron, Fe	S3901
Selenium, Se	S3901
Sugars, total	S3901
Calcium, Ca	S3901
Vitamin D	S3901
Pantothenic acid	S3901
Folate, total	S3901
Fatty acids, total polyunsaturated	S3901
Phosphorus, P	S3901
Potassium, K	S3901
Manganese, Mn	S3901

Reference Report

JUL-17-2008 02:00 PM

Page 723 of 3136

NDB No. 08551 Cereals ready-to-eat, QUAKER, QUAKER Life Vanilla Yogurt Crunch Cereal

Vitamin C, total ascorbic acid	S3901
Vitamin B-12	S3901
Cholesterol	S3901
Protein	S3901
Magnesium, Mg	S3901
Sodium, Na	S3901
Vitamin E (alpha-tocopherol)	S3901
Ash	S3901
Copper, Cu	S3901
Riboflavin	S3901
Niacin	S3901
Vitamin B-6	S3901

NDB No. 08552 Cereals ready-to-eat, QUAKER, SUPERMAN LIFE Cereal

Energy	S3901
Pantothenic acid	S3901
Vitamin B-12	S3901
Fatty acids, total saturated	S3901
Iron, Fe	S3901
Copper, Cu	S3901
Manganese, Mn	S3901
Vitamin C, total ascorbic acid	S3901
Vitamin B-6	S3901
Cholesterol	S3901
Carbohydrate, by difference	S3901
Zinc, Zn	S3901
Riboflavin	S3901
Fatty acids, total trans	S3901
Fatty acids, total polyunsaturated	S3901
Ash	S3901
Sodium, Na	S3901
Niacin	S3901
Total lipid (fat)	S3901
Magnesium, Mg	S3901
Selenium, Se	S3901
Vitamin A, IU	S3901

Reference Report

JUL-17-2008 02:00 PM

Page 724 of 3136

NDB No. 08552 Cereals ready-to-eat, QUAKER, SUPERMAN LIFE Cereal

Vitamin E (alpha-tocopherol)	S3901
Vitamin D	S3901
Fatty acids, total monounsaturated	S3901
Sugars, total	S3901
Fiber, total dietary	S3901
Calcium, Ca	S3901
Phosphorus, P	S3901
Potassium, K	S3901
Folate, total	S3901
Protein	S3901
Water	S3901
Thiamin	S3901

NDB No. 08554 Cereals ready-to-eat, rolled oats, whole wheat, rice, presweetened, maple flavored, with pecans

Ash	S4221
Fiber, total dietary	S4221
Calcium, Ca	S4221
Iron, Fe	S4221
Phosphorus, P	S4221
Vitamin A, IU	S4221
Vitamin D	S4221
Fatty acids, total saturated	S4221
Water	S4221
Potassium, K	S4221
Fatty acids, total polyunsaturated	S4221
Total lipid (fat)	S4221
Carbohydrate, by difference	S4221
Vitamin C, total ascorbic acid	S4121
Riboflavin	S4221
Folate, total	S4221
Sugars, total	S4221
Magnesium, Mg	S4121
Niacin	S4221
Cholesterol	S4221
Sodium, Na	S4221
Zinc, Zn	S4221

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 725 of 3136

NDB No. 08554 Cereals ready-to-eat, rolled oats, whole wheat, rice, presweetened, maple flavored, with pecans

Vitamin B-12	S4221
Fatty acids, total monounsaturated	S4221
Protein	S4221
Energy	S4221
Copper, Cu	S4221
Thiamin	S4221
Vitamin B-6	S4221
Fatty acids, total trans	S4221

NDB No. 08555 Cereal wafer straws, KELLOGG, APPLE JACKS Cereal straws

Total lipid (fat)	S4561
Iron, Fe	S4561
Magnesium, Mg	S4561
Zinc, Zn	S4561
Copper, Cu	S4561
Vitamin D	S4561
Vitamin C, total ascorbic acid	S4561
Water	S4561
Potassium, K	S4561
Sodium, Na	S4561
Sugars, total	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Vitamin A, IU	S4561
Cholesterol	S4561
Fatty acids, total monounsaturated	S4561
Fatty acids, total polyunsaturated	S4561
Energy	S4561
Thiamin	S4561
Riboflavin	S4561
Niacin	S4561
Pantothenic acid	S4561
Folate, total	S4561
Protein	S4561
Carbohydrate, by difference	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 726 of 3136

NDB No. 08555 Cereal wafer straws, KELLOGG, APPLE JACKS Cereal straws

Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Ash	S4561
Phosphorus, P	S4561
Vitamin B-6	S4561
Vitamin B-12	S4561

NDB No. 08556 Cereal Wafer Straws, KELLOGG, FROOT LOOPS Cereal Straws

Copper, Cu	S4561
Vitamin A, IU	S4561
Vitamin B-6	S4561
Protein	S4561
Zinc, Zn	S4561
Vitamin D	S4561
Fatty acids, total saturated	S4561
Total lipid (fat)	S4561
Phosphorus, P	S4561
Sodium, Na	S4561
Thiamin	S4561
Folate, total	S4561
Water	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Riboflavin	S4561
Vitamin B-12	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Magnesium, Mg	S4561
Fatty acids, total monounsaturated	S4561
Ash	S4561
Energy	S4561
Iron, Fe	S4561
Niacin	S4561
Cholesterol	S4561
Fatty acids, total polyunsaturated	S4561
Potassium, K	S4561

Reference_Report

NDB No. 08556 Cereal Wafer Straws, KELLOGG, FROOT LOOPS Cereal Straws

Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561

NDB No. 08557 Cereals ready-to-eat, KELLOGG's MINI-WHEATS Frosted Strawberry Delight Cereal

Magnesium, Mg	S4561
Sodium, Na	S4561
Niacin	S4561
Fatty acids, total monounsaturated	S4561
Zinc, Zn	S4561
Vitamin E (alpha-tocopherol)	S4561
Vitamin B-6	S4561
Vitamin B-12	S4561
Protein	S4561
Carbohydrate, by difference	S4561
Vitamin C, total ascorbic acid	S4561
Energy	S4561
Potassium, K	S4561
Fatty acids, total saturated	S4561
Total lipid (fat)	S4561
Calcium, Ca	S4561
Copper, Cu	S4561
Vitamin A, IU	S4561
Thiamin	S4561
Riboflavin	S4561
Cholesterol	S4561
Water	S4561
Sugars, total	S4561
Iron, Fe	S4561
Phosphorus, P	S4561
Ash	S4561
Fiber, total dietary	S4561
Folate, total	S4561
Fatty acids, total trans	S4561
Fatty acids, total polyunsaturated	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 728 of 3136

NDB No. 08558 Cereals ready-to-eat, KELLOGG, MINI SWIRLZ Peanut Butter Cereal

Vitamin B-6	S4561
Vitamin B-12	S4561
Potassium, K	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Niacin	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Fatty acids, total monounsaturated	S4561
Protein	S4561
Total lipid (fat)	S4561
Iron, Fe	S4561
Zinc, Zn	S4561
Ash	S4561
Energy	S4561
Sugars, total	S4561
Vitamin C, total ascorbic acid	S4561
Thiamin	S4561
Cholesterol	S4561
Folate, total	S4561
Water	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Vitamin E (alpha-tocopherol)	S4561
Phosphorus, P	S4561
Vitamin D	S4561
Fatty acids, total polyunsaturated	S4561
Carbohydrate, by difference	S4561
Riboflavin	S4561

NDB No. 08559 Cereal Wafer Straws, KELLOGG, COCOA KRISPIES Cereal Straws

Water	S4561
Vitamin A, IU	S4561
Vitamin D	S4561
Niacin	S4561
Folate, total	S4561

Reference_Report

NDB No. 08559 Cereal Wafer Straws, KELLOGG, COCOA KRISPIES Cereal Straws

Fatty acids, total polyunsaturated	S4561
Fiber, total dietary	S4561
Copper, Cu	S4561
Thiamin	S4561
Magnesium, Mg	S4561
Potassium, K	S4561
Sodium, Na	S4561
Vitamin B-12	S4561
Fatty acids, total trans	S4561
Fatty acids, total saturated	S4561
Fatty acids, total monounsaturated	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Iron, Fe	S4561
Zinc, Zn	S4561
Energy	S4561
Calcium, Ca	S4561
Total lipid (fat)	S4561
Ash	S4561
Phosphorus, P	S4561
Riboflavin	S4561
Protein	S4561
Cholesterol	S4561
Vitamin C, total ascorbic acid	S4561
Vitamin B-6	S4561

NDB No. 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax

Phosphorus, P	S4561
Sodium, Na	S4561
Fatty acids, total saturated	S4561
Iron, Fe	S4561
Potassium, K	S4561
Fatty acids, total polyunsaturated	S4561
Total lipid (fat)	S4561
Carbohydrate, by difference	S4561
Energy	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 730 of 3136

NDB No. 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax

Water	S4561
Magnesium, Mg	S4561
Vitamin A, IU	S4561
Cholesterol	S4561
Sugars, total	S4561
Fatty acids, total trans	S4561
Protein	S4561
Zinc, Zn	S4561
Fatty acids, total monounsaturated	S4561
Ash	S4561
Calcium, Ca	S4561
Vitamin C, total ascorbic acid	S4561
Fiber, total dietary	S4561

NDB No. 08561 Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry

Protein	S4561
Ash	S4561
Potassium, K	S4561
Vitamin A, IU	S4561
Total lipid (fat)	S4561
Water	S4561
Calcium, Ca	S4561
Fatty acids, total saturated	S4561
Fatty acids, total polyunsaturated	S4561
Sodium, Na	S4561
Vitamin C, total ascorbic acid	S4561
Fiber, total dietary	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Iron, Fe	S4561
Phosphorus, P	S4561
Cholesterol	S4561
Fatty acids, total monounsaturated	S4561
Energy	S4561
Fatty acids, total trans	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 731 of 3136

NDB No. 08562 Cereals, KASHI, KASHI GO LEAN Hot Cereal, Truly Vanilla, dry

Protein	S4561
Carbohydrate, by difference	S4561
Water	S4561
Calcium, Ca	S4561
Phosphorus, P	S4561
Vitamin A, IU	S4561
Cholesterol	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561
Fiber, total dietary	S4561
Fatty acids, total saturated	S4561
Fatty acids, total polyunsaturated	S4561
Total lipid (fat)	S4561
Sugars, total	S4561
Iron, Fe	S4561
Sodium, Na	S4561
Ash	S4561
Energy	S4561
Magnesium, Mg	S4561
Potassium, K	S4561
Fatty acids, total monounsaturated	S4561

NDB No. 08563 Cereals ready-to-eat, KASHI GRANOLA, COCOA BEACH Cereal

Ash	S4561
Sodium, Na	S4561
Fatty acids, total polyunsaturated	S4561
Protein	S4561
Calcium, Ca	S4561
Fatty acids, total trans	S4561
Total lipid (fat)	S4561
Water	S4561
Sugars, total	S4561
Cholesterol	S4561
Potassium, K	S4561
Fiber, total dietary	S4561
Iron, Fe	S4561

Reference_Report

NDB No. 08563 Cereals ready-to-eat, KASHI GRANOLA, COCOA BEACH Cereal

Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total saturated	S4561
Fatty acids, total monounsaturated	S4561
Carbohydrate, by difference	S4561
Energy	S4561

NDB No. 08564 Cereals ready-to-eat, KASHI GRANOLA, ORCHARD SPICE CEREAL

Fatty acids, total saturated	S4561
Sugars, total	S4561
Fiber, total dietary	S4561
Iron, Fe	S4561
Fatty acids, total monounsaturated	S4561
Water	S4561
Vitamin A, IU	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561
Total lipid (fat)	S4561
Carbohydrate, by difference	S4561
Protein	S4561
Fatty acids, total polyunsaturated	S4561
Potassium, K	S4561
Sodium, Na	S4561
Ash	S4561
Energy	S4561
Calcium, Ca	S4561
Cholesterol	S4561

NDB No. 08565 Cereals ready-to-eat, KASHI GRANOLA, Summer Berry Cereal

Total lipid (fat)	S4561
Fiber, total dietary	S4561
Sodium, Na	S4561
Fatty acids, total saturated	S4561
Iron, Fe	S4561

NDB No. 08565 Cereals ready-to-eat, KASHI GRANOLA, Summer Berry Cereal

Carbohydrate, by difference	S4561
Fatty acids, total polyunsaturated	S4561
Water	S4561
Potassium, K	S4561
Ash	S4561
Protein	S4561
Energy	S4561
Vitamin C, total ascorbic acid	S4561
Sugars, total	S4561
Calcium, Ca	S4561
Vitamin A, IU	S4561
Cholesterol	S4561
Fatty acids, total trans	S4561
Fatty acids, total monounsaturated	S4561

NDB No. 08566 Cereals ready-to-eat, KASHI GRANOLA, Mountain Medley Cereal

Fiber, total dietary	S4561
Calcium, Ca	S4561
Potassium, K	S4561
Sodium, Na	S4561
Vitamin A, IU	S4561
Fatty acids, total trans	S4561
Ash	S4561
Iron, Fe	S4561
Fatty acids, total polyunsaturated	S4561
Carbohydrate, by difference	S4561
Total lipid (fat)	S4561
Sugars, total	S4561
Protein	S4561
Energy	S4561
Water	S4561
Vitamin C, total ascorbic acid	S4561
Cholesterol	S4561
Fatty acids, total saturated	S4561
Fatty acids, total monounsaturated	S4561

NDB No. 08567 Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets

Protein	S4561
Sugars, total	S4561
Vitamin A, IU	S4561
Fatty acids, total saturated	S4561
Carbohydrate, by difference	S4561
Calcium, Ca	S4561
Cholesterol	S4561
Total lipid (fat)	S4561
Water	S4561
Ash	S4561
Iron, Fe	S4561
Fatty acids, total polyunsaturated	S4561
Energy	S4561
Phosphorus, P	S4561
Fatty acids, total monounsaturated	S4561
Fiber, total dietary	S4561
Magnesium, Mg	S4561
Sodium, Na	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561

NDB No. 08568 Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry

Protein	S4561
Iron, Fe	S4561
Cholesterol	S4561
Fatty acids, total polyunsaturated	S4561
Potassium, K	S4561
Vitamin E (alpha-tocopherol)	S4561
Total lipid (fat)	S4561
Zinc, Zn	S4561
Sodium, Na	S4561
Fatty acids, total trans	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Folate, total	S4561
Vitamin B-6	S4561

Reference Report

JUL-17-2008 02:00 PM

Page 735 of 3136

NDB No. 08568 Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry

Fatty acids, total monounsaturated	S4561
Water	S4561
Fiber, total dietary	S4561
Calcium, Ca	S4561
Carotene, beta	S4561
Vitamin C, total ascorbic acid	S4561
Ash	S4561
Energy	S4561
Vitamin A, IU	S4561
Vitamin B-12	S4561
Fatty acids, total saturated	S4561

NDB No. 08569 Cereals, KASHI HEART TO HEART, Instant Oatmeal, maple, dry

Protein	S4561
Ash	S4561
Fatty acids, total saturated	S4561
Sugars, total	S4561
Fiber, total dietary	S4561
Carotene, beta	S4561
Vitamin E (alpha-tocopherol)	S4561
Folate, total	S4561
Potassium, K	S4561
Sodium, Na	S4561
Zinc, Zn	S4561
Vitamin A, IU	S4561
Vitamin B-12	S4561
Cholesterol	S4561
Calcium, Ca	S4561
Vitamin C, total ascorbic acid	S4561
Carbohydrate, by difference	S4561
Water	S4561
Iron, Fe	S4561
Total lipid (fat)	S4561
Energy	S4561
Vitamin B-6	S4561
Fatty acids, total trans	S4561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 736 of 3136

NDB No. 08569 Cereals, KASHI HEART TO HEART, Instant Oatmeal, maple, dry

Fatty acids, total monounsaturated	S4561
Fatty acids, total polyunsaturated	S4561

NDB No. 08570 Cereals, KASHI HEART TO HEART, Instant Oatmeal, Raisin Spice, dry

Calcium, Ca	S4561
Folate, total	S4561
Ash	S4561
Vitamin B-6	S4561
Vitamin B-12	S4561
Fatty acids, total polyunsaturated	S4561
Thiamin	S4561
Riboflavin	S4561
Cholesterol	S4561
Sodium, Na	S4561
Carbohydrate, by difference	S4561
Sugars, total	S4561
Fatty acids, total monounsaturated	S4561
Energy	S4561
Iron, Fe	S4561
Vitamin A, IU	S4561
Vitamin E (alpha-tocopherol)	S4561
Fatty acids, total saturated	S4561
Total lipid (fat)	S4561
Fiber, total dietary	S4561
Potassium, K	S4561
Zinc, Zn	S4561
Carotene, beta	S4561
Niacin	S4561
Protein	S4561
Water	S4561
Vitamin C, total ascorbic acid	S4561
Fatty acids, total trans	S4561

NDB No. 09003 Apples, raw, with skin

Reference_Report

NDB No. 09003 Apples, raw, with skin

Protein	S502, S561, S1183
Magnesium, Mg	S502, D4070, S561, S1183
Copper, Cu	D4070, S561
Vitamin K (phylloquinone)	S502, S561
Methionine	S561
Cystine	S561
Serine	S561
Glucose (dextrose)	S502, S561
Maltose	S502, S561
Galactose	S502, S561
Riboflavin	S502, S561
Betaine	S561
Threonine	S561
Proline	S561
Sucrose	S502, S561
Fiber, total dietary	S502, S561, S1183
Selenium, Se	S502, S561
Vitamin E (alpha-tocopherol)	S561, S87
Vitamin C, total ascorbic acid	S1183
Alanine	S561
Aspartic acid	S561
Water	S502, S561, S1183, S87
Sugars, total	S502, S561
Phosphorus, P	S502, S561, S1183
Lycopene	S502, S561
Tocopherol, delta	S561, S87
Niacin	S561, S1183
Tryptophan	S561
Lysine	S561
Valine	S561
Lactose	S502, S561
Thiamin	S502, S561, S1183
Pantothenic acid	S502, S561, S1183
Vitamin B-6	S502, S561, S1183
Choline, total	S561
Isoleucine	S561
Calcium, Ca	S502, D4070, S561, S1183

NDB No. 09003 Apples, raw, with skin

Iron, Fe	D4070, S561, S1183
Cryptoxanthin, beta	S502, S561
Leucine	S561
Tyrosine	S561
Total lipid (fat)	S502, S561, S1183, S87
Ash	S502, S561, S1183
Fructose	S502, S561
Sodium, Na	D4070, S1183
Zinc, Zn	S502, D4070, S561, S1183
Fluoride, F	S502
Manganese, Mn	S502, D4070, S561, S1183
Carotene, beta	S502, S561
Glutamic acid	S561
Starch	S561
Potassium, K	S502, D4070, S561, S1183
Vitamin A, IU	S502, S561
Vitamin A, RAE	S502, S561
Carotene, alpha	S502, S561
Lutein + zeaxanthin	S502, S561
Tocopherol, beta	S561, S87
Tocopherol, gamma	S561, S87
Phenylalanine	S561
Arginine	S561
Histidine	S561
Glycine	S561

NDB No. 09004 Apples, raw, without skin

Total lipid (fat)	S502, S84
Sucrose	S502
Glucose (dextrose)	S502
Water	S502, S84
Sugars, total	S502
Potassium, K	S502
Zinc, Zn	S502
Vitamin A, IU	S502
Thiamin	S502

NDB No. 09004 Apples, raw, without skin

Fructose	S502
Lutein + zeaxanthin	S502
Phenylalanine	S561
Aspartic acid	S561
Lactose	S502
Calcium, Ca	S502
Pantothenic acid	S502
Vitamin B-6	S502
Valine	S561
Arginine	S561
Proline	S561
Maltose	S502
Fiber, total dietary	S502
Manganese, Mn	S502
Cryptoxanthin, beta	S502
Tocopherol, beta	S84
Tocopherol, gamma	S84
Isoleucine	S561
Leucine	S561
Lysine	S561
Alanine	S561
Galactose	S502
Magnesium, Mg	S502
Carotene, beta	S502
Vitamin K (phylloquinone)	S502
Tryptophan	S561
Protein	S502
Phosphorus, P	S502
Riboflavin	S502
Methionine	S561
Cystine	S561
Tyrosine	S561
Vitamin A, RAE	S502
Carotene, alpha	S502
Threonine	S561
Ash	S502
Vitamin E (alpha-tocopherol)	S84

NDB No. 09004 Apples, raw, without skin

Lycopene	S502
Tocopherol, delta	S84
Histidine	S561
Glutamic acid	S561
Serine	S561

NDB No. 09011 Apples, dried, sulfured, uncooked

Tocopherol, gamma	S121
Tocopherol, beta	S121
Tocopherol, delta	S121
Vitamin E (alpha-tocopherol)	S121

NDB No. 09016 Apple juice, shelf stable, unsweetened, without added ascorbic acid

Water	S1067, S1206, S3841
Potassium, K	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Betaine	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Galactose	S1067
Vitamin K (phylloquinone)	D4048, D4002
Lactose	S1067
Maltose	S1067
Phosphorus, P	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Zinc, Zn	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Ash	S1067
Magnesium, Mg	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Copper, Cu	S206, S1067, S74, S73, S6, S11
Protein	S1067
Fructose	S1067
Fiber, total dietary	S1067, S1206
Sodium, Na	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Niacin	S1067

Reference Report

JUL-17-2008 02:00 PM

Page 741 of 3136

NDB No. 09016 Apple juice, shelf stable, unsweetened, without added ascorbic acid

Pantothenic acid	S1067
Vitamin B-6	S1067
Total lipid (fat)	S1067
Iron, Fe	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Manganese, Mn	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Sugars, total	S1067
Calcium, Ca	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Folic acid	S1067
Choline, total	S1067

NDB No. 09018 Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid

Betaine	S1067
Choline, total	S1067

NDB No. 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)

Lactose	S3542
Zinc, Zn	S74, S73, S6, S3542
Riboflavin	S3542
Fructose	S3542
Niacin	S3542
Vitamin B-6	S3542
Vitamin K (phylloquinone)	S3542
Folate, food	S3542
Potassium, K	S74, S73, S6, S3542
Water	S3542
Vitamin E (alpha-tocopherol)	S3542
Total lipid (fat)	S3542
Glucose (dextrose)	S3542
Galactose	S3542
Magnesium, Mg	S74, S73, S6, S3542
Phosphorus, P	S74, S73, S6, S3542
Pantothenic acid	S3542
Folic acid	S3542

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 742 of 3136

NDB No. 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)

Ash	S3542
Starch	S3542
Sodium, Na	S74, S73, S6, S3542
Manganese, Mn	S74, S73, S6, S3542
Tocopherol, gamma	S3542
Fiber, total dietary	S3542
Iron, Fe	S74, S73, S6, S3542
Copper, Cu	S74, S73, S6, S3542
Tocopherol, beta	S3542
Tocopherol, delta	S3542
Protein	S3542
Sucrose	S3542
Maltose	S3542
Sugars, total	S3542
Calcium, Ca	S74, S73, S6, S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Folate, total	S3542
Choline, total	S3542
Betaine	S3542

NDB No. 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity)

Protein	S402, S3542
Total lipid (fat)	S84, S402, S3542
Maltose	S3542
Fiber, total dietary	D3780, S3542
Sodium, Na	S7, S206, S208, S10, S2682, S2684, S6, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Vitamin A, IU	S402
Tocopherol, beta	S84, S3542
Lactose	S3542
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Thiamin	S402, S3542
Ash	S402, S3542
Sucrose	S3542

Reference Report

JUL-17-2008 02:00 PM

Page 743 of 3136

NDB No. 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity)

Sugars, total	S3542
Selenium, Se	D3357, D3352
Tocopherol, gamma	S84, S3542
Fructose	S3542
Zinc, Zn	S7, S206, S208, S2682, S2684, S6, S2683, S402, S9, S11, S12, S3841, S4061, S8, S3542
Vitamin E (alpha-tocopherol)	S84, S3542
Vitamin B-6	S402, S3542
Vitamin K (phylloquinone)	D4002, S3542
Glucose (dextrose)	S3542
Galactose	S3542
Riboflavin	S402, S3542
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Niacin	S402, S3542
Pantothenic acid	S402, S3542
Folate, total	S402, S3542
Water	S402, S3841, S3542
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Manganese, Mn	S7, S206, S208, S2682, S2684, S2683, S402, S11, S9, S12, S3841, S4061, S8, S3542
Tocopherol, delta	S84, S3542
Folic acid	S3542

NDB No. 09021 Apricots, raw

Zinc, Zn	S7, S206, S208, S10, S11, S9, S12, S8
Copper, Cu	S7, S206, S208, S10, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S7, S206, S208, S10, S11, S9, S12, S8
Magnesium, Mg	S7, S206, S208, S10, S11, S9, S12, S8
Phosphorus, P	S7, S206, S208, S10, S11, S9, S12, S8
Carotene, beta	D3887, D3949, D3924
Maltose	D3321
Iron, Fe	S7, S206, S208, S10, S11, S9, S12, S8
Fructose	D3344, D3321, S604

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 744 of 3136

NDB No. 09021 Apricots, raw

Fiber, total dietary	D3780, S604
Selenium, Se	S7, S206, S208, S10, S11, S9, S12, S8
Vitamin A, IU	D3887, D3949, D3924
Carotene, alpha	D3887, D3949, D3924
Sucrose	D3344, D3321, S604
Vitamin A, RAE	D3887, D3949, D3924
Lutein + zeaxanthin	D3949, D3924
Manganese, Mn	S7, S206, S208, S10, S11, S9, S12, S8
Cryptoxanthin, beta	D3887, D3949, D3924
Glucose (dextrose)	D3344, D3321, S604
Potassium, K	S7, S206, S208, S10, S11, S9, S12, S8

NDB No. 09032 Apricots, dried, sulfured, uncooked

Ash	S21
Lactose	S21
Lutein + zeaxanthin	S21
Pantothenic acid	S21
Betaine	S21
Tryptophan	S21
Lysine	S21
Glutamic acid	S21
Glycine	S21
20:0	S21
15:0	S21
Glucose (dextrose)	S21
Magnesium, Mg	S21
Zinc, Zn	S21
Vitamin A, IU	S21
Carotene, alpha	S21
Tocopherol, beta	S21
Riboflavin	S21
Vitamin B-6	S21
Tyrosine	S21
Valine	S21
Alanine	S21
Serine	S21

NDB No. 09032 Apricots, dried, sulfured, uncooked

18:1 undifferentiated	S21
22:6 n-3	S21
16:1 undifferentiated	S21
24:0	S21
Total lipid (fat)	S21
Starch	S21
Sugars, total	S21
Manganese, Mn	S21
Lycopene	S21
Phenylalanine	S21
Proline	S21
14:0	S21
18:2 undifferentiated	S21
Fiber, total dietary	S21, D3780
Iron, Fe	S21
Phosphorus, P	S21
Vitamin C, total ascorbic acid	S21
Vitamin K (phylloquinone)	D4002, S21
Cystine	S21
Histidine	S21
8:0	S21
20:1	S21
Vitamin A, RAE	S21
Tocopherol, delta	S21
4:0	S21
12:0	S21
22:5 n-3	S21
Galactose	S21
Potassium, K	S21
Niacin	S21
Folate, total	S21
Threonine	S21
Methionine	S21
10:0	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
14:1	S21

Reference Report

JUL-17-2008 02:00 PM

Page 746 of 3136

NDB No. 09032 Apricots, dried, sulfured, uncooked

20:5 n-3	S21
17:0	S21
Protein	S21
Fructose	S21
Water	S21, D3780
Copper, Cu	S21
Vitamin E (alpha-tocopherol)	S21
Thiamin	S21
Choline, total	S21
Isoleucine	S21
Arginine	S21
Aspartic acid	S21
16:0	S21
18:0	S21
18:4	S21
Sucrose	S21
Maltose	S21
Calcium, Ca	S21
Carotene, beta	S21
Cryptoxanthin, beta	S21
Tocopherol, gamma	S21
Leucine	S21
6:0	S21
22:0	S21
22:1 undifferentiated	S21

NDB No. 09033 Apricots, dried, sulfured, stewed, without added sugar

Lysine	S21
Tyrosine	S21
Glutamic acid	S21
Glycine	S21
Phenylalanine	S21
Alanine	S21
Leucine	S21
Methionine	S21
Cystine	S21

NDB No. 09033 Apricots, dried, sulfured, stewed, without added sugar

Valine	S21
Arginine	S21
Serine	S21
Histidine	S21
Tryptophan	S21
Isoleucine	S21
Aspartic acid	S21
Proline	S21
Threonine	S21

NDB No. 09036 Apricot nectar, canned, without added ascorbic acid

Fluoride, F	D5201, D5021
-------------	--------------

NDB No. 09037 Avocados, raw, all commercial varieties

Galactose	S502, S481
Zinc, Zn	S502, D4070, S1031, S381, S481
Niacin	S502, S1031, S381, S481
Pantothenic acid	S502, S1031, S381, S481
Betaine	S502, S481
8:0	S502, S481
22:0	S502, S481
Protein	S1621, S502, S1031, S381, S481
Fiber, total dietary	S837, S1621, S502, S642, S1031, S381, S1401, S481
Sodium, Na	S1621, D4070, S1031, S381, S481
Copper, Cu	S502, D4070, S1031, S381, S481
Fluoride, F	D5007
14:0	S502, S481
16:0	S502, S481
Water	S837, S1621, S502, S1031, S381, S121, S1401, S481
Iron, Fe	S1621, S502, D4070, S1031, S381, S481
Lycopene	S502, S481
Tocopherol, gamma	S1621, S502, S121, S481
Tocopherol, delta	S502, S121, S481
Riboflavin	S502, S1031, S381, S481
20:0	S502, S481
20:4 undifferentiated	S502, S481

Reference Report

JUL-17-2008 02:00 PM

Page 748 of 3136

NDB No. 09037 Avocados, raw, all commercial varieties

22:1 undifferentiated	S502
Campesterol	D4761
Beta-sitosterol	D4761
17:1	S502, S481
Ash	S1621, S502, S1031, S381, S481
Starch	S502, S481
Sugars, total	S837, S1621, S502, S481
Calcium, Ca	S1621, S502, D4070, S1031, S381, S481
Magnesium, Mg	S502, D4070, S1031, S381, S481
Potassium, K	S1621, S502, D4070, S1031, S381, S481
Manganese, Mn	S502, D4070, S1031, S381, S481
Cryptoxanthin, beta	S1621, S502, S381, S986, S481
Vitamin C, total ascorbic acid	S1621, S1031, S381
Choline, total	S502, S481
12:0	S502, S481
18:1 undifferentiated	S502, S481
16:1 undifferentiated	S502, S481
20:5 n-3	S502
Sucrose	S837, S502, S481
Glucose (dextrose)	S837, S502, S481
Lactose	S837, S502, S481
Tocopherol, beta	S502, S121, S481
18:3 n-6 c,c,c	S481
Total lipid (fat)	S1621, S502, S1031, S381, S121, S481
Maltose	S837, S502, S481
Phosphorus, P	S502, S1031, S381, S481
Selenium, Se	S502, S481
Vitamin A, RAE	S1621, S502, S381, S986, S481
Carotene, beta	S1621, S502, S1031, S381, S986, S481
Thiamin	S502, S1031, S381, S481
Folate, total	S1621, S1031, S381, S481
18:0	S502, S481
18:2 undifferentiated	S502, S481
14:1	S502, S481
Stigmasterol	D4761
17:0	S502, S481
Fructose	S837, S502, S481

Reference_Report

NDB No. 09037 Avocados, raw, all commercial varieties

Vitamin A, IU	S1621, S502, S1031, S381, S986, S481
Carotene, alpha	S1621, S502, S1031, S381, S986, S481
Vitamin B-6	S502, S1031, S381, S481
15:0	S502, S481
24:0	S502
20:3 undifferentiated	S502, S481
15:1	S502, S481
Vitamin E (alpha-tocopherol)	S1621, S502, S1031, S121, S481
Lutein + zeaxanthin	S1621, S502, S481
Vitamin K (phylloquinone)	S502, S481
10:0	S502, S481
22:6 n-3	S502
18:4	S502
20:1	S502, S481
22:5 n-3	S502
20:2 n-6 c,c	S502, S481
18:3 n-3 c,c,c	S481

NDB No. 09038 Avocados, raw, California

Total lipid (fat)	S1621, S502, S1031, S121, S481
Zinc, Zn	S502, S1031, S481
Cryptoxanthin, beta	S1621, S502, S986, S481
Lycopene	S502, S481
Niacin	S502, S1031, S481
Glutamic acid	S502, S481
Glycine	S502, S481
20:0	S502, S481
Stigmasterol	D4761
20:2 n-6 c,c	S502, S481
Ash	S1621, S502, S1031, S481
Maltose	S837, S502, S481
Potassium, K	S1621, S502, S1031, S481
Manganese, Mn	S502, S1031, S481
Lutein + zeaxanthin	S1621, S502, S481
Tocopherol, delta	S502, S121, S481
Histidine	S502, S481

NDB No. 09038 Avocados, raw, California

Serine	S502, S481
22:0	S502, S481
Fructose	S837, S502, S481
Water	S837, S1621, S502, S1031, S121, S1401, S481
Phosphorus, P	S502, S1031, S481
Copper, Cu	S502, S1031, S481
Selenium, Se	S502, S481
Vitamin C, total ascorbic acid	S1621, S1031
Methionine	S502, S481
Tyrosine	S502, S481
14:1	S502, S481
16:1 undifferentiated	S502, S481
20:5 n-3	S502
22:1 undifferentiated	S502
Beta-sitosterol	D4761
18:3 n-6 c,c,c	S481
Starch	S502, S481
Fiber, total dietary	S837, S1621, S502, S642, S1031, S1401, S481
Calcium, Ca	S1621, S502, S1031, S481
Iron, Fe	S1621, S502, S1031, S481
Magnesium, Mg	S502, S1031, S481
Vitamin E (alpha-tocopherol)	S1621, S502, S1031, S121, S481
Isoleucine	S502, S481
Cystine	S502, S481
Proline	S502, S481
16:0	S502, S481
18:0	S502, S481
22:6 n-3	S502
17:1	S502, S481
Glucose (dextrose)	S837, S502, S481
Lactose	S837, S502, S481
Sugars, total	S837, S1621, S502, S481
Vitamin A, RAE	S502, S986, S481
Vitamin B-6	S502, S1031, S481
Folate, total	S1621, S1031, S481
Choline, total	S502, S481
Alanine	S502, S481

NDB No. 09038 Avocados, raw, California

20:4 undifferentiated	S502, S481
18:4	S502
24:0	S502
Sucrose	S837, S502, S481
Carotene, beta	S1621, S502, S1031, S986, S481
Tocopherol, beta	S502, S121, S481
Vitamin K (phylloquinone)	S502, S481
Betaine	S502, S481
Tryptophan	S502, S481
Leucine	S502, S481
Lysine	S502, S481
8:0	S502, S481
12:0	S502, S481
18:1 undifferentiated	S502, S481
22:5 n-3	S502
17:0	S502, S481
20:3 undifferentiated	S502, S481
Protein	S1621, S502, S1031, S481
Sodium, Na	S1621, S1031, S481
Tocopherol, gamma	S1621, S502, S121, S481
Thiamin	S502, S1031, S481
Riboflavin	S502, S1031, S481
Threonine	S502, S481
Valine	S502, S481
Arginine	S502, S481
10:0	S502, S481
18:2 undifferentiated	S502, S481
20:1	S502, S481
15:0	S502, S481
15:1	S502, S481
18:3 n-3 c,c,c	S481
Galactose	S502, S481
Vitamin A, IU	S1621, S502, S1031, S986
Carotene, alpha	S1621, S502, S1031, S986, S481
Pantothenic acid	S502, S1031, S481
Phenylalanine	S502, S481
Aspartic acid	S502, S481

NDB No. 09038 Avocados, raw, California

14:0	S502, S481
Campesterol	D4761

NDB No. 09039 Avocados, raw, Florida

Total lipid (fat)	S381
Iron, Fe	D4070, S381
Phosphorus, P	S381
Manganese, Mn	D4070, S381
Carotene, alpha	S381
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	S381
Riboflavin	S381
Ash	S381
Magnesium, Mg	D4070, S381
Copper, Cu	D4070, S381
Tocopherol, gamma	S121
Thiamin	S381
Lactose	S837
Maltose	S837
Water	S837, S381, S121, S1401
Glucose (dextrose)	S837
Tocopherol, beta	S121
Pantothenic acid	S381
Folate, total	S381
Sucrose	S837
Sugars, total	S837
Calcium, Ca	D4070, S381
Potassium, K	D4070, S381
Sodium, Na	D4070, S381
Vitamin A, IU	S381
Vitamin B-6	S381
Zinc, Zn	D4070, S381
Tocopherol, delta	S121
Vitamin C, total ascorbic acid	S381
Carotene, beta	S381
Protein	S381

Reference Report

JUL-17-2008 02:00 PM

Page 753 of 3136

NDB No. 09039 Avocados, raw, Florida

Fructose	S837
Fiber, total dietary	S837, S381, S1401
Vitamin A, RAE	S381
Niacin	S381

NDB No. 09040 Bananas, raw

Protein	S562, S1023, S481
Selenium, Se	S7, S206, S208, S10, S562, S6, S11, S9, S12, S8, S481
Vitamin A, IU	S562, S1023, S481
Folate, total	S562, S1023, S481
Betaine	S481
Fiber, total dietary	S562, D3764, S642, S1023, S481
Manganese, Mn	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Tocopherol, gamma	S562, S121, S87, S481
Tocopherol, delta	S562, S121, S87, S481
Riboflavin	S562, S1023, S481
Threonine	S562, S481
Aspartic acid	S562, S481
Serine	S562, S481
Water	S562, D3764, S121, S1023, S87, S481
Fluoride, F	S481
Vitamin A, RAE	S562, S1023, S481
Vitamin E (alpha-tocopherol)	S562, S121, S87, S481
Cryptoxanthin, beta	S562, S481
Lycopene	S562, S481
Lutein + zeaxanthin	S562, S481
Choline, total	S481
Total lipid (fat)	S562, S121, S1023, S87, S481
Sugars, total	S562, S481
Magnesium, Mg	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Tryptophan	S562, S481
Lysine	S562, S481
Methionine	S562, S481
Lactose	S562, S481
Calcium, Ca	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Iron, Fe	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8

Reference Report

JUL-17-2008 02:00 PM

Page 754 of 3136

NDB No. 09040 Bananas, raw

Potassium, K	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Copper, Cu	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Thiamin	S562, S1023, S481
Vitamin K (phylloquinone)	D4048, S562, D4002
Phenylalanine	S562, S481
Valine	S562, S481
Ash	S562, S1023, S481
Maltose	S562, S481
Galactose	S562, S481
Phosphorus, P	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Sodium, Na	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Tocopherol, beta	S562, S121, S87, S481
Niacin	S562, S1023, S481
Histidine	S562, S481
Glycine	S562, S481
Proline	S562, S481
Starch	S562, S481
Glucose (dextrose)	S562, S481
Fructose	S562, S481
Carotene, alpha	S562, S1023, S481
Pantothenic acid	S562, S1023, S481
Vitamin B-6	S562, S1023, S481
Isoleucine	S562, S481
Cystine	S562, S481
Tyrosine	S562, S481
Arginine	S562, S481
Glutamic acid	S562, S481
Sucrose	S562, S481
Zinc, Zn	S7, S206, S208, S10, S562, S74, S6, S73, S11, S9, S12, S1023, S8, S481
Carotene, beta	S562, S1023, S481
Vitamin C, total ascorbic acid	S562, S1023
Leucine	S562, S481
Alanine	S562, S481

NDB No. 09042 Blackberries, raw

Lactose	S566, S461
---------	------------

NDB No. 09042 Blackberries, raw

Water	S566, S461
Iron, Fe	S566, S461
Copper, Cu	S566, S461
Manganese, Mn	S566, S461
Tocopherol, gamma	S566, S461
Vitamin B-6	S566, S461
Choline, total	S461
Sucrose	S566, S461
Fructose	S566, S461
Fiber, total dietary	S566, S461
Betaine	S461
Zinc, Zn	S566, S461
Lycopene	S566, S461
Lutein + zeaxanthin	S566, S461
Tocopherol, beta	S566, S461
Protein	S566, S461
Magnesium, Mg	S566, S461
Phosphorus, P	S566, S461
Thiamin	S566, S461
Niacin	S566, S461
Sodium, Na	S566
Tocopherol, delta	S566, S461
Total lipid (fat)	S566, S461
Ash	S566, S461
Galactose	S566, S461
Potassium, K	S566
Vitamin A, IU	S566, S461
Carotene, beta	S566, S461
Carotene, alpha	S566, S461
Riboflavin	S566, S461
Pantothenic acid	S566, S461
Folate, total	S566, S461
Vitamin K (phylloquinone)	S566, S461
Glucose (dextrose)	S566, S461
Maltose	S566, S461
Sugars, total	S566, S461
Selenium, Se	S566

NDB No. 09042 Blackberries, raw

Vitamin A, RAE	S566, S461
Cryptoxanthin, beta	S566, S461
Starch	S461
Calcium, Ca	S566, S461
Vitamin E (alpha-tocopherol)	S566, S461

NDB No. 09050 Blueberries, raw

Fructose	S441, S421
Maltose	S441, S421
Water	S1141, S441, S421
Fiber, total dietary	S421
Tocopherol, gamma	S421
Ash	S1141, S441, S421
Starch	S421
Zinc, Zn	S1141, S441, S421
Vitamin B-6	S1141, S441, S421
Betaine	S421
Lactose	S441, S421
Magnesium, Mg	S1141, S441, S421
Vitamin E (alpha-tocopherol)	S421
Cryptoxanthin, beta	S441, D3887, S421
Vitamin C, total ascorbic acid	S1141
Choline, total	S421
Total lipid (fat)	S1141, S441, S421
Sucrose	S441, S421
Galactose	S441, S421
Carotene, beta	S1141, S441, D3887, S421
Calcium, Ca	S1141, S441, S421
Phosphorus, P	S1141, S441, S421
Sodium, Na	S1141, S441
Vitamin A, RAE	S1141, S441, S421
Lycopene	S441, S421
Tocopherol, delta	S421
Riboflavin	S1141, S441, S421
Niacin	S1141, S441, S421
Copper, Cu	S1141, S441, S421

NDB No. 09050 Blueberries, raw

Vitamin A, IU	S1141, S441, S421
Folate, total	S1141, S441, S421
Protein	S1141, S441, S421
Potassium, K	S1141, S441
Manganese, Mn	S1141, S421
Carotene, alpha	S441, D3887, S421
Lutein + zeaxanthin	S441, S421
Thiamin	S1141, S441, S421
Pantothenic acid	S1141, S441, S421
Vitamin K (phylloquinone)	S441, S421
Glucose (dextrose)	S441, S421
Sugars, total	S441, S421
Iron, Fe	S1141, S441, S421
Selenium, Se	S441
Tocopherol, beta	S421

NDB No. 09052 Blueberries, canned, heavy syrup, solids and liquids

Vitamin K (phylloquinone)	D4048
---------------------------	-------

NDB No. 09053 Blueberries, wild, frozen

Protein	S4741
Carotene, alpha	S4741
Vitamin E (alpha-tocopherol)	S4741
Total lipid (fat)	S4741
Ash	S4741
Sucrose	S4741
Fructose	S4741
Carotene, beta	S4741
Vitamin B-6	S4741
Fatty acids, total saturated	S4741
Glucose (dextrose)	S4741
Magnesium, Mg	S4741
Potassium, K	S4741
Zinc, Zn	S4741
Vitamin C, total ascorbic acid	S4741
Sodium, Na	S4741

NDB No. 09053 Blueberries, wild, frozen

Iron, Fe	S4741
Riboflavin	S4741
Fatty acids, total trans	S4741
Fatty acids, total polyunsaturated	S4741
Water	S4741
Vitamin A, RAE	S4741
Lactose	S4741
Fiber, total dietary	S4741
Manganese, Mn	S4741
Thiamin	S4741
Niacin	S4741
Maltose	S4741
Calcium, Ca	S4741
Phosphorus, P	S4741
Vitamin A, IU	S4741
Fatty acids, total monounsaturated	S4741

NDB No. 09059 Breadfruit, raw

Vitamin A, RAE	D3899
Carotene, beta	D3899
Vitamin A, IU	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

NDB No. 09060 Carambola, (starfruit), raw

Potassium, K	D4070, S381
Lycopene	D3969
Niacin	S381
Total lipid (fat)	S381
Vitamin A, RAE	S381
Folate, total	S381
Protein	S381
Water	S381
Carotene, beta	D3899
Thiamin	S381

NDB No. 09060 Carambola, (starfruit), raw

Pantothenic acid	S381
Ash	S381
Fiber, total dietary	S381
Phosphorus, P	S381
Sodium, Na	D4070, S381
Zinc, Zn	D4070, S381
Vitamin C, total ascorbic acid	S381
Vitamin B-6	S381
Calcium, Ca	D4070, S381
Iron, Fe	D4070, S381
Magnesium, Mg	D4070, S381
Copper, Cu	D4070, S381
Manganese, Mn	D4070, S381
Vitamin A, IU	S381
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899
Lutein + zeaxanthin	D3969
Riboflavin	S381

NDB No. 09062 Cherimoya, raw

Zinc, Zn	S381, S404
Vitamin A, IU	S381
Carotene, beta	S381
Niacin	S381, S404
Vitamin B-6	S381, S404
Calcium, Ca	S381, S404
Copper, Cu	S381, S404
Total lipid (fat)	S381, S404
Sucrose	S404
Potassium, K	S381, S404
Cryptoxanthin, beta	S381
Ash	S381, S404
Water	S381, S404
Iron, Fe	S381, S404
Vitamin C, total ascorbic acid	S381
Riboflavin	S381, S404

NDB No. 09062 Cherimoya, raw

Pantothenic acid	S381, S404
Vitamin A, RAE	S381
Folate, total	S381
Carotene, alpha	S381
Protein	S381, S404
Fiber, total dietary	S381
Phosphorus, P	S381, S404
Sodium, Na	S381, S404
Manganese, Mn	S381, S404
Magnesium, Mg	S381, S404
Thiamin	S381, S404

NDB No. 09063 Cherries, sour, red, raw

Fructose	D3336, D3321
Sucrose	D3321
Glucose (dextrose)	D3336, D3321

NDB No. 09070 Cherries, sweet, raw

Fructose	D3336, D3344, D3321, S582
Calcium, Ca	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Potassium, K	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Manganese, Mn	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Tocopherol, delta	S582, S121
Folate, total	S53
Vitamin K (phylloquinone)	D4002, S582
Leucine	S582
Tyrosine	S582
Arginine	S582
Galactose	S582
Iron, Fe	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Cystine	S582
Aspartic acid	S582
Glutamic acid	S582

NDB No. 09070 Cherries, sweet, raw

Starch	S582
Fiber, total dietary	S582, S53
Phosphorus, P	S204, S206, S208, S10, S201, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Fluoride, F	D5007
Carotene, beta	S582, S53
Pantothenic acid	S582, S53
Isoleucine	S582
Phenylalanine	S582
Glucose (dextrose)	D3336, D3344, D3321, S582
Sodium, Na	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Carotene, alpha	S582
Cryptoxanthin, beta	S582
Vitamin B-6	S582, S53
Glycine	S582
Serine	S582
Lactose	S582
Maltose	D3321, S582
Vitamin E (alpha-tocopherol)	S582, S121
Tocopherol, beta	S582, S121
Vitamin C, total ascorbic acid	S582, S53
Niacin	S582, S53
Threonine	S582
Valine	S582
Lutein + zeaxanthin	S582
Thiamin	S582, S53
Lysine	S582
Methionine	S582
Protein	S582, S53
Sucrose	D3336, D3344, D3321, S582
Water	D3344, S582, S121, S53
Magnesium, Mg	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Zinc, Zn	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Copper, Cu	S204, S206, S208, S10, S201, D4070, S74, S582, S73, S6, S183, S203, S11, S9, S12, S205, S8, S182, S202, S53
Selenium, Se	S582

Reference Report

JUL-17-2008 02:00 PM

Page 762 of 3136

NDB No. 09070 Cherries, sweet, raw

Vitamin A, IU	S582, S53
Vitamin A, RAE	S582, S53
Lycopene	S582
Tocopherol, gamma	S582, S121
Histidine	S582
Alanine	S582
Proline	S582
Total lipid (fat)	S582, S53
Ash	S582, S53
Riboflavin	S582, S53
Tryptophan	S582

NDB No. 09074 Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids

Sucrose	S2113
Tocopherol, delta	S84, S2113
Fructose	S2113
Manganese, Mn	S4841, S2113
Galactose	S2113
Tocopherol, beta	S84, S2113
Pantothenic acid	S2113
Glucose (dextrose)	S2113
Vitamin K (phylloquinone)	S2113
Lactose	S2113
Maltose	S2113
Vitamin B-6	S4841, D501, S2113
Vitamin E (alpha-tocopherol)	S84, S2113
Sugars, total	S2113
Tocopherol, gamma	S84, S2113

NDB No. 09078 Cranberries, raw

Maltose	S561
Sugars, total	S561
Phosphorus, P	S561
Tocopherol, delta	S561
Thiamin	S561
Tyrosine	S561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 763 of 3136

NDB No. 09078 Cranberries, raw

Sucrose	S561
Fructose	S561
Galactose	S561
Selenium, Se	S561
Carotene, beta	S561
Betaine	S561
Phenylalanine	S561
Iron, Fe	S561
Vitamin A, IU	S561
Lycopene	S561
Riboflavin	S561
Niacin	S561
Vitamin K (phylloquinone)	S561
Leucine	S561
Cystine	S561
Valine	S561
Proline	S561
Fiber, total dietary	S561
Sodium, Na	S561
Vitamin C, total ascorbic acid	S561
Vitamin B-6	S561
Folate, total	S561
Choline, total	S561
Isoleucine	S561
Histidine	S561
Glycine	S561
Starch	S561
Glucose (dextrose)	S561
Zinc, Zn	S561
Copper, Cu	S561
Tocopherol, beta	S561
Pantothenic acid	S561
Threonine	S561
Methionine	S561
Glutamic acid	S561
Ash	S561
Water	S561

Reference_Report

NDB No. 09078 Cranberries, raw

Manganese, Mn	S561
Tocopherol, gamma	S561
Tryptophan	S561
Alanine	S561
Serine	S561
Protein	S561
Lactose	S561
Calcium, Ca	S561
Carotene, alpha	S561
Cryptoxanthin, beta	S561
Arginine	S561
Total lipid (fat)	S561
Magnesium, Mg	S561
Potassium, K	S561
Vitamin A, RAE	S561
Vitamin E (alpha-tocopherol)	S561
Lutein + zeaxanthin	S561
Lysine	S561
Aspartic acid	S561

NDB No. 09079 Cranberries, dried, sweetened

Ash	S1701
Calcium, Ca	S1701
Magnesium, Mg	S1701
Potassium, K	S1701
Copper, Cu	S1701
Vitamin C, total ascorbic acid	S1701
Water	S1701
Phosphorus, P	S1701
Niacin	S1701
Sugars, total	S1701
Total lipid (fat)	S1701
Riboflavin	S1701
Protein	S1701
Iron, Fe	S1701
Sodium, Na	S1701

NDB No. 09079 Cranberries, dried, sweetened

Vitamin A, IU	S1701
Fiber, total dietary	S1701
Zinc, Zn	S1701
Thiamin	S1701

NDB No. 09081 Cranberry sauce, canned, sweetened

Vitamin K (phylloquinone)	D4048
Fluoride, F	D5001

NDB No. 09084 Currants, red and white, raw

Carotene, beta	D3919
Cryptoxanthin, beta	D3919
Glucose (dextrose)	D3321
Vitamin A, RAE	D3919
Sucrose	D3321
Fructose	D3321
Vitamin A, IU	D3919
Carotene, alpha	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919
Vitamin K (phylloquinone)	D4052

NDB No. 09087 Dates, deglet noor

Sucrose	S582, S564
Fructose	S582, S564
Water	S582, S564, S1032
Carotene, beta	S582, S564
Pantothenic acid	S582, S564, S1032
Vitamin K (phylloquinone)	S582, S564
Betaine	S582, S564
Sodium, Na	S564, S1032
Zinc, Zn	S582, S564, S1032
Cryptoxanthin, beta	S582, S564
Niacin	S582, S564, S1032
Threonine	S582, S564

NDB No. 09087 Dates, deglet noor

Glutamic acid	S582, S564
18:0	S564
18:2 undifferentiated	S564
18:3 n-6 c,c,c	S564
Sugars, total	S582, S564
Copper, Cu	S582, S564, S1032
Carotene, alpha	S582, S564
Tocopherol, beta	S564
Choline, total	S582, S564
Lysine	S582, S564
16:0	S564
Lycopene	S582, S564
Tocopherol, gamma	S564
Folate, total	S582, S564, S1032
Isoleucine	S582, S564
Leucine	S582, S564
Tyrosine	S582, S564
Valine	S582, S564
10:0	S564
14:0	S564
20:2 n-6 c,c	S564
20:3 undifferentiated	S564
Total lipid (fat)	S582, S564, S1032
Ash	S582, S564, S1032
Vitamin E (alpha-tocopherol)	S564
Tocopherol, delta	S564
Vitamin C, total ascorbic acid	S582, S564
Thiamin	S582, S564, S1032
Arginine	S582, S564
16:1 undifferentiated	S564
20:1	S564
17:0	S564
Fiber, total dietary	S582, S564, S1032
Calcium, Ca	S582, S564, S1032
Iron, Fe	S582, S564, S1032
Phosphorus, P	S582, S564, S1032
Vitamin B-6	S582, S564, S1032

NDB No. 09087 Dates, deglet noor

Tryptophan	S582, S564
Aspartic acid	S582, S564
Glycine	S582, S564
Proline	S582, S564
8:0	S564
20:0	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
15:1	S564
Protein	S582, S564, S1032
Lactose	S582, S564
Maltose	S582, S564
Vitamin A, IU	S582, S564
Histidine	S582, S564
Alanine	S582, S564
22:0	S564
15:0	S564
Glucose (dextrose)	S582, S564
Galactose	S582, S564
Magnesium, Mg	S582, S564, S1032
Potassium, K	S582, S564, S1032
Manganese, Mn	S582, S564, S1032
Selenium, Se	S582, S564
Vitamin A, RAE	S582, S564
Lutein + zeaxanthin	S582, S564
Riboflavin	S582, S564, S1032
Methionine	S582, S564
Cystine	S582, S564
Phenylalanine	S582, S564
Serine	S582, S564
12:0	S564
18:1 undifferentiated	S564
14:1	S564
17:1	S564

NDB No. 09094 Figs, dried, uncooked

NDB No. 09094 Figs, dried, uncooked

Protein	S582, S363
Total lipid (fat)	S582, S363
Fructose	S582, S363
Galactose	S582, S363
Zinc, Zn	S582, S363
Carotene, beta	S582, S363
Vitamin C, total ascorbic acid	S582, S363
Niacin	S582, S363
Betaine	S582, S363
Proline	S582, S363
Ash	S582, S363
Starch	S363
Glucose (dextrose)	S582, S363
Lactose	S582, S363
Iron, Fe	S582, S363
Phosphorus, P	S582, S363
Lycopene	S582, S363
Tocopherol, beta	S363
Folate, total	S582, S363
Leucine	S582, S363
Cystine	S582, S363
Valine	S582, S363
Alanine	S582, S363
Sugars, total	S582, S363
Cryptoxanthin, beta	S582, S363
Tocopherol, gamma	S363
Choline, total	S582, S363
Magnesium, Mg	S582, S363
Vitamin E (alpha-tocopherol)	S363
Riboflavin	S582, S363
Tyrosine	S582, S363
Glycine	S582, S363
Maltose	S582, S363
Water	S582, S363
Vitamin B-6	S582, S363
Vitamin K (phylloquinone)	S582, S363
Threonine	S582, S363

NDB No. 09094 Figs, dried, uncooked

Methionine	S582, S363
Calcium, Ca	S582, S363
Potassium, K	S582, S363
Lutein + zeaxanthin	S582, S363
Isoleucine	S582, S363
Lysine	S582, S363
Glutamic acid	S582, S363
Sucrose	S582, S363
Sodium, Na	S582, S363
Copper, Cu	S582, S363
Selenium, Se	S363
Vitamin A, IU	S582, S363
Vitamin A, RAE	S582, S363
Carotene, alpha	S582, S363
Thiamin	S582, S363
Pantothenic acid	S582, S363
Phenylalanine	S582, S363
Serine	S582, S363
Fiber, total dietary	S582, S363
Manganese, Mn	S582, S363
Tocopherol, delta	S363
Tryptophan	S582, S363
Arginine	S582, S363
Histidine	S582, S363
Aspartic acid	S582, S363

NDB No. 09095 Figs, dried, stewed

Tryptophan	S582, S363
Glycine	S582, S363
Serine	S582, S363
Leucine	S582, S363
Cystine	S582, S363
Glutamic acid	S582, S363
Threonine	S582, S363
Valine	S582, S363
Arginine	S582, S363

NDB No. 09095 Figs, dried, stewed

Histidine	S582, S363
Alanine	S582, S363
Lysine	S582, S363
Methionine	S582, S363
Proline	S582, S363
Isoleucine	S582, S363
Phenylalanine	S582, S363
Tyrosine	S582, S363
Aspartic acid	S582, S363

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, gamma	S84
Tocopherol, delta	S84
Tocopherol, beta	S84
Vitamin K (phylloquinone)	D4002
Fluoride, F	D5001, D5007, D5003

NDB No. 09111 Grapefruit, raw, pink and red and white, all areas

Arginine	S563, S482
Alanine	S563, S482
Serine	S563, S482
Fluoride, F	D5007
Phenylalanine	S563, S482
Valine	S563, S482
Aspartic acid	S563, S482
Isoleucine	S563, S482
Leucine	S563, S482

NDB No. 09111 Grapefruit, raw, pink and red and white, all areas

Tryptophan	S563, S482
Histidine	S563, S482
Glycine	S563, S482
Threonine	S563, S482
Methionine	S563, S482
Tyrosine	S563, S482
Proline	S563, S482
Lysine	S563, S482
Cystine	S563, S482
Glutamic acid	S563, S482

NDB No. 09112 Grapefruit, raw, pink and red, all areas

Tocopherol, beta	S563, S482
Vitamin C, total ascorbic acid	S563, S482
Alanine	S563, S482
Glutamic acid	S563, S482
Sucrose	S563, S482
Sugars, total	S563, S482
Magnesium, Mg	D4070, S563, S482
Manganese, Mn	D4070, S563, S482
Choline, total	S563, S482
Tryptophan	S563, S482
Methionine	S563, S482
Valine	S563, S482
Histidine	S563, S482
Protein	S563, S482
Ash	S563, S482
Fiber, total dietary	D3764, S563
Cryptoxanthin, beta	D3912, S563, S482, S1203, D3887, D3904
Lycopene	S563, S482, S1203, D3845, D3904
Phenylalanine	S563, S482
Tyrosine	S563, S482
Maltose	S563, S482
Selenium, Se	S563
Carotene, beta	D3912, S563, S482, D3888, S1203, D3845, D3887, D3904
Tocopherol, delta	S563, S482

NDB No. 09112 Grapefruit, raw, pink and red, all areas

Riboflavin	S563, S482
Vitamin K (phylloquinone)	S563, S482
Arginine	S563, S482
Aspartic acid	S563, S482
Fructose	S563, S482
Water	D3764, S563, S482
Galactose	S563, S482
Calcium, Ca	D4070, S563, S482
Leucine	S563, S482
Serine	S563, S482
Phosphorus, P	S563, S482
Potassium, K	D4070, S563, S482
Zinc, Zn	D4070, S563, S482
Copper, Cu	D4070, S563
Carotene, alpha	S563, S482, D3888, S1203, D3887, D3904
Tocopherol, gamma	S563, S482
Betaine	S563, S482
Lysine	S563, S482
Proline	S563, S482
Total lipid (fat)	S563, S482
Starch	S563
Glucose (dextrose)	S563, S482
Lactose	S563, S482
Vitamin E (alpha-tocopherol)	S563, S482
Pantothenic acid	S563, S482
Vitamin B-6	S563, S482
Folate, total	S563, S482
Cystine	S563, S482
Iron, Fe	D4070, S563
Lutein + zeaxanthin	S563, S482, S1203, D3904
Thiamin	S563, S482
Niacin	S563, S482
Threonine	S563, S482
Isoleucine	S563, S482
Glycine	S563, S482

NDB No. 09113 Grapefruit, raw, pink and red, California and Arizona

Threonine	S563, S482
Isoleucine	S563, S482
Valine	S563, S482
Aspartic acid	S563, S482
Histidine	S563, S482
Proline	S563, S482
Tryptophan	S563, S482
Phenylalanine	S563, S482
Glycine	S563, S482
Leucine	S563, S482
Arginine	S563, S482
Alanine	S563, S482
Cystine	S563, S482
Tyrosine	S563, S482
Lysine	S563, S482
Methionine	S563, S482
Glutamic acid	S563, S482
Serine	S563, S482

NDB No. 09114 Grapefruit, raw, pink and red, Florida

Aspartic acid	S563, S482
Glutamic acid	S563, S482
Threonine	S563, S482
Leucine	S563, S482
Tyrosine	S563, S482
Glycine	S563, S482
Alanine	S563, S482
Valine	S563, S482
Tryptophan	S563, S482
Lysine	S563, S482
Proline	S563, S482
Methionine	S563, S482
Cystine	S563, S482
Phenylalanine	S563, S482
Histidine	S563, S482
Isoleucine	S563, S482

NDB No. 09114 Grapefruit, raw, pink and red, Florida

Arginine	S563, S482
Serine	S563, S482

NDB No. 09116 Grapefruit, raw, white, all areas

Carotene, beta	D3888
Lycopene	D3919
Lysine	S563, S482
Methionine	S563, S482
Arginine	S563, S482
Glutamic acid	S563, S482
Phenylalanine	S563, S482
Histidine	S563, S482
Carotene, alpha	D3888
Cryptoxanthin, beta	D3919
Cystine	S563, S482
Valine	S563, S482
Proline	S563, S482
Tryptophan	S563, S482
Threonine	S563, S482
Glycine	S563, S482
Alanine	S563, S482
Tyrosine	S563, S482
Aspartic acid	S563, S482
Serine	S563, S482
Lutein + zeaxanthin	D3919
Isoleucine	S563, S482
Leucine	S563, S482

NDB No. 09117 Grapefruit, raw, white, California

Serine	S563, S482
Glutamic acid	S563, S482
Cystine	S563, S482
Lysine	S563, S482
Methionine	S563, S482
Proline	S563, S482
Phenylalanine	S563, S482

NDB No. 09117 Grapefruit, raw, white, California

Valine	S563, S482
Arginine	S563, S482
Tryptophan	S563, S482
Threonine	S563, S482
Tyrosine	S563, S482
Histidine	S563, S482
Aspartic acid	S563, S482
Isoleucine	S563, S482
Leucine	S563, S482
Alanine	S563, S482
Glycine	S563, S482

NDB No. 09118 Grapefruit, raw, white, Florida

Leucine	S563, S482
Cystine	S563, S482
Tyrosine	S563, S482
Proline	S563, S482
Serine	S563, S482
Tryptophan	S563, S482
Threonine	S563, S482
Isoleucine	S563, S482
Arginine	S563, S482
Histidine	S563, S482
Glycine	S563, S482
Lysine	S563, S482
Alanine	S563, S482
Methionine	S563, S482
Aspartic acid	S563, S482
Phenylalanine	S563, S482
Glutamic acid	S563, S482
Valine	S563, S482

NDB No. 09119 Grapefruit, sections, canned, water pack, solids and liquids

Valine	S563, S482
Arginine	S563, S482
Lysine	S563, S482

NDB No. 09119 Grapefruit, sections, canned, water pack, solids and liquids

Phenylalanine	S563, S482
Glutamic acid	S563, S482
Threonine	S563, S482
Isoleucine	S563, S482
Methionine	S563, S482
Proline	S563, S482
Serine	S563, S482
Cystine	S563, S482
Leucine	S563, S482
Alanine	S563, S482
Aspartic acid	S563, S482
Glycine	S563, S482
Tryptophan	S563, S482
Tyrosine	S563, S482
Histidine	S563, S482

NDB No. 09120 Grapefruit, sections, canned, juice pack, solids and liquids

Glutamic acid	S563, S482
Threonine	S563, S482
Isoleucine	S563, S482
Leucine	S563, S482
Cystine	S563, S482
Valine	S563, S482
Phenylalanine	S563, S482
Glycine	S563, S482
Methionine	S563, S482
Tryptophan	S563, S482
Arginine	S563, S482
Aspartic acid	S563, S482
Serine	S563, S482
Lysine	S563, S482
Histidine	S563, S482
Alanine	S563, S482
Tyrosine	S563, S482
Proline	S563, S482

NDB No. 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids

Aspartic acid	S563, S482
Methionine	S563, S482
Tyrosine	S563, S482
Glutamic acid	S563, S482
Isoleucine	S563, S482
Phenylalanine	S563, S482
Lysine	S563, S482
Valine	S563, S482
Arginine	S563, S482
Tryptophan	S563, S482
Threonine	S563, S482
Leucine	S563, S482
Histidine	S563, S482
Alanine	S563, S482
Proline	S563, S482
Glycine	S563, S482
Serine	S563, S482
Cystine	S563, S482

NDB No. 09123 Grapefruit juice, white, canned, unsweetened

Fluoride, F	D5201, D5001, D5021
Vitamin K (phyloquinone)	D4048

NDB No. 09128 Grapefruit juice, white, raw

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

NDB No. 09130 Grape juice, canned or bottled, with added vitamin C

Tocopherol, delta	S81, S121
Vitamin B-6	S1067
Folate, total	S1067
Choline, total	S1067
Phosphorus, P	S1067, S74, S73, S6, S4802

Reference Report

JUL-17-2008 02:00 PM

Page 778 of 3136

NDB No. 09130 Grape juice, canned or bottled, with added vitamin C

Manganese, Mn	S1067, S74, S73, S6, S4802
Tocopherol, beta	S81, S121
Tocopherol, gamma	S81, S121
Niacin	S1067
Ash	S1067, S4802
Sucrose	S1067, S4802
Sodium, Na	S1067, S74, S73, S6, S4802
Zinc, Zn	S1067, S74, S73, S6
Selenium, Se	S4802
Pantothenic acid	S1067
Folic acid	S1067
Betaine	S1067
Potassium, K	S1067, S74, S73, S6
Riboflavin	S1067
Protein	S1067, S4802
Total lipid (fat)	S1067, S81, S4802
Fructose	S1067, S4802
Galactose	S1067
Copper, Cu	S1067, S74, S73, S6, S4802
Glucose (dextrose)	S1067, S4802
Maltose	S1067, S4802
Water	S1067, S4802
Magnesium, Mg	S1067, S74, S73, S6, S4802
Fluoride, F	S1067, D5008, D5005
Vitamin E (alpha-tocopherol)	S81, S121
Thiamin	S1067
Folate, food	S1067
Lactose	S1067, S4802
Iron, Fe	S1067, S74, S73, S6, S4802
Fiber, total dietary	S1067
Calcium, Ca	S1067, S74, S73, S6

NDB No. 09132 Grapes, red or green (European type, such as Thompson seedless), raw

Protein	S1062
Sucrose	S1062
Sugars, total	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 779 of 3136

NDB No. 09132 Grapes, red or green (European type, such as Thompson seedless), raw

Zinc, Zn	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Betaine	S1062
Starch	S1062
Lactose	S1062
Carotene, beta	S1206
Cystine	S1062
Aspartic acid	S1062
Glucose (dextrose)	S1062
Calcium, Ca	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Thiamin	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Isoleucine	S1062
Lysine	S1062
Phenylalanine	S1062
Histidine	S1062
Ash	S1062
Magnesium, Mg	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Potassium, K	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Sodium, Na	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Carotene, alpha	D3919
Niacin	S1062
Pantothenic acid	S1062
Threonine	S1062
Glycine	S1062
Phosphorus, P	S7, S206, S208, S10, S1062, S6, S11, S9, S12, S8
Tocopherol, delta	S1062, S121
Riboflavin	S1062
Alanine	S1062
Glutamic acid	S1062
Fructose	S1062
Galactose	S1062
Manganese, Mn	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tocopherol, gamma	S1062, S121
Leucine	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 780 of 3136

NDB No. 09132 Grapes, red or green (European type, such as Thompson seedless), raw

Arginine	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Iron, Fe	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Selenium, Se	S1062
Tocopherol, beta	S1062, S121
Methionine	S1062
Tyrosine	S1062
Proline	S1062
Serine	S1062
Total lipid (fat)	S1062
Copper, Cu	S7, S206, S208, S10, D4070, S1062, S6, S11, S9, S12, S8
Fluoride, F	D5301, D5007
Vitamin E (alpha-tocopherol)	S1062, S121
Vitamin B-6	S1062
Choline, total	S1062
Tryptophan	S1062
Valine	S1062

NDB No. 09135 Grape juice, canned or bottled, without added vitamin C

Potassium, K	S1067, S74, S73, S6
Fluoride, F	S1067, D5008, D5005
Pantothenic acid	S1067
Folic acid	S1067
Lactose	S1067, S4802
Maltose	S1067, S4802
Fiber, total dietary	S1067
Tocopherol, delta	S81, S121
Vitamin K (phylloquinone)	D4002
Ash	S1067, S4802
Galactose	S1067
Magnesium, Mg	S1067, S74, S73, S6, S4802
Vitamin E (alpha-tocopherol)	S81, S121
Vitamin B-6	S1067
Folate, total	S1067

Reference Report

JUL-17-2008 02:00 PM

Page 781 of 3136

NDB No. 09135 Grape juice, canned or bottled, without added vitamin C

Glucose (dextrose)	S1067, S4802
Water	S1067, S4802
Iron, Fe	S1067, S74, S73, S6, S4802
Sodium, Na	S1067, S74, S73, S6, S4802
Total lipid (fat)	S1067, S81, S4802
Sucrose	S1067, S4802
Phosphorus, P	S1067, S74, S73, S6, S4802
Riboflavin	S1067
Zinc, Zn	S1067, S74, S73, S6
Copper, Cu	S1067, S74, S73, S6, S4802
Tocopherol, beta	S81, S121
Thiamin	S1067
Niacin	S1067
Choline, total	S1067
Folate, food	S1067
Fructose	S1067, S4802
Calcium, Ca	S1067, S74, S73, S6
Selenium, Se	S4802
Tocopherol, gamma	S81, S121
Protein	S1067, S4802
Manganese, Mn	S1067, S74, S73, S6, S4802
Betaine	S1067

NDB No. 09137 Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C

Vitamin K (phylloquinone)	D4002
---------------------------	-------

NDB No. 09139 Guavas, common, raw

Ash	S381
Potassium, K	S381
Copper, Cu	S381
Cryptoxanthin, beta	D3899
Thiamin	S381
Folate, total	S381
Total lipid (fat)	S381
Calcium, Ca	S381
Magnesium, Mg	S381

Reference_Report

NDB No. 09139 Guavas, common, raw

Sodium, Na	S381
Vitamin C, total ascorbic acid	S381
Phosphorus, P	S381
Manganese, Mn	S381
Carotene, beta	D3899, D4864, D4863
Pantothenic acid	S381
Vitamin B-6	S381
Lycopene	D4864, D4863
Water	S381
Zinc, Zn	S381
Carotene, alpha	D3899
Niacin	S381
Riboflavin	S381
Protein	S381
Iron, Fe	S381

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Total lipid (fat)	S1033, S582, S363
Sugars, total	S582, S363
Galactose	S582, S363
Phosphorus, P	S1033, S582, S363
Potassium, K	S1033, D4070, S363
Selenium, Se	S582, S363
Cryptoxanthin, beta	S582, S363
Betaine	S582, S363
Threonine	S582, S363
Leucine	S582, S363
Methionine	S582, S363
Alanine	S582, S363
Aspartic acid	S582, S363
Glutamic acid	S582, S363
Lactose	S582, S363
Maltose	S582, S363
Manganese, Mn	S1033, D4070, S363
Carotene, alpha	S582, S363
Protein	S1033, S582, S363

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Ash	S1033, S582, S363
Starch	S363
Sodium, Na	S1033, D4070, S582, S363
Zinc, Zn	S1033, D4070, S582, S363
Vitamin E (alpha-tocopherol)	S1033, S363
Lutein + zeaxanthin	S582, S363
Niacin	S1033, S582, S363
Sucrose	S582, S363
Glucose (dextrose)	S582, S363
Magnesium, Mg	S1033, D4070, S582, S363
Lycopene	S582, S363
Tocopherol, gamma	S363
Vitamin C, total ascorbic acid	S1033, S582
Riboflavin	S1033, S582, S363
Pantothenic acid	S1033, S582, S363
Cystine	S582, S363
Phenylalanine	S582, S363
Iron, Fe	S1033, D4070, S582, S363
Vitamin A, RAE	S1033, S582, S363
Tocopherol, beta	S363
Folate, total	S1033, S582, S363
Valine	S582, S363
Copper, Cu	S1033, D4070, S582, S363
Carotene, beta	S1033, S582, S363
Tocopherol, delta	S363
Choline, total	S582, S363
Arginine	S582, S363
Proline	S582, S363
Fructose	S582, S363
Calcium, Ca	S1033, D4070, S582, S363
Vitamin A, IU	S1033, S582, S363
Thiamin	S582
Vitamin B-6	S1033, S582, S363
Tyrosine	S582, S363
Histidine	S582, S363
Serine	S582, S363
Water	S1033, S582, S363

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Fiber, total dietary	S582, S363
Vitamin K (phylloquinone)	S582, S363
Tryptophan	S582, S363
Isoleucine	S582, S363
Lysine	S582, S363
Glycine	S582, S363

NDB No. 09149 Kumquats, raw

Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, alpha	S381, D3899
Fiber, total dietary	S381
Phosphorus, P	S381
Sodium, Na	S381
Zinc, Zn	S381
Cryptoxanthin, beta	S381, D3899
Riboflavin	S381
Folate, total	S381
Protein	S381
Magnesium, Mg	S381
Total lipid (fat)	S381
Niacin	S381
Thiamin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Ash	S381
Manganese, Mn	S381
Water	S381
Calcium, Ca	S381
Iron, Fe	S381
Potassium, K	S381
Copper, Cu	S381
Carotene, beta	S381, D3899
Vitamin C, total ascorbic acid	S381

NDB No. 09150 Lemons, raw, without peel*Reference_Report*

NDB No. 09150 Lemons, raw, without peel

Cryptoxanthin, beta	D3949
Carotene, beta	D3919, D3949
Carotene, alpha	D3919, D3949
Lycopene	D3919
Lutein + zeaxanthin	D3919, D3949

NDB No. 09153 Lemon juice, canned or bottled

Vitamin K (phylloquinone)	D4048
---------------------------	-------

NDB No. 09160 Lime juice, raw

Sodium, Na	S1065
Protein	S1065
Starch	S1065
Fructose	S1065
Phosphorus, P	S1065
Carotene, beta	S1065
Cryptoxanthin, beta	S1065
Tocopherol, beta	S1065
Valine	S1065
Aspartic acid	S1065
Carotene, alpha	S1065
Tocopherol, delta	S1065
Thiamin	S1065
Vitamin K (phylloquinone)	S1065
Lysine	S1065
Tyrosine	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Total lipid (fat)	S1065
Ash	S1065
Magnesium, Mg	S1065
Vitamin C, total ascorbic acid	S1065
Riboflavin	S1065
Pantothenic acid	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 786 of 3136

NDB No. 09160 Lime juice, raw

Folate, total	S1065
Phenylalanine	S1065
Glucose (dextrose)	S1065
Maltose	S1065
Vitamin A, IU	S1065
Betaine	S1065
Leucine	S1065
Methionine	S1065
Cystine	S1065
Alanine	S1065
Water	S1065
Sugars, total	S1065
Iron, Fe	S1065
Manganese, Mn	S1065
Vitamin A, RAE	S1065
Niacin	S1065
Tryptophan	S1065
Arginine	S1065
Histidine	S1065
Sucrose	S1065
Galactose	S1065
Calcium, Ca	S1065
Potassium, K	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Selenium, Se	S1065
Tocopherol, gamma	S1065
Vitamin B-6	S1065
Isoleucine	S1065
Lactose	S1065
Vitamin E (alpha-tocopherol)	S1065
Lycopene	S1065
Lutein + zeaxanthin	S1065
Choline, total	S1065
Threonine	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 787 of 3136

NDB No. 09176 Mangos, raw

Carotene, alpha	D3899
Carotene, beta	D3899
Cryptoxanthin, beta	D3899

NDB No. 09177 Mangosteen, canned, syrup pack

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

NDB No. 09181 Melons, cantaloupe, raw

Fructose	S606, S1121, S604, S461
Tocopherol, beta	S121, S87, S461
Threonine	S1121
Histidine	S1121
Aspartic acid	S1121
Sucrose	S606, S1121, S604, S461
Lactose	S1121, S461
Niacin	S1024, S1121, S461
Choline, total	S461
Isoleucine	S1121
Leucine	S1121
Valine	S1121
Alanine	S1121
Proline	S1121
Glucose (dextrose)	S606, S1121, S604, S461
Galactose	S1121, S461
Fluoride, F	D5007
Carotene, alpha	D3889, S1203, S1121, D3887, D3904, S461
Methionine	S1121
Phenylalanine	S1121
Glycine	S1121
Serine	S1121
Magnesium, Mg	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8, S461
Potassium, K	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8, S461

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 788 of 3136

NDB No. 09181 Melons, cantaloupe, raw

Selenium, Se	S1121
Tocopherol, gamma	S121, S87, S461
Tocopherol, delta	S121, S87, S461
Pantothenic acid	S1024, S1121, S461
Tyrosine	S1121
Arginine	S1121
Phosphorus, P	S7, S206, S208, S10, S74, S1024, S6, S73, S11, S9, S12, S1121, S8, S461
Copper, Cu	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8, S461
Manganese, Mn	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8, S461
Cryptoxanthin, beta	S1203, S1121, D3887, D3904, S461
Lycopene	S1203, S1121, D3904, S461
Vitamin C, total ascorbic acid	S1024
Folate, total	S1024, S1121, S461
Lysine	S1121
Cystine	S1121
Glutamic acid	S1121
Protein	S1024, S1121, S461
Ash	S1024, S1121, S461
Maltose	S1121, S604, S461
Total lipid (fat)	S1024, S121, S1121, S87, S461
Water	S1024, S606, S121, S1121, S604, S87, S461
Fiber, total dietary	S1024, S1121, S461
Calcium, Ca	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8, S461
Iron, Fe	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8, S461
Sodium, Na	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8
Zinc, Zn	S7, S206, S208, S10, S74, D4070, S1024, S6, S73, S11, S9, S12, S1121, S8, S461
Thiamin	S1024, S1121, S461
Riboflavin	S1121
Vitamin K (phylloquinone)	S1121, S461
Betaine	S461
Starch	S461
Carotene, beta	D3912, S1024, D3889, S1203, S1121, D3887, S461
Vitamin E (alpha-tocopherol)	S121, S87, S461
Lutein + zeaxanthin	S1203, S1121, D3904, S461
Vitamin B-6	S1024, S1121
Tryptophan	S1121

NDB No. 09183 Melons, casaba, raw

Magnesium, Mg	S381
Zinc, Zn	S381
Protein	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Manganese, Mn	S381
Riboflavin	S381
Copper, Cu	S381
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, alpha	S381
Vitamin C, total ascorbic acid	S381
Pantothenic acid	S381
Ash	S381
Folate, total	S381
Cryptoxanthin, beta	S381
Water	S381
Thiamin	S381
Niacin	S381
Vitamin B-6	S381
Fiber, total dietary	S381
Calcium, Ca	S381
Iron, Fe	S381
Carotene, beta	S381

NDB No. 09184 Melons, honeydew, raw

Potassium, K	S1026, S562, S565, D4070
Sodium, Na	S1026, S562, S565, D4070
Zinc, Zn	S1026, S562, S565, D4070
Manganese, Mn	S1026, S562, S565, D4070
Thiamin	S1026, S562
Niacin	S1026, S562, S565
Vitamin K (phylloquinone)	S562, S565
Tryptophan	S562, S565
Phenylalanine	S562, S565

NDB No. 09184 Melons, honeydew, raw

Valine	S562, S565
Aspartic acid	S562, S565
Protein	S1026, S562, S565
Starch	S562
Sucrose	S562, S565
Calcium, Ca	S1026, S562, S565, D4070
Selenium, Se	S562
Carotene, beta	S1026, S562, S565
Vitamin C, total ascorbic acid	S1026, S562
Pantothenic acid	S562, S565
Total lipid (fat)	S562, S565
Water	S1026, S562, S565, D3765
Vitamin A, RAE	S1026, S562, S565
Riboflavin	S562, S565
Cystine	S562, S565
Vitamin A, IU	S1026, S562, S565
Tocopherol, delta	S562
Methionine	S562, S565
Fructose	S562, S565
Lactose	S562, S565
Iron, Fe	S1026, S562, S565, D4070
Vitamin E (alpha-tocopherol)	S562
Lutein + zeaxanthin	S562, S565
Arginine	S562, S565
Alanine	S562, S565
Glutamic acid	S562, S565
Serine	S562, S565
Ash	S1026, S562, S565
Maltose	S562, S565
Copper, Cu	S1026, S562, S565, D4070
Carotene, alpha	S562, S565
Cryptoxanthin, beta	S562, S565
Lycopene	S562, S565
Threonine	S562, S565
Tyrosine	S562, S565
Histidine	S562, S565
Sugars, total	S562, S565

NDB No. 09184 Melons, honeydew, raw

Galactose	S562, S565
Fiber, total dietary	S1026, S562, S565, D3765
Vitamin B-6	S1026, S562, S565
Folate, total	S1026, S562, S565
Proline	S562, S565
Glucose (dextrose)	S562, S565
Magnesium, Mg	S1026, S562, S565, D4070
Phosphorus, P	S1026, S562, S565
Tocopherol, beta	S562
Tocopherol, gamma	S562
Isoleucine	S562, S565
Leucine	S562, S565
Lysine	S562, S565
Glycine	S562, S565

NDB No. 09191 Nectarines, raw

Glucose (dextrose)	D3344, S582, S421
Maltose	S582, S421
Copper, Cu	D4070, S582, S421
Cryptoxanthin, beta	S582, S1206, S421
Lycopene	S582, S421
Threonine	S582, S421
Isoleucine	S582, S421
Glutamic acid	S582, S421
Proline	S582, S421
Total lipid (fat)	S582, S84, S421
Selenium, Se	S582
Tocopherol, delta	S84, S421
Glycine	S582, S421
Starch	S421
Galactose	S582, S421
Calcium, Ca	D4070, S421
Zinc, Zn	D4070, S582, S421
Carotene, beta	S582, S1206, D3888, S421
Lutein + zeaxanthin	S582, S421
Pantothenic acid	S582, S421

Reference Report

JUL-17-2008 02:00 PM

Page 792 of 3136

NDB No. 09191 Nectarines, raw

Vitamin K (phylloquinone)	S582, S421
Betaine	S421
Leucine	S582, S421
Histidine	S582, S421
Manganese, Mn	D4070, S582, S421
Tocopherol, gamma	S84, S421
Cystine	S582, S421
Tyrosine	S582, S421
Arginine	S582, S421
Ash	S582, S421
Iron, Fe	D4070, S582, S421
Magnesium, Mg	D4070, S582, S421
Phosphorus, P	S582, S421
Carotene, alpha	S582, D3888, S421
Vitamin E (alpha-tocopherol)	S84, S421
Vitamin B-6	S582, S421
Phenylalanine	S582, S421
Fructose	D3344, S582, S421
Potassium, K	D4070, S582, S421
Tocopherol, beta	S84, S421
Thiamin	S582, S421
Riboflavin	S582, S421
Alanine	S582, S421
Aspartic acid	S582, S421
Protein	S582, S421
Water	S837, D3344, D3764, S582, S84, S1206, S421
Sugars, total	S582, S421
Niacin	S582, S421
Choline, total	S421
Sucrose	D3344, S582, S421
Lactose	S582, S421
Fiber, total dietary	S837, D3764, S582, S1206, S421
Sodium, Na	D4070, S582
Folate, total	S582
Tryptophan	S582, S421
Lysine	S582, S421
Methionine	S582, S421

NDB No. 09191 Nectarines, raw

Valine	S582, S421
Serine	S582, S421

NDB No. 09193 Olives, ripe, canned (small-extra large)

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

NDB No. 09194 Olives, ripe, canned (jumbo-super colossal)

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

NDB No. 09195 Olives, pickled, canned or bottled, green

Water	S1202, S1562, S84
Iron, Fe	S1202, S1562
Magnesium, Mg	S1202
Carotene, beta	S1202, D3919
Tocopherol, beta	S84
Vitamin C, total ascorbic acid	S1202, S1562
Vitamin B-6	S1202
Ash	S1202
Phosphorus, P	S1202
Zinc, Zn	S1202
Thiamin	S1202
Fiber, total dietary	S1202, S1562
Calcium, Ca	S1202, S1562
Vitamin A, RAE	S1202, D3919
Vitamin E (alpha-tocopherol)	S84
Lutein + zeaxanthin	D3919
Tocopherol, delta	S84

NDB No. 09195 Olives, pickled, canned or bottled, green

Riboflavin	S1202
Folate, total	S1202
Total lipid (fat)	S1202, S1562, S84
Lycopene	D3919
Protein	S1202, S1562
Sodium, Na	S1202, S1562
Pantothenic acid	S1202
Tocopherol, gamma	S84
Cryptoxanthin, beta	S1202, D3919
Potassium, K	S1202, S1562
Copper, Cu	S1202
Vitamin A, IU	S1202, S1562, D3919
Carotene, alpha	D3919
Niacin	S1202

NDB No. 09200 Oranges, raw, all commercial varieties

Carotene, beta	S482, S1203, D3887
Lycopene	S482, S1203
Vitamin A, IU	S482, S1203, D3887
Vitamin E (alpha-tocopherol)	S84, S482, S564
Lutein + zeaxanthin	S482, S1203
Vitamin A, RAE	S482, S1203, D3887
Carotene, alpha	S482, S1203, D3887
Cryptoxanthin, beta	S482, S1203
Vitamin K (phylloquinone)	D4048, D4002, S482, S564

NDB No. 09202 Oranges, raw, navels

Sugars, total	S837, S482, S564
Fiber, total dietary	S837, S564
Lycopene	S482, S1203
Threonine	S482, S564
Isoleucine	S482, S564
Methionine	S482, S564
Glutamic acid	S482, S564
Protein	S482, S564
Magnesium, Mg	S482, S564

NDB No. 09202 Oranges, raw, navels

Lutein + zeaxanthin	S482, S1203
Tocopherol, delta	S482, S564
Thiamin	S482, S564
Cystine	S482, S564
Alanine	S482, S564
Proline	S482, S564
Phosphorus, P	S482, S564
Copper, Cu	S564
Manganese, Mn	S482, S564
Vitamin C, total ascorbic acid	S482, S564
Pantothenic acid	S482, S564
Vitamin B-6	S482, S564
Vitamin K (phylloquinone)	S482, S564
Tryptophan	S482, S564
Leucine	S482, S564
Lysine	S482, S564
Fructose	S837, S482, S564
Water	S837, S482, S564
Calcium, Ca	S482, S564
Iron, Fe	S564
Tocopherol, beta	S482, S564
Histidine	S482, S564
Aspartic acid	S482, S564
Serine	S482, S564
Galactose	S482, S564
Selenium, Se	S564
Carotene, beta	S482, S1203
Carotene, alpha	S482, S1203
Glucose (dextrose)	S837, S482, S564
Lactose	S837, S482, S564
Potassium, K	S482, S564
Sodium, Na	S564
Vitamin E (alpha-tocopherol)	S482, S564
Cryptoxanthin, beta	S482, S1203
Tocopherol, gamma	S482, S564
Niacin	S482, S564
Choline, total	S482, S564

NDB No. 09202 Oranges, raw, navels

Starch	S564
Sucrose	S837, S482, S564
Vitamin A, IU	S482, S1203
Betaine	S482, S564
Phenylalanine	S482, S564
Total lipid (fat)	S482, S564
Ash	S482, S564
Maltose	S837, S482, S564
Zinc, Zn	S482, S564
Vitamin A, RAE	S482, S1203
Riboflavin	S482, S564
Tyrosine	S482, S564
Valine	S482, S564
Arginine	S482, S564
Glycine	S482, S564

NDB No. 09207 Orange juice, shelf stable, unsweetened

Sugars, total	S1067
Fiber, total dietary	S1067
Zinc, Zn	S1067
Thiamin	S1067
Sucrose	S1067
Water	S1067
Galactose	S1067
Manganese, Mn	S1067
Folic acid	S1067
Calcium, Ca	S1067
Magnesium, Mg	S1067
Niacin	S1067
Protein	S1067
Maltose	S1067
Sodium, Na	S1067
Folate, food	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Fluoride, F	S1067

NDB No. 09207 Orange juice, shelf stable, unsweetened

Vitamin C, total ascorbic acid	S1067
Ash	S1067
Lactose	S1067
Phosphorus, P	S1067
Riboflavin	S1067
Vitamin B-6	S1067
Total lipid (fat)	S1067
Iron, Fe	S1067
Pantothenic acid	S1067
Potassium, K	S1067
Copper, Cu	S1067
Folate, total	S1067

NDB No. 09209 Orange juice, chilled, includes from concentrate

Betaine	S22
Choline, total	S22
Total lipid (fat)	S22

NDB No. 09210 Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D

Calcium, Ca	S4523, S4522
Vitamin D	S4523, S4522

NDB No. 09214 Orange juice, frozen concentrate, unsweetened, undiluted

Betaine	S23
Vitamin K (phylloquinone)	S23
Choline, total	S23
Fluoride, F	S23

NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Vitamin A, RAE	D3848, S23, S1203
Lutein + zeaxanthin	S23, S1203
Tocopherol, gamma	S81, S84
Sucrose	S837, S404
Vitamin E (alpha-tocopherol)	S81, S84

Reference Report

JUL-17-2008 02:00 PM

Page 798 of 3136

NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Vitamin A, IU	D3848, S23, S1203
Carotene, beta	D3848, S23, D3912, S1203
Lactose	S837
Carotene, alpha	D3848, S23, S1203
Lycopene	S23, S1203
Tocopherol, delta	S81, S84
Glucose (dextrose)	S837, S404
Maltose	S837
Cryptoxanthin, beta	D3848, S23, D3912, S1203
Tocopherol, beta	S81, S84
Fructose	S837, S404

NDB No. 09218 Tangerines, (mandarin oranges), raw

Ash	S1065, S1161
Fructose	S1065, S606
Calcium, Ca	S1065, S1161
Magnesium, Mg	S1065, S1161
Manganese, Mn	S1065, S1161
Vitamin A, RAE	S1161, S1203
Carotene, beta	S1065, S1161, S1203
Vitamin E (alpha-tocopherol)	S1065
Cryptoxanthin, beta	S1065, S1203
Lycopene	S1065, S1203
Vitamin C, total ascorbic acid	S1065, S1161
Glutamic acid	S1065
Tocopherol, beta	S1065
Thiamin	S1065, S1161
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Isoleucine	S1065
Lysine	S1065
Methionine	S1065
Histidine	S1065
Total lipid (fat)	S1065, S1161
Galactose	S1065
Zinc, Zn	S1065, S1161

Reference Report

JUL-17-2008 02:00 PM

Page 799 of 3136

NDB No. 09218 Tangerines, (mandarin oranges), raw

Copper, Cu	S1065, S1161
Selenium, Se	S1065
Carotene, alpha	S1065, S1203
Lutein + zeaxanthin	S1065, S1203
Tocopherol, delta	S1065
Leucine	S1065
Proline	S1065
Water	S3281, S1065, D3764, S1161, S606
Fiber, total dietary	S3281, S1065, D3764, S642
Phosphorus, P	S1065, S1161
Vitamin A, IU	S1161, S1203
Riboflavin	S1065, S1161
Cystine	S1065
Arginine	S1065
Aspartic acid	S1065
Protein	S1065, S1161
Sucrose	S1065, S606
Niacin	S1065, S1161
Betaine	S1065
Tyrosine	S1065
Glucose (dextrose)	S1065, S606
Sugars, total	S1065, S606
Iron, Fe	S1065, S1161
Potassium, K	S1065, S1161
Alanine	S1065
Glycine	S1065
Lactose	S1065
Sodium, Na	S1065
Tocopherol, gamma	S1065
Pantothenic acid	S1065, S1161
Vitamin B-6	S1065, S1161
Choline, total	S1065
Phenylalanine	S1065
Starch	S1065
Maltose	S1065
Folate, total	S1065, S1161
Threonine	S1065

NDB No. 09218 Tangerines, (mandarin oranges), raw

Valine	S1065
Serine	S1065

NDB No. 09221 Tangerine juice, raw

Carotene, alpha	D3849
Lutein + zeaxanthin	D3849
Vitamin A, IU	D3849
Vitamin A, RAE	D3849
Carotene, beta	D3849
Cryptoxanthin, beta	D3849

NDB No. 09224 Tangerine juice, frozen concentrate, sweetened, undiluted

Vitamin A, IU	D3912
Vitamin A, RAE	D3912
Cryptoxanthin, beta	D3912
Carotene, beta	D3912

NDB No. 09226 Papayas, raw

Lutein + zeaxanthin	S1203
Lycopene	S1203
Carotene, alpha	S1203
Carotene, beta	D3912, D3842, S1203
Cryptoxanthin, beta	D3912, D3842, S1203

NDB No. 09231 Passion-fruit, (granadilla), purple, raw

Vitamin A, IU	D3899
Carotene, beta	D3899
Cryptoxanthin, beta	D3899
Vitamin A, RAE	D3899
Carotene, alpha	D3899

NDB No. 09233 Passion-fruit juice, yellow, raw

Carotene, alpha	D3899
Carotene, beta	D3899

Reference Report

JUL-17-2008 02:00 PM

Page 801 of 3136

NDB No. 09233 Passion-fruit juice, yellow, raw

Cryptoxanthin, beta D3899

NDB No. 09236 Peaches, raw

Manganese, Mn S7, S10, S74, D4070, S6, S73, S11, S9, S12, S8, S461
Selenium, Se S582
Vitamin A, IU S582, S1203, D3887, D3904, S461
Lycopene S582, S1203, D3904, S461
Thiamin S582, S461
Pantothenic acid S582, S461
Cystine S582
Alanine S582
Protein S582, S461
Starch S461
Folate, total S582
Tryptophan S582
Lysine S582
Histidine S582
Serine S582
Total lipid (fat) S582, S121, S461
Galactose S582, S461
Potassium, K S7, S10, S74, D4070, S582, S6, S73, S11, S9, S12, S8, S461
Vitamin B-6 S582, S461
Tyrosine S582
Aspartic acid S582
Glutamic acid S582
Phosphorus, P S7, S10, S74, S582, S6, S73, S11, S9, S12, S8, S461
Copper, Cu S7, S10, S74, D4070, S582, S6, S73, S11, S9, S12, S8, S461
Carotene, beta S582, S1203, D3887, D3904, S461
Methionine S582
Phenylalanine S582
Arginine S582
Glucose (dextrose) S582, S461
Sugars, total S582, S461
Calcium, Ca S7, S10, S74, D4070, S6, S73, S11, S9, S12, S8, S461
Iron, Fe S7, S10, S74, D4070, S582, S6, S73, S11, S9, S12, S8, S461
Zinc, Zn S7, S10, S74, D4070, S582, S6, S73, S11, S9, S12, S8, S461

Reference Report

JUL-17-2008 02:00 PM

Page 802 of 3136

NDB No. 09236 Peaches, raw

Carotene, alpha	S582, S1203, D3887, D3904, S461
Vitamin E (alpha-tocopherol)	S121, S461
Cryptoxanthin, beta	S582, S1203, D3887, D3904, S461
Lutein + zeaxanthin	S582, S1203, D3904, S461
Tocopherol, beta	S121, S461
Niacin	S582, S461
Choline, total	S461
Sucrose	S582, S461
Magnesium, Mg	S7, S10, S74, D4070, S582, S6, S73, S11, S9, S12, S8, S461
Tocopherol, delta	S121, S461
Vitamin K (phylloquinone)	D4002, S582
Isoleucine	S582
Leucine	S582
Ash	S582, S461
Water	S582, S121, S461
Fiber, total dietary	S582, S461
Sodium, Na	S7, S10, S74, D4070, S582, S6, S73, S11, S9, S12, S8
Fluoride, F	D5007
Vitamin A, RAE	S582, S1203, D3887, D3904, S461
Betaine	S461
Threonine	S582
Valine	S582
Glycine	S582
Proline	S582
Fructose	S582, S461
Lactose	S582, S461
Maltose	S582, S461
Tocopherol, gamma	S121, S461
Riboflavin	S582, S461

NDB No. 09241 Peaches, canned, heavy syrup pack, solids and liquids

Fluoride, F	D5001, D5301, D5002, D5007, D5003, D5021
-------------	--

NDB No. 09246 Peaches, dried, sulfured, uncooked

Glucose (dextrose)	S606, D3315
Sugars, total	S606, D3315

Reference_Report

NDB No. 09246 Peaches, dried, sulfured, uncooked

Tocopherol, gamma	S121
Tocopherol, delta	S121
Tocopherol, beta	S121
Fructose	S606, D3315
Sucrose	S606, D3315
Vitamin E (alpha-tocopherol)	S121

NDB No. 09251 Peach nectar, canned, without added ascorbic acid

Fluoride, F	D5201, D5021
-------------	--------------

NDB No. 09252 Pears, raw

Ash	S541, S482
Lactose	S541, S482
Carotene, alpha	S1206, S541, S482
Tocopherol, beta	S541
Tocopherol, gamma	S541
Valine	S541
Arginine	S541
Aspartic acid	S541
Protein	S541, S482
Vitamin A, IU	S1206, S541, S482
Lycopene	S541, S482
Thiamin	S541, S482
Lysine	S541
Cystine	S541
Tyrosine	S541
Alanine	S541
Total lipid (fat)	S541, S482
Choline, total	S541
Phenylalanine	S541
Sucrose	S541, S482
Fiber, total dietary	S541, S482
Zinc, Zn	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S482, S11, S9, S12, S8
Manganese, Mn	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S482, S11, S9, S12, S8
Vitamin A, RAE	S1206, S541, S482
Vitamin E (alpha-tocopherol)	S541

Reference Report

JUL-17-2008 02:00 PM

Page 804 of 3136

NDB No. 09252 Pears, raw

Niacin	S541, S482
Histidine	S541
Glutamic acid	S541
Fructose	S541, S482
Water	S541, S482
Carotene, beta	S1206, S541, S482
Lutein + zeaxanthin	S541, S482
Vitamin K (phylloquinone)	S541, S482
Threonine	S541
Glycine	S541
Serine	S541
Maltose	S541, S482
Sugars, total	S541, S482
Iron, Fe	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S482, S11, S9, S12, S8
Magnesium, Mg	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S482, S11, S9, S12, S8
Phosphorus, P	S7, S206, S208, S10, S74, S6, S73, S541, S482, S11, S9, S12, S8
Potassium, K	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S482, S11, S9, S12, S8
Sodium, Na	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S11, S9, S12, S8
Fluoride, F	D5002, D5007, D5003
Tocopherol, delta	S541
Pantothenic acid	S541, S482
Folate, total	S541, S482
Tryptophan	S541
Isoleucine	S541
Glucose (dextrose)	S541, S482
Galactose	S541, S482
Selenium, Se	S541
Vitamin C, total ascorbic acid	S541, S482
Riboflavin	S541, S482
Methionine	S541
Calcium, Ca	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S482, S11, S9, S12, S8
Copper, Cu	S7, S206, S208, S10, S74, D4070, S6, S73, S541, S482, S11, S9, S12, S8
Cryptoxanthin, beta	S541, S482
Vitamin B-6	S541, S482
Betaine	S541
Leucine	S541
Proline	S541

NDB No. 09253 Pears, canned, water pack, solids and liquids

Sucrose	D4841
Fructose	D4841
Glucose (dextrose)	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4048, D4002

NDB No. 09254 Pears, canned, juice pack, solids and liquids

Glucose (dextrose)	D4841
Vitamin K (phylloquinone)	D4048, D4002
Fructose	D4841
Maltose	D4841
Sucrose	D4841
Sugars, total	D4841

NDB No. 09256 Pears, canned, light syrup pack, solids and liquids

Maltose	D4841
Vitamin K (phylloquinone)	D4048, D4002
Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Sugars, total	D4841

NDB No. 09257 Pears, canned, heavy syrup pack, solids and liquids

Sucrose	D4841
Fructose	D4841
Fluoride, F	D5002, D5007, D5003
Choline, total	S3461
Betaine	S3461
Maltose	D4841
Glucose (dextrose)	D4841
Vitamin K (phylloquinone)	D4048, D4002
Sugars, total	D4841

NDB No. 09259 Pears, dried, sulfured, uncooked

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, delta	S121
Tocopherol, gamma	S121

NDB No. 09262 Pear nectar, canned, without added ascorbic acid

Fluoride, F	D5201, D5021
-------------	--------------

NDB No. 09263 Persimmons, japanese, raw

Carotene, beta	D3912, D3842
Glucose (dextrose)	S606, D4941
Cryptoxanthin, beta	D3912, D3842
Sucrose	S606, D4941
Lycopene	D3842
Sugars, total	S606, D4941
Lutein + zeaxanthin	D3842
Fructose	S606, D4941

NDB No. 09264 Persimmons, japanese, dried

Vitamin A, RAE	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899
Vitamin A, IU	D3899
Carotene, beta	D3899

NDB No. 09266 Pineapple, raw, all varieties

Protein	S561, S441, S1167
Glucose (dextrose)	S561, S441
Fructose	S561, S441
Lactose	S561, S441
Tocopherol, beta	S561, S441
Tocopherol, delta	S561, S441
Tryptophan	S561, S441
Tyrosine	S561, S441

NDB No. 09266 Pineapple, raw, all varieties

Alanine	S561, S441
Glutamic acid	S561, S441
Proline	S561, S441
Calcium, Ca	D4070, S561, S441, S1167
Iron, Fe	D4070, S561, S441, S1167
Tocopherol, gamma	S561, S441
Betaine	S561, S441
Isoleucine	S561, S441
Glycine	S561, S441
Serine	S561, S441
Thiamin	S561, S441, S1167
Niacin	S561, S441, S1167
Histidine	S561, S441
Aspartic acid	S561, S441
Water	S561, S441, S1167
Manganese, Mn	D4070, S561, S441, S1167
Cryptoxanthin, beta	S561, S441
Leucine	S561, S441
Cystine	S561, S441
Starch	S561
Sucrose	S561, S441
Sugars, total	S561, S441
Zinc, Zn	D4070, S561, S441, S1167
Copper, Cu	D4070, S561, S441, S1167
Vitamin A, IU	S561, S441, S1167
Lutein + zeaxanthin	S561, S441
Lysine	S561, S441
Total lipid (fat)	S561, S441, S1167
Selenium, Se	S561, S441
Carotene, alpha	S561, S441
Vitamin E (alpha-tocopherol)	S561, S441
Folate, total	S561, S441, S1167
Choline, total	S561, S441
Arginine	S561, S441
Galactose	S561, S441
Magnesium, Mg	D4070, S561, S441, S1167
Potassium, K	D4070, S561, S441, S1167

NDB No. 09266 Pineapple, raw, all varieties

Vitamin A, RAE	S561, S441, S1167
Carotene, beta	S561, S441, S1167
Lycopene	S561, S441
Vitamin C, total ascorbic acid	S561, S441, S1167
Riboflavin	S561, S441, S1167
Pantothenic acid	S561, S441, S1167
Vitamin B-6	S561, S441, S1167
Methionine	S561, S441
Ash	S561, S441, S1167
Maltose	S561, S441
Fiber, total dietary	S561
Phosphorus, P	S561, S441, S1167
Vitamin K (phylloquinone)	S561, S441
Threonine	S561, S441
Phenylalanine	S561, S441
Valine	S561, S441

NDB No. 09268 Pineapple, canned, juice pack, solids and liquids

Vitamin K (phylloquinone)	D4002
Glucose (dextrose)	D3315
Sugars, total	D3315
Sucrose	D3315
Fructose	D3315
Fluoride, F	D5301, D5007

NDB No. 09270 Pineapple, canned, heavy syrup pack, solids and liquids

Glucose (dextrose)	D3315
Sugars, total	D3315
Fructose	D3315
Sucrose	D3315

NDB No. 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid

Total lipid (fat)	S2985, S2104
Maltose	S2104
Iron, Fe	S2985, S2104

NDB No. 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid

Niacin	S2985, S2104
Lactose	S2104
Phosphorus, P	S2104
Potassium, K	S2985, S2104
Manganese, Mn	S2104
Vitamin B-6	S2104
Sucrose	S2104
Fiber, total dietary	S2104
Sodium, Na	S2985, S2104
Zinc, Zn	S2104
Ash	S2104
Galactose	S2104
Calcium, Ca	S2985, S2104
Pantothenic acid	S2104
Folate, total	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Sugars, total	S2104
Magnesium, Mg	S2104
Copper, Cu	S2104
Protein	S2985, S2104
Thiamin	S2985, S2104
Riboflavin	S2985, S2104
Water	S2104

NDB No. 09275 Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Vitamin K (phylloquinone)	D4002
---------------------------	-------

NDB No. 09279 Plums, raw

Calcium, Ca	S7, S206, S208, S10, S74, S6, S73, S11, S9, S12, S8, S421
Magnesium, Mg	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8, S421
Manganese, Mn	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8, S421
Tocopherol, beta	S121, S421
Phenylalanine	S582
Alanine	S582
Glutamic acid	S582

NDB No. 09279 Plums, raw

Total lipid (fat)	S582, S121, S421
Sugars, total	S582, S421
Galactose	S582, S421
Vitamin A, RAE	S582, S421
Carotene, beta	S582, S421
Lutein + zeaxanthin	S582, S421
Thiamin	S582, S421
Aspartic acid	S582
Proline	S582
Protein	S582, S421
Maltose	S582, S421
Selenium, Se	S582
Vitamin A, IU	S582, S421
Folate, total	S582, S421
Leucine	S582
Sucrose	S582, S421
Cryptoxanthin, beta	S582, S421
Riboflavin	S582, S421
Vitamin K (phylloquinone)	D4002, S582, S421
Methionine	S582
Tyrosine	S582
Glycine	S582
Ash	S582, S421
Phosphorus, P	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8, S421
Copper, Cu	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8, S421
Carotene, alpha	S582, S421
Pantothenic acid	S582, S421
Vitamin B-6	S582, S421
Threonine	S582
Isoleucine	S582
Cystine	S582
Valine	S582
Starch	S421
Fructose	S582, S421
Lactose	S582, S421
Water	S582, S121, S421
Fiber, total dietary	S582, S421

Reference Report

JUL-17-2008 02:00 PM

Page 811 of 3136

NDB No. 09279 Plums, raw

Iron, Fe	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8, S421
Potassium, K	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8, S421
Sodium, Na	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8
Fluoride, F	D5007
Vitamin E (alpha-tocopherol)	S121, S421
Lycopene	S582, S421
Arginine	S582
Glucose (dextrose)	S582, S421
Zinc, Zn	S7, S206, S208, S10, S74, S582, S6, S73, S11, S9, S12, S8, S421
Tocopherol, gamma	S121, S421
Tocopherol, delta	S121, S421
Niacin	S582, S421
Tryptophan	S582
Lysine	S582
Histidine	S582
Serine	S582

NDB No. 09286 Pomegranates, raw

Magnesium, Mg	S4621
Copper, Cu	S4621
Vitamin K (phylloquinone)	S4621
Fatty acids, total saturated	S4621
Fiber, total dietary	S4621
Vitamin C, total ascorbic acid	S4621
Riboflavin	S4621
Niacin	S4621
Selenium, Se	S4621
Fatty acids, total polyunsaturated	S4621
Total lipid (fat)	S4621
Fatty acids, total monounsaturated	S4621
Protein	S4621
Ash	S4621
Calcium, Ca	S4621
Iron, Fe	S4621
Thiamin	S4621
Pantothenic acid	S4621

Reference_Report

NDB No. 09286 Pomegranates, raw

Folate, total	S4621
Stigmasterol	D6481
Beta-sitosterol	D6481
Phosphorus, P	S4621
Sodium, Na	S4621
Zinc, Zn	S4621
Fatty acids, total trans	S4621
Water	S4621
Sugars, total	S4621
Potassium, K	S4621
Manganese, Mn	S4621
Vitamin B-6	S4621
Campesterol	D6481

NDB No. 09287 Prickly pears, raw

Carotene, alpha	S1202, D3899
Vitamin A, RAE	S1202, D3899
Carotene, beta	S1202, D3899
Cryptoxanthin, beta	S1202, D3899
Vitamin A, IU	S1202, D3899

NDB No. 09291 Plums, dried (prunes), uncooked

Protein	S566, S564
Sugars, total	S837, S606, S566, D3315
Galactose	S566
Potassium, K	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Copper, Cu	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Thiamin	S566, S564
Riboflavin	S566, S564
Vitamin K (phylloquinone)	S566, S564
Glutamic acid	S566, S564
Glycine	S566, S564
Proline	S566, S564
12:0	S566, S564
14:0	S566, S564
18:3 undifferentiated	S566, S564

Reference Report

JUL-17-2008 02:00 PM

Page 813 of 3136

NDB No. 09291 Plums, dried (prunes), uncooked

17:1	S566, S564
Starch	S566, S564
Manganese, Mn	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Vitamin A, IU	S1341, S566, S564
Lutein + zeaxanthin	S1341, S566, S564
Vitamin C, total ascorbic acid	S566, S564
18:0	S566, S564
18:1 undifferentiated	S566, S564
22:0	S566, S564
16:1 undifferentiated	S566, S564
Water	S837, S606, S566, S121, S564, D3780
Iron, Fe	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Vitamin A, RAE	S1341, S566, S564
Carotene, alpha	S1341, S566, S564
Lycopene	S566, S564
Leucine	S566, S564
Cystine	S566, S564
Aspartic acid	S566, S564
20:0	S566, S564
20:2 n-6 c,c	S566, S564
Ash	S566, S564
Betaine	S566, S564
Tryptophan	S566, S564
Threonine	S566, S564
Lysine	S566, S564
8:0	S566, S564
20:4 undifferentiated	S566, S564
14:1	S566, S564
Calcium, Ca	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Sodium, Na	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Selenium, Se	S566, S564
Carotene, beta	S1341, S566, S564
Cryptoxanthin, beta	S1341, S566, S564
Vitamin B-6	S566, S564
Arginine	S566, S564
18:2 undifferentiated	S566, S564
15:1	S566, S564

NDB No. 09291 Plums, dried (prunes), uncooked

Lactose	S837, S566, S564
Zinc, Zn	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Vitamin E (alpha-tocopherol)	S121, S564
Tocopherol, delta	S121, S564
Niacin	S566, S564
Phenylalanine	S566, S564
Histidine	S566, S564
Alanine	S566, S564
16:0	S566, S564
20:1	S566, S564
Total lipid (fat)	S566, S121, S564
Sucrose	S837, S606, S566, S564, D3315
Glucose (dextrose)	S837, S606, D3318, S566, S564, D3315
Fructose	S837, S606, D3318, S566, S564, D3315
Maltose	S837, S566, S564
Magnesium, Mg	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Tocopherol, beta	S121, S564
Pantothenic acid	S566, S564
Isoleucine	S566, S564
Tyrosine	S566, S564
17:0	S566, S564
20:3 undifferentiated	S566, S564
Fiber, total dietary	S566, S564, D3780
Phosphorus, P	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Fluoride, F	D5007
Tocopherol, gamma	S121, S564
Folate, total	S564
Choline, total	S566, S564
Methionine	S566, S564
Valine	S566, S564
Serine	S566, S564
10:0	S566, S564
15:0	S566, S564
18:3 n-6 c,c,c	S564

NDB No. 09294 Prune juice, canned

NDB No. 09294 Prune juice, canned

Vitamin E (alpha-tocopherol)	S84
Vitamin K (phyloquinone)	D4002
Tocopherol, delta	S84
Tocopherol, beta	S84
Fluoride, F	D5008, D5007, D5005

NDB No. 09295 Pummelo, raw

Vitamin A, IU	D3899
Carotene, beta	D3899
Cryptoxanthin, beta	D3899
Vitamin A, RAE	D3899
Carotene, alpha	D3899

NDB No. 09298 Raisins, seedless

Maltose	S566, S564
Fluoride, F	S566
Carotene, beta	S566, S564
Tocopherol, delta	S121, S564
Isoleucine	S566, S564
Histidine	S566, S564
Proline	S566, S564
18:3 undifferentiated	S566, S564
16:1 undifferentiated	S566, S564
Protein	S5, S566, S564
Carotene, alpha	S566, S564
Folate, total	S564
Vitamin K (phyloquinone)	D4002, S566, S564
Methionine	S566, S564
Phenylalanine	S566, S564
8:0	S566, S564
10:0	S566, S564
16:0	S566, S564
17:0	S566, S564
15:1	S566, S564
Calcium, Ca	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Vitamin E (alpha-tocopherol)	S121, S564

NDB No. 09298 Raisins, seedless

Lutein + zeaxanthin	S566, S564
Betaine	S566, S564
Arginine	S566, S564
Glutamic acid	S566, S564
Glycine	S566, S564
Serine	S566, S564
22:0	S566, S564
15:0	S566, S564
Starch	S566, S564
Water	D3764, D3779, S566, S121, S564
Selenium, Se	S566, S564
Lycopene	S566, S564
Tocopherol, gamma	S121, S564
Pantothenic acid	S566, S564
Cystine	S566, S564
Valine	S566, S564
Alanine	S566, S564
12:0	S566, S564
20:1	S566, S564
Glucose (dextrose)	S837, S566, S564, D3315
Lactose	S566, S564
Sugars, total	S837, S566, S564, D3315
Galactose	S566, S564
Magnesium, Mg	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Phosphorus, P	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Copper, Cu	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Cryptoxanthin, beta	S566, S564
Niacin	S566, S564
Vitamin B-6	S566, S564
Choline, total	S566, S564
Lysine	S566, S564
Tyrosine	S566, S564
20:0	S566, S564
20:4 undifferentiated	S566, S564
20:2 n-6 c,c	S566, S564
20:3 undifferentiated	S566, S564
Total lipid (fat)	S5, S566, S121, S564

Reference Report

JUL-17-2008 02:00 PM

Page 817 of 3136

NDB No. 09298 Raisins, seedless

Iron, Fe	S7, S206, S208, S10, S74, S5, S6, S73, S566, S11, S9, S12, S8, S564
Vitamin A, RAE	S566, S564
18:1 undifferentiated	S566, S564
18:2 undifferentiated	S566, S564
Sodium, Na	S7, S206, S208, S10, S74, S5, S6, S73, S566, S11, S9, S12, S8, S564
Zinc, Zn	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Vitamin A, IU	S566, S564
Thiamin	S566, S564
Riboflavin	S566, S564
Tryptophan	S566, S564
Threonine	S566, S564
Leucine	S566, S564
18:0	S566, S564
18:3 n-6 c,c,c	S564
Ash	S566, S564
Sucrose	S837, S566, S564, D3315
Fructose	S837, S566, S564, D3315
Fiber, total dietary	S837, D3764, D3779, S5, S566, S564
Potassium, K	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Manganese, Mn	S7, S206, S208, S10, S74, S6, S73, S566, S11, S9, S12, S8, S564
Tocopherol, beta	S121, S564
Vitamin C, total ascorbic acid	S5, S566, S564
Aspartic acid	S566, S564
14:0	S566, S564
14:1	S566, S564
17:1	S566, S564

NDB No. 09301 Rambutan, canned, syrup pack

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

NDB No. 09302 Raspberries, raw

Fiber, total dietary	S963, S566, S381, D3780, S461
----------------------	-------------------------------

Reference_Report

NDB No. 09302 Raspberries, raw

Magnesium, Mg	S963, S566, S381, S461
Copper, Cu	S963, S566, S381, S461
Selenium, Se	S566
Carotene, alpha	S566, D3899, D3887, S461
Tocopherol, beta	S566, S461
Pantothenic acid	S963, S566, S381, S461
Fructose	S566, S461
Lactose	S566, S461
Sugars, total	S566, S461
Phosphorus, P	S963, S566, S381, S461
Vitamin C, total ascorbic acid	S963, S566, S381, S461
Protein	S963, S566, S381, S461
Starch	S461
Potassium, K	S963, S566, S381, S461
Zinc, Zn	S963, S566, S381, S461
Manganese, Mn	S963, S566, S381, S461
Carotene, beta	S963, S566, D3899, D3887, S461
Thiamin	S963, S566, S381, S461
Vitamin K (phylloquinone)	S566, S461
Ash	S963, S566, S381, S461
Galactose	S566, S461
Sodium, Na	S963, S566, S381
Tocopherol, gamma	S566, S461
Choline, total	S461
Betaine	S461
Maltose	S566, S461
Water	S963, S566, S381, D3780, S461
Lycopene	S566, S461
Niacin	S963, S566, S381, S461
Vitamin B-6	S963, S566, S381, S461
Glucose (dextrose)	S566, S461
Iron, Fe	S963, S566, S381, S461
Vitamin E (alpha-tocopherol)	S566, S461
Riboflavin	S963, S566, S381, S461
Cryptoxanthin, beta	S566, D3899, D3887, S461
Lutein + zeaxanthin	S566, S461
Tocopherol, delta	S566, S461

NDB No. 09302 Raspberries, raw

Total lipid (fat)	S963, S566, S381, S461
Sucrose	S566, S461
Calcium, Ca	S963, S566, S381, S461
Folate, total	S963, S566, S381, S461

NDB No. 09307 Rhubarb, raw

Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Vitamin A, IU	D3919
Vitamin A, RAE	D3919
Carotene, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919

NDB No. 09316 Strawberries, raw

Protein	S1162, S581, S566, S421, S604
Total lipid (fat)	S1162, S581, S566, S421, S604
Sucrose	S606, S3402, S566, S421
Manganese, Mn	S204, S7, S206, S208, S10, S201, S74, S73, S6, S581, S566, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202
Selenium, Se	S566
Lycopene	S566, S421
Tocopherol, beta	S566, S421
Tocopherol, gamma	S566, S421
Pantothenic acid	S581, S566, S421
Betaine	S421
Ash	S1162, S581, S566, S421, S604
Lactose	S3402, S566, S421
Fluoride, F	D5301, D5007
Carotene, alpha	S566, S421
Lutein + zeaxanthin	S566, S421
Starch	S566, S421
Galactose	S3402, S566, S421
Fiber, total dietary	D3764, S642, S1162, S581, S566, S421, S604
Zinc, Zn	S204, S7, S206, S208, S10, S201, S74, S73, S6, S581, S566, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202

Reference Report

JUL-17-2008 02:00 PM

Page 820 of 3136

NDB No. 09316 Strawberries, raw

Vitamin A, RAE	S581, S421
Carotene, beta	S581, S566, S421
Vitamin B-6	S581, S566, S421
Glucose (dextrose)	S606, S3402, S566, S421, S604
Potassium, K	S204, S7, S206, S208, S10, S201, S74, S73, S6, S1162, S581, S566, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202
Vitamin A, IU	S581, S421
Vitamin K (phylloquinone)	D4002, S566, S421
Maltose	S3402, S566, S421
Calcium, Ca	S204, S7, S206, S208, S10, S201, S74, S73, S6, S3402, S581, S566, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202
Iron, Fe	S204, S7, S206, S208, S10, S201, S74, S73, S6, S3402, S581, S566, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202
Magnesium, Mg	S204, S7, S206, S208, S10, S201, S74, S73, S6, S581, S566, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202
Copper, Cu	S204, S7, S206, S208, S10, S201, S74, S73, S6, S581, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202
Cryptoxanthin, beta	S566, S421
Riboflavin	S581, S566, S421
Folate, total	D4781, S1662
Water	D3764, S606, S1162, S581, S566, S421, S604
Tocopherol, delta	S566, S421
Vitamin C, total ascorbic acid	S1162, S581, S421
Thiamin	S581, S566, S421
Choline, total	S421
Fructose	S606, S3402, S566, S421, S604
Phosphorus, P	S204, S7, S206, S208, S10, S201, S74, S73, S6, S581, S566, S183, S203, S11, S9, S12, S205, S8, S421, S182, S202
Sodium, Na	S204, S7, S206, S208, S10, S201, S74, S73, S6, S1162, S581, S566, S183, S203, S11, S9, S12, S205, S8, S182, S202
Vitamin E (alpha-tocopherol)	S566, S421
Niacin	S581, S566, S421

NDB No. 09318 Strawberries, frozen, unsweetened

Glucose (dextrose)	S606, S604
Fructose	S606, S604
Sucrose	S604

Reference Report

JUL-17-2008 02:00 PM

Page 821 of 3136

NDB No. 09326 Watermelon, raw

Starch	S461
Sugars, total	S837, S441, S461
Magnesium, Mg	S7, S206, S208, S10, S74, S6, S73, S1027, S441, S11, S9, S12, S8, S461
Selenium, Se	S441
Choline, total	S461
Betaine	S461
Water	S837, D3764, S84, S1027, S441, S461
Carotene, alpha	S441, S1203, S461
Tocopherol, beta	S84, S441, S461
Vitamin C, total ascorbic acid	S1027, S461
Fructose	S837, S441, S461
Lactose	S837, S441, S461
Potassium, K	S7, S206, S208, S10, S74, S6, S73, S1027, S441, S11, S9, S12, S8, S461
Fluoride, F	D5301, D5007
Vitamin A, IU	S1027, S441, S461
Thiamin	S1027, S441, S461
Folate, total	S441
Copper, Cu	S7, S206, S208, S10, S74, S6, S73, S1027, S11, S9, S12, S8, S461
Lutein + zeaxanthin	S441, S1203, S461
Total lipid (fat)	S1027, S441, S461
Glucose (dextrose)	S837, S441, S461
Fiber, total dietary	S837, D3764, S1027, S461
Zinc, Zn	S7, S206, S208, S10, S74, S6, S73, S1027, S441, S11, S9, S12, S8, S461
Lycopene	S441, S1203, D4801, S461
Ash	S1027, S441, S461
Maltose	S837, S441, S461
Sodium, Na	S7, S206, S208, S10, S74, S6, S73, S1027, S441, S11, S9, S12, S8
Vitamin A, RAE	S441, S461
Tocopherol, gamma	S84, S441, S461
Vitamin K (phylloquinone)	D4002, S441, S461
Protein	S1027, S441, S461
Sucrose	S837, S441, S461
Calcium, Ca	S7, S206, S208, S10, S74, S6, S73, S1027, S11, S9, S12, S8, S461
Iron, Fe	S7, S206, S208, S10, S74, S6, S73, S1027, S441, S11, S9, S12, S8, S461
Phosphorus, P	S7, S206, S208, S10, S74, S6, S73, S1027, S11, S9, S12, S8, S461
Manganese, Mn	S7, S206, S208, S10, S74, S6, S73, S1027, S441, S11, S9, S12, S8, S461
Carotene, beta	D3912, S1027, S441, S1203, S461

NDB No. 09326 Watermelon, raw

Vitamin E (alpha-tocopherol)	S84, S441, S461
Cryptoxanthin, beta	D3912, S441, S1203, S461
Riboflavin	S1027, S441, S461
Pantothenic acid	S1027, S441, S461
Galactose	S441, S461
Tocopherol, delta	S84, S441, S461
Niacin	S1027, S441, S461
Vitamin B-6	S1027, S441, S461

NDB No. 09328 Maraschino cherries, canned, drained

Sodium, Na	S1206
Riboflavin	S1206
Water	S1206
Niacin	S1206
Copper, Cu	S1206
Fiber, total dietary	S1206
Protein	S1206
Ash	S1206
Phosphorus, P	S1206
Potassium, K	S1206
Manganese, Mn	S1206
Pantothenic acid	S1206
Calcium, Ca	S1206
Iron, Fe	S1206
Zinc, Zn	S1206
Total lipid (fat)	S1206
Magnesium, Mg	S1206
Vitamin B-6	S1206

NDB No. 09351 Fruit cocktail, canned, heavy syrup, drained

Vitamin A, RAE	S1203
Carotene, beta	S1203
Cryptoxanthin, beta	S1203
Carotene, alpha	S1203
Lycopene	S1203
Vitamin A, IU	S1203

NDB No. 09351 Fruit cocktail, canned, heavy syrup, drained

Lutein + zeaxanthin S1203

NDB No. 09352 Blueberries, canned, light syrup, drained

Zinc, Zn S2113

Total lipid (fat) S2113

Vitamin E (alpha-tocopherol) S2113

Fructose S2113

Iron, Fe S2113

Tocopherol, gamma S2113

Calcium, Ca S2113

Potassium, K S2113

Vitamin C, total ascorbic acid S2113

Niacin S2113

Lactose S2113

Magnesium, Mg S2113

Sodium, Na S2113

Pantothenic acid S2113

Protein S2113

Ash S2113

Sucrose S2113

Maltose S2113

Sugars, total S2113

Fiber, total dietary S2113

Tocopherol, delta S2113

Vitamin B-6 S2113

Glucose (dextrose) S2113

Galactose S2113

Phosphorus, P S2113

Tocopherol, beta S2113

Water S2113

Manganese, Mn S2113

Thiamin S2113

Riboflavin S2113

Vitamin K (phylloquinone) S2113

NDB No. 09353 Blueberries, wild, canned, heavy syrup, drained*Reference_Report*

Reference Report

JUL-17-2008 02:00 PM

Page 824 of 3136

NDB No. 09353 Blueberries, wild, canned, heavy syrup, drained

Water	S2113
Pantothenic acid	S2113
Maltose	S2113
Magnesium, Mg	S2113
Vitamin C, total ascorbic acid	S2113
Folate, total	S2113
Folate, food	S2113
Ash	S2113
Sucrose	S2113
Fiber, total dietary	S2113
Thiamin	S2113
Riboflavin	S2113
Sugars, total	S2113
Galactose	S2113
Vitamin K (phylloquinone)	S2113
Total lipid (fat)	S2113
Glucose (dextrose)	S2113
Iron, Fe	S2113
Manganese, Mn	S2113
Protein	S2113
Fructose	S2113
Lactose	S2113
Phosphorus, P	S2113
Potassium, K	S2113
Sodium, Na	S2113
Niacin	S2113
Vitamin B-6	S2113
Calcium, Ca	S2113
Zinc, Zn	S2113

NDB No. 09354 Pineapple, canned, juice pack, drained

Carotene, beta	D3912
----------------	-------

NDB No. 09357 Apricots, canned, heavy syrup, drained

Carotene, alpha	D3919, D3924
Carotene, beta	D3912, D3843, D3919, D3846, D3924

Reference_Report

NDB No. 09357 Apricots, canned, heavy syrup, drained

Lutein + zeaxanthin	D3919, D3924
Cryptoxanthin, beta	D3919, D3924

NDB No. 09370 Peaches, canned, heavy syrup, drained

Cryptoxanthin, beta	D3912, D3904
Choline, total	S1069
Carotene, beta	D3912, D3843, D3904
Carotene, alpha	D3904
Betaine	S1069
Fluoride, F	D5001, D5301, D5002, D5007, D5003, D5021
Vitamin A, IU	D3912, D3843, D3904
Lutein + zeaxanthin	D3904
Vitamin A, RAE	D3912, D3843, D3904
Lycopene	D3904

NDB No. 09374 Pears, canned, heavy syrup, drained

Fluoride, F	D5002, D5007, D5003
Carotene, beta	D3843

NDB No. 09400 Apple juice, shelf stable, unsweetened, with added ascorbic acid

Maltose	S1067
Sugars, total	S1067
Vitamin K (phylloquinone)	D4048, D4002
Protein	S1067
Total lipid (fat)	S1067
Magnesium, Mg	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Glucose (dextrose)	S1067
Water	S1067, S1206, S3841
Calcium, Ca	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Zinc, Zn	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Betaine	S1067
Sucrose	S1067
Lactose	S1067

Reference Report

JUL-17-2008 02:00 PM

Page 826 of 3136

NDB No. 09400 Apple juice, shelf stable, unsweetened, with added ascorbic acid

Choline, total	S1067
Ash	S1067
Iron, Fe	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Sodium, Na	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Manganese, Mn	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Vitamin C, total ascorbic acid	S1067
Niacin	S1067
Fructose	S1067
Galactose	S1067
Potassium, K	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Fluoride, F	S1067
Pantothenic acid	S1067
Folic acid	S1067
Phosphorus, P	S7, S206, S208, S1067, S10, S74, S2682, S2684, S6, S73, S2683, S11, S9, S12, S3841, S4061, S8
Fiber, total dietary	S1067, S1206
Copper, Cu	S206, S1067, S74, S73, S6, S11
Vitamin B-6	S1067

NDB No. 09401 Applesauce, canned, unsweetened, with added ascorbic acid

Glucose (dextrose)	S3542
Maltose	S3542
Water	S3542
Calcium, Ca	S74, S73, S6, S3542
Manganese, Mn	S74, S73, S6, S3542
Vitamin E (alpha-tocopherol)	S3542
Tocopherol, beta	S3542
Betaine	S3542
Sugars, total	S3542
Galactose	S3542
Fiber, total dietary	S3542
Tocopherol, gamma	S3542
Niacin	S3542
Pantothenic acid	S3542

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 827 of 3136

NDB No. 09401 Applesauce, canned, unsweetened, with added ascorbic acid

Vitamin B-6	S3542
Total lipid (fat)	S3542
Phosphorus, P	S74, S73, S6, S3542
Sodium, Na	S74, S73, S6, S3542
Choline, total	S3542
Folate, food	S3542
Protein	S3542
Iron, Fe	S74, S73, S6, S3542
Magnesium, Mg	S74, S73, S6, S3542
Tocopherol, delta	S3542
Thiamin	S3542
Ash	S3542
Fructose	S3542
Lactose	S3542
Copper, Cu	S74, S73, S6, S3542
Riboflavin	S3542
Starch	S3542
Sucrose	S3542
Zinc, Zn	S74, S73, S6, S3542
Vitamin K (phylloquinone)	S3542
Folic acid	S3542
Potassium, K	S74, S73, S6, S3542
Folate, total	S3542

NDB No. 09403 Apricot nectar, canned, with added ascorbic acid

Fluoride, F	D5201, D5021
-------------	--------------

NDB No. 09407 Peach nectar, canned, with added ascorbic acid

Fluoride, F	D5201, D5021
-------------	--------------

NDB No. 09408 Pear nectar, canned, with added ascorbic acid

Fluoride, F	D5201, D5021
-------------	--------------

NDB No. 09409 Pineapple juice, canned, unsweetened, with added ascorbic acid

Reference Report

JUL-17-2008 02:00 PM

Page 828 of 3136

NDB No. 09409 Pineapple juice, canned, unsweetened, with added ascorbic acid

Thiamin	S2985, S2104
Ash	S2104
Vitamin C, total ascorbic acid	S2104
Sugars, total	S2104
Iron, Fe	S2985, S2104
Potassium, K	S2985, S2104
Protein	S2985, S2104
Total lipid (fat)	S2985, S2104
Glucose (dextrose)	S2104
Calcium, Ca	S2985, S2104
Phosphorus, P	S2104
Zinc, Zn	S2104
Manganese, Mn	S2104
Pantothenic acid	S2104
Maltose	S2104
Magnesium, Mg	S2104
Riboflavin	S2985, S2104
Fructose	S2104
Lactose	S2104
Water	S2104
Fiber, total dietary	S2104
Niacin	S2985, S2104
Vitamin B-6	S2104
Sucrose	S2104
Galactose	S2104
Sodium, Na	S2985, S2104
Copper, Cu	S2104
Fluoride, F	D5201, D5002, D5007, D5003
Folate, total	S2104

NDB No. 09421 Dates, medjool

Protein	S582, S564
Potassium, K	S582, S564
Copper, Cu	S582, S564
Vitamin C, total ascorbic acid	S582, S564
Pantothenic acid	S582, S564

NDB No. 09421 Dates, medjool

Histidine	S582, S564
Sucrose	S582, S564
Glucose (dextrose)	S582, S564
Calcium, Ca	S582, S564
Vitamin K (phylloquinone)	S582, S564
Niacin	S582, S564
Isoleucine	S582, S564
Arginine	S582, S564
Galactose	S582, S564
Fiber, total dietary	S582, S564
Carotene, beta	S582, S564
Riboflavin	S582, S564
Betaine	S564
Threonine	S582, S564
Total lipid (fat)	S582, S564
Ash	S582, S564
Fructose	S582, S564
Sugars, total	S582, S564
Iron, Fe	S582, S564
Phosphorus, P	S582, S564
Carotene, alpha	S582, S564
Cryptoxanthin, beta	S582, S564
Vitamin B-6	S582, S564
Folate, total	S564
Methionine	S582, S564
Cystine	S582, S564
Valine	S582, S564
Proline	S582, S564
Zinc, Zn	S582, S564
Manganese, Mn	S582, S564
Lutein + zeaxanthin	S582, S564
Lysine	S582, S564
Tyrosine	S582, S564
Alanine	S582, S564
Lactose	S582, S564
Water	S582, S564
Magnesium, Mg	S582, S564

NDB No. 09421 Dates, medjool

Sodium, Na	S582, S564
Vitamin A, IU	S582, S564
Thiamin	S582, S564
Choline, total	S564
Leucine	S582, S564
Phenylalanine	S582, S564
Aspartic acid	S582, S564
Maltose	S582, S564
Vitamin A, RAE	S582, S564
Lycopene	S582, S564
Tryptophan	S582, S564
Glutamic acid	S582, S564
Glycine	S582, S564
Serine	S582, S564

NDB No. 09422 Durian, raw or frozen

Fiber, total dietary	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Water	S1202
Iron, Fe	S1202
Phosphorus, P	S1202
Vitamin A, IU	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202
Calcium, Ca	S1202
Vitamin C, total ascorbic acid	S1202
Niacin	S1202
Protein	S1202
Magnesium, Mg	S1202
Zinc, Zn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Thiamin	S1202
Cryptoxanthin, beta	S1202

NDB No. 09422 Durian, raw or frozen

Total lipid (fat)	S1202
Ash	S1202
Potassium, K	S1202
Sodium, Na	S1202
Vitamin A, RAE	S1202
Riboflavin	S1202

NDB No. 09427 Abiyuch, raw

Protein	D4053
Maltose	D4053
Fiber, total dietary	D4053
Magnesium, Mg	D4053
Potassium, K	D4053
Carotene, beta	D4053
Sugars, total	D4053
Phosphorus, P	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Vitamin C, total ascorbic acid	D4053
Lactose	D4053
Iron, Fe	D4053
Total lipid (fat)	D4053
Ash	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Fatty acids, total saturated	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Calcium, Ca	D4053
Copper, Cu	D4053
Water	D4053
Fructose	D4053
Galactose	D4053
Carotene, alpha	D4053

NDB No. 09428 Rowal, raw*Reference_Report*

NDB No. 09428 Rowal, raw

Protein	D4053
Total lipid (fat)	D4053
Copper, Cu	D4053
Sucrose	D4053
Potassium, K	D4053
Carotene, beta	D4053
Lactose	D4053
Maltose	D4053
Galactose	D4053
Glucose (dextrose)	D4053
Sugars, total	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Water	D4053
Fiber, total dietary	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Ash	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053
Fructose	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Carotene, alpha	D4053

NDB No. 09429 Pineapple, raw, traditional varieties

Ash	S441, S1167
Maltose	S441
Niacin	S441, S1167
Vitamin B-6	S441, S1167
Folate, total	S441, S1167
Magnesium, Mg	D4070, S441, S1167
Carotene, beta	S441, S1167
Sugars, total	S441

NDB No. 09429 Pineapple, raw, traditional varieties

Lycopene	S441
Vitamin C, total ascorbic acid	S441, S1167
Vitamin K (phylloquinone)	S441
Protein	S441, S1167
Cryptoxanthin, beta	S441
Betaine	S561
Total lipid (fat)	S441, S1167
Fructose	S441
Water	S441, S1167
Copper, Cu	D4070, S441, S1167
Manganese, Mn	D4070, S441, S1167
Vitamin A, RAE	S441, S1167
Carotene, alpha	S441
Riboflavin	S441, S1167
Pantothenic acid	S441, S1167
Choline, total	S561
Galactose	S441
Calcium, Ca	D4070, S441, S1167
Selenium, Se	S441
Lutein + zeaxanthin	S441
Lactose	S441
Phosphorus, P	S441, S1167
Thiamin	S441, S1167
Sucrose	S441
Glucose (dextrose)	S441
Iron, Fe	D4070, S441, S1167
Potassium, K	D4070, S441, S1167
Zinc, Zn	D4070, S441, S1167
Vitamin A, IU	S441, S1167

NDB No. 09430 Pineapple, raw, extra sweet variety

Water	S561, S441
Potassium, K	S561, S441
Thiamin	S561, S441
Lactose	S561, S441
Fiber, total dietary	S561

NDB No. 09430 Pineapple, raw, extra sweet variety

Calcium, Ca	S561, S441
Sucrose	S561, S441
Maltose	S561, S441
Iron, Fe	S561, S441
Selenium, Se	S561
Niacin	S561, S441
Ash	S561, S441
Starch	S561
Fructose	S561, S441
Galactose	S561, S441
Phosphorus, P	S561, S441
Copper, Cu	S561, S441
Lutein + zeaxanthin	S561, S441
Vitamin C, total ascorbic acid	S561, S441
Riboflavin	S561, S441
Manganese, Mn	S561, S441
Cryptoxanthin, beta	S561, S441
Tocopherol, beta	S561, S441
Vitamin B-6	S561, S441
Betaine	S441
Vitamin A, RAE	S561, S441
Vitamin E (alpha-tocopherol)	S561, S441
Tocopherol, gamma	S561, S441
Protein	S561, S441
Total lipid (fat)	S561, S441
Sugars, total	S561, S441
Magnesium, Mg	S561, S441
Vitamin A, IU	S561, S441
Carotene, alpha	S561, S441
Lycopene	S561, S441
Tocopherol, delta	S561, S441
Pantothenic acid	S561, S441
Choline, total	S441
Glucose (dextrose)	S561, S441
Zinc, Zn	S561, S441
Carotene, beta	S561, S441
Folate, total	S561, S441

Reference Report

JUL-17-2008 02:00 PM

Page 835 of 3136

NDB No. 09430 Pineapple, raw, extra sweet variety

Vitamin K (phylloquinone) S561, S441

NDB No. 09431 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

Ash	S2203
Sodium, Na	S2203
Calcium, Ca	S2203
Potassium, K	S2203
Manganese, Mn	S2203
Niacin	S2203
Fructose	S2203
Phosphorus, P	S2203
Copper, Cu	S2203
Carotene, beta	S2203
Lutein + zeaxanthin	S2203
Riboflavin	S2203
Vitamin K (phylloquinone)	S2203
Magnesium, Mg	S2203
Sucrose	S2203
Iron, Fe	S2203
Carotene, alpha	S2203
Lycopene	S2203
Vitamin C, total ascorbic acid	S2203
Pantothenic acid	S2203
Protein	S2203
Total lipid (fat)	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Zinc, Zn	S2203
Vitamin B-6	S2203
Lactose	S2203
Cryptoxanthin, beta	S2203
Thiamin	S2203
Glucose (dextrose)	S2203
Folate, total	S2203

Reference Report

JUL-17-2008 02:00 PM

Page 836 of 3136

NDB No. 09432 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

Total lipid (fat)	S2203
Ash	S2203
Calcium, Ca	S2203
Sodium, Na	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Cryptoxanthin, beta	S2203
Pantothenic acid	S2203
Phosphorus, P	S2203
Vitamin C, total ascorbic acid	S2203
Riboflavin	S2203
Protein	S2203
Lactose	S2203
Water	S2203
Magnesium, Mg	S2203
Carotene, alpha	S2203
Niacin	S2203
Folate, total	S2203
Sucrose	S2203
Lycopene	S2203
Vitamin B-6	S2203
Vitamin K (phylloquinone)	S2203
Fructose	S2203
Maltose	S2203
Zinc, Zn	S2203
Fiber, total dietary	S2203
Lutein + zeaxanthin	S2203
Glucose (dextrose)	S2203
Potassium, K	S2203
Carotene, beta	S2203
Thiamin	S2203

NDB No. 09433 Clementines, raw

Starch	S2105
Vitamin E (alpha-tocopherol)	S2105
Ash	S2105, S2961

NDB No. 09433 Clementines, raw

Galactose	S2105
Potassium, K	S2105, S2961
Manganese, Mn	S2105
Protein	S2105, S2961
Calcium, Ca	S2105, S2961
Tocopherol, beta	S2105
Tocopherol, delta	S2105
Riboflavin	S2105, S2961
Folate, total	S2105, S2961
Total lipid (fat)	S2105, S2961
Glucose (dextrose)	S2105
Iron, Fe	S2105, S2961
Phosphorus, P	S2105, S2961
Sodium, Na	S2961
Vitamin C, total ascorbic acid	S2105
Betaine	S2105
Sugars, total	S2105
Zinc, Zn	S2105, S2961
Copper, Cu	S2105, S2961
Selenium, Se	S2105
Lactose	S2105
Choline, total	S2105
Maltose	S2105
Water	S2105, S2961
Thiamin	S2105, S2961
Niacin	S2105, S2961
Pantothenic acid	S2105, S2961
Vitamin B-6	S2105, S2961
Vitamin K (phylloquinone)	S2105
Sucrose	S2105
Fructose	S2105
Fiber, total dietary	S2105, S2961
Magnesium, Mg	S2105, S2961
Tocopherol, gamma	S2105

NDB No. 09434 Guanabana nectar, canned

NDB No. 09434 Guanabana nectar, canned

Carotene, beta	S2661
Tocopherol, delta	S2661
Ash	S2661
Sugars, total	S2661
Calcium, Ca	S2661
Magnesium, Mg	S2661
Thiamin	S2661
Niacin	S2661
Sodium, Na	S2661
Lutein + zeaxanthin	S2661
Choline, total	S2661
Total lipid (fat)	S2661
Water	S2661
Phosphorus, P	S2661
Carotene, alpha	S2661
Pantothenic acid	S2661
Vitamin K (phylloquinone)	S2661
Sucrose	S2661
Fiber, total dietary	S2661
Iron, Fe	S2661
Copper, Cu	S2661
Manganese, Mn	S2661
Vitamin A, RAE	S2661
Cryptoxanthin, beta	S2661
Lycopene	S2661
Tocopherol, beta	S2661
Riboflavin	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Vitamin E (alpha-tocopherol)	S2661
Folic acid	S2661
Starch	S2661
Zinc, Zn	S2661
Vitamin A, IU	S2661
Tocopherol, gamma	S2661
Folate, total	S2661
Folate, food	S2661

NDB No. 09434 Guanabana nectar, canned

Protein	S2661
Lactose	S2661
Maltose	S2661
Galactose	S2661
Potassium, K	S2661
Vitamin C, total ascorbic acid	S2661
Vitamin B-6	S2661
Betaine	S2661

NDB No. 09435 Guava nectar, canned

Protein	S2661
Starch	S2661
Glucose (dextrose)	S2661
Manganese, Mn	S2661
Lutein + zeaxanthin	S2661
Sucrose	S2661
Water	S2661
Sugars, total	S2661
Zinc, Zn	S2661
Vitamin E (alpha-tocopherol)	S2661
Vitamin C, total ascorbic acid	S2661
Riboflavin	S2661
Choline, total	S2661
Calcium, Ca	S2661
Copper, Cu	S2661
Thiamin	S2661
Total lipid (fat)	S2661
Galactose	S2661
Potassium, K	S2661
Carotene, alpha	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Folate, food	S2661
Fructose	S2661
Lactose	S2661
Fiber, total dietary	S2661

NDB No. 09435 Guava nectar, canned

Sodium, Na	S2661
Niacin	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Ash	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Carotene, beta	S2661
Lycopene	S2661
Tocopherol, beta	S2661
Betaine	S2661
Maltose	S2661
Cryptoxanthin, beta	S2661
Pantothenic acid	S2661

NDB No. 09436 Mango nectar, canned

Sodium, Na	S2661
Copper, Cu	S2661
Vitamin E (alpha-tocopherol)	S2661
Tocopherol, gamma	S2661
Choline, total	S2661
Galactose	S2661
Riboflavin	S2661
Vitamin B-6	S2661
Folic acid	S2661
Betaine	S2661
Lactose	S2661
Magnesium, Mg	S2661
Carotene, alpha	S2661
Protein	S2661
Water	S2661
Lutein + zeaxanthin	S2661
Pantothenic acid	S2661
Folate, total	S2661

NDB No. 09436 Mango nectar, canned

Vitamin K (phylloquinone)	S2661
Sucrose	S2661
Phosphorus, P	S2661
Zinc, Zn	S2661
Carotene, beta	S2661
Cryptoxanthin, beta	S2661
Lycopene	S2661
Thiamin	S2661
Folate, food	S2661
Ash	S2661
Starch	S2661
Sugars, total	S2661
Iron, Fe	S2661
Manganese, Mn	S2661
Niacin	S2661
Total lipid (fat)	S2661
Fructose	S2661
Vitamin C, total ascorbic acid	S2661
Glucose (dextrose)	S2661
Maltose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Potassium, K	S2661
Tocopherol, beta	S2661
Tocopherol, delta	S2661

NDB No. 09437 Tamarind nectar, canned

Sucrose	S2661
Glucose (dextrose)	S2661
Vitamin E (alpha-tocopherol)	S2661
Thiamin	S2661
Water	S2661
Phosphorus, P	S2661
Carotene, alpha	S2661
Choline, total	S2661
Protein	S2661

Reference Report

JUL-17-2008 02:00 PM

Page 842 of 3136

NDB No. 09437 Tamarind nectar, canned

Starch	S2661
Maltose	S2661
Galactose	S2661
Cryptoxanthin, beta	S2661
Tocopherol, beta	S2661
Vitamin C, total ascorbic acid	S2661
Total lipid (fat)	S2661
Fructose	S2661
Fiber, total dietary	S2661
Iron, Fe	S2661
Manganese, Mn	S2661
Vitamin B-6	S2661
Folic acid	S2661
Folate, food	S2661
Betaine	S2661
Potassium, K	S2661
Copper, Cu	S2661
Lycopene	S2661
Lactose	S2661
Calcium, Ca	S2661
Magnesium, Mg	S2661
Sodium, Na	S2661
Carotene, beta	S2661
Lutein + zeaxanthin	S2661
Riboflavin	S2661
Pantothenic acid	S2661
Folate, total	S2661
Niacin	S2661
Ash	S2661
Sugars, total	S2661
Zinc, Zn	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin K (phylloquinone)	S2661

NDB No. 09438 USDA Commodity peaches, canned, light syrup, drained

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 843 of 3136

NDB No. 09438 USDA Commodity peaches, canned, light syrup, drained

Ash	S3542
Glucose (dextrose)	S3542
Vitamin E (alpha-tocopherol)	S3542
Vitamin B-6	S3542
Sucrose	S3542
Sugars, total	S3542
Magnesium, Mg	S3542
Copper, Cu	S3542
Manganese, Mn	S3542
Carotene, alpha	S3542
Tocopherol, gamma	S3542
Tocopherol, delta	S3542
Protein	S3542
Lactose	S3542
Lycopene	S3542
Niacin	S3542
Maltose	S3542
Galactose	S3542
Vitamin A, IU	S3542
Vitamin A, RAE	S3542
Cryptoxanthin, beta	S3542
Vitamin K (phylloquinone)	S3542
Water	S3542
Iron, Fe	S3542
Potassium, K	S3542
Zinc, Zn	S3542
Tocopherol, beta	S3542
Thiamin	S3542
Pantothenic acid	S3542
Total lipid (fat)	S3542
Fructose	S3542
Phosphorus, P	S3542
Carotene, beta	S3542
Vitamin C, total ascorbic acid	S3542
Folate, food	S3542
Calcium, Ca	S3542
Folate, total	S3542

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 844 of 3136

NDB No. 09438 USDA Commodity peaches, canned, light syrup, drained

Fiber, total dietary	S3542
Sodium, Na	S3542
Riboflavin	S3542
Folic acid	S3542

NDB No. 09439 USDA Commodity pears, canned, juice pack, drained

Total lipid (fat)	S3542
Phosphorus, P	S3542
Vitamin C, total ascorbic acid	S3542
Sucrose	S3542
Glucose (dextrose)	S3542
Lactose	S3542
Maltose	S3542
Galactose	S3542
Sodium, Na	S3542
Tocopherol, delta	S3542
Riboflavin	S3542
Niacin	S3542
Folate, food	S3542
Protein	S3542
Calcium, Ca	S3542
Potassium, K	S3542
Folic acid	S3542
Fructose	S3542
Vitamin E (alpha-tocopherol)	S3542
Tocopherol, beta	S3542
Water	S3542
Manganese, Mn	S3542
Folate, total	S3542
Vitamin K (phylloquinone)	S3542
Iron, Fe	S3542
Ash	S3542
Fiber, total dietary	S3542
Zinc, Zn	S3542
Tocopherol, gamma	S3542
Pantothenic acid	S3542

Reference Report

JUL-17-2008 02:00 PM

Page 845 of 3136

NDB No. 09439 USDA Commodity pears, canned, juice pack, drained

Sugars, total	S3542
Magnesium, Mg	S3542
Copper, Cu	S3542
Thiamin	S3542
Vitamin B-6	S3542

NDB No. 09440 USDA Commodity pears, canned, light syrup, drained

Protein	S3542
Total lipid (fat)	S3542
Manganese, Mn	S3542
Vitamin E (alpha-tocopherol)	S3542
Tocopherol, gamma	S3542
Niacin	S3542
Fructose	S3542
Maltose	S3542
Tocopherol, beta	S3542
Thiamin	S3542
Vitamin B-6	S3542
Glucose (dextrose)	S3542
Iron, Fe	S3542
Phosphorus, P	S3542
Potassium, K	S3542
Sodium, Na	S3542
Copper, Cu	S3542
Folate, food	S3542
Calcium, Ca	S3542
Lactose	S3542
Sugars, total	S3542
Magnesium, Mg	S3542
Zinc, Zn	S3542
Pantothenic acid	S3542
Folic acid	S3542
Ash	S3542
Tocopherol, delta	S3542
Riboflavin	S3542
Folate, total	S3542

NDB No. 09440 USDA Commodity pears, canned, light syrup, drained

Sucrose	S3542
Galactose	S3542
Vitamin K (phylloquinone)	S3542
Water	S3542
Fiber, total dietary	S3542
Vitamin C, total ascorbic acid	S3542

NDB No. 09442 Pomegranate juice, bottled

Sucrose	S4921
Water	S4921
Calcium, Ca	S4921
Potassium, K	S4921
Cryptoxanthin, beta	S4921
Lycopene	S4921
Ash	S4921
Lactose	S4921
Maltose	S4921
Sugars, total	S4921
Galactose	S4921
Fiber, total dietary	S4921
Copper, Cu	S4921
Lutein + zeaxanthin	S4921
Zinc, Zn	S4921
Carotene, alpha	S4921
Phosphorus, P	S4921
Thiamin	S4921
Pantothenic acid	S4921
Magnesium, Mg	S4921
Manganese, Mn	S4921
Carotene, beta	S4921
Glucose (dextrose)	S4921
Sodium, Na	S4921
Vitamin C, total ascorbic acid	S4921
Protein	S4921
Total lipid (fat)	S4921
Fructose	S4921

Reference Report

JUL-17-2008 02:00 PM

Page 847 of 3136

NDB No. 09442 Pomegranate juice, bottled

Iron, Fe	S4921
Riboflavin	S4921
Niacin	S4921
Vitamin B-6	S4921

NDB No. 09443 Juice, apple and grape blend, with added ascorbic acid

Sugars, total	S1067
Sodium, Na	S1067
Vitamin C, total ascorbic acid	S1067
Riboflavin	S1067
Vitamin B-6	S1067
Total lipid (fat)	S1067
Ash	S1067
Lactose	S1067
Maltose	S1067
Sucrose	S1067
Potassium, K	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Thiamin	S1067
Phosphorus, P	S1067
Niacin	S1067
Pantothenic acid	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Water	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Protein	S1067
Galactose	S1067
Calcium, Ca	S1067
Zinc, Zn	S1067

NDB No. 09444 Juice, apple, grape and pear blend, with added vitamin C and calcium

Total lipid (fat)	S1067
Glucose (dextrose)	S1067

Reference_Report

NDB No. 09444 Juice, apple, grape and pear blend, with added vitamin C and calcium

Sodium, Na	S1067
Thiamin	S1067
Niacin	S1067
Sucrose	S1067
Lactose	S1067
Galactose	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Vitamin B-6	S1067
Magnesium, Mg	S1067
Potassium, K	S1067
Pantothenic acid	S1067
Protein	S1067
Sugars, total	S1067
Iron, Fe	S1067
Ash	S1067
Fructose	S1067
Water	S1067
Phosphorus, P	S1067
Vitamin C, total ascorbic acid	S1067
Maltose	S1067
Calcium, Ca	S1067
Zinc, Zn	S1067
Riboflavin	S1067

NDB No. 10000 Pork, fresh, enhanced, composite of separable fat, cooked

Iron, Fe	S3942
Thiamin	S3942
Leucine	S3941, S4381
Aspartic acid	S3941, S4381
Glycine	S3941, S4381
Calcium, Ca	S3942
Manganese, Mn	S3942
Tryptophan	S3941, S4381
Lysine	S3941, S4381
Ash	S3942

NDB No. 10000 Pork, fresh, enhanced, composite of separable fat, cooked

Phosphorus, P	S3942
Choline, total	S3942
Isoleucine	S3941, S4381
Valine	S3941, S4381
Serine	S3941, S4381
Total lipid (fat)	S3942
Zinc, Zn	S3942
Copper, Cu	S3942
Betaine	S3942
Alanine	S3941, S4381
Protein	S3942
Water	S3942
Phenylalanine	S3941, S4381
Tyrosine	S3941, S4381
Histidine	S3941, S4381
Glutamic acid	S3941, S4381
Magnesium, Mg	S3942
Riboflavin	S3942
Niacin	S3942
Methionine	S3941, S4381
Cholesterol	S3942
Potassium, K	S3942
Sodium, Na	S3942
Selenium, Se	S3942
Threonine	S3941, S4381
Cystine	S3941, S4381
Arginine	S3941, S4381
Proline	S3941, S4381

NDB No. 10006 Pork, fresh, separable fat, raw

Phosphorus, P	S3941
Tocopherol, gamma	S3941
Riboflavin	S3941
Niacin	S3941
Tryptophan	S3941, S4381
Tyrosine	S3941, S4381

NDB No. 10006 Pork, fresh, separable fat, raw

Alanine	S3941, S4381
Aspartic acid	S3941, S4381
Serine	S3941, S4381
18:3 undifferentiated	S3941
Fatty acids, total monounsaturated	S3941
Fatty acids, total polyunsaturated	S3941
18:1 t	S3941
18:3 n-3 c,c,c	S3941
Calcium, Ca	S3941
Tocopherol, beta	S3941
Vitamin B-12	S3941
Betaine	S3941
Glutamic acid	S3941, S4381
Glycine	S3941, S4381
Fatty acids, total saturated	S3941
18:2 undifferentiated	S3941
17:0	S3941
Sodium, Na	S3941
Vitamin B-6	S3941
Lysine	S3941, S4381
Phenylalanine	S3941, S4381
Cholesterol	S3941
18:2 n-6 c,c	S3941
18:3 n-6 c,c,c	S3941
20:3 undifferentiated	S3941
Fatty acids, total trans-polyenoic	S3941
Potassium, K	S3941
Zinc, Zn	S3941
Copper, Cu	S3941
Tocopherol, delta	S3941
Folate, total	S3941
Choline, total	S3941
Methionine	S3941, S4381
12:0	S3941
18:1 undifferentiated	S3941
20:4 undifferentiated	S3941
22:0	S3941

Reference_Report

NDB No. 10006 Pork, fresh, separable fat, raw

14:1	S3941
15:0	S3941
18:2 t,t	S3941
Water	S3941
Magnesium, Mg	S3941
Retinol	S3941
Isoleucine	S3941, S4381
Cystine	S3941, S4381
16:0	S3941
18:0	S3941
20:1	S3941
Protein	S3941
Total lipid (fat)	S3941
Manganese, Mn	S3941
Vitamin E (alpha-tocopherol)	S3941
Thiamin	S3941
Leucine	S3941, S4381
Arginine	S3941, S4381
Histidine	S3941, S4381
Fatty acids, total trans	S3941
10:0	S3941
16:1 undifferentiated	S3941
Iron, Fe	S3941
Selenium, Se	S3941
Folate, food	S3941
Valine	S3941, S4381
Proline	S3941, S4381
8:0	S3941
20:2 n-6 c,c	S3941
17:1	S3941
Ash	S3941
Pantothenic acid	S3941
Threonine	S3941, S4381
14:0	S3941
20:0	S3941
18:1 c	S3941
Fatty acids, total trans- monoenoic	S3941

NDB No. 10006 Pork, fresh, separable fat, raw

15:1 S3941

NDB No. 10007 Pork, fresh, separable fat, cooked

Water S3941

Phosphorus, P S3941

Copper, Cu S3941

Manganese, Mn S3941

Lysine S3941, S4381

Phenylalanine S3941, S4381

Tyrosine S3941, S4381

Fatty acids, total saturated S3941

14:0 S3941

20:0 S3941

18:1 undifferentiated S3941

15:0 S3941

18:1 t S3941

18:2 n-6 c,c S3941

Fatty acids, total trans-polyenoic S3941

Calcium, Ca S3941

Selenium, Se S3941

Vitamin E (alpha-tocopherol) S3941

Thiamin S3941

Vitamin B-6 S3941

Betaine S3941

Arginine S3941, S4381

Glutamic acid S3941, S4381

Glycine S3941, S4381

22:0 S3941

20:3 undifferentiated S3941

Retinol S3941

Riboflavin S3941

Vitamin B-12 S3941

Threonine S3941, S4381

Aspartic acid S3941, S4381

Proline S3941, S4381

8:0 S3941

NDB No. 10007 Pork, fresh, separable fat, cooked

18:2 undifferentiated	S3941
17:1	S3941
Ash	S3941
Magnesium, Mg	S3941
Niacin	S3941
Serine	S3941, S4381
10:0	S3941
16:1 undifferentiated	S3941
Fatty acids, total monounsaturated	S3941
18:2 t,t	S3941
20:2 n-6 c,c	S3941
18:3 n-3 c,c,c	S3941
Total lipid (fat)	S3941
Iron, Fe	S3941
Potassium, K	S3941
Sodium, Na	S3941
Tocopherol, delta	S3941
Methionine	S3941, S4381
Histidine	S3941, S4381
12:0	S3941
18:3 undifferentiated	S3941
18:1 c	S3941
Folate, total	S3941
Choline, total	S3941
Isoleucine	S3941, S4381
16:0	S3941
20:1	S3941
Zinc, Zn	S3941
Tocopherol, beta	S3941
Pantothenic acid	S3941
Tryptophan	S3941, S4381
Leucine	S3941, S4381
Alanine	S3941, S4381
Cholesterol	S3941
Fatty acids, total trans	S3941
18:0	S3941
20:4 undifferentiated	S3941

Reference_Report

NDB No. 10007 Pork, fresh, separable fat, cooked

14:1	S3941
17:0	S3941
15:1	S3941
Protein	S3941
Tocopherol, gamma	S3941
Folate, food	S3941
Cystine	S3941, S4381
Valine	S3941, S4381
Fatty acids, total polyunsaturated	S3941
18:3 n-6 c,c,c	S3941
Fatty acids, total trans-monoenoic	S3941

NDB No. 10040 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw

Iron, Fe	S3941
Isoleucine	S3941, S4381
Proline	S3941, S4381
Copper, Cu	S3941
Methionine	S3941, S4381
Zinc, Zn	S3941
Tryptophan	S3941, S4381
Phenylalanine	S3941, S4381
Tyrosine	S3941, S4381
Histidine	S3941, S4381
Glutamic acid	S3941, S4381
Sodium, Na	S3941
Lysine	S3941, S4381
Magnesium, Mg	S3941
Selenium, Se	S3941
Leucine	S3941, S4381
Valine	S3941, S4381
Arginine	S3941, S4381
Glycine	S3941, S4381
Calcium, Ca	S3941
Potassium, K	S3941
Threonine	S3941, S4381
Aspartic acid	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 855 of 3136

NDB No. 10040 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw

Protein	S3941
Ash	S3941
Alanine	S3941, S4381
Serine	S3941, S4381
Total lipid (fat)	S3941
Water	S3941
Phosphorus, P	S3941
Manganese, Mn	S3941
Cystine	S3941, S4381

NDB No. 10042 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Ash	S3941
Niacin	S3941
Isoleucine	S3941, S4381
Phenylalanine	S3941, S4381
Alanine	S3941, S4381
Glycine	S3941, S4381
Cholesterol	S3941
15:1	S3941
Water	S3941
Manganese, Mn	S3941
Histidine	S3941, S4381
20:1	S3941
20:2 n-6 c,c	S3941
18:1 c	S3941
Magnesium, Mg	S3941
Methionine	S3941, S4381
Serine	S3941, S4381
Fatty acids, total trans	S3941
14:1	S3941
15:0	S3941
Fatty acids, total trans-monoenoic	S3941
Zinc, Zn	S3941
Copper, Cu	S3941
Cystine	S3941, S4381
Arginine	S3941, S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 856 of 3136

NDB No. 10042 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Aspartic acid	S3941, S4381
20:4 undifferentiated	S3941
18:3 n-6 c,c,c	S3941
Protein	S3941
Total lipid (fat)	S3941
Sodium, Na	S3941
Thiamin	S3941
Threonine	S3941, S4381
Valine	S3941, S4381
Fatty acids, total saturated	S3941
14:0	S3941
20:0	S3941
17:1	S3941
Fatty acids, total trans-polyenoic	S3941
Lysine	S3941, S4381
12:0	S3941
16:0	S3941
18:0	S3941
18:1 undifferentiated	S3941
16:1 undifferentiated	S3941
Calcium, Ca	S3941
Phosphorus, P	S3941
Potassium, K	S3941
Selenium, Se	S3941
Glutamic acid	S3941, S4381
8:0	S3941
18:2 undifferentiated	S3941
22:0	S3941
Fatty acids, total monounsaturated	S3941
Fatty acids, total polyunsaturated	S3941
18:1 t	S3941
18:2 t,t	S3941
18:3 n-3 c,c,c	S3941
Iron, Fe	S3941
Riboflavin	S3941
Tryptophan	S3941, S4381
Leucine	S3941, S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 857 of 3136

NDB No. 10042 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Tyrosine	S3941, S4381
Proline	S3941, S4381
10:0	S3941
18:3 undifferentiated	S3941
17:0	S3941
18:2 n-6 c,c	S3941
20:3 undifferentiated	S3941

NDB No. 10048 Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Manganese, Mn	S3941
Protein	S3941
Phosphorus, P	S3941
Sodium, Na	S3941
Copper, Cu	S3941
Tryptophan	S3941, S4381
Isoleucine	S3941, S4381
Methionine	S3941, S4381
Magnesium, Mg	S3941
Threonine	S3941, S4381
Glycine	S3941, S4381
Proline	S3941, S4381
Total lipid (fat)	S3941
Iron, Fe	S3941
Potassium, K	S3941
Lysine	S3941, S4381
Cystine	S3941, S4381
Water	S3941
Calcium, Ca	S3941
Arginine	S3941, S4381
Glutamic acid	S3941, S4381
Tyrosine	S3941, S4381
Ash	S3941
Selenium, Se	S3941
Leucine	S3941, S4381
Valine	S3941, S4381
Histidine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 858 of 3136

NDB No. 10048 Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Alanine	S3941, S4381
Zinc, Zn	S3941
Phenylalanine	S3941, S4381
Aspartic acid	S3941, S4381
Serine	S3941, S4381

NDB No. 10050 Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Phosphorus, P	S3941
Riboflavin	S3941
Tyrosine	S3941, S4381
Aspartic acid	S3941, S4381
Fatty acids, total trans	S3941
20:0	S3941
Copper, Cu	S3941
Selenium, Se	S3941
Tryptophan	S3941, S4381
18:2 undifferentiated	S3941
20:4 undifferentiated	S3941
16:1 undifferentiated	S3941
18:3 n-3 c,c,c	S3941
Protein	S3941
Sodium, Na	S3941
Manganese, Mn	S3941
Thiamin	S3941
Alanine	S3941, S4381
Proline	S3941, S4381
Cholesterol	S3941
Fatty acids, total saturated	S3941
8:0	S3941
10:0	S3941
12:0	S3941
18:1 undifferentiated	S3941
15:0	S3941
Fatty acids, total trans-polyenoic	S3941
Total lipid (fat)	S3941
Zinc, Zn	S3941

Reference Report

JUL-17-2008 02:00 PM

Page 859 of 3136

NDB No. 10050 Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Valine	S3941, S4381
22:0	S3941
14:1	S3941
Fatty acids, total monounsaturated	S3941
18:3 n-6 c,c,c	S3941
17:1	S3941
Serine	S3941, S4381
20:1	S3941
18:2 n-6 c,c	S3941
15:1	S3941
Calcium, Ca	S3941
Iron, Fe	S3941
Magnesium, Mg	S3941
Isoleucine	S3941, S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Cystine	S3941, S4381
Histidine	S3941, S4381
14:0	S3941
16:0	S3941
18:1 t	S3941
Ash	S3941
Water	S3941
Niacin	S3941
Leucine	S3941, S4381
Phenylalanine	S3941, S4381
Glutamic acid	S3941, S4381
Glycine	S3941, S4381
18:0	S3941
18:3 undifferentiated	S3941
17:0	S3941
20:2 n-6 c,c	S3941
20:3 undifferentiated	S3941
Fatty acids, total trans-monoenoic	S3941
Potassium, K	S3941
Threonine	S3941, S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 860 of 3136

NDB No. 10050 Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Arginine	S3941, S4381
Fatty acids, total polyunsaturated	S3941
18:2 t,t	S3941
18:1 c	S3941

NDB No. 10056 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Protein	S3941
Tryptophan	S3941, S4381
Threonine	S3941, S4381
Aspartic acid	S3941, S4381
Glycine	S3941, S4381
Proline	S3941, S4381
Calcium, Ca	S3941
Arginine	S3941, S4381
Ash	S3941
Water	S3941
Potassium, K	S3941
Manganese, Mn	S3941
Cystine	S3941, S4381
Selenium, Se	S3941
Leucine	S3941, S4381
Alanine	S3941, S4381
Magnesium, Mg	S3941
Sodium, Na	S3941
Zinc, Zn	S3941
Copper, Cu	S3941
Tyrosine	S3941, S4381
Valine	S3941, S4381
Total lipid (fat)	S3941
Phosphorus, P	S3941
Isoleucine	S3941, S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Phenylalanine	S3941, S4381
Glutamic acid	S3941, S4381
Serine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 861 of 3136

NDB No. 10056 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Iron, Fe	S3941
Histidine	S3941, S4381

NDB No. 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

Folate, total	S1166
Tocopherol, gamma	S1166
Tocopherol, beta	S1166
Tocopherol, delta	S1166

NDB No. 10059 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted

Iron, Fe	S3941
Manganese, Mn	S3941
Cystine	S3941, S4381
Tyrosine	S3941, S4381
Glycine	S3941, S4381
Proline	S3941, S4381
20:3 undifferentiated	S3941
18:3 n-3 c,c,c	S3941
Sodium, Na	S3941
Niacin	S3941
Isoleucine	S3941, S4381
Glutamic acid	S3941, S4381
Fatty acids, total saturated	S3941
18:1 undifferentiated	S3941
18:3 undifferentiated	S3941
18:1 c	S3941
Ash	S3941
Water	S3941
Calcium, Ca	S3941
Threonine	S3941, S4381
Alanine	S3941, S4381
Serine	S3941, S4381
8:0	S3941
14:0	S3941
16:0	S3941
17:1	S3941

Reference_Report

NDB No. 10059 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted

Total lipid (fat)	S3941
Potassium, K	S3941
Riboflavin	S3941
Histidine	S3941, S4381
Fatty acids, total trans	S3941
12:0	S3941
20:1	S3941
Fatty acids, total polyunsaturated	S3941
17:0	S3941
20:2 n-6 c,c	S3941
Fatty acids, total trans-monoenoic	S3941
15:1	S3941
Magnesium, Mg	S3941
Valine	S3941, S4381
20:4 undifferentiated	S3941
14:1	S3941
18:1 t	S3941
Protein	S3941
Phosphorus, P	S3941
Zinc, Zn	S3941
Thiamin	S3941
Leucine	S3941, S4381
Aspartic acid	S3941, S4381
Cholesterol	S3941
10:0	S3941
18:2 undifferentiated	S3941
22:0	S3941
Fatty acids, total monounsaturated	S3941
15:0	S3941
Fatty acids, total trans-polyenoic	S3941
Selenium, Se	S3941
Tryptophan	S3941, S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Arginine	S3941, S4381
20:0	S3941

Reference Report

JUL-17-2008 02:00 PM

Page 863 of 3136

NDB No. 10059 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted

18:2 t,t	S3941
18:2 n-6 c,c	S3941
18:3 n-6 c,c,c	S3941
Copper, Cu	S3941
Phenylalanine	S3941, S4381
18:0	S3941
16:1 undifferentiated	S3941

NDB No. 10060 Pork, fresh, loin, tenderloin, separable lean only, raw

Protein	S3941
Phosphorus, P	S3941
Tocopherol, beta	S3941
Threonine	S3941, S4381
Methionine	S3941, S4381
Cystine	S3941, S4381
Glycine	S3941, S4381
Serine	S3941, S4381
12:0	S3941
14:0	S3941
Fatty acids, total polyunsaturated	S3941
Calcium, Ca	S3941
Retinol	S3941
Thiamin	S3941
Pantothenic acid	S3941
Betaine	S3941
16:0	S3941
18:0	S3941
18:3 undifferentiated	S3941
20:4 undifferentiated	S3941
14:1	S3941
18:2 n-6 c,c	S3941
15:1	S3941
Vitamin B-12	S3941
Isoleucine	S3941, S4381
Leucine	S3941, S4381
Alanine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 864 of 3136

NDB No. 10060 Pork, fresh, loin, tenderloin, separable lean only, raw

Proline	S3941, S4381
Cholesterol	S3941
15:0	S3941
18:2 t,t	S3941
18:3 n-6 c,c,c	S3941
20:3 undifferentiated	S3941
18:3 n-3 c,c,c	S3941
Tocopherol, delta	S3941
Niacin	S3941
Phenylalanine	S3941, S4381
Fatty acids, total trans	S3941
20:0	S3941
16:1 undifferentiated	S3941
17:0	S3941
20:2 n-6 c,c	S3941
Iron, Fe	S3941
Zinc, Zn	S3941
Vitamin E (alpha-tocopherol)	S3941
Vitamin B-6	S3941
Valine	S3941, S4381
10:0	S3941
18:1 c	S3941
Total lipid (fat)	S3941
Magnesium, Mg	S3941
Potassium, K	S3941
Tryptophan	S3941, S4381
Glutamic acid	S3941, S4381
Fatty acids, total saturated	S3941
8:0	S3941
18:2 undifferentiated	S3941
Fatty acids, total monounsaturated	S3941
Fatty acids, total trans-polyenoic	S3941
Ash	S3941
Sodium, Na	S3941
Copper, Cu	S3941
Manganese, Mn	S3941
Selenium, Se	S3941

Reference_Report

NDB No. 10060 Pork, fresh, loin, tenderloin, separable lean only, raw

Riboflavin	S3941
Folate, food	S3941
Aspartic acid	S3941, S4381
18:1 undifferentiated	S3941
22:0	S3941
20:1	S3941
Water	S3941
Tocopherol, gamma	S3941
Folate, total	S3941
Choline, total	S3941
Lysine	S3941, S4381
Tyrosine	S3941, S4381
Arginine	S3941, S4381
Histidine	S3941, S4381
18:1 t	S3941
17:1	S3941
Fatty acids, total trans-monoenoic	S3941

NDB No. 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

18:3 undifferentiated	S3941
20:4 undifferentiated	S3941
22:0	S3941
20:2 n-6 c,c	S3941
18:3 n-6 c,c,c	S3941
20:3 undifferentiated	S3941
Phosphorus, P	S3941
Zinc, Zn	S3941
Retinol	S3941
Tocopherol, delta	S3941
Pantothenic acid	S3941
Cystine	S3941, S4381
Tyrosine	S3941, S4381
16:0	S3941
18:1 c	S3941
18:2 n-6 c,c	S3941
Fatty acids, total trans-	S3941

Reference Report

JUL-17-2008 02:00 PM

Page 866 of 3136

NDB No. 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

monoenoic

Tocopherol, gamma	S3941
Aspartic acid	S3941, S4381
18:0	S3941
16:1 undifferentiated	S3941
Iron, Fe	S3941
Sodium, Na	S3941
Manganese, Mn	S3941
Tocopherol, beta	S3941
Riboflavin	S3941
Tryptophan	S3941, S4381
Lysine	S3941, S4381
Alanine	S3941, S4381
8:0	S3941
18:2 undifferentiated	S3941
14:1	S3941
Fatty acids, total monounsaturated	S3941
17:0	S3941
17:1	S3941
Water	S3941
Thiamin	S3941
Glycine	S3941, S4381
10:0	S3941
18:1 undifferentiated	S3941
15:1	S3941
Niacin	S3941
Choline, total	S3941
Threonine	S3941, S4381
Glutamic acid	S3941, S4381
Serine	S3941, S4381
Fatty acids, total trans	S3941
18:2 t,t	S3941
Fatty acids, total trans-polyenoic	S3941
18:3 n-3 c,c,c	S3941
Ash	S3941
Calcium, Ca	S3941
Magnesium, Mg	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 867 of 3136

NDB No. 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

Selenium, Se	S3941
Vitamin E (alpha-tocopherol)	S3941
Vitamin B-6	S3941
Folate, total	S3941
Vitamin B-12	S3941
Folate, food	S3941
Betaine	S3941
Valine	S3941, S4381
Histidine	S3941, S4381
Proline	S3941, S4381
Cholesterol	S3941
Fatty acids, total saturated	S3941
14:0	S3941
20:0	S3941
Fatty acids, total polyunsaturated	S3941
18:1 t	S3941
Protein	S3941
Total lipid (fat)	S3941
Potassium, K	S3941
Copper, Cu	S3941
Isoleucine	S3941, S4381
Leucine	S3941, S4381
Methionine	S3941, S4381
Phenylalanine	S3941, S4381
Arginine	S3941, S4381
12:0	S3941
20:1	S3941
15:0	S3941

NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

Phosphorus, P	S3941
Tocopherol, gamma	S3941
Serine	S3941, S4381
8:0	S3941
20:3 undifferentiated	S3941
Magnesium, Mg	S3941

Reference Report

JUL-17-2008 02:00 PM

Page 868 of 3136

NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

Zinc, Zn	S3941
Selenium, Se	S3941
Aspartic acid	S3941, S4381
Glutamic acid	S3941, S4381
10:0	S3941
14:0	S3941
18:1 undifferentiated	S3941
18:2 undifferentiated	S3941
14:1	S3941
20:2 n-6 c,c	S3941
18:3 n-3 c,c,c	S3941
Ash	S3941
Water	S3941
Iron, Fe	S3941
Tocopherol, delta	S3941
Riboflavin	S3941
Methionine	S3941, S4381
Phenylalanine	S3941, S4381
Alanine	S3941, S4381
16:0	S3941
20:0	S3941
Fatty acids, total polyunsaturated	S3941
15:0	S3941
18:2 n-6 c,c	S3941
Fatty acids, total trans-monoenoic	S3941
15:1	S3941
Pantothenic acid	S3941
Tryptophan	S3941, S4381
Cholesterol	S3941
Fatty acids, total monounsaturated	S3941
Protein	S3941
Potassium, K	S3941
Vitamin E (alpha-tocopherol)	S3941
Choline, total	S3941
Isoleucine	S3941, S4381
Arginine	S3941, S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 869 of 3136

NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

Histidine	S3941, S4381
Proline	S3941, S4381
18:3 undifferentiated	S3941
22:0	S3941
17:0	S3941
18:1 c	S3941
Vitamin B-6	S3941
Threonine	S3941, S4381
12:0	S3941
16:1 undifferentiated	S3941
20:1	S3941
17:1	S3941
Fatty acids, total trans-polyenoic	S3941
Sodium, Na	S3941
Copper, Cu	S3941
Retinol	S3941
Vitamin B-12	S3941
Cystine	S3941, S4381
Tyrosine	S3941, S4381
18:0	S3941
18:2 t,t	S3941
18:3 n-6 c,c,c	S3941
Total lipid (fat)	S3941
Calcium, Ca	S3941
Manganese, Mn	S3941
Tocopherol, beta	S3941
Thiamin	S3941
Niacin	S3941
Folate, total	S3941
Folate, food	S3941
Betaine	S3941
Leucine	S3941, S4381
Lysine	S3941, S4381
Valine	S3941, S4381
Glycine	S3941, S4381
Fatty acids, total trans	S3941
Fatty acids, total saturated	S3941

Reference_Report

NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

20:4 undifferentiated	S3941
18:1 t	S3941

NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Magnesium, Mg	S3941
Copper, Cu	S3941
Tocopherol, gamma	S3941
Vitamin B-12	S3941
Isoleucine	S3941, S4381
Cystine	S3941, S4381
Valine	S3941, S4381
Arginine	S3941, S4381
Aspartic acid	S3941, S4381
Glutamic acid	S3941, S4381
Cholesterol	S3941
8:0	S3941
Fatty acids, total monounsaturated	S3941
20:2 n-6 c,c	S3941
17:1	S3941
20:3 undifferentiated	S3941
Fatty acids, total trans-monoenoic	S3941
Folate, total	S3941
Threonine	S3941, S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Alanine	S3941, S4381
Fatty acids, total trans	S3941
22:0	S3941
Fatty acids, total trans-polyenoic	S3941
Ash	S3941
Calcium, Ca	S3941
Fatty acids, total polyunsaturated	S3941
Potassium, K	S3941
Sodium, Na	S3941
Zinc, Zn	S3941

Reference Report

JUL-17-2008 02:00 PM

Page 871 of 3136

NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Selenium, Se	S3941
Tocopherol, delta	S3941
Pantothenic acid	S3941
Choline, total	S3941
Tyrosine	S3941, S4381
Glycine	S3941, S4381
Fatty acids, total saturated	S3941
18:2 undifferentiated	S3941
18:1 t	S3941
18:2 n-6 c,c	S3941
Protein	S3941
Phosphorus, P	S3941
Retinol	S3941
Niacin	S3941
Vitamin B-6	S3941
Betaine	S3941
Proline	S3941, S4381
12:0	S3941
14:0	S3941
16:0	S3941
18:0	S3941
18:3 n-3 c,c,c	S3941
Iron, Fe	S3941
Tocopherol, beta	S3941
Thiamin	S3941
10:0	S3941
18:3 undifferentiated	S3941
15:0	S3941
17:0	S3941
Total lipid (fat)	S3941
Riboflavin	S3941
Tryptophan	S3941, S4381
14:1	S3941
16:1 undifferentiated	S3941
Water	S3941
Manganese, Mn	S3941
Vitamin E (alpha-tocopherol)	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 872 of 3136

NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Folate, food	S3941
Leucine	S3941, S4381
Phenylalanine	S3941, S4381
Histidine	S3941, S4381
Serine	S3941, S4381
20:0	S3941
18:1 undifferentiated	S3941
20:4 undifferentiated	S3941
20:1	S3941
18:2 t,t	S3941
18:1 c	S3941
18:3 n-6 c,c,c	S3941
15:1	S3941

NDB No. 10069 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted

Copper, Cu	S3941
Histidine	S3941, S4381
Glycine	S3941, S4381
18:2 undifferentiated	S3941
15:0	S3941
17:0	S3941
18:3 n-6 c,c,c	S3941
17:1	S3941
Fatty acids, total trans-polyenoic	S3941
Iron, Fe	S3941
Thiamin	S3941
Alanine	S3941, S4381
Cholesterol	S3941
20:0	S3941
Fatty acids, total polyunsaturated	S3941
Total lipid (fat)	S3941
Selenium, Se	S3941
Tryptophan	S3941, S4381
Isoleucine	S3941, S4381
Serine	S3941, S4381
12:0	S3941

Reference Report

JUL-17-2008 02:00 PM

Page 873 of 3136

NDB No. 10069 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted

16:0	S3941
18:2 n-6 c,c	S3941
Fatty acids, total trans-monoenoic	S3941
15:1	S3941
Magnesium, Mg	S3941
Zinc, Zn	S3941
Manganese, Mn	S3941
Glutamic acid	S3941, S4381
Fatty acids, total saturated	S3941
20:4 undifferentiated	S3941
14:1	S3941
16:1 undifferentiated	S3941
Ash	S3941
Calcium, Ca	S3941
Phosphorus, P	S3941
Leucine	S3941, S4381
Phenylalanine	S3941, S4381
Arginine	S3941, S4381
18:0	S3941
Protein	S3941
Threonine	S3941, S4381
Valine	S3941, S4381
Aspartic acid	S3941, S4381
Fatty acids, total trans	S3941
18:1 undifferentiated	S3941
18:3 undifferentiated	S3941
22:0	S3941
20:2 n-6 c,c	S3941
18:1 c	S3941
18:3 n-3 c,c,c	S3941
Water	S3941
Riboflavin	S3941
Lysine	S3941, S4381
Cystine	S3941, S4381
Tyrosine	S3941, S4381
8:0	S3941
14:0	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 874 of 3136

NDB No. 10069 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted

Fatty acids, total monounsaturated	S3941
18:1 t	S3941
20:3 undifferentiated	S3941
Potassium, K	S3941
Sodium, Na	S3941
Niacin	S3941
Methionine	S3941, S4381
Proline	S3941, S4381
10:0	S3941
20:1	S3941
18:2 t,t	S3941

NDB No. 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Copper, Cu	S3941
Selenium, Se	S3941
Riboflavin	S3941
Leucine	S3941, S4381
Phenylalanine	S3941, S4381
14:1	S3941
17:1	S3941
20:3 undifferentiated	S3941
18:3 n-3 c,c,c	S3941
Ash	S3941
Potassium, K	S3941
Tyrosine	S3941, S4381
Alanine	S3941, S4381
Serine	S3941, S4381
Fatty acids, total saturated	S3941
12:0	S3941
18:2 undifferentiated	S3941
Fatty acids, total polyunsaturated	S3941
15:1	S3941
Magnesium, Mg	S3941
Phosphorus, P	S3941
Pantothenic acid	S3941
Betaine	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 875 of 3136

NDB No. 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Threonine	S3941, S4381
Cystine	S3941, S4381
Aspartic acid	S3941, S4381
18:1 t	S3941
18:2 t,t	S3941
20:2 n-6 c,c	S3941
Fatty acids, total trans-monoenoic	S3941
Protein	S3941
Zinc, Zn	S3941
Thiamin	S3941
Choline, total	S3941
16:0	S3941
15:0	S3941
18:2 n-6 c,c	S3941
Niacin	S3941
Vitamin B-12	S3941
Arginine	S3941, S4381
Cholesterol	S3941
Fatty acids, total trans	S3941
10:0	S3941
20:4 undifferentiated	S3941
18:1 c	S3941
Calcium, Ca	S3941
Iron, Fe	S3941
Fatty acids, total monounsaturated	S3941
17:0	S3941
Total lipid (fat)	S3941
Sodium, Na	S3941
Manganese, Mn	S3941
Tryptophan	S3941, S4381
Isoleucine	S3941, S4381
Lysine	S3941, S4381
Histidine	S3941, S4381
Glycine	S3941, S4381
Proline	S3941, S4381
8:0	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 876 of 3136

NDB No. 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw

20:0	S3941
18:1 undifferentiated	S3941
18:3 undifferentiated	S3941
Fatty acids, total trans-polyenoic	S3941
Water	S3941
Vitamin B-6	S3941
Methionine	S3941, S4381
Valine	S3941, S4381
Glutamic acid	S3941, S4381
14:0	S3941
18:0	S3941
22:0	S3941
16:1 undifferentiated	S3941
20:1	S3941
18:3 n-6 c,c,c	S3941

NDB No. 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Total lipid (fat)	S3941
Ash	S3941
Water	S3941
Iron, Fe	S3941
Choline, total	S3941
Leucine	S3941, S4381
12:0	S3941
18:1 undifferentiated	S3941
18:3 undifferentiated	S3941
22:0	S3941
Fatty acids, total monounsaturated	S3941
Fatty acids, total polyunsaturated	S3941
18:1 t	S3941
Potassium, K	S3941
Tyrosine	S3941, S4381
Histidine	S3941, S4381
Fatty acids, total trans-polyenoic	S3941
Sodium, Na	S3941
Selenium, Se	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 877 of 3136

NDB No. 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Betaine	S3941
Valine	S3941, S4381
Fatty acids, total saturated	S3941
16:0	S3941
18:0	S3941
18:2 undifferentiated	S3941
14:1	S3941
18:2 t,t	S3941
18:2 n-6 c,c	S3941
17:1	S3941
Niacin	S3941
Methionine	S3941, S4381
Aspartic acid	S3941, S4381
Proline	S3941, S4381
18:3 n-3 c,c,c	S3941
Zinc, Zn	S3941
Thiamin	S3941
Riboflavin	S3941
Tryptophan	S3941, S4381
Threonine	S3941, S4381
Fatty acids, total trans	S3941
14:0	S3941
16:1 undifferentiated	S3941
20:3 undifferentiated	S3941
Phosphorus, P	S3941
Isoleucine	S3941, S4381
Phenylalanine	S3941, S4381
Serine	S3941, S4381
Cholesterol	S3941
8:0	S3941
20:4 undifferentiated	S3941
18:1 c	S3941
Protein	S3941
Magnesium, Mg	S3941
Copper, Cu	S3941
Manganese, Mn	S3941
Vitamin B-12	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 878 of 3136

NDB No. 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Cystine	S3941, S4381
Arginine	S3941, S4381
Glutamic acid	S3941, S4381
10:0	S3941
20:0	S3941
20:1	S3941
15:0	S3941
17:0	S3941
18:3 n-6 c,c,c	S3941
Calcium, Ca	S3941
Pantothenic acid	S3941
Vitamin B-6	S3941
Lysine	S3941, S4381
Alanine	S3941, S4381
Glycine	S3941, S4381
20:2 n-6 c,c	S3941
Fatty acids, total trans-monoenoic	S3941
15:1	S3941

NDB No. 10088 Pork, fresh, spareribs, separable lean and fat, raw

Protein	S3941
Phosphorus, P	S3941
Manganese, Mn	S3941
Threonine	S3941, S4381
Calcium, Ca	S3941
Zinc, Zn	S3941
Potassium, K	S3941
Selenium, Se	S3941
Isoleucine	S3941, S4381
Leucine	S3941, S4381
Methionine	S3941, S4381
Proline	S3941, S4381
Total lipid (fat)	S3941
Cystine	S3941, S4381
Serine	S3941, S4381
Iron, Fe	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 879 of 3136

NDB No. 10088 Pork, fresh, spareribs, separable lean and fat, raw

Valine	S3941, S4381
Glutamic acid	S3941, S4381
Water	S3941
Magnesium, Mg	S3941
Sodium, Na	S3941
Copper, Cu	S3941
Tryptophan	S3941, S4381
Tyrosine	S3941, S4381
Arginine	S3941, S4381
Aspartic acid	S3941, S4381
Ash	S3941
Phenylalanine	S3941, S4381
Histidine	S3941, S4381
Glycine	S3941, S4381
Lysine	S3941, S4381
Alanine	S3941, S4381

NDB No. 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

Folate, total	S1166
---------------	-------

NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw

Total lipid (fat)	S1581
Selenium, Se	S1581
Pantothenic acid	S1581
14:0	S1581
16:0	S1581
15:1	S1581
Sodium, Na	S1581
Copper, Cu	S1581
Lycopene	S1581
Tocopherol, delta	S1581
Riboflavin	S1581
Fatty acids, total saturated	S1581
18:0	S1581
16:1 undifferentiated	S1581
20:1	S1581

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 880 of 3136

NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw

20:2 n-6 c,c	S1581
20:3 undifferentiated	S1581
Water	S1581
Iron, Fe	S1581
Phosphorus, P	S1581
Manganese, Mn	S1581
Carotene, beta	S1581
Tocopherol, gamma	S1581
Thiamin	S1581
Folate, total	S1581
Fatty acids, total trans	S1581
15:0	S1581
Ash	S1581
Niacin	S1581
Vitamin B-6	S1581
Cholesterol	S1581
12:0	S1581
18:1 undifferentiated	S1581
20:4 undifferentiated	S1581
Protein	S1581
Calcium, Ca	S1581
Retinol	S1581
8:0	S1581
14:1	S1581
17:0	S1581
Tocopherol, beta	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
10:0	S1581
20:0	S1581
Fatty acids, total polyunsaturated	S1581
Zinc, Zn	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Vitamin C, total ascorbic acid	S1581
18:2 undifferentiated	S1581

Reference_Report

NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw

22:0	S1581
18:3 n-6 c,c,c	S1581
18:3 n-3 c,c,c	S1581
Magnesium, Mg	S1581
Potassium, K	S1581
Fatty acids, total monounsaturated	S1581

NDB No. 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

Ash	S1581
Iron, Fe	S1581
Zinc, Zn	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, delta	S1581
Pantothenic acid	S1581
Fatty acids, total trans	S1581
18:0	S1581
22:0	S1581
Fatty acids, total monounsaturated	S1581
Manganese, Mn	S1581
Niacin	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:1	S1581
17:0	S1581
Copper, Cu	S1581
Tocopherol, beta	S1581
16:0	S1581
16:1 undifferentiated	S1581
18:3 n-6 c,c,c	S1581
Protein	S1581
Total lipid (fat)	S1581
Phosphorus, P	S1581
Sodium, Na	S1581
Selenium, Se	S1581
Tocopherol, gamma	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 882 of 3136

NDB No. 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

8:0	S1581
14:0	S1581
20:0	S1581
20:4 undifferentiated	S1581
15:0	S1581
20:2 n-6 c,c	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581
Vitamin B-12	S1581
14:1	S1581
Calcium, Ca	S1581
Retinol	S1581
Vitamin B-6	S1581
Folate, total	S1581
12:0	S1581
Water	S1581
Thiamin	S1581
Riboflavin	S1581
10:0	S1581
20:3 undifferentiated	S1581
Magnesium, Mg	S1581
Potassium, K	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total saturated	S1581
Fatty acids, total polyunsaturated	S1581

NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw

Thiamin	S1581
Niacin	S1581
Cholesterol	S1581
18:0	S1581
18:3 n-3 c,c,c	S1581
Total lipid (fat)	S1581
Ash	S1581
Potassium, K	S1581

NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw

Lycopene	S1581
Tocopherol, beta	S1581
Fatty acids, total saturated	S1581
20:1	S1581
Iron, Fe	S1581
Phosphorus, P	S1581
Copper, Cu	S1581
Fatty acids, total trans	S1581
14:0	S1581
18:1 undifferentiated	S1581
22:0	S1581
20:3 undifferentiated	S1581
Protein	S1581
Retinol	S1581
Carotene, beta	S1581
Vitamin C, total ascorbic acid	S1581
Pantothenic acid	S1581
8:0	S1581
14:1	S1581
17:0	S1581
15:1	S1581
Vitamin K (phylloquinone)	S1581
10:0	S1581
Calcium, Ca	S1581
Magnesium, Mg	S1581
Sodium, Na	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
Carotene, alpha	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Riboflavin	S1581
Vitamin B-6	S1581
Folate, total	S1581
12:0	S1581

Reference_Report

NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw

16:0	S1581
20:0	S1581
18:2 undifferentiated	S1581
20:2 n-6 c,c	S1581
Water	S1581
Zinc, Zn	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Vitamin B-12	S1581
20:4 undifferentiated	S1581
16:1 undifferentiated	S1581
15:0	S1581
18:3 n-6 c,c,c	S1581

NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw

Total lipid (fat)	S1581
Manganese, Mn	S1581
Folate, total	S1581
Fatty acids, total saturated	S1581
14:0	S1581
18:3 n-3 c,c,c	S1581
Sodium, Na	S1581
Tocopherol, gamma	S1581
Fatty acids, total trans	S1581
18:0	S1581
18:3 n-6 c,c,c	S1581
Protein	S1581
Phosphorus, P	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Vitamin B-6	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
10:0	S1581
17:0	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 885 of 3136

NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw

20:2 n-6 c,c	S1581
20:3 undifferentiated	S1581
Water	S1581
Magnesium, Mg	S1581
Tocopherol, beta	S1581
Tocopherol, delta	S1581
Niacin	S1581
8:0	S1581
12:0	S1581
20:4 undifferentiated	S1581
20:1	S1581
Calcium, Ca	S1581
Vitamin B-12	S1581
18:1 undifferentiated	S1581
15:1	S1581
Ash	S1581
Iron, Fe	S1581
22:0	S1581
Zinc, Zn	S1581
Thiamin	S1581
Riboflavin	S1581
20:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
Potassium, K	S1581
Copper, Cu	S1581
Pantothenic acid	S1581
16:0	S1581
18:2 undifferentiated	S1581
Fatty acids, total monounsaturated	S1581
15:0	S1581

NDB No. 10123 Pork, cured, bacon, raw

Water	S1082
Phosphorus, P	S1082

Reference_Report

NDB No. 10123 Pork, cured, bacon, raw

Leucine	S1082
17:1	S1082
Sodium, Na	S1082
Choline, total	S1166
Tryptophan	S1082
Tyrosine	S1082
Arginine	S1082
Serine	S1082
14:0	S1082
20:0	S1082
15:0	S1082
20:3 undifferentiated	S1082
15:1	S1082
Protein	S1082
Calcium, Ca	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Folate, total	S1166
Vitamin K (phylloquinone)	S1166
Lysine	S1082
Valine	S1082
Glycine	S1082
Hydroxyproline	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082
18:3 n-6 c,c,c	S1082
18:3 n-3 c,c,c	S1082
Niacin	S1082
Pantothenic acid	S1082
Cystine	S1082
Glutamic acid	S1082
16:1 undifferentiated	S1082
Iron, Fe	S1082
Retinol	S1082
Riboflavin	S1082
Betaine	S1166

Reference Report

JUL-17-2008 02:00 PM

Page 887 of 3136

NDB No. 10123 Pork, cured, bacon, raw

8:0	S1082
18:0	S1082
20:4 undifferentiated	S1082
18:2 n-6 c,c	S1082
Ash	S1082
Magnesium, Mg	S1082
Manganese, Mn	S1082
Tocopherol, delta	S1166
Thiamin	S1082
Vitamin B-12	S1082
Methionine	S1082
Histidine	S1082
18:1 undifferentiated	S1082
22:0	S1082
Potassium, K	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Fluoride, F	D5021
Tocopherol, gamma	S1166
Threonine	S1082
Isoleucine	S1082
Phenylalanine	S1082
Alanine	S1082
14:1	S1082
20:1	S1082
17:0	S1082
20:2 n-6 c,c	S1082
Total lipid (fat)	S1082
Selenium, Se	S1082
Vitamin B-6	S1082
Aspartic acid	S1082
Proline	S1082
Cholesterol	S1082
16:0	S1082

NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Reference_Report

NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Total lipid (fat)	S1082
Magnesium, Mg	S1082
Niacin	S1082
Pantothenic acid	S1082
Methionine	S1082
Valine	S1082
Arginine	S1082
17:0	S1082
Ash	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Isoleucine	S1082
Proline	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
15:0	S1082
18:3 n-3 c,c,c	S1082
Water	S1082
Sodium, Na	S1082
Copper, Cu	S1082
Vitamin B-12	S1082
Phenylalanine	S1082
Tyrosine	S1082
8:0	S1082
10:0	S1082
18:1 undifferentiated	S1082
20:2 n-6 c,c	S1082
Tocopherol, delta	S1166
Folate, total	S1166
Vitamin K (phylloquinone)	S1166
Histidine	S1082
18:0	S1082
20:4 undifferentiated	S1082
18:3 n-6 c,c,c	S1082
15:1	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 889 of 3136

NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Potassium, K	S1082
Fluoride, F	D5001, D5301, D5007
Vitamin B-6	S1082
Leucine	S1082
Aspartic acid	S1082
Glycine	S1082
Serine	S1082
Fatty acids, total trans	S1082
17:1	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Manganese, Mn	S1082
Tocopherol, beta	S1166
Riboflavin	S1082
Lysine	S1082
14:0	S1082
16:0	S1082
20:0	S1082
20:1	S1082
Threonine	S1082
Cholesterol	S1082
12:0	S1082
20:3 undifferentiated	S1082
Protein	S1082
Phosphorus, P	S1082
Zinc, Zn	S1082
Tocopherol, gamma	S1166
Thiamin	S1082
Tryptophan	S1082
Cystine	S1082
Alanine	S1082
Glutamic acid	S1082
18:2 n-6 c,c	S1082

NDB No. 10132 Pork, cured, feet, pickled

Fructose	S3301
----------	-------

NDB No. 10132 Pork, cured, feet, pickled

Maltose	S3301
Water	S3301
Zinc, Zn	S3301
Folate, total	S3301
Vitamin K (phylloquinone)	S3301
12:0	S3301
20:4 undifferentiated	S3301
16:1 undifferentiated	S3301
20:1	S3301
17:1	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Manganese, Mn	S3301
Retinol	S3301
Thiamin	S3301
Niacin	S3301
Pantothenic acid	S3301
Folic acid	S3301
18:0	S3301
20:2 n-6 c,c	S3301
Glucose (dextrose)	S3301
Sodium, Na	S3301
Copper, Cu	S3301
Selenium, Se	S3301
Folate, food	S3301
14:0	S3301
18:3 n-6 c,c,c	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301
Magnesium, Mg	S3301
Tocopherol, delta	S3301
Riboflavin	S3301
Cholesterol	S3301
16:0	S3301
20:0	S3301
18:1 c	S3301
Ash	S3301

NDB No. 10132 Pork, cured, feet, pickled

Tocopherol, beta	S3301
17:0	S3301
Sucrose	S3301
Galactose	S3301
Iron, Fe	S3301
Tocopherol, gamma	S3301
Vitamin B-12	S3301
22:0	S3301
18:1 t	S3301
Total lipid (fat)	S3301
14:1	S3301
18:2 t,t	S3301
18:2 n-6 c,c	S3301
20:3 undifferentiated	S3301
Lactose	S3301
Vitamin E (alpha-tocopherol)	S3301
Vitamin B-6	S3301
8:0	S3301
10:0	S3301
15:0	S3301

NDB No. 10151 Pork, cured, ham, whole, separable lean and fat, roasted

Fluoride, F	D5001, D5007, D5021
-------------	---------------------

NDB No. 10158 USDA Commodity, pork, canned

Selenium, Se	S3544
Niacin	S3544
Hydroxyproline	S3544
8:0	S3544
12:0	S3544
18:1 undifferentiated	S3544
18:4	S3544
20:5 n-3	S3544
15:0	S3544
24:0	S3544
21:5	S3544

Reference Report

JUL-17-2008 02:00 PM

Page 892 of 3136

NDB No. 10158 USDA Commodity, pork, canned

Vitamin K (phylloquinone)	S3544
Folate, food	S3544
Cholesterol	S3544
16:0	S3544
22:5 n-3	S3544
24:1 c	S3544
15:1	S3544
Ash	S3544
Calcium, Ca	S3544
Water	S3544
Potassium, K	S3544
Copper, Cu	S3544
Fatty acids, total saturated	S3544
10:0	S3544
14:0	S3544
22:6 n-3	S3544
22:0	S3544
Fatty acids, total monounsaturated	S3544
17:0	S3544
Iron, Fe	S3544
Magnesium, Mg	S3544
Riboflavin	S3544
Choline, total	S3544
20:0	S3544
18:2 undifferentiated	S3544
16:1 undifferentiated	S3544
22:1 undifferentiated	S3544
22:4	S3544
Protein	S3544
Sodium, Na	S3544
Zinc, Zn	S3544
Vitamin B-6	S3544
18:3 undifferentiated	S3544
14:1	S3544
20:1	S3544
17:1	S3544
Tocopherol, beta	S3544

Reference_Report

NDB No. 10158 USDA Commodity, pork, canned

Thiamin	S3544
Folate, total	S3544
Folic acid	S3544
20:4 undifferentiated	S3544
Fatty acids, total polyunsaturated	S3544
Total lipid (fat)	S3544
Phosphorus, P	S3544
Manganese, Mn	S3544
Vitamin E (alpha-tocopherol)	S3544
Tocopherol, gamma	S3544
Tocopherol, delta	S3544
Pantothenic acid	S3544
Vitamin B-12	S3544
Betaine	S3544
18:0	S3544
20:2 n-6 c,c	S3544
20:3 undifferentiated	S3544

NDB No. 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered

Total lipid (fat)	S1581
Phosphorus, P	S1581
Carotene, alpha	S1581
Vitamin K (phylloquinone)	S1581
Fatty acids, total saturated	S1581
Calcium, Ca	S1581
Magnesium, Mg	S1581
Copper, Cu	S1581
Cryptoxanthin, beta	S1581
Cholesterol	S1581
18:2 undifferentiated	S1581
14:1	S1581
Fatty acids, total monounsaturated	S1581
Zinc, Zn	S1581
Manganese, Mn	S1581
Pantothenic acid	S1581
10:0	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 894 of 3136

NDB No. 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered

18:0	S1581
20:0	S1581
22:0	S1581
Ash	S1581
Potassium, K	S1581
Sodium, Na	S1581
Lycopene	S1581
Vitamin B-6	S1581
Fatty acids, total trans	S1581
18:3 n-6 c,c,c	S1581
Protein	S1581
Selenium, Se	S1581
Carotene, beta	S1581
Vitamin E (alpha-tocopherol)	S1581
Riboflavin	S1581
18:1 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
18:3 n-3 c,c,c	S1581
Iron, Fe	S1581
Tocopherol, delta	S1581
Folate, total	S1581
16:0	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
20:3 undifferentiated	S1581
Water	S1581
Tocopherol, gamma	S1581
Thiamin	S1581
Niacin	S1581
Vitamin B-12	S1581
12:0	S1581
14:0	S1581
16:1 undifferentiated	S1581
15:1	S1581
Retinol	S1581
Tocopherol, beta	S1581

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 895 of 3136

NDB No. 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered

Vitamin C, total ascorbic acid	S1581
8:0	S1581
20:4 undifferentiated	S1581
20:1	S1581

NDB No. 10188 Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked

Fluoride, F	D5001, D5007
-------------	--------------

NDB No. 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw

Sodium, Na	S3941
Zinc, Zn	S3941
Phenylalanine	S3941, S4381
Tyrosine	S3941, S4381
Ash	S3941
Isoleucine	S3941, S4381
Lysine	S3941, S4381
Cystine	S3941, S4381
Arginine	S3941, S4381
Histidine	S3941, S4381
Proline	S3941, S4381
Total lipid (fat)	S3941
Magnesium, Mg	S3941
Tryptophan	S3941, S4381
Threonine	S3941, S4381
Leucine	S3941, S4381
Phosphorus, P	S3941
Alanine	S3941, S4381
Aspartic acid	S3941, S4381
Calcium, Ca	S3941
Methionine	S3941, S4381
Iron, Fe	S3941
Manganese, Mn	S3941
Selenium, Se	S3941
Glutamic acid	S3941, S4381
Serine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 896 of 3136

NDB No. 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw

Protein	S3941
Potassium, K	S3941
Glycine	S3941, S4381
Water	S3941
Copper, Cu	S3941
Valine	S3941, S4381

NDB No. 10208 Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised

Magnesium, Mg	S3941
Phosphorus, P	S3941
Potassium, K	S3941
Threonine	S3941, S4381
Cystine	S3941, S4381
Aspartic acid	S3941, S4381
Glutamic acid	S3941, S4381
Fatty acids, total trans	S3941
18:1 undifferentiated	S3941
22:0	S3941
Fatty acids, total trans-monoenoic	S3941
18:3 n-3 c,c,c	S3941
Total lipid (fat)	S3941
Tryptophan	S3941, S4381
Lysine	S3941, S4381
18:1 c	S3941
Ash	S3941
Iron, Fe	S3941
Zinc, Zn	S3941
Thiamin	S3941
Isoleucine	S3941, S4381
Leucine	S3941, S4381
Methionine	S3941, S4381
Histidine	S3941, S4381
14:0	S3941
18:0	S3941
16:1 undifferentiated	S3941
18:1 t	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 897 of 3136

NDB No. 10208 Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised

Protein	S3941
Selenium, Se	S3941
Riboflavin	S3941
Valine	S3941, S4381
Fatty acids, total saturated	S3941
16:0	S3941
18:2 undifferentiated	S3941
20:1	S3941
17:0	S3941
18:2 n-6 c,c	S3941
15:1	S3941
Serine	S3941, S4381
20:0	S3941
18:3 n-6 c,c,c	S3941
20:3 undifferentiated	S3941
Fatty acids, total trans-polyenoic	S3941
Sodium, Na	S3941
Niacin	S3941
Tyrosine	S3941, S4381
Arginine	S3941, S4381
12:0	S3941
Fatty acids, total monounsaturated	S3941
Fatty acids, total polyunsaturated	S3941
Calcium, Ca	S3941
Phenylalanine	S3941, S4381
Glycine	S3941, S4381
10:0	S3941
18:3 undifferentiated	S3941
20:4 undifferentiated	S3941
15:0	S3941
20:2 n-6 c,c	S3941
Water	S3941
Copper, Cu	S3941
Manganese, Mn	S3941
Alanine	S3941, S4381
Proline	S3941, S4381
Cholesterol	S3941

Reference_Report

NDB No. 10208 Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised

8:0	S3941
14:1	S3941
18:2 t,t	S3941
17:1	S3941

NDB No. 10225 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw

Protein	S3941
Total lipid (fat)	S3941
Manganese, Mn	S3941
Tryptophan	S3941, S4381
Leucine	S3941, S4381
Glutamic acid	S3941, S4381
Glycine	S3941, S4381
Water	S3941
Iron, Fe	S3941
Copper, Cu	S3941
Selenium, Se	S3941
Isoleucine	S3941, S4381
Calcium, Ca	S3941
Sodium, Na	S3941
Threonine	S3941, S4381
Lysine	S3941, S4381
Serine	S3941, S4381
Ash	S3941
Alanine	S3941, S4381
Magnesium, Mg	S3941
Phosphorus, P	S3941
Potassium, K	S3941
Aspartic acid	S3941, S4381
Zinc, Zn	S3941
Methionine	S3941, S4381
Cystine	S3941, S4381
Phenylalanine	S3941, S4381
Tyrosine	S3941, S4381
Valine	S3941, S4381
Arginine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 899 of 3136

NDB No. 10225 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw

Histidine	S3941, S4381
Proline	S3941, S4381

NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled

Ash	S1082
Iron, Fe	S1082
Copper, Cu	S1082
Riboflavin	S1082
Choline, total	S1082
16:0	S1082
22:0	S1082
15:1	S1082
Zinc, Zn	S1082
Tocopherol, beta	S1166
Vitamin K (phylloquinone)	S1082
Lysine	S1082
Phenylalanine	S1082
4:0	S1082
20:4 undifferentiated	S1082
20:3 undifferentiated	S1082
Total lipid (fat)	S1166, S1082
Water	S1166, S1082
Magnesium, Mg	S1082
Vitamin E (alpha-tocopherol)	S1166
Niacin	S1082
Folate, total	S1166
Isoleucine	S1082
Arginine	S1082
20:1	S1082
17:0	S1082
18:3 n-3 c,c,c	S1082
Phosphorus, P	S1082
Retinol	S1082
Threonine	S1082
Cystine	S1082
Tyrosine	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 900 of 3136

NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled

20:0	S1082
16:1 undifferentiated	S1082
18:3 n-6 c,c,c	S1082
Calcium, Ca	S1082
Potassium, K	S1082
Manganese, Mn	S1082
Vitamin B-6	S1082
Methionine	S1082
Valine	S1082
Histidine	S1082
Glutamic acid	S1082
Glycine	S1082
14:0	S1082
18:1 undifferentiated	S1082
15:0	S1082
18:2 n-6 c,c	S1082
17:1	S1082
Selenium, Se	S1082
Tocopherol, delta	S1166
Pantothenic acid	S1082
Serine	S1082
8:0	S1082
Leucine	S1082
Fatty acids, total trans	S1082
12:0	S1082
18:0	S1082
Protein	S1082
Sodium, Na	S1082
Tocopherol, gamma	S1166
Thiamin	S1082
Vitamin B-12	S1082
Betaine	S1082
Tryptophan	S1082
Alanine	S1082
Aspartic acid	S1082
Proline	S1082
Cholesterol	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 901 of 3136

NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled

6:0	S1082
10:0	S1082
14:1	S1082
20:2 n-6 c,c	S1082

NDB No. 10860 Pork, cured, bacon, cooked, baked

Iron, Fe	S1082
Zinc, Zn	S1082
Choline, total	S1082
Betaine	S1082
Leucine	S1082
20:0	S1082
14:1	S1082
20:3 undifferentiated	S1082
Potassium, K	S1082
Threonine	S1082
Isoleucine	S1082
Methionine	S1082
Cystine	S1082
Aspartic acid	S1082
Fatty acids, total trans	S1082
12:0	S1082
16:0	S1082
18:1 undifferentiated	S1082
18:2 n-6 c,c	S1082
Protein	S1082
Magnesium, Mg	S1082
Thiamin	S1082
Folate, total	S1166
Arginine	S1082
22:0	S1082
15:0	S1082
17:1	S1082
Ash	S1082
Water	S1082
Phosphorus, P	S1082

NDB No. 10860 Pork, cured, bacon, cooked, baked

Copper, Cu	S1082
Selenium, Se	S1082
Riboflavin	S1082
Glutamic acid	S1082
20:4 undifferentiated	S1082
15:1	S1082
Retinol	S1082
Tocopherol, delta	S1166
Vitamin B-6	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Histidine	S1082
10:0	S1082
17:0	S1082
18:3 n-6 c,c,c	S1082
Sodium, Na	S1082
Manganese, Mn	S1082
Tocopherol, gamma	S1166
Pantothenic acid	S1082
Lysine	S1082
Alanine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
8:0	S1082
20:2 n-6 c,c	S1082
Total lipid (fat)	S1082
Calcium, Ca	S1082
Niacin	S1082
Phenylalanine	S1082
14:0	S1082
18:0	S1082
18:3 n-3 c,c,c	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Vitamin B-12	S1082
Tyrosine	S1082

NDB No. 10860 Pork, cured, bacon, cooked, baked

Valine	S1082
Glycine	S1082
4:0	S1082
16:1 undifferentiated	S1082
20:1	S1082

NDB No. 10861 Pork, cured, bacon, cooked, microwaved

Pantothenic acid	S1082
Betaine	S1082
Tyrosine	S1082
Histidine	S1082
Serine	S1082
Ash	S1082
Sodium, Na	S1082
Niacin	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Methionine	S1082
Arginine	S1082
Alanine	S1082
Fatty acids, total trans	S1082
16:1 undifferentiated	S1082
Water	S1082
Magnesium, Mg	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Tocopherol, gamma	S1166, S502
Thiamin	S1082
Folate, total	S1166, S502
Leucine	S1082
Cystine	S1082
Valine	S1082
Glutamic acid	S1082
Proline	S1082
Cholesterol	S1082
18:0	S1082

NDB No. 10861 Pork, cured, bacon, cooked, microwaved

20:1	S1082
17:1	S1082
Total lipid (fat)	S1082
Calcium, Ca	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Tocopherol, beta	S1166, S502
Choline, total	S1082
Lysine	S1082
Phenylalanine	S1082
Aspartic acid	S1082
12:0	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
Tocopherol, delta	S1166, S502
Isoleucine	S1082
4:0	S1082
10:0	S1082
14:0	S1082
16:0	S1082
20:4 undifferentiated	S1082
Iron, Fe	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Glycine	S1082
14:1	S1082
15:1	S1082
Protein	S1082
Tryptophan	S1082
Threonine	S1082
8:0	S1082
18:1 undifferentiated	S1082
22:0	S1082
Zinc, Zn	S1082
Riboflavin	S1082

NDB No. 10861 Pork, cured, bacon, cooked, microwaved

Vitamin B-6	S1082
20:0	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
20:3 undifferentiated	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10862 Pork, cured, bacon, cooked, pan-fried

Protein	S1082
Iron, Fe	S1082
Lysine	S1082
Phenylalanine	S1082
Alanine	S1082
Aspartic acid	S1082
Proline	S1082
Serine	S1082
10:0	S1082
Water	S1082
Potassium, K	S1082
Retinol	S1082
Tocopherol, gamma	S1166
Thiamin	S1082
Pantothenic acid	S1082
Folate, total	S1166
Threonine	S1082
Leucine	S1082
14:0	S1082
14:1	S1082
18:2 n-6 c,c	S1082
Phosphorus, P	S1082
Vitamin B-6	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
12:0	S1082
16:1 undifferentiated	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 906 of 3136

NDB No. 10862 Pork, cured, bacon, cooked, pan-fried

18:3 n-3 c,c,c	S1082
Calcium, Ca	S1082
Zinc, Zn	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Niacin	S1082
Glutamic acid	S1082
16:0	S1082
22:0	S1082
20:1	S1082
17:1	S1082
Ash	S1082
Magnesium, Mg	S1082
Choline, total	S1082
Tryptophan	S1082
Glycine	S1082
Fatty acids, total trans	S1082
20:2 n-6 c,c	S1082
Vitamin E (alpha-tocopherol)	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Betaine	S1082
Isoleucine	S1082
Methionine	S1082
8:0	S1082
18:1 undifferentiated	S1082
17:0	S1082
18:3 n-6 c,c,c	S1082
20:3 undifferentiated	S1082
Total lipid (fat)	S1082
Sodium, Na	S1082
Riboflavin	S1082
Tyrosine	S1082
20:0	S1082
20:4 undifferentiated	S1082
15:1	S1082
Copper, Cu	S1082

Reference_Report

NDB No. 10862 Pork, cured, bacon, cooked, pan-fried

Tocopherol, beta	S1166
Tocopherol, delta	S1166
Cystine	S1082
Cholesterol	S1082
18:0	S1082
15:0	S1082

NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Magnesium, Mg	S1581
Sodium, Na	S1581
Cholesterol	S1581
10:0	S1581
20:2 n-6 c,c	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Lycopene	S1581
8:0	S1581
14:1	S1581
Fatty acids, total monounsaturated	S1581
17:0	S1581
Ash	S1581
Riboflavin	S1581
18:1 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
Protein	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Carotene, alpha	S1581
Tocopherol, beta	S1581
Thiamin	S1581
Vitamin K (phylloquinone)	S1581
14:0	S1581
18:0	S1581
18:2 undifferentiated	S1581
22:0	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 908 of 3136

NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered

20:3 undifferentiated	S1581
Water	S1581
Iron, Fe	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Retinol	S1581
Carotene, beta	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Vitamin B-12	S1581
16:1 undifferentiated	S1581
15:1	S1581
Tocopherol, gamma	S1581
Fatty acids, total saturated	S1581
20:1	S1581
Calcium, Ca	S1581
Vitamin C, total ascorbic acid	S1581
Niacin	S1581
Fatty acids, total trans	S1581
16:0	S1581
20:4 undifferentiated	S1581
18:3 n-3 c,c,c	S1581
Total lipid (fat)	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Tocopherol, delta	S1581
Folate, total	S1581
12:0	S1581
20:0	S1581
18:3 n-6 c,c,c	S1581

NDB No. 10864 Pork, bacon, rendered fat, cooked

Riboflavin	S1082
14:0	S1082
16:1 undifferentiated	S1082
Fatty acids, total monounsaturated	S1082

Reference_Report

NDB No. 10864 Pork, bacon, rendered fat, cooked

15:0	S1082
17:0	S1082
18:2 n-6 c,c	S1082
Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Potassium, K	S1082
Sodium, Na	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Niacin	S1082
Cholesterol	S1082
16:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
18:3 n-6 c,c,c	S1082
Vitamin B-6	S1082
4:0	S1082
18:0	S1082
20:0	S1082
14:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
10:0	S1082
12:0	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:1	S1082
Iron, Fe	S1082
Retinol	S1082
Vitamin B-12	S1082
Betaine	S1082
Fatty acids, total polyunsaturated	S1082
Choline, total	S1082

NDB No. 10864 Pork, bacon, rendered fat, cooked

Fatty acids, total saturated	S1082
8:0	S1082
22:0	S1082
20:2 n-6 c,c	S1082
18:3 n-3 c,c,c	S1082
Calcium, Ca	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Thiamin	S1082
Fatty acids, total trans	S1082
17:1	S1082
Pantothenic acid	S1082

NDB No. 10865 Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted

Protein	S3301
Ash	S3301
Calcium, Ca	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin B-6	S3301
Vitamin K (phylloquinone)	S3301
Folate, food	S3301
Tryptophan	S3301
14:0	S3301
16:1 undifferentiated	S3301
Potassium, K	S3301
Folate, total	S3301
Glutamic acid	S3301
15:0	S3301
Magnesium, Mg	S3301
Manganese, Mn	S3301
Tocopherol, gamma	S3301
Riboflavin	S3301
Pantothenic acid	S3301
Vitamin B-12	S3301
Lysine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 911 of 3136

NDB No. 10865 Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted

Glycine	S3301
18:0	S3301
22:0	S3301
18:1 c	S3301
20:3 undifferentiated	S3301
18:3 n-3 c,c,c	S3301
Folic acid	S3301
Betaine	S3301
Threonine	S3301
Cystine	S3301
Valine	S3301
14:1	S3301
18:2 t,t	S3301
18:2 CLAs	S3301
Fructose	S3301
Lactose	S3301
Water	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Isoleucine	S3301
Phenylalanine	S3301
Histidine	S3301
Proline	S3301
20:1	S3301
17:1	S3301
15:1	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Arginine	S3301
Serine	S3301
Cholesterol	S3301
20:0	S3301
18:1 t	S3301
20:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
Sucrose	S3301
Maltose	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 912 of 3136

NDB No. 10865 Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted

Galactose	S3301
Iron, Fe	S3301
Phosphorus, P	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Tyrosine	S3301
Alanine	S3301
Aspartic acid	S3301
10:0	S3301
12:0	S3301
16:0	S3301
20:4 undifferentiated	S3301
17:0	S3301
Total lipid (fat)	S3301
Glucose (dextrose)	S3301
Sugars, total	S3301
Copper, Cu	S3301
Niacin	S3301
Choline, total	S3301
Leucine	S3301
Methionine	S3301
8:0	S3301
18:2 n-6 c,c	S3301

NDB No. 10866 Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated

Magnesium, Mg	S3301
Selenium, Se	S3301
Riboflavin	S3301
Tryptophan	S3301
Isoleucine	S3301
Leucine	S3301
Alanine	S3301
Serine	S3301
Protein	S3301
Niacin	S3301
Arginine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 913 of 3136

NDB No. 10866 Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated

Glutamic acid	S3301
Ash	S3301
Iron, Fe	S3301
Pantothenic acid	S3301
Tyrosine	S3301
Proline	S3301
Calcium, Ca	S3301
Phosphorus, P	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Vitamin B-6	S3301
Lysine	S3301
Cystine	S3301
Histidine	S3301
Threonine	S3301
Methionine	S3301
Aspartic acid	S3301
Cholesterol	S3301
Water	S3301
Potassium, K	S3301
Copper, Cu	S3301
Vitamin B-12	S3301
Valine	S3301
Glycine	S3301
Thiamin	S3301
Phenylalanine	S3301
Total lipid (fat)	S3301
Manganese, Mn	S3301

NDB No. 10867 Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted

Fructose	S3301
Potassium, K	S3301
Vitamin B-6	S3301
Serine	S3301
12:0	S3301
22:0	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 914 of 3136

NDB No. 10867 Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted

20:2 n-6 c,c	S3301
Iron, Fe	S3301
Phosphorus, P	S3301
Copper, Cu	S3301
Selenium, Se	S3301
Tocopherol, beta	S3301
Pantothenic acid	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
10:0	S3301
14:0	S3301
16:0	S3301
15:0	S3301
18:2 t,t	S3301
18:2 n-6 c,c	S3301
20:3 undifferentiated	S3301
Galactose	S3301
Magnesium, Mg	S3301
Zinc, Zn	S3301
Vitamin E (alpha-tocopherol)	S3301
Lysine	S3301
Methionine	S3301
Glycine	S3301
20:0	S3301
20:1	S3301
Total lipid (fat)	S3301
Water	S3301
Thiamin	S3301
Vitamin B-12	S3301
Betaine	S3301
Isoleucine	S3301
Glucose (dextrose)	S3301
Maltose	S3301
Arginine	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 915 of 3136

NDB No. 10867 Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted

Alanine	S3301
18:2 CLAs	S3301
18:3 n-6 c,c,c	S3301
Protein	S3301
Ash	S3301
Sucrose	S3301
Calcium, Ca	S3301
Sodium, Na	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Riboflavin	S3301
Folate, total	S3301
Valine	S3301
Glutamic acid	S3301
14:1	S3301
Sugars, total	S3301
Retinol	S3301
Niacin	S3301
Tryptophan	S3301
Proline	S3301
18:0	S3301
18:1 c	S3301
Lactose	S3301
Manganese, Mn	S3301
Folic acid	S3301
Folate, food	S3301
Threonine	S3301
Leucine	S3301
Histidine	S3301
Aspartic acid	S3301
Cholesterol	S3301
8:0	S3301
20:4 undifferentiated	S3301
17:0	S3301
18:1 t	S3301
17:1	S3301
15:1	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 916 of 3136

NDB No. 10867 Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted

18:3 n-3 c,c,c S3301

NDB No. 10868 Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil

Fructose S3301

Galactose S3301

Pantothenic acid S3301

Folate, total S3301

Tryptophan S3301

Cystine S3301

Proline S3301

8:0 S3301

20:0 S3301

20:4 undifferentiated S3301

22:0 S3301

15:1 S3301

Glucose (dextrose) S3301

Iron, Fe S3301

Potassium, K S3301

Selenium, Se S3301

Tocopherol, beta S3301

Threonine S3301

Tyrosine S3301

Glutamic acid S3301

Glycine S3301

Serine S3301

18:1 t S3301

18:3 n-3 c,c,c S3301

Water S3301

Phosphorus, P S3301

Thiamin S3301

Niacin S3301

Isoleucine S3301

Phenylalanine S3301

Alanine S3301

Cholesterol S3301

Sugars, total S3301

Reference Report

JUL-17-2008 02:00 PM

Page 917 of 3136

NDB No. 10868 Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil

Magnesium, Mg	S3301
Riboflavin	S3301
Folate, food	S3301
Leucine	S3301
Methionine	S3301
20:1	S3301
18:1 c	S3301
17:1	S3301
Total lipid (fat)	S3301
Zinc, Zn	S3301
Vitamin K (phylloquinone)	S3301
14:1	S3301
16:1 undifferentiated	S3301
18:2 t,t	S3301
18:2 n-6 c,c	S3301
20:3 undifferentiated	S3301
Lactose	S3301
Maltose	S3301
Sodium, Na	S3301
Tocopherol, delta	S3301
Folic acid	S3301
Betaine	S3301
Lysine	S3301
Arginine	S3301
Histidine	S3301
16:0	S3301
15:0	S3301
17:0	S3301
Ash	S3301
Calcium, Ca	S3301
Manganese, Mn	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, gamma	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Valine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 918 of 3136

NDB No. 10868 Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil

Aspartic acid	S3301
10:0	S3301
12:0	S3301
14:0	S3301
18:0	S3301
20:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
Protein	S3301
Sucrose	S3301
Copper, Cu	S3301
Choline, total	S3301

NDB No. 10869 Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil

Fructose	S3301
Copper, Cu	S3301
Tocopherol, beta	S3301
Thiamin	S3301
Choline, total	S3301
Folic acid	S3301
Lysine	S3301
Methionine	S3301
Phenylalanine	S3301
Serine	S3301
17:0	S3301
18:1 t	S3301
15:1	S3301
Niacin	S3301
Vitamin K (phylloquinone)	S3301
Folate, food	S3301
Cystine	S3301
Valine	S3301
Histidine	S3301
Aspartic acid	S3301
Glycine	S3301
16:0	S3301
16:1 undifferentiated	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 919 of 3136

NDB No. 10869 Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil

18:1 c	S3301
18:3 n-3 c,c,c	S3301
Water	S3301
Selenium, Se	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Riboflavin	S3301
15:0	S3301
18:3 n-6 c,c,c	S3301
Ash	S3301
Glucose (dextrose)	S3301
Calcium, Ca	S3301
Tryptophan	S3301
Isoleucine	S3301
Glutamic acid	S3301
Cholesterol	S3301
14:0	S3301
20:3 undifferentiated	S3301
Iron, Fe	S3301
Phosphorus, P	S3301
Retinol	S3301
Vitamin B-12	S3301
Betaine	S3301
Arginine	S3301
18:0	S3301
20:0	S3301
17:1	S3301
Protein	S3301
Galactose	S3301
Magnesium, Mg	S3301
Zinc, Zn	S3301
Folate, total	S3301
Tyrosine	S3301
8:0	S3301
22:0	S3301
Total lipid (fat)	S3301
Maltose	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 920 of 3136

NDB No. 10869 Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil

Potassium, K	S3301
Sodium, Na	S3301
Manganese, Mn	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Alanine	S3301
Proline	S3301
10:0	S3301
18:2 t,t	S3301
Sucrose	S3301
Lactose	S3301
Sugars, total	S3301
Vitamin E (alpha-tocopherol)	S3301
Threonine	S3301
Leucine	S3301
12:0	S3301
20:4 undifferentiated	S3301
14:1	S3301
20:1	S3301
20:2 n-6 c,c	S3301
18:2 n-6 c,c	S3301

NDB No. 10870 Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil

Water	S3301
Retinol	S3301
Tocopherol, gamma	S3301
Glutamic acid	S3301
14:0	S3301
20:1	S3301
20:3 undifferentiated	S3301
18:3 n-3 c,c,c	S3301
Total lipid (fat)	S3301
Maltose	S3301
Copper, Cu	S3301
Tocopherol, delta	S3301
Threonine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 921 of 3136

NDB No. 10870 Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil

Histidine	S3301
Glycine	S3301
8:0	S3301
14:1	S3301
15:0	S3301
17:0	S3301
18:1 c	S3301
15:1	S3301
Niacin	S3301
Vitamin B-12	S3301
Phenylalanine	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
Iron, Fe	S3301
Tocopherol, beta	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cholesterol	S3301
10:0	S3301
20:4 undifferentiated	S3301
Lactose	S3301
Calcium, Ca	S3301
Potassium, K	S3301
Thiamin	S3301
Pantothenic acid	S3301
Isoleucine	S3301
Arginine	S3301
Alanine	S3301
Proline	S3301
18:0	S3301
18:1 t	S3301
Protein	S3301
Ash	S3301
Sucrose	S3301
Phosphorus, P	S3301
Sodium, Na	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 922 of 3136

NDB No. 10870 Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil

Manganese, Mn	S3301
Vitamin E (alpha-tocopherol)	S3301
Vitamin K (phylloquinone)	S3301
Betaine	S3301
12:0	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Galactose	S3301
Choline, total	S3301
Folic acid	S3301
Cystine	S3301
Serine	S3301
17:1	S3301
Sugars, total	S3301
Magnesium, Mg	S3301
Zinc, Zn	S3301
Selenium, Se	S3301
Riboflavin	S3301
Vitamin B-6	S3301
Folate, total	S3301
Folate, food	S3301
Tryptophan	S3301
Tyrosine	S3301
Valine	S3301
Aspartic acid	S3301
16:0	S3301
20:0	S3301
22:0	S3301
16:1 undifferentiated	S3301

NDB No. 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted

Protein	S3301
Ash	S3301
Tocopherol, beta	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 923 of 3136

NDB No. 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted

Riboflavin	S3301
Vitamin K (phylloquinone)	S3301
Folate, food	S3301
Lysine	S3301
Arginine	S3301
18:0	S3301
Sodium, Na	S3301
Manganese, Mn	S3301
Vitamin B-6	S3301
Folate, total	S3301
Cystine	S3301
18:2 t,t	S3301
20:3 undifferentiated	S3301
Magnesium, Mg	S3301
Threonine	S3301
Isoleucine	S3301
Glycine	S3301
20:4 undifferentiated	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
15:1	S3301
Water	S3301
Selenium, Se	S3301
Niacin	S3301
Vitamin B-12	S3301
Choline, total	S3301
Tryptophan	S3301
Tyrosine	S3301
20:0	S3301
16:1 undifferentiated	S3301
20:1	S3301
17:1	S3301
Galactose	S3301
Calcium, Ca	S3301
Phosphorus, P	S3301
Tocopherol, gamma	S3301
Folic acid	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 924 of 3136

NDB No. 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted

Phenylalanine	S3301
Proline	S3301
22:0	S3301
20:2 n-6 c,c	S3301
18:3 n-3 c,c,c	S3301
Glucose (dextrose)	S3301
Potassium, K	S3301
Retinol	S3301
Methionine	S3301
Histidine	S3301
8:0	S3301
16:0	S3301
Sucrose	S3301
Lactose	S3301
Sugars, total	S3301
Iron, Fe	S3301
Zinc, Zn	S3301
Leucine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
10:0	S3301
12:0	S3301
14:0	S3301
14:1	S3301
15:0	S3301
Total lipid (fat)	S3301
Fructose	S3301
Maltose	S3301
Copper, Cu	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Pantothenic acid	S3301
Betaine	S3301
Valine	S3301
Serine	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 925 of 3136

NDB No. 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted

Cholesterol	S3301
17:0	S3301
18:1 t	S3301
18:1 c	S3301

NDB No. 10872 Pork, cured, ham and water product, whole, boneless, separable lean only, unheated

Lactose	S3301
Water	S3301
Galactose	S3301
Folate, food	S3301
Isoleucine	S3301
Leucine	S3301
Cystine	S3301
Histidine	S3301
16:0	S3301
Glucose (dextrose)	S3301
Maltose	S3301
Calcium, Ca	S3301
Pantothenic acid	S3301
20:4 undifferentiated	S3301
17:0	S3301
18:3 n-6 c,c,c	S3301
15:1	S3301
Sodium, Na	S3301
Retinol	S3301
Thiamin	S3301
Niacin	S3301
Vitamin K (phylloquinone)	S3301
Betaine	S3301
Lysine	S3301
Methionine	S3301
Alanine	S3301
Cholesterol	S3301
8:0	S3301
20:1	S3301
20:3 undifferentiated	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 926 of 3136

NDB No. 10872 Pork, cured, ham and water product, whole, boneless, separable lean only, unheated

Total lipid (fat)	S3301
Ash	S3301
Fructose	S3301
Sugars, total	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Copper, Cu	S3301
Tocopherol, beta	S3301
Folic acid	S3301
Tryptophan	S3301
Arginine	S3301
Glycine	S3301
20:2 n-6 c,c	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, gamma	S3301
Vitamin B-6	S3301
Folate, total	S3301
Phenylalanine	S3301
Tyrosine	S3301
14:1	S3301
Choline, total	S3301
Glutamic acid	S3301
14:0	S3301
20:0	S3301
16:1 undifferentiated	S3301
15:0	S3301
18:3 n-3 c,c,c	S3301
Protein	S3301
Sucrose	S3301
Zinc, Zn	S3301
Tocopherol, delta	S3301
Vitamin B-12	S3301
Valine	S3301
10:0	S3301
18:0	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 927 of 3136

NDB No. 10872 Pork, cured, ham and water product, whole, boneless, separable lean only, unheated

18:1 c	S3301
18:2 n-6 c,c	S3301
17:1	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Riboflavin	S3301
Threonine	S3301
Aspartic acid	S3301
Proline	S3301
Serine	S3301
12:0	S3301
22:0	S3301
18:1 t	S3301
18:2 t,t	S3301

NDB No. 10873 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted

Galactose	S3301
Calcium, Ca	S3301
Glycine	S3301
Proline	S3301
18:1 c	S3301
20:3 undifferentiated	S3301
Total lipid (fat)	S3301
Sucrose	S3301
Maltose	S3301
Copper, Cu	S3301
Tocopherol, gamma	S3301
Riboflavin	S3301
Choline, total	S3301
Betaine	S3301
Cystine	S3301
Phenylalanine	S3301
Arginine	S3301
Glutamic acid	S3301
10:0	S3301
12:0	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 928 of 3136

NDB No. 10873 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted

14:0	S3301
16:1 undifferentiated	S3301
20:2 n-6 c,c	S3301
17:1	S3301
Fructose	S3301
Phosphorus, P	S3301
Zinc, Zn	S3301
Folate, total	S3301
Histidine	S3301
18:1 t	S3301
18:2 n-6 c,c	S3301
Glucose (dextrose)	S3301
Iron, Fe	S3301
Retinol	S3301
Pantothenic acid	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Leucine	S3301
Lysine	S3301
Serine	S3301
Cholesterol	S3301
16:0	S3301
18:0	S3301
15:0	S3301
18:2 t,t	S3301
18:3 n-6 c,c,c	S3301
Lactose	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Tyrosine	S3301
8:0	S3301
22:0	S3301
Magnesium, Mg	S3301
Sodium, Na	S3301
Vitamin E (alpha-tocopherol)	S3301
Niacin	S3301
Vitamin B-6	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 929 of 3136

NDB No. 10873 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted

Threonine	S3301
Isoleucine	S3301
Valine	S3301
Aspartic acid	S3301
20:1	S3301
17:0	S3301
Protein	S3301
Potassium, K	S3301
Tocopherol, beta	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Folate, food	S3301
20:4 undifferentiated	S3301
15:1	S3301
Ash	S3301
Water	S3301
Sugars, total	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Methionine	S3301
Alanine	S3301
20:0	S3301
14:1	S3301
18:2 CLAs	S3301
18:3 n-3 c,c,c	S3301

NDB No. 10874 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted

Phosphorus, P	S3301
Tocopherol, beta	S3301
Cystine	S3301
Tyrosine	S3301
Arginine	S3301
Serine	S3301
12:0	S3301
20:2 n-6 c,c	S3301
17:1	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 930 of 3136

NDB No. 10874 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted

Total lipid (fat)	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Maltose	S3301
Calcium, Ca	S3301
Magnesium, Mg	S3301
Tocopherol, delta	S3301
Vitamin K (phylloquinone)	S3301
20:4 undifferentiated	S3301
20:1	S3301
18:1 c	S3301
15:1	S3301
Water	S3301
Iron, Fe	S3301
Sodium, Na	S3301
Pantothenic acid	S3301
Betaine	S3301
Tryptophan	S3301
Glycine	S3301
Proline	S3301
16:1 undifferentiated	S3301
17:0	S3301
18:3 n-6 c,c,c	S3301
18:3 n-3 c,c,c	S3301
Vitamin E (alpha-tocopherol)	S3301
Vitamin B-12	S3301
Choline, total	S3301
Leucine	S3301
Alanine	S3301
10:0	S3301
16:0	S3301
20:0	S3301
Galactose	S3301
Zinc, Zn	S3301
Thiamin	S3301
Vitamin B-6	S3301
18:2 t,t	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 931 of 3136

NDB No. 10874 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted

18:2 n-6 c,c	S3301
20:3 undifferentiated	S3301
Sucrose	S3301
Lactose	S3301
Sugars, total	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Retinol	S3301
Threonine	S3301
Isoleucine	S3301
Methionine	S3301
Histidine	S3301
Glutamic acid	S3301
22:0	S3301
14:1	S3301
15:0	S3301
Protein	S3301
Ash	S3301
Selenium, Se	S3301
Tocopherol, gamma	S3301
Niacin	S3301
Folate, total	S3301
Folate, food	S3301
Phenylalanine	S3301
Valine	S3301
Aspartic acid	S3301
Cholesterol	S3301
8:0	S3301
14:0	S3301
Potassium, K	S3301
Riboflavin	S3301
Folic acid	S3301
Lysine	S3301
18:0	S3301
18:1 t	S3301
18:2 CLAs	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 932 of 3136

NDB No. 10875 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil

Sucrose	S3301
Lactose	S3301
Tocopherol, gamma	S3301
Thiamin	S3301
Vitamin K (phylloquinone)	S3301
Tyrosine	S3301
Cholesterol	S3301
17:0	S3301
18:2 n-6 c,c	S3301
18:3 n-3 c,c,c	S3301
Protein	S3301
Glucose (dextrose)	S3301
Maltose	S3301
Galactose	S3301
Magnesium, Mg	S3301
Sodium, Na	S3301
Manganese, Mn	S3301
Vitamin E (alpha-tocopherol)	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Isoleucine	S3301
Lysine	S3301
Phenylalanine	S3301
Serine	S3301
20:4 undifferentiated	S3301
17:1	S3301
Total lipid (fat)	S3301
Fructose	S3301
Selenium, Se	S3301
Retinol	S3301
Tocopherol, delta	S3301
Folic acid	S3301
Valine	S3301
10:0	S3301
14:0	S3301
20:2 n-6 c,c	S3301
Calcium, Ca	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 933 of 3136

NDB No. 10875 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil

Iron, Fe	S3301
Phosphorus, P	S3301
Vitamin B-6	S3301
Folate, food	S3301
Arginine	S3301
Aspartic acid	S3301
Glycine	S3301
8:0	S3301
18:3 n-6 c,c,c	S3301
Ash	S3301
Tocopherol, beta	S3301
Riboflavin	S3301
Folate, total	S3301
16:0	S3301
18:1 t	S3301
20:3 undifferentiated	S3301
Water	S3301
Sugars, total	S3301
Histidine	S3301
Alanine	S3301
Proline	S3301
18:0	S3301
22:0	S3301
15:0	S3301
15:1	S3301
Choline, total	S3301
Betaine	S3301
Threonine	S3301
Leucine	S3301
Methionine	S3301
12:0	S3301
14:1	S3301
18:2 t,t	S3301
18:1 c	S3301
Potassium, K	S3301
Zinc, Zn	S3301
Copper, Cu	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 934 of 3136

NDB No. 10875 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil

Niacin	S3301
Pantothenic acid	S3301
Cystine	S3301
Glutamic acid	S3301
20:0	S3301
16:1 undifferentiated	S3301
20:1	S3301

NDB No. 10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted

Potassium, K	S3301
Folic acid	S3301
Tyrosine	S3301
Serine	S3301
20:1	S3301
20:2 n-6 c,c	S3301
Ash	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Copper, Cu	S3301
Retinol	S3301
Tocopherol, beta	S3301
Niacin	S3301
Tryptophan	S3301
Threonine	S3301
Methionine	S3301
Histidine	S3301
22:0	S3301
Total lipid (fat)	S3301
Maltose	S3301
Vitamin E (alpha-tocopherol)	S3301
Betaine	S3301
Phenylalanine	S3301
Arginine	S3301
16:0	S3301
18:0	S3301
14:1	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 935 of 3136

NDB No. 10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted

16:1 undifferentiated	S3301
17:0	S3301
18:2 t,t	S3301
20:3 undifferentiated	S3301
15:1	S3301
Fructose	S3301
Tocopherol, gamma	S3301
Leucine	S3301
20:0	S3301
Lactose	S3301
Sodium, Na	S3301
Manganese, Mn	S3301
Pantothenic acid	S3301
Alanine	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
8:0	S3301
20:4 undifferentiated	S3301
Sugars, total	S3301
Galactose	S3301
Phosphorus, P	S3301
Tocopherol, delta	S3301
Riboflavin	S3301
Isoleucine	S3301
Aspartic acid	S3301
15:0	S3301
18:3 n-6 c,c,c	S3301
Glucose (dextrose)	S3301
Magnesium, Mg	S3301
Thiamin	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Vitamin K (phylloquinone)	S3301
Lysine	S3301
Cystine	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 936 of 3136

NDB No. 10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted

12:0	S3301
14:0	S3301
18:2 n-6 c,c	S3301
17:1	S3301
Protein	S3301
Sucrose	S3301
Water	S3301
Zinc, Zn	S3301
Selenium, Se	S3301
Choline, total	S3301
Folate, food	S3301
Valine	S3301
Cholesterol	S3301
10:0	S3301
18:1 t	S3301
18:1 c	S3301
18:3 n-3 c,c,c	S3301

NDB No. 10877 Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted

Histidine	S3301
Alanine	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
Total lipid (fat)	S3301
Fructose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Folate, total	S3301
Lysine	S3301
Valine	S3301
Glycine	S3301
16:0	S3301
20:4 undifferentiated	S3301
14:1	S3301
Sugars, total	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 937 of 3136

NDB No. 10877 Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted

Selenium, Se	S3301
Thiamin	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
18:1 t	S3301
18:1 c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301
Lactose	S3301
Galactose	S3301
Potassium, K	S3301
Tocopherol, beta	S3301
Riboflavin	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Methionine	S3301
Phenylalanine	S3301
8:0	S3301
12:0	S3301
Glucose (dextrose)	S3301
Phosphorus, P	S3301
Sodium, Na	S3301
Manganese, Mn	S3301
Folic acid	S3301
Betaine	S3301
Leucine	S3301
22:0	S3301
15:0	S3301
17:0	S3301
18:2 CLAs	S3301
Ash	S3301
Maltose	S3301
Water	S3301
Copper, Cu	S3301
Tocopherol, gamma	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 938 of 3136

NDB No. 10877 Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted

Aspartic acid	S3301
Glutamic acid	S3301
Serine	S3301
Sucrose	S3301
Tocopherol, delta	S3301
Niacin	S3301
Pantothenic acid	S3301
Folate, food	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Cystine	S3301
Proline	S3301
Cholesterol	S3301
14:0	S3301
20:2 n-6 c,c	S3301
Protein	S3301
Zinc, Zn	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tyrosine	S3301
Arginine	S3301
10:0	S3301
18:0	S3301
20:0	S3301
16:1 undifferentiated	S3301
20:1	S3301
18:2 t,t	S3301

NDB No. 10878 Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil

Protein	S3301
Ash	S3301
Vitamin B-6	S3301
Phenylalanine	S3301
10:0	S3301
20:0	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 939 of 3136

NDB No. 10878 Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil

22:0	S3301
20:3 undifferentiated	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Potassium, K	S3301
Tocopherol, beta	S3301
Riboflavin	S3301
Choline, total	S3301
Betaine	S3301
Lysine	S3301
Glutamic acid	S3301
Proline	S3301
12:0	S3301
14:0	S3301
15:0	S3301
20:2 n-6 c,c	S3301
18:2 n-6 c,c	S3301
Magnesium, Mg	S3301
Tocopherol, gamma	S3301
Tyrosine	S3301
16:0	S3301
20:4 undifferentiated	S3301
17:0	S3301
Glucose (dextrose)	S3301
Sugars, total	S3301
Vitamin E (alpha-tocopherol)	S3301
Tryptophan	S3301
Glycine	S3301
18:2 t,t	S3301
18:3 n-6 c,c,c	S3301
Total lipid (fat)	S3301
Sucrose	S3301
Fructose	S3301
Phosphorus, P	S3301
Sodium, Na	S3301
Manganese, Mn	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 940 of 3136

NDB No. 10878 Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil

Folate, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Leucine	S3301
Valine	S3301
Alanine	S3301
Aspartic acid	S3301
Serine	S3301
Cholesterol	S3301
20:1	S3301
18:1 c	S3301
18:3 n-3 c,c,c	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Retinol	S3301
Tocopherol, delta	S3301
Cystine	S3301
18:0	S3301
16:1 undifferentiated	S3301
18:1 t	S3301
15:1	S3301
Copper, Cu	S3301
Selenium, Se	S3301
Niacin	S3301
Vitamin B-12	S3301
Folate, food	S3301
Threonine	S3301
Isoleucine	S3301
Methionine	S3301
Galactose	S3301
Zinc, Zn	S3301
Thiamin	S3301
Pantothenic acid	S3301
Arginine	S3301
Histidine	S3301
8:0	S3301
14:1	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 941 of 3136

NDB No. 10878 Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil

17:1 S3301

NDB No. 10879 Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted

Tocopherol, gamma S3301

Riboflavin S3301

Pantothenic acid S3301

Folate, total S3301

Choline, total S3301

10:0 S3301

12:0 S3301

14:0 S3301

18:0 S3301

14:1 S3301

16:1 undifferentiated S3301

20:1 S3301

18:2 n-6 c,c S3301

18:3 n-6 c,c,c S3301

20:3 undifferentiated S3301

Magnesium, Mg S3301

Phosphorus, P S3301

Sodium, Na S3301

Vitamin B-6 S3301

Folic acid S3301

Folate, food S3301

Lysine S3301

Proline S3301

Serine S3301

20:0 S3301

22:0 S3301

Protein S3301

Lactose S3301

Galactose S3301

Copper, Cu S3301

Manganese, Mn S3301

Methionine S3301

Cholesterol S3301

Reference Report

JUL-17-2008 02:00 PM

Page 942 of 3136

NDB No. 10879 Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted

Maltose	S3301
Sugars, total	S3301
Selenium, Se	S3301
Vitamin B-12	S3301
Cystine	S3301
Arginine	S3301
Histidine	S3301
Aspartic acid	S3301
16:0	S3301
20:4 undifferentiated	S3301
17:0	S3301
18:1 c	S3301
Total lipid (fat)	S3301
Ash	S3301
Fructose	S3301
Zinc, Zn	S3301
Tocopherol, beta	S3301
Vitamin K (phylloquinone)	S3301
Threonine	S3301
Leucine	S3301
18:2 t,t	S3301
17:1	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Retinol	S3301
Niacin	S3301
Betaine	S3301
Phenylalanine	S3301
Glutamic acid	S3301
Glycine	S3301
15:0	S3301
15:1	S3301
Thiamin	S3301
Isoleucine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 943 of 3136

NDB No. 10879 Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted

Alanine	S3301
Potassium, K	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, delta	S3301
Tryptophan	S3301
Tyrosine	S3301
Valine	S3301
8:0	S3301
18:1 t	S3301
20:2 n-6 c,c	S3301
18:3 n-3 c,c,c	S3301

NDB No. 10880 Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated

Ash	S3301
Calcium, Ca	S3301
Sodium, Na	S3301
Copper, Cu	S3301
Threonine	S3301
Alanine	S3301
14:0	S3301
17:0	S3301
Tocopherol, beta	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Tryptophan	S3301
16:0	S3301
18:1 t	S3301
Protein	S3301
Total lipid (fat)	S3301
Fructose	S3301
Lactose	S3301
Magnesium, Mg	S3301
Potassium, K	S3301
Selenium, Se	S3301
Niacin	S3301
Choline, total	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 944 of 3136

NDB No. 10880 Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated

Lysine	S3301
Valine	S3301
Glycine	S3301
Proline	S3301
10:0	S3301
20:4 undifferentiated	S3301
14:1	S3301
18:2 n-6 c,c	S3301
Glucose (dextrose)	S3301
Galactose	S3301
Retinol	S3301
Tocopherol, gamma	S3301
Riboflavin	S3301
Folate, food	S3301
Cystine	S3301
Phenylalanine	S3301
18:0	S3301
Sugars, total	S3301
Iron, Fe	S3301
Zinc, Zn	S3301
Vitamin B-12	S3301
Methionine	S3301
Serine	S3301
12:0	S3301
18:1 c	S3301
15:1	S3301
Maltose	S3301
Water	S3301
Manganese, Mn	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Betaine	S3301
Tyrosine	S3301
Arginine	S3301
Glutamic acid	S3301
Cholesterol	S3301
20:0	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 945 of 3136

NDB No. 10880 Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated

15:0	S3301
20:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
Vitamin E (alpha-tocopherol)	S3301
Folate, total	S3301
Vitamin K (phylloquinone)	S3301
Isoleucine	S3301
Leucine	S3301
8:0	S3301
16:1 undifferentiated	S3301
20:1	S3301
18:2 t,t	S3301
18:3 n-3 c,c,c	S3301
Sucrose	S3301
Phosphorus, P	S3301
Folic acid	S3301
Histidine	S3301
Aspartic acid	S3301
22:0	S3301
20:3 undifferentiated	S3301

NDB No. 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted

Protein	S3301
Sucrose	S3301
Zinc, Zn	S3301
Tocopherol, gamma	S3301
Betaine	S3301
Tryptophan	S3301
Phenylalanine	S3301
Glycine	S3301
22:0	S3301
20:2 n-6 c,c	S3301
Ash	S3301
Copper, Cu	S3301
Vitamin E (alpha-tocopherol)	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 946 of 3136

NDB No. 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted

Vitamin B-6	S3301
Cystine	S3301
Histidine	S3301
18:0	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
Galactose	S3301
Phosphorus, P	S3301
Selenium, Se	S3301
Riboflavin	S3301
Folate, total	S3301
Vitamin K (phylloquinone)	S3301
Threonine	S3301
Arginine	S3301
Cholesterol	S3301
14:0	S3301
16:0	S3301
20:4 undifferentiated	S3301
Glucose (dextrose)	S3301
Water	S3301
Tocopherol, delta	S3301
Niacin	S3301
Leucine	S3301
Proline	S3301
16:1 undifferentiated	S3301
Total lipid (fat)	S3301
Iron, Fe	S3301
Potassium, K	S3301
Thiamin	S3301
Pantothenic acid	S3301
Vitamin B-12	S3301
Isoleucine	S3301
Methionine	S3301
14:1	S3301
17:0	S3301
18:1 c	S3301
17:1	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 947 of 3136

NDB No. 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted

20:3 undifferentiated	S3301
Calcium, Ca	S3301
Manganese, Mn	S3301
Valine	S3301
20:0	S3301
15:0	S3301
18:2 t,t	S3301
Lactose	S3301
Magnesium, Mg	S3301
Retinol	S3301
Folate, food	S3301
Lysine	S3301
Tyrosine	S3301
Glutamic acid	S3301
Serine	S3301
8:0	S3301
10:0	S3301
18:1 t	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301
Fructose	S3301
Maltose	S3301
Sugars, total	S3301
Sodium, Na	S3301
Tocopherol, beta	S3301
Choline, total	S3301
Folic acid	S3301
Alanine	S3301
Aspartic acid	S3301
12:0	S3301
20:1	S3301
18:2 CLAs	S3301

NDB No. 10882 Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil

Magnesium, Mg	S3301
Sodium, Na	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 948 of 3136

NDB No. 10882 Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil

Zinc, Zn	S3301
Thiamin	S3301
Tryptophan	S3301
Glutamic acid	S3301
14:1	S3301
18:2 t,t	S3301
Total lipid (fat)	S3301
Potassium, K	S3301
Retinol	S3301
Folate, food	S3301
Betaine	S3301
Phenylalanine	S3301
Tyrosine	S3301
17:0	S3301
18:3 n-3 c,c,c	S3301
Calcium, Ca	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Tocopherol, gamma	S3301
Riboflavin	S3301
Pantothenic acid	S3301
Folate, total	S3301
Vitamin B-12	S3301
Threonine	S3301
Methionine	S3301
Valine	S3301
Arginine	S3301
12:0	S3301
20:1	S3301
Lactose	S3301
Phosphorus, P	S3301
Copper, Cu	S3301
Tocopherol, beta	S3301
Tocopherol, delta	S3301
Leucine	S3301
Lysine	S3301
Histidine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 949 of 3136

NDB No. 10882 Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil

20:0	S3301
Protein	S3301
Ash	S3301
Glucose (dextrose)	S3301
Sugars, total	S3301
Niacin	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Cystine	S3301
10:0	S3301
Water	S3301
Galactose	S3301
Vitamin B-6	S3301
Folic acid	S3301
Isoleucine	S3301
Glycine	S3301
Proline	S3301
22:0	S3301
15:0	S3301
18:1 t	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
Alanine	S3301
Cholesterol	S3301
8:0	S3301
14:0	S3301
16:0	S3301
20:4 undifferentiated	S3301
16:1 undifferentiated	S3301
Sucrose	S3301
Fructose	S3301
Maltose	S3301
Iron, Fe	S3301
Vitamin E (alpha-tocopherol)	S3301
Aspartic acid	S3301
Serine	S3301
18:0	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 950 of 3136

NDB No. 10882 Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil

20:2 n-6 c,c	S3301
18:1 c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301

NDB No. 10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted

Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Folate, total	S3301
Leucine	S3301
Lysine	S3301
Alanine	S3301
18:0	S3301
17:0	S3301
20:3 undifferentiated	S3301
Tocopherol, beta	S3301
Threonine	S3301
Isoleucine	S3301
Tyrosine	S3301
Valine	S3301
16:1 undifferentiated	S3301
Fructose	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, delta	S3301
Riboflavin	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Serine	S3301
14:0	S3301
16:0	S3301
15:0	S3301
18:2 n-6 c,c	S3301
Sucrose	S3301
Glucose (dextrose)	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 951 of 3136

NDB No. 10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted

Sugars, total	S3301
Manganese, Mn	S3301
Methionine	S3301
Arginine	S3301
Glycine	S3301
22:0	S3301
18:1 t	S3301
Total lipid (fat)	S3301
Phosphorus, P	S3301
Tocopherol, gamma	S3301
Niacin	S3301
Folic acid	S3301
Cystine	S3301
Phenylalanine	S3301
Histidine	S3301
Glutamic acid	S3301
8:0	S3301
12:0	S3301
14:1	S3301
18:3 n-3 c,c,c	S3301
Protein	S3301
Ash	S3301
Maltose	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Thiamin	S3301
Vitamin K (phylloquinone)	S3301
20:4 undifferentiated	S3301
20:1	S3301
20:2 n-6 c,c	S3301
15:1	S3301
Potassium, K	S3301
Copper, Cu	S3301
Selenium, Se	S3301
Vitamin B-6	S3301
Choline, total	S3301
Folate, food	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 952 of 3136

NDB No. 10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted

Proline	S3301
17:1	S3301
Lactose	S3301
Water	S3301
Galactose	S3301
Retinol	S3301
Pantothenic acid	S3301
Betaine	S3301
Aspartic acid	S3301
Cholesterol	S3301
10:0	S3301
20:0	S3301
18:2 t,t	S3301
18:1 c	S3301
18:3 n-6 c,c,c	S3301

NDB No. 10884 Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated

Sucrose	S3301
Phosphorus, P	S3301
Riboflavin	S3301
Glycine	S3301
8:0	S3301
14:1	S3301
17:0	S3301
18:3 n-6 c,c,c	S3301
20:3 undifferentiated	S3301
Protein	S3301
Zinc, Zn	S3301
Selenium, Se	S3301
Vitamin E (alpha-tocopherol)	S3301
Folic acid	S3301
Betaine	S3301
Alanine	S3301
Proline	S3301
12:0	S3301
22:0	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 953 of 3136

NDB No. 10884 Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated

20:2 n-6 c,c	S3301
18:1 c	S3301
Magnesium, Mg	S3301
Potassium, K	S3301
Tocopherol, beta	S3301
Niacin	S3301
Vitamin B-6	S3301
Leucine	S3301
Arginine	S3301
Histidine	S3301
16:0	S3301
20:4 undifferentiated	S3301
15:0	S3301
17:1	S3301
18:3 n-3 c,c,c	S3301
Lactose	S3301
Retinol	S3301
Vitamin K (phylloquinone)	S3301
Tryptophan	S3301
Methionine	S3301
Tyrosine	S3301
18:2 t,t	S3301
18:2 n-6 c,c	S3301
Fructose	S3301
Galactose	S3301
Calcium, Ca	S3301
Manganese, Mn	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Lysine	S3301
Valine	S3301
20:1	S3301
18:1 t	S3301
Ash	S3301
Sugars, total	S3301
Sodium, Na	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 954 of 3136

NDB No. 10884 Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated

Folate, total	S3301
Folate, food	S3301
Phenylalanine	S3301
Aspartic acid	S3301
Cholesterol	S3301
16:1 undifferentiated	S3301
15:1	S3301
Total lipid (fat)	S3301
Glucose (dextrose)	S3301
Water	S3301
Iron, Fe	S3301
Copper, Cu	S3301
Pantothenic acid	S3301
Threonine	S3301
Isoleucine	S3301
Cystine	S3301
Glutamic acid	S3301
Hydroxyproline	S3301
10:0	S3301
14:0	S3301
18:0	S3301
Maltose	S3301
Vitamin B-12	S3301
Choline, total	S3301
Serine	S3301
20:0	S3301

NDB No. 10885 Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated

Total lipid (fat)	S3301
Ash	S3301
Cystine	S3301
Iron, Fe	S3301
Thiamin	S3301
Threonine	S3301
Copper, Cu	S3301
Lysine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 955 of 3136

NDB No. 10885 Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated

Histidine	S3301
Aspartic acid	S3301
Serine	S3301
Cholesterol	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Methionine	S3301
Tyrosine	S3301
Alanine	S3301
Water	S3301
Sodium, Na	S3301
Riboflavin	S3301
Tryptophan	S3301
Leucine	S3301
Phenylalanine	S3301
Valine	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Calcium, Ca	S3301
Phosphorus, P	S3301
Zinc, Zn	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Arginine	S3301
Magnesium, Mg	S3301
Vitamin B-12	S3301
Protein	S3301
Potassium, K	S3301
Niacin	S3301
Isoleucine	S3301

NDB No. 10886 Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated

Ash	S3301
Calcium, Ca	S3301
Pantothenic acid	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 956 of 3136

NDB No. 10886 Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated

Glutamic acid	S3301
Vitamin B-6	S3301
Arginine	S3301
Thiamin	S3301
Valine	S3301
Histidine	S3301
Protein	S3301
Threonine	S3301
Isoleucine	S3301
Cystine	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Leucine	S3301
Tyrosine	S3301
Glycine	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Vitamin B-12	S3301
Lysine	S3301
Phenylalanine	S3301
Total lipid (fat)	S3301
Water	S3301
Niacin	S3301
Methionine	S3301
Alanine	S3301
Proline	S3301
Iron, Fe	S3301
Riboflavin	S3301
Tryptophan	S3301
Aspartic acid	S3301
Serine	S3301
Cholesterol	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 957 of 3136

NDB No. 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated

Potassium, K	S3301
Tryptophan	S3301
Glutamic acid	S3301
Serine	S3301
Riboflavin	S3301
Leucine	S3301
Lysine	S3301
Cystine	S3301
Tyrosine	S3301
Arginine	S3301
Protein	S3301
Manganese, Mn	S3301
Vitamin B-6	S3301
Phenylalanine	S3301
Proline	S3301
Iron, Fe	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Isoleucine	S3301
Valine	S3301
Alanine	S3301
Total lipid (fat)	S3301
Selenium, Se	S3301
Thiamin	S3301
Pantothenic acid	S3301
Methionine	S3301
Histidine	S3301
Calcium, Ca	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Niacin	S3301
Threonine	S3301
Aspartic acid	S3301
Glycine	S3301
Ash	S3301
Water	S3301
Copper, Cu	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 958 of 3136

NDB No. 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated

Vitamin B-12	S3301
Cholesterol	S3301

NDB No. 10888 Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated

Ash	S3301
Sodium, Na	S3301
Manganese, Mn	S3301
Thiamin	S3301
Tryptophan	S3301
Leucine	S3301
Alanine	S3301
Serine	S3301
Cholesterol	S3301
Magnesium, Mg	S3301
Tyrosine	S3301
Calcium, Ca	S3301
Total lipid (fat)	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Niacin	S3301
Vitamin B-6	S3301
Glycine	S3301
Proline	S3301
Protein	S3301
Iron, Fe	S3301
Zinc, Zn	S3301
Lysine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Threonine	S3301
Methionine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Water	S3301
Pantothenic acid	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 959 of 3136

NDB No. 10888 Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated

Vitamin B-12	S3301
Isoleucine	S3301
Phenylalanine	S3301
Copper, Cu	S3301
Selenium, Se	S3301
Riboflavin	S3301
Cystine	S3301

NDB No. 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only

Zinc, Zn	S3301
Tryptophan	S3301
Magnesium, Mg	S3301
Manganese, Mn	S3301
Niacin	S3301
Leucine	S3301
Phenylalanine	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Ash	S3301
Water	S3301
Pantothenic acid	S3301
Vitamin B-12	S3301
Aspartic acid	S3301
Total lipid (fat)	S3301
Calcium, Ca	S3301
Sodium, Na	S3301
Lysine	S3301
Cystine	S3301
Potassium, K	S3301
Copper, Cu	S3301
Vitamin B-6	S3301
Threonine	S3301
Valine	S3301
Alanine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 960 of 3136

NDB No. 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only

Iron, Fe	S3301
Riboflavin	S3301
Isoleucine	S3301
Protein	S3301
Thiamin	S3301
Methionine	S3301
Tyrosine	S3301
Arginine	S3301
Cholesterol	S3301
Phosphorus, P	S3301
Selenium, Se	S3301
Histidine	S3301

NDB No. 10890 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated

Water	S3301
Phosphorus, P	S3301
Selenium, Se	S3301
Riboflavin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Leucine	S3301
Methionine	S3301
Total lipid (fat)	S3301
Magnesium, Mg	S3301
Isoleucine	S3301
Phenylalanine	S3301
Glutamic acid	S3301
Cholesterol	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Serine	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Vitamin B-12	S3301
Protein	S3301
Niacin	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 961 of 3136

NDB No. 10890 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated

Tryptophan	S3301
Threonine	S3301
Lysine	S3301
Cystine	S3301
Tyrosine	S3301
Ash	S3301
Potassium, K	S3301
Manganese, Mn	S3301
Histidine	S3301
Glycine	S3301
Copper, Cu	S3301
Valine	S3301
Alanine	S3301
Thiamin	S3301
Arginine	S3301
Aspartic acid	S3301
Proline	S3301

NDB No. 10891 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated

Zinc, Zn	S3301
Copper, Cu	S3301
Vitamin B-6	S3301
Threonine	S3301
Phenylalanine	S3301
Valine	S3301
Serine	S3301
Total lipid (fat)	S3301
Thiamin	S3301
Riboflavin	S3301
Isoleucine	S3301
Arginine	S3301
Iron, Fe	S3301
Manganese, Mn	S3301
Cystine	S3301
Glutamic acid	S3301
Phosphorus, P	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 962 of 3136

NDB No. 10891 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated

Leucine	S3301
Lysine	S3301
Histidine	S3301
Cholesterol	S3301
Protein	S3301
Calcium, Ca	S3301
Tryptophan	S3301
Ash	S3301
Magnesium, Mg	S3301
Niacin	S3301
Methionine	S3301
Tyrosine	S3301
Alanine	S3301
Aspartic acid	S3301
Glycine	S3301
Water	S3301
Selenium, Se	S3301
Pantothenic acid	S3301
Vitamin B-12	S3301
Proline	S3301
Potassium, K	S3301
Sodium, Na	S3301

NDB No. 10892 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated

Calcium, Ca	S3301
Magnesium, Mg	S3301
Manganese, Mn	S3301
Cystine	S3301
Sodium, Na	S3301
Vitamin B-12	S3301
Lysine	S3301
Alanine	S3301
Protein	S3301
Total lipid (fat)	S3301
Thiamin	S3301
Valine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 963 of 3136

NDB No. 10892 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated

Arginine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Water	S3301
Copper, Cu	S3301
Riboflavin	S3301
Threonine	S3301
Methionine	S3301
Phenylalanine	S3301
Ash	S3301
Selenium, Se	S3301
Pantothenic acid	S3301
Tryptophan	S3301
Isoleucine	S3301
Cholesterol	S3301
Potassium, K	S3301
Leucine	S3301
Glycine	S3301
Serine	S3301
Zinc, Zn	S3301
Tyrosine	S3301
Histidine	S3301
Iron, Fe	S3301
Phosphorus, P	S3301
Niacin	S3301
Vitamin B-6	S3301
Proline	S3301

NDB No. 10893 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated

Fructose	S3301
Isoleucine	S3301
Cystine	S3301
Alanine	S3301
Glycine	S3301
Serine	S3301
Total lipid (fat)	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 964 of 3136

NDB No. 10893 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated

Sucrose	S3301
Leucine	S3301
Histidine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Protein	S3301
Water	S3301
Phenylalanine	S3301
Tryptophan	S3301
Proline	S3301
Glucose (dextrose)	S3301
Maltose	S3301
Methionine	S3301
Sugars, total	S3301
Tyrosine	S3301
Ash	S3301
Arginine	S3301
Cholesterol	S3301
Lactose	S3301
Galactose	S3301
Threonine	S3301
Lysine	S3301
Valine	S3301

NDB No. 10894 Pork, cured, ham, separable fat, boneless, heated

Maltose	S3301
Galactose	S3301
Cystine	S3301
14:0	S3301
18:3 n-6 c,c,c	S3301
Potassium, K	S3301
Copper, Cu	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, delta	S3301
Riboflavin	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 965 of 3136

NDB No. 10894 Pork, cured, ham, separable fat, boneless, heated

Leucine	S3301
Phenylalanine	S3301
Aspartic acid	S3301
Serine	S3301
12:0	S3301
22:0	S3301
20:1	S3301
Calcium, Ca	S3301
Phosphorus, P	S3301
Sodium, Na	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Lysine	S3301
Histidine	S3301
20:0	S3301
17:1	S3301
Magnesium, Mg	S3301
Tocopherol, gamma	S3301
Pantothenic acid	S3301
Folate, total	S3301
Folic acid	S3301
Folate, food	S3301
Methionine	S3301
10:0	S3301
16:0	S3301
18:1 t	S3301
18:2 CLAs	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-3 c,c,c	S3301
Total lipid (fat)	S3301
Sucrose	S3301
Zinc, Zn	S3301
Niacin	S3301
Isoleucine	S3301
Arginine	S3301
Glycine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 966 of 3136

NDB No. 10894 Pork, cured, ham, separable fat, boneless, heated

18:0	S3301
16:1 undifferentiated	S3301
15:0	S3301
20:2 n-6 c,c	S3301
Ash	S3301
Glucose (dextrose)	S3301
Lactose	S3301
Water	S3301
Iron, Fe	S3301
Vitamin B-12	S3301
Threonine	S3301
Tyrosine	S3301
Alanine	S3301
Glutamic acid	S3301
Cholesterol	S3301
15:1	S3301
Fructose	S3301
Tryptophan	S3301
20:4 undifferentiated	S3301
14:1	S3301
20:3 undifferentiated	S3301
Retinol	S3301
Thiamin	S3301
Vitamin B-6	S3301
Valine	S3301
Proline	S3301
8:0	S3301
17:0	S3301
18:2 t,t	S3301

NDB No. 10895 Pork, cured, ham, separable fat, boneless, unheated

Lactose	S3301
Galactose	S3301
Magnesium, Mg	S3301
Vitamin K (phylloquinone)	S3301
Arginine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 967 of 3136

NDB No. 10895 Pork, cured, ham, separable fat, boneless, unheated

16:0	S3301
18:1 undifferentiated	S3301
16:1 undifferentiated	S3301
17:0	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
15:1	S3301
Glucose (dextrose)	S3301
Maltose	S3301
Manganese, Mn	S3301
Tocopherol, beta	S3301
Thiamin	S3301
Folate, total	S3301
Folic acid	S3301
Tryptophan	S3301
Cystine	S3301
Glutamic acid	S3301
10:0	S3301
20:0	S3301
Fatty acids, total monounsaturated	S3301
18:3 n-3 c,c,c	S3301
Total lipid (fat)	S3301
Ash	S3301
Fructose	S3301
Vitamin E (alpha-tocopherol)	S3301
Vitamin B-6	S3301
22:0	S3301
Water	S3301
Phosphorus, P	S3301
Riboflavin	S3301
Niacin	S3301
Vitamin B-12	S3301
Threonine	S3301
Methionine	S3301
Serine	S3301
14:0	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 968 of 3136

NDB No. 10895 Pork, cured, ham, separable fat, boneless, unheated

Fatty acids, total polyunsaturated	S3301
Protein	S3301
Calcium, Ca	S3301
Potassium, K	S3301
Zinc, Zn	S3301
Selenium, Se	S3301
Choline, total	S3301
Lysine	S3301
Tyrosine	S3301
Glycine	S3301
18:0	S3301
14:1	S3301
15:0	S3301
18:1 t	S3301
18:2 t,t	S3301
17:1	S3301
Sodium, Na	S3301
Copper, Cu	S3301
Tocopherol, gamma	S3301
Folate, food	S3301
Isoleucine	S3301
Leucine	S3301
Hydroxyproline	S3301
Cholesterol	S3301
Fatty acids, total saturated	S3301
18:3 undifferentiated	S3301
Fatty acids, total trans- monoenoic	S3301
Sucrose	S3301
Iron, Fe	S3301
Pantothenic acid	S3301
Fatty acids, total trans	S3301
18:2 undifferentiated	S3301
20:4 undifferentiated	S3301
20:1	S3301
20:3 undifferentiated	S3301
Sugars, total	S3301
Retinol	S3301

Reference_Report

NDB No. 10895 Pork, cured, ham, separable fat, boneless, unheated

Tocopherol, delta	S3301
Betaine	S3301
Phenylalanine	S3301
Valine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Proline	S3301
8:0	S3301
12:0	S3301
18:3 n-6 c,c,c	S3301
Fatty acids, total trans-polyenoic	S3301

NDB No. 10898 Pork, pickled pork hocks

Calcium, Ca	S3301
Vitamin B-12	S3301
18:0	S3301
20:1	S3301
15:0	S3301
Copper, Cu	S3301
Tocopherol, delta	S3301
12:0	S3301
16:1 undifferentiated	S3301
20:2 n-6 c,c	S3301
Total lipid (fat)	S3301
Iron, Fe	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Cholesterol	S3301
18:3 n-6 c,c,c	S3301
18:3 n-3 c,c,c	S3301
Fructose	S3301
Maltose	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 970 of 3136

NDB No. 10898 Pork, pickled pork hocks

Tocopherol, gamma	S3301
Riboflavin	S3301
Folate, food	S3301
8:0	S3301
16:0	S3301
22:0	S3301
14:1	S3301
15:1	S3301
Sucrose	S3301
Sodium, Na	S3301
Tocopherol, beta	S3301
Niacin	S3301
Vitamin K (phylloquinone)	S3301
14:0	S3301
Water	S3301
Vitamin E (alpha-tocopherol)	S3301
Thiamin	S3301
Vitamin B-6	S3301
Folate, total	S3301
Folic acid	S3301
10:0	S3301
18:1 t	S3301
Lactose	S3301
Zinc, Zn	S3301
Pantothenic acid	S3301
20:0	S3301
20:4 undifferentiated	S3301
18:2 t,t	S3301
18:2 n-6 c,c	S3301
Ash	S3301
Glucose (dextrose)	S3301
Galactose	S3301
Retinol	S3301
17:0	S3301
18:1 c	S3301
17:1	S3301
20:3 undifferentiated	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 971 of 3136

NDB No. 10899 Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

Sucrose	S3301
Water	S3301
Selenium, Se	S3301
Thiamin	S3301
Vitamin B-6	S3301
Vitamin K (phylloquinone)	S3301
Tryptophan	S3301
Threonine	S3301
Glutamic acid	S3301
Serine	S3301
Cholesterol	S3301
22:0	S3301
18:3 n-3 c,c,c	S3301
Calcium, Ca	S3301
Manganese, Mn	S3301
Isoleucine	S3301
10:0	S3301
14:0	S3301
16:0	S3301
16:1 undifferentiated	S3301
17:1	S3301
Iron, Fe	S3301
Pantothenic acid	S3301
Choline, total	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Tyrosine	S3301
18:3 n-6 c,c,c	S3301
Ash	S3301
Glucose (dextrose)	S3301
Copper, Cu	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, delta	S3301
Folate, total	S3301
Alanine	S3301
12:0	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 972 of 3136

NDB No. 10899 Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

Fructose	S3301
Niacin	S3301
Phenylalanine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
20:0	S3301
20:4 undifferentiated	S3301
14:1	S3301
18:1 t	S3301
Protein	S3301
Lactose	S3301
Phosphorus, P	S3301
Sodium, Na	S3301
Aspartic acid	S3301
Proline	S3301
20:1	S3301
17:0	S3301
18:2 t,t	S3301
Total lipid (fat)	S3301
Sugars, total	S3301
Galactose	S3301
Potassium, K	S3301
Zinc, Zn	S3301
Tocopherol, beta	S3301
Riboflavin	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
15:1	S3301
Maltose	S3301
Magnesium, Mg	S3301
Tocopherol, gamma	S3301
Vitamin B-12	S3301
Leucine	S3301
Glycine	S3301
8:0	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 973 of 3136

NDB No. 10899 Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

18:0	S3301
15:0	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
20:3 undifferentiated	S3301

NDB No. 10931 Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted

Fructose	S3301
Galactose	S3301
Iron, Fe	S3301
Tocopherol, beta	S3301
Riboflavin	S3301
Vitamin B-12	S3301
18:0	S3301
18:1 c	S3301
Protein	S3301
Ash	S3301
Glucose (dextrose)	S3301
Lactose	S3301
Calcium, Ca	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Tocopherol, gamma	S3301
Serine	S3301
8:0	S3301
15:0	S3301
20:3 undifferentiated	S3301
Sucrose	S3301
Maltose	S3301
Selenium, Se	S3301
Thiamin	S3301
Choline, total	S3301
Glycine	S3301
20:0	S3301
20:1	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 974 of 3136

NDB No. 10931 Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted

18:1 t	S3301
18:3 n-3 c,c,c	S3301
Copper, Cu	S3301
Folate, food	S3301
Isoleucine	S3301
Cystine	S3301
Valine	S3301
Histidine	S3301
16:0	S3301
18:2 t,t	S3301
17:1	S3301
Total lipid (fat)	S3301
Zinc, Zn	S3301
Manganese, Mn	S3301
Vitamin E (alpha-tocopherol)	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Threonine	S3301
Lysine	S3301
Arginine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
22:0	S3301
16:1 undifferentiated	S3301
18:3 n-6 c,c,c	S3301
15:1	S3301
Sugars, total	S3301
Sodium, Na	S3301
Vitamin K (phylloquinone)	S3301
Betaine	S3301
Phenylalanine	S3301
Proline	S3301
10:0	S3301
20:2 n-6 c,c	S3301
Water	S3301
Magnesium, Mg	S3301
Folic acid	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 975 of 3136

NDB No. 10931 Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted

Tryptophan	S3301
Leucine	S3301
Tyrosine	S3301
Alanine	S3301
Cholesterol	S3301
12:0	S3301
14:0	S3301
17:0	S3301
18:2 n-6 c,c	S3301
Tocopherol, delta	S3301
Niacin	S3301
Folate, total	S3301
Methionine	S3301
20:4 undifferentiated	S3301
14:1	S3301

NDB No. 10932 Pork, cured, ham, rump, bone-in, separable lean only, unheated

Protein	S3301
Iron, Fe	S3301
Copper, Cu	S3301
Niacin	S3301
Vitamin B-6	S3301
Betaine	S3301
Cystine	S3301
Total lipid (fat)	S3301
Riboflavin	S3301
Choline, total	S3301
Histidine	S3301
Alanine	S3301
Water	S3301
Potassium, K	S3301
Manganese, Mn	S3301
Thiamin	S3301
Pantothenic acid	S3301
Folate, food	S3301
Threonine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 976 of 3136

NDB No. 10932 Pork, cured, ham, rump, bone-in, separable lean only, unheated

Ash	S3301
Phosphorus, P	S3301
Selenium, Se	S3301
Folic acid	S3301
Arginine	S3301
Glycine	S3301
Calcium, Ca	S3301
Magnesium, Mg	S3301
Sodium, Na	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Leucine	S3301
Methionine	S3301
Phenylalanine	S3301
Valine	S3301
Aspartic acid	S3301
Proline	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, gamma	S3301
Vitamin K (phylloquinone)	S3301
Lysine	S3301
Serine	S3301
Cholesterol	S3301
Tocopherol, beta	S3301
Tocopherol, delta	S3301
Isoleucine	S3301
Tyrosine	S3301
Glutamic acid	S3301
Zinc, Zn	S3301
Folate, total	S3301

NDB No. 10933 Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

Water	S3301
Tocopherol, delta	S3301
Vitamin B-6	S3301
Threonine	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 977 of 3136

NDB No. 10933 Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

Tyrosine	S3301
Valine	S3301
Histidine	S3301
Glutamic acid	S3301
Serine	S3301
10:0	S3301
12:0	S3301
16:1 undifferentiated	S3301
15:0	S3301
20:2 n-6 c,c	S3301
Niacin	S3301
Folate, total	S3301
Folic acid	S3301
Phenylalanine	S3301
Aspartic acid	S3301
8:0	S3301
14:0	S3301
18:3 n-6 c,c,c	S3301
Galactose	S3301
Calcium, Ca	S3301
Phosphorus, P	S3301
Sodium, Na	S3301
Selenium, Se	S3301
Thiamin	S3301
Pantothenic acid	S3301
Alanine	S3301
Cholesterol	S3301
20:4 undifferentiated	S3301
22:0	S3301
17:0	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Lactose	S3301
Zinc, Zn	S3301
Manganese, Mn	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 978 of 3136

NDB No. 10933 Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

Vitamin K (phylloquinone)	S3301
Methionine	S3301
Arginine	S3301
Proline	S3301
18:0	S3301
18:3 n-3 c,c,c	S3301
Ash	S3301
Iron, Fe	S3301
Vitamin E (alpha-tocopherol)	S3301
Riboflavin	S3301
Folate, food	S3301
Glycine	S3301
18:1 t	S3301
18:2 n-6 c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
Protein	S3301
Vitamin B-12	S3301
Cystine	S3301
20:1	S3301
18:2 t,t	S3301
Total lipid (fat)	S3301
Magnesium, Mg	S3301
Potassium, K	S3301
Choline, total	S3301
Betaine	S3301
Tryptophan	S3301
Leucine	S3301
Fructose	S3301
Maltose	S3301
Sugars, total	S3301
Copper, Cu	S3301
Isoleucine	S3301
Lysine	S3301
16:0	S3301
20:0	S3301
14:1	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 979 of 3136

NDB No. 10933 Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

18:1 c	S3301
15:1	S3301

NDB No. 10934 Pork, cured, ham, shank, bone-in, separable lean only, unheated

Zinc, Zn	S3301
Niacin	S3301
Choline, total	S3301
Folate, food	S3301
Threonine	S3301
Leucine	S3301
Methionine	S3301
Proline	S3301
Magnesium, Mg	S3301
Potassium, K	S3301
Vitamin E (alpha-tocopherol)	S3301
Thiamin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Valine	S3301
Aspartic acid	S3301
Glycine	S3301
Total lipid (fat)	S3301
Water	S3301
Manganese, Mn	S3301
Riboflavin	S3301
Alanine	S3301
Selenium, Se	S3301
Phenylalanine	S3301
Arginine	S3301
Phosphorus, P	S3301
Copper, Cu	S3301
Betaine	S3301
Tryptophan	S3301
Tyrosine	S3301
Ash	S3301
Calcium, Ca	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 980 of 3136

NDB No. 10934 Pork, cured, ham, shank, bone-in, separable lean only, unheated

Sodium, Na	S3301
Tocopherol, gamma	S3301
Vitamin K (phylloquinone)	S3301
Protein	S3301
Tocopherol, beta	S3301
Tocopherol, delta	S3301
Folic acid	S3301
Isoleucine	S3301
Lysine	S3301
Histidine	S3301
Iron, Fe	S3301
Folate, total	S3301
Vitamin B-12	S3301
Cystine	S3301
Glutamic acid	S3301
Serine	S3301
Cholesterol	S3301

NDB No. 10938 Pork, cured, ham, slice, bone-in, separable lean only, unheated

Copper, Cu	S3301
Vitamin K (phylloquinone)	S3301
Tyrosine	S3301
Glycine	S3301
Ash	S3301
Iron, Fe	S3301
Manganese, Mn	S3301
Histidine	S3301
Tocopherol, beta	S3301
Tocopherol, delta	S3301
Pantothenic acid	S3301
Choline, total	S3301
Tryptophan	S3301
Threonine	S3301
Alanine	S3301
Aspartic acid	S3301
Protein	S3301

Reference Report

JUL-17-2008 02:00 PM

Page 981 of 3136

NDB No. 10938 Pork, cured, ham, slice, bone-in, separable lean only, unheated

Magnesium, Mg	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Selenium, Se	S3301
Niacin	S3301
Isoleucine	S3301
Leucine	S3301
Valine	S3301
Riboflavin	S3301
Folic acid	S3301
Lysine	S3301
Calcium, Ca	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, gamma	S3301
Folate, total	S3301
Folate, food	S3301
Methionine	S3301
Arginine	S3301
Glutamic acid	S3301
Serine	S3301
Phosphorus, P	S3301
Thiamin	S3301
Vitamin B-6	S3301
Cystine	S3301
Phenylalanine	S3301
Proline	S3301
Total lipid (fat)	S3301
Water	S3301
Vitamin B-12	S3301
Betaine	S3301
Cholesterol	S3301

NDB No. 10940 Pork, fresh, spareribs, separable lean and fat, cooked, roasted

Niacin	S3941
Isoleucine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 982 of 3136

NDB No. 10940 Pork, fresh, spareribs, separable lean and fat, cooked, roasted

Proline	S3941, S4381
8:0	S3941
16:0	S3941
20:4 undifferentiated	S3941
18:2 n-6 c,c	S3941
15:1	S3941
18:3 n-3 c,c,c	S3941
Potassium, K	S3941
Valine	S3941, S4381
Histidine	S3941, S4381
18:0	S3941
Fatty acids, total monounsaturated	S3941
Fatty acids, total trans-monoenoic	S3941
Protein	S3941
Zinc, Zn	S3941
Selenium, Se	S3941
Riboflavin	S3941
Methionine	S3941, S4381
Aspartic acid	S3941, S4381
Glycine	S3941, S4381
Fatty acids, total trans	S3941
14:1	S3941
20:1	S3941
18:1 t	S3941
20:2 n-6 c,c	S3941
Total lipid (fat)	S3941
Sodium, Na	S3941
Copper, Cu	S3941
Phenylalanine	S3941, S4381
Glutamic acid	S3941, S4381
Serine	S3941, S4381
12:0	S3941
15:0	S3941
17:1	S3941
Water	S3941
Magnesium, Mg	S3941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 983 of 3136

NDB No. 10940 Pork, fresh, spareribs, separable lean and fat, cooked, roasted

Phosphorus, P	S3941
10:0	S3941
14:0	S3941
18:3 undifferentiated	S3941
16:1 undifferentiated	S3941
Calcium, Ca	S3941
Manganese, Mn	S3941
Thiamin	S3941
Lysine	S3941, S4381
Arginine	S3941, S4381
18:2 undifferentiated	S3941
22:0	S3941
Fatty acids, total polyunsaturated	S3941
17:0	S3941
18:1 c	S3941
Fatty acids, total trans-polyenoic	S3941
Ash	S3941
Iron, Fe	S3941
Threonine	S3941, S4381
Leucine	S3941, S4381
Cholesterol	S3941
Fatty acids, total saturated	S3941
20:0	S3941
20:3 undifferentiated	S3941
Tryptophan	S3941, S4381
Cystine	S3941, S4381
Tyrosine	S3941, S4381
Alanine	S3941, S4381
18:1 undifferentiated	S3941
18:2 t,t	S3941
18:3 n-6 c,c,c	S3941

NDB No. 10942 Pork, fresh, enhanced, composite of separable fat, raw

Riboflavin	S3942
Isoleucine	S3941, S4381
Lysine	S3941, S4381

NDB No. 10942 Pork, fresh, enhanced, composite of separable fat, raw

Alanine	S3941, S4381
Glutamic acid	S3941, S4381
Glycine	S3941, S4381
Total lipid (fat)	S3942
Ash	S3942
Thiamin	S3942
Niacin	S3942
Leucine	S3941, S4381
Methionine	S3941, S4381
Phenylalanine	S3941, S4381
Phosphorus, P	S3942
Manganese, Mn	S3942
Aspartic acid	S3941, S4381
Serine	S3941, S4381
Cholesterol	S3942
Iron, Fe	S3942
Magnesium, Mg	S3942
Potassium, K	S3942
Zinc, Zn	S3942
Betaine	S3942
Selenium, Se	S3942
Choline, total	S3942
Tryptophan	S3941, S4381
Tyrosine	S3941, S4381
Histidine	S3941, S4381
Calcium, Ca	S3942
Threonine	S3941, S4381
Valine	S3941, S4381
Arginine	S3941, S4381
Proline	S3941, S4381
Water	S3942
Copper, Cu	S3942
Cystine	S3941, S4381
Protein	S3942
Sodium, Na	S3942

Reference Report

JUL-17-2008 02:00 PM

Page 985 of 3136

NDB No. 10943 Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted

Iron, Fe	S3942
Potassium, K	S3942
Phenylalanine	S3941, S4381
Histidine	S3941, S4381
Proline	S3941, S4381
Ash	S3942
Calcium, Ca	S3942
Zinc, Zn	S3942
Magnesium, Mg	S3942
Threonine	S3941, S4381
Serine	S3941, S4381
Protein	S3942
Copper, Cu	S3942
Niacin	S3942
Tryptophan	S3941, S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Arginine	S3941, S4381
Total lipid (fat)	S3942
Riboflavin	S3942
Isoleucine	S3941, S4381
Valine	S3941, S4381
Glycine	S3941, S4381
Sodium, Na	S3942
Selenium, Se	S3942
Thiamin	S3942
Leucine	S3941, S4381
Cystine	S3941, S4381
Cholesterol	S3942
Water	S3942
Manganese, Mn	S3942
Tyrosine	S3941, S4381
Glutamic acid	S3941, S4381
Phosphorus, P	S3942
Alanine	S3941, S4381
Aspartic acid	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 986 of 3136

NDB No. 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw

Phosphorus, P	S3942
Potassium, K	S3942
Thiamin	S3942
Methionine	S3941, S4381
Arginine	S3941, S4381
Glycine	S3941, S4381
Water	S3942
Copper, Cu	S3942
Manganese, Mn	S3942
Histidine	S3941, S4381
Tryptophan	S3941, S4381
Threonine	S3941, S4381
Lysine	S3941, S4381
Serine	S3941, S4381
Niacin	S3942
Proline	S3941, S4381
Total lipid (fat)	S3942
Calcium, Ca	S3942
Selenium, Se	S3942
Riboflavin	S3942
Isoleucine	S3941, S4381
Leucine	S3941, S4381
Phenylalanine	S3941, S4381
Tyrosine	S3941, S4381
Valine	S3941, S4381
Ash	S3942
Magnesium, Mg	S3942
Sodium, Na	S3942
Zinc, Zn	S3942
Alanine	S3941, S4381
Aspartic acid	S3941, S4381
Glutamic acid	S3941, S4381
Cholesterol	S3942
Protein	S3942
Iron, Fe	S3942
Cystine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 987 of 3136

NDB No. 10945 Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Total lipid (fat)	S3942
Calcium, Ca	S3942
Zinc, Zn	S3942
Tryptophan	S3941, S4381
Arginine	S3941, S4381
Histidine	S3941, S4381
Phosphorus, P	S3942
Manganese, Mn	S3942
Lysine	S3941, S4381
Phenylalanine	S3941, S4381
Alanine	S3941, S4381
Iron, Fe	S3942
Potassium, K	S3942
Cystine	S3941, S4381
Tyrosine	S3941, S4381
Valine	S3941, S4381
Ash	S3942
Thiamin	S3942
Riboflavin	S3942
Isoleucine	S3941, S4381
Methionine	S3941, S4381
Aspartic acid	S3941, S4381
Glycine	S3941, S4381
Serine	S3941, S4381
Magnesium, Mg	S3942
Sodium, Na	S3942
Copper, Cu	S3942
Niacin	S3942
Leucine	S3941, S4381
Water	S3942
Selenium, Se	S3942
Glutamic acid	S3941, S4381
Protein	S3942
Threonine	S3941, S4381
Proline	S3941, S4381
Cholesterol	S3942

Reference Report

JUL-17-2008 02:00 PM

Page 988 of 3136

NDB No. 10946 Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Magnesium, Mg	S3942
Sodium, Na	S3942
Zinc, Zn	S3942
Copper, Cu	S3942
Arginine	S3941, S4381
Water	S3942
Riboflavin	S3942
Threonine	S3941, S4381
Tyrosine	S3941, S4381
Aspartic acid	S3941, S4381
Glycine	S3941, S4381
Cholesterol	S3942
Manganese, Mn	S3942
Thiamin	S3942
Total lipid (fat)	S3942
Tryptophan	S3941, S4381
Leucine	S3941, S4381
Valine	S3941, S4381
Proline	S3941, S4381
Protein	S3942
Ash	S3942
Calcium, Ca	S3942
Selenium, Se	S3942
Isoleucine	S3941, S4381
Alanine	S3941, S4381
Serine	S3941, S4381
Iron, Fe	S3942
Methionine	S3941, S4381
Cystine	S3941, S4381
Glutamic acid	S3941, S4381
Potassium, K	S3942
Lysine	S3941, S4381
Phenylalanine	S3941, S4381
Phosphorus, P	S3942
Niacin	S3942
Histidine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 989 of 3136

NDB No. 10947 Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Isoleucine	S3941, S4381
Alanine	S3941, S4381
Glutamic acid	S3941, S4381
Proline	S3941, S4381
Protein	S3942
Iron, Fe	S3942
Potassium, K	S3942
Tryptophan	S3941, S4381
Methionine	S3941, S4381
Valine	S3941, S4381
Calcium, Ca	S3942
Magnesium, Mg	S3942
Sodium, Na	S3942
Manganese, Mn	S3942
Leucine	S3941, S4381
Phenylalanine	S3941, S4381
Tyrosine	S3941, S4381
Histidine	S3941, S4381
Selenium, Se	S3942
Niacin	S3942
Cystine	S3941, S4381
Aspartic acid	S3941, S4381
Water	S3942
Zinc, Zn	S3942
Copper, Cu	S3942
Thiamin	S3942
Arginine	S3941, S4381
Glycine	S3941, S4381
Serine	S3941, S4381
Total lipid (fat)	S3942
Cholesterol	S3942
Ash	S3942
Riboflavin	S3942
Phosphorus, P	S3942
Threonine	S3941, S4381
Lysine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 990 of 3136

NDB No. 10948 Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw

Potassium, K	S3942
Thiamin	S3942
Aspartic acid	S3941, S4381
Iron, Fe	S3942
Threonine	S3941, S4381
Alanine	S3941, S4381
Proline	S3941, S4381
Serine	S3941, S4381
Cholesterol	S3942
Isoleucine	S3941, S4381
Histidine	S3941, S4381
Arginine	S3941, S4381
Magnesium, Mg	S3942
Niacin	S3942
Leucine	S3941, S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Total lipid (fat)	S3942
Calcium, Ca	S3942
Phosphorus, P	S3942
Copper, Cu	S3942
Manganese, Mn	S3942
Riboflavin	S3942
Ash	S3942
Water	S3942
Sodium, Na	S3942
Selenium, Se	S3942
Cystine	S3941, S4381
Phenylalanine	S3941, S4381
Valine	S3941, S4381
Glutamic acid	S3941, S4381
Protein	S3942
Zinc, Zn	S3942
Tryptophan	S3941, S4381
Tyrosine	S3941, S4381
Glycine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 991 of 3136

NDB No. 10956 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled

Magnesium, Mg	S4381
Zinc, Zn	S4381
Vitamin B-12	S4381
Betaine	S4381
Cystine	S3941, S4381
Cholesterol	S4381
16:1 undifferentiated	S4381
20:1	S4381
22:1 undifferentiated	S4381
18:3 n-3 c,c,c	S4381
Selenium, Se	S4381
Niacin	S4381
Tyrosine	S3941, S4381
Valine	S3941, S4381
Alanine	S3941, S4381
15:0	S4381
18:1 t	S4381
Sodium, Na	S4381
Copper, Cu	S4381
Pantothenic acid	S4381
Folate, total	S4381
Methionine	S3941, S4381
Serine	S3941, S4381
10:0	S4381
14:0	S4381
17:0	S4381
Riboflavin	S4381
Leucine	S3941, S4381
18:0	S4381
14:1	S4381
24:0	S4381
18:2 n-6 c,c	S4381
Total lipid (fat)	S4381
Potassium, K	S4381
Manganese, Mn	S4381
Tryptophan	S3941, S4381
Threonine	S3941, S4381

Reference Report

JUL-17-2008 02:00 PM

Page 992 of 3136

NDB No. 10956 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled

Phenylalanine	S3941, S4381
Arginine	S3941, S4381
8:0	S4381
18:2 undifferentiated	S4381
18:3 undifferentiated	S4381
20:4 undifferentiated	S4381
Fatty acids, total polyunsaturated	S4381
18:2 t,t	S4381
20:2 n-6 c,c	S4381
18:1 c	S4381
18:3 n-6 c,c,c	S4381
Fatty acids, total trans-polyenoic	S4381
15:1	S4381
Protein	S4381
Water	S4381
Phosphorus, P	S4381
Glutamic acid	S3941, S4381
Fatty acids, total saturated	S4381
16:0	S4381
20:0	S4381
18:1 undifferentiated	S4381
22:0	S4381
17:1	S4381
Fatty acids, total trans-monoenoic	S4381
Ash	S4381
Calcium, Ca	S4381
Iron, Fe	S4381
Choline, total	S4381
Isoleucine	S3941, S4381
Lysine	S3941, S4381
Histidine	S3941, S4381
Proline	S3941, S4381
Fatty acids, total trans	S4381
12:0	S4381
Thiamin	S4381
Vitamin B-6	S4381
Aspartic acid	S3941, S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 993 of 3136

NDB No. 10956 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled

Glycine	S3941, S4381
Fatty acids, total monounsaturated	S4381
22:1 c	S4381
20:3 undifferentiated	S4381

NDB No. 10957 Pork, Leg Cap Steak, boneless, separable lean and fat, raw

Iron, Fe	S4381
Zinc, Zn	S4381
Alanine	S3941, S4381
Fatty acids, total saturated	S4381
20:1	S4381
18:2 n-6 c,c	S4381
Fatty acids, total trans-monoenoic	S4381
Protein	S4381
Water	S4381
Magnesium, Mg	S4381
Selenium, Se	S4381
Thiamin	S4381
Choline, total	S4381
Phenylalanine	S3941, S4381
Valine	S3941, S4381
Aspartic acid	S3941, S4381
18:0	S4381
20:0	S4381
18:2 undifferentiated	S4381
Fatty acids, total polyunsaturated	S4381
17:1	S4381
Total lipid (fat)	S4381
Calcium, Ca	S4381
Manganese, Mn	S4381
Vitamin B-6	S4381
Fatty acids, total trans	S4381
14:1	S4381
22:1 undifferentiated	S4381
Fatty acids, total monounsaturated	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 994 of 3136

NDB No. 10957 Pork, Leg Cap Steak, boneless, separable lean and fat, raw

18:1 t	S4381
18:3 n-6 c,c,c	S4381
20:3 undifferentiated	S4381
Tryptophan	S3941, S4381
Isoleucine	S3941, S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Proline	S3941, S4381
Cholesterol	S4381
14:0	S4381
Ash	S4381
Potassium, K	S4381
Copper, Cu	S4381
Niacin	S4381
Vitamin B-12	S4381
Tyrosine	S3941, S4381
22:0	S4381
16:1 undifferentiated	S4381
17:0	S4381
24:0	S4381
18:2 t,t	S4381
20:2 n-6 c,c	S4381
Pantothenic acid	S4381
Folate, total	S4381
Threonine	S3941, S4381
Leucine	S3941, S4381
16:0	S4381
18:1 undifferentiated	S4381
20:4 undifferentiated	S4381
15:0	S4381
18:3 n-3 c,c,c	S4381
Sodium, Na	S4381
Histidine	S3941, S4381
Glutamic acid	S3941, S4381
12:0	S4381
18:3 undifferentiated	S4381
18:1 c	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 995 of 3136

NDB No. 10957 Pork, Leg Cap Steak, boneless, separable lean and fat, raw

Fatty acids, total trans-polyenoic	S4381
Phosphorus, P	S4381
Riboflavin	S4381
Betaine	S4381
Cystine	S3941, S4381
Arginine	S3941, S4381
Glycine	S3941, S4381
Serine	S3941, S4381
8:0	S4381
10:0	S4381
22:1 c	S4381
15:1	S4381

NDB No. 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw

Total lipid (fat)	S4381
Copper, Cu	S4381
Manganese, Mn	S4381
Riboflavin	S4381
Pantothenic acid	S4381
Phenylalanine	S3941, S4381
Histidine	S3941, S4381
Alanine	S3941, S4381
16:0	S4381
18:2 t,t	S4381
15:1	S4381
Phosphorus, P	S4381
Thiamin	S4381
Choline, total	S4381
18:0	S4381
16:1 undifferentiated	S4381
Folate, total	S4381
Lysine	S3941, S4381
Glutamic acid	S3941, S4381
Proline	S3941, S4381
Serine	S3941, S4381
10:0	S4381

Reference Report

JUL-17-2008 02:00 PM

Page 996 of 3136

NDB No. 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw

14:0	S4381
18:1 t	S4381
20:3 undifferentiated	S4381
Water	S4381
Magnesium, Mg	S4381
Niacin	S4381
Isoleucine	S3941, S4381
Leucine	S3941, S4381
Valine	S3941, S4381
Fatty acids, total saturated	S4381
12:0	S4381
20:1	S4381
Fatty acids, total polyunsaturated	S4381
Calcium, Ca	S4381
Vitamin B-6	S4381
Arginine	S3941, S4381
Glycine	S3941, S4381
22:1 undifferentiated	S4381
15:0	S4381
24:0	S4381
18:2 n-6 c,c	S4381
18:3 n-3 c,c,c	S4381
Protein	S4381
Tryptophan	S3941, S4381
Threonine	S3941, S4381
Cystine	S3941, S4381
8:0	S4381
18:1 undifferentiated	S4381
18:3 undifferentiated	S4381
20:4 undifferentiated	S4381
17:1	S4381
Ash	S4381
Potassium, K	S4381
Sodium, Na	S4381
Selenium, Se	S4381
Vitamin B-12	S4381
Betaine	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 997 of 3136

NDB No. 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw

Methionine	S3941, S4381
Tyrosine	S3941, S4381
Aspartic acid	S3941, S4381
Cholesterol	S4381
Fatty acids, total trans	S4381
20:0	S4381
14:1	S4381
17:0	S4381
20:2 n-6 c,c	S4381
18:3 n-6 c,c,c	S4381
Fatty acids, total trans-monoenoic	S4381
Fatty acids, total trans-polyenoic	S4381
Iron, Fe	S4381
Zinc, Zn	S4381
18:2 undifferentiated	S4381
22:0	S4381
Fatty acids, total monounsaturated	S4381
18:1 c	S4381
22:1 c	S4381

NDB No. 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled

Total lipid (fat)	S4381
Phosphorus, P	S4381
Riboflavin	S4381
Betaine	S4381
Glutamic acid	S3941, S4381
10:0	S4381
20:4 undifferentiated	S4381
Selenium, Se	S4381
22:0	S4381
24:0	S4381
Iron, Fe	S4381
Magnesium, Mg	S4381
Potassium, K	S4381
Vitamin B-6	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 998 of 3136

NDB No. 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled

Isoleucine	S3941, S4381
Leucine	S3941, S4381
Methionine	S3941, S4381
Phenylalanine	S3941, S4381
Aspartic acid	S3941, S4381
Serine	S3941, S4381
8:0	S4381
14:1	S4381
22:1 undifferentiated	S4381
Fatty acids, total polyunsaturated	S4381
17:0	S4381
18:1 c	S4381
Pantothenic acid	S4381
Fatty acids, total saturated	S4381
16:1 undifferentiated	S4381
20:1	S4381
20:2 n-6 c,c	S4381
Water	S4381
Calcium, Ca	S4381
Zinc, Zn	S4381
Manganese, Mn	S4381
Thiamin	S4381
Niacin	S4381
Threonine	S3941, S4381
Lysine	S3941, S4381
Histidine	S3941, S4381
Glycine	S3941, S4381
14:0	S4381
15:0	S4381
18:2 n-6 c,c	S4381
18:3 n-3 c,c,c	S4381
Ash	S4381
Cystine	S3941, S4381
Valine	S3941, S4381
Alanine	S3941, S4381
12:0	S4381
18:2 undifferentiated	S4381

Reference Report

JUL-17-2008 02:00 PM

Page 999 of 3136

NDB No. 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled

Fatty acids, total monounsaturated	S4381
18:3 n-6 c,c,c	S4381
15:1	S4381
Protein	S4381
Folate, total	S4381
Tyrosine	S3941, S4381
Arginine	S3941, S4381
Cholesterol	S4381
16:0	S4381
20:0	S4381
18:1 t	S4381
18:2 t,t	S4381
17:1	S4381
20:3 undifferentiated	S4381
Sodium, Na	S4381
Copper, Cu	S4381
Vitamin B-12	S4381
Choline, total	S4381
Tryptophan	S3941, S4381
Proline	S3941, S4381
Fatty acids, total trans	S4381
18:0	S4381
18:1 undifferentiated	S4381
18:3 undifferentiated	S4381
22:1 c	S4381
Fatty acids, total trans-monoenoic	S4381
Fatty acids, total trans-polyenoic	S4381

NDB No. 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled

Total lipid (fat)	S4381
Ash	S4381
Phosphorus, P	S4381
Lysine	S3941, S4381
Cystine	S3941, S4381
16:0	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1000 of 3136

NDB No. 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled

Fatty acids, total polyunsaturated	S4381
20:2 n-6 c,c	S4381
Threonine	S3941, S4381
Tyrosine	S3941, S4381
18:2 t,t	S4381
18:1 c	S4381
Iron, Fe	S4381
Betaine	S4381
Leucine	S3941, S4381
Methionine	S3941, S4381
Arginine	S3941, S4381
Alanine	S3941, S4381
Cholesterol	S4381
20:4 undifferentiated	S4381
20:3 undifferentiated	S4381
Copper, Cu	S4381
Selenium, Se	S4381
Thiamin	S4381
Niacin	S4381
Valine	S3941, S4381
Fatty acids, total trans	S4381
10:0	S4381
18:0	S4381
22:0	S4381
16:1 undifferentiated	S4381
22:1 undifferentiated	S4381
15:0	S4381
18:2 n-6 c,c	S4381
Fatty acids, total trans-monoenoic	S4381
Water	S4381
Magnesium, Mg	S4381
Zinc, Zn	S4381
Manganese, Mn	S4381
Pantothenic acid	S4381
Vitamin B-6	S4381
Folate, total	S4381
Vitamin B-12	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1001 of 3136

NDB No. 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled

Tryptophan	S3941, S4381
Glutamic acid	S3941, S4381
Serine	S3941, S4381
20:0	S4381
18:2 undifferentiated	S4381
18:3 undifferentiated	S4381
17:0	S4381
Fatty acids, total trans-polyenoic	S4381
18:3 n-3 c,c,c	S4381
Potassium, K	S4381
Riboflavin	S4381
Choline, total	S4381
Phenylalanine	S3941, S4381
Histidine	S3941, S4381
Glycine	S3941, S4381
Proline	S3941, S4381
12:0	S4381
24:0	S4381
22:1 c	S4381
18:3 n-6 c,c,c	S4381
Calcium, Ca	S4381
Sodium, Na	S4381
Isoleucine	S3941, S4381
Fatty acids, total saturated	S4381
14:0	S4381
20:1	S4381
Fatty acids, total monounsaturated	S4381
Protein	S4381
Aspartic acid	S3941, S4381
8:0	S4381
18:1 undifferentiated	S4381
14:1	S4381
18:1 t	S4381
17:1	S4381
15:1	S4381

Reference Report

JUL-17-2008 02:00 PM

Page 1002 of 3136

NDB No. 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw

Protein	S4381
Total lipid (fat)	S4381
Ash	S4381
Folate, total	S4381
Tryptophan	S3941, S4381
Leucine	S3941, S4381
Valine	S3941, S4381
Alanine	S3941, S4381
Proline	S3941, S4381
12:0	S4381
16:0	S4381
20:0	S4381
14:1	S4381
Fatty acids, total polyunsaturated	S4381
17:0	S4381
18:1 c	S4381
Iron, Fe	S4381
Phosphorus, P	S4381
Selenium, Se	S4381
Betaine	S4381
Isoleucine	S3941, S4381
10:0	S4381
18:1 undifferentiated	S4381
17:1	S4381
Potassium, K	S4381
Zinc, Zn	S4381
Copper, Cu	S4381
Vitamin B-6	S4381
Methionine	S3941, S4381
Phenylalanine	S3941, S4381
Aspartic acid	S3941, S4381
Fatty acids, total saturated	S4381
14:0	S4381
18:0	S4381
18:2 undifferentiated	S4381
20:1	S4381
22:1 undifferentiated	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1003 of 3136

NDB No. 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw

Fatty acids, total monounsaturated	S4381
18:2 t,t	S4381
18:2 n-6 c,c	S4381
20:3 undifferentiated	S4381
15:1	S4381
Water	S4381
Magnesium, Mg	S4381
18:1 t	S4381
18:3 n-6 c,c,c	S4381
Fatty acids, total trans-polyenoic	S4381
18:3 n-3 c,c,c	S4381
Niacin	S4381
Vitamin B-12	S4381
Cystine	S3941, S4381
Fatty acids, total trans	S4381
8:0	S4381
20:2 n-6 c,c	S4381
Calcium, Ca	S4381
Riboflavin	S4381
Lysine	S3941, S4381
Arginine	S3941, S4381
Serine	S3941, S4381
Cholesterol	S4381
18:3 undifferentiated	S4381
22:0	S4381
15:0	S4381
Manganese, Mn	S4381
Thiamin	S4381
Histidine	S3941, S4381
Glutamic acid	S3941, S4381
20:4 undifferentiated	S4381
24:0	S4381
22:1 c	S4381
Sodium, Na	S4381
Pantothenic acid	S4381
Choline, total	S4381
Threonine	S3941, S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1004 of 3136

NDB No. 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw

Tyrosine	S3941, S4381
Glycine	S3941, S4381
16:1 undifferentiated	S4381
Fatty acids, total trans-monoenoic	S4381

NDB No. 10962 Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised

Water	S4381
Calcium, Ca	S4381
Isoleucine	S3941, S4381
Leucine	S3941, S4381
Histidine	S3941, S4381
Proline	S3941, S4381
14:0	S4381
22:0	S4381
Fatty acids, total polyunsaturated	S4381
Vitamin B-12	S4381
Lysine	S3941, S4381
Serine	S3941, S4381
16:0	S4381
18:3 undifferentiated	S4381
20:1	S4381
18:1 c	S4381
22:1 c	S4381
Fatty acids, total trans-monoenoic	S4381
Zinc, Zn	S4381
Copper, Cu	S4381
Manganese, Mn	S4381
Thiamin	S4381
Niacin	S4381
Tryptophan	S3941, S4381
Valine	S3941, S4381
Glycine	S3941, S4381
16:1 undifferentiated	S4381
22:1 undifferentiated	S4381
15:0	S4381

Reference Report

JUL-17-2008 02:00 PM

Page 1005 of 3136

NDB No. 10962 Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised

17:1	S4381
Fatty acids, total trans-polyenoic	S4381
Selenium, Se	S4381
Pantothenic acid	S4381
Folate, total	S4381
Threonine	S3941, S4381
Methionine	S3941, S4381
Alanine	S3941, S4381
8:0	S4381
12:0	S4381
18:1 undifferentiated	S4381
18:1 t	S4381
18:2 t,t	S4381
Magnesium, Mg	S4381
Sodium, Na	S4381
Tyrosine	S3941, S4381
Arginine	S3941, S4381
Glutamic acid	S3941, S4381
Cholesterol	S4381
10:0	S4381
Fatty acids, total monounsaturated	S4381
Protein	S4381
Total lipid (fat)	S4381
Phosphorus, P	S4381
Potassium, K	S4381
Vitamin B-6	S4381
Choline, total	S4381
Betaine	S4381
Cystine	S3941, S4381
Aspartic acid	S3941, S4381
Fatty acids, total trans	S4381
17:0	S4381
18:3 n-6 c,c,c	S4381
Ash	S4381
Riboflavin	S4381
Phenylalanine	S3941, S4381
18:0	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1006 of 3136

NDB No. 10962 Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised

20:4 undifferentiated	S4381
18:2 n-6 c,c	S4381
20:3 undifferentiated	S4381
18:3 n-3 c,c,c	S4381
Iron, Fe	S4381
Fatty acids, total saturated	S4381
20:0	S4381
18:2 undifferentiated	S4381
14:1	S4381
24:0	S4381
20:2 n-6 c,c	S4381
15:1	S4381

NDB No. 10963 Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw

Total lipid (fat)	S4381
Copper, Cu	S4381
Thiamin	S4381
Lysine	S3941, S4381
Methionine	S3941, S4381
Histidine	S3941, S4381
14:0	S4381
16:1 undifferentiated	S4381
18:2 t,t	S4381
20:2 n-6 c,c	S4381
20:3 undifferentiated	S4381
Fatty acids, total trans-polyenoic	S4381
Protein	S4381
Phosphorus, P	S4381
Vitamin B-6	S4381
Vitamin B-12	S4381
Betaine	S4381
Arginine	S3941, S4381
Aspartic acid	S3941, S4381
Serine	S3941, S4381
10:0	S4381
18:3 undifferentiated	S4381

Reference Report

JUL-17-2008 02:00 PM

Page 1007 of 3136

NDB No. 10963 Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw

20:4 undifferentiated	S4381
18:1 t	S4381
18:3 n-3 c,c,c	S4381
Riboflavin	S4381
Folate, total	S4381
Isoleucine	S3941, S4381
Alanine	S3941, S4381
Cholesterol	S4381
Fatty acids, total saturated	S4381
12:0	S4381
22:1 undifferentiated	S4381
24:0	S4381
Iron, Fe	S4381
Cystine	S3941, S4381
18:1 undifferentiated	S4381
18:2 undifferentiated	S4381
22:0	S4381
14:1	S4381
17:0	S4381
15:1	S4381
Calcium, Ca	S4381
20:1	S4381
18:2 n-6 c,c	S4381
17:1	S4381
Fatty acids, total trans-monoenoic	S4381
Water	S4381
Potassium, K	S4381
Sodium, Na	S4381
Zinc, Zn	S4381
Niacin	S4381
Pantothenic acid	S4381
Leucine	S3941, S4381
Phenylalanine	S3941, S4381
Tyrosine	S3941, S4381
Valine	S3941, S4381
Fatty acids, total trans	S4381
8:0	S4381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1008 of 3136

NDB No. 10963 Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw

16:0	S4381
18:0	S4381
Fatty acids, total monounsaturated	S4381
Fatty acids, total polyunsaturated	S4381
22:1 c	S4381
Ash	S4381
Magnesium, Mg	S4381
Choline, total	S4381
Tryptophan	S3941, S4381
Glutamic acid	S3941, S4381
Glycine	S3941, S4381
20:0	S4381
18:1 c	S4381
18:3 n-6 c,c,c	S4381
Manganese, Mn	S4381
Selenium, Se	S4381
Threonine	S3941, S4381
Proline	S3941, S4381
15:0	S4381

NDB No. 11001 Alfalfa seeds, sprouted, raw

Water	S606, S604
Betaine	S3461
Fructose	S606, S604
Choline, total	S3461
Glucose (dextrose)	S606, S604
Sucrose	S606
Sugars, total	S606

NDB No. 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt

Total lipid (fat)	S565
Copper, Cu	S565
Niacin	S565
Vitamin B-6	S565
Starch	S565

Reference Report

JUL-17-2008 02:00 PM

Page 1009 of 3136

NDB No. 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt

Sucrose	S565
Calcium, Ca	S565
Zinc, Zn	S565
Vitamin C, total ascorbic acid	S565
Riboflavin	S565
Folate, total	S565
Protein	S565
Lactose	S565
Ash	S565
Fructose	S565
Maltose	S565
Carotene, beta	S565
Thiamin	S565
Betaine	S565
Sugars, total	S565
Selenium, Se	S565
Lutein + zeaxanthin	S565
Choline, total	S565
Vitamin K (phylloquinone)	S565
Iron, Fe	S565
Pantothenic acid	S565
Galactose	S565
Fiber, total dietary	S565
Potassium, K	S565
Cryptoxanthin, beta	S565
Glucose (dextrose)	S565
Water	S565
Magnesium, Mg	S565
Phosphorus, P	S565
Sodium, Na	S565
Manganese, Mn	S565
Carotene, alpha	S565
Lycopene	S565

NDB No. 11011 Asparagus, raw

Total lipid (fat)	S81, S1069
-------------------	------------

NDB No. 11011 Asparagus, raw

Lactose	S1069
Maltose	S1069
Iron, Fe	S1069
Carotene, beta	D3888, D3887
Tocopherol, beta	S81
Niacin	S1069
Vitamin B-6	S1069
Betaine	S1069
Tyrosine	S1069
14:0	S1069
18:3 undifferentiated	S1069
18:4	S1069
22:5 n-3	S1069
Ash	S1069
Glucose (dextrose)	D3326, D3321, S1069
Phosphorus, P	S1069
Thiamin	S1069
Glycine	S1069
Serine	S1069
18:2 undifferentiated	S1069
16:1 undifferentiated	S1069
15:1	S1069
Potassium, K	S1069
Vitamin E (alpha-tocopherol)	S81
Pantothenic acid	S1069
Choline, total	S1069
Arginine	S1069
18:0	S1069
22:0	S1069
15:0	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Cryptoxanthin, beta	D3887
Tocopherol, delta	S81
Threonine	S1069
Proline	S1069
12:0	S1069

Reference Report

JUL-17-2008 02:00 PM

Page 1011 of 3136

NDB No. 11011 Asparagus, raw

18:1 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
17:1	S1069
Sucrose	D3321, S1069
Histidine	S1069
Glutamic acid	S1069
8:0	S1069
Protein	S1069
Fructose	D3326, D3321, S1069
Water	D3326, S81, S1069
Vitamin K (phylloquinone)	S1069
Isoleucine	S1069
Alanine	S1069
Aspartic acid	S1069
24:0	S1069
20:2 n-6 c,c	S1069
20:3 undifferentiated	S1069
Magnesium, Mg	S1069
Manganese, Mn	S1069
Carotene, alpha	D3888, D3887
Folate, total	S1069
Lysine	S1069
Cystine	S1069
10:0	S1069
20:0	S1069
17:0	S1069
Sugars, total	D3326
Calcium, Ca	S1069
Tocopherol, gamma	S81
Vitamin C, total ascorbic acid	S1069
Riboflavin	S1069
Tryptophan	S1069
Leucine	S1069
Methionine	S1069
Phenylalanine	S1069
Valine	S1069

NDB No. 11011 Asparagus, raw

16:0	S1069
14:1	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069

NDB No. 11012 Asparagus, cooked, boiled, drained

Protein	S1069
Starch	S1069
Iron, Fe	S1069
Manganese, Mn	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Pantothenic acid	S1069
Choline, total	S1069
Alanine	S1069
18:3 undifferentiated	S1069
20:1	S1069
17:1	S1069
Sucrose	S1069
Water	S1069
Fiber, total dietary	S1069
Phosphorus, P	S1069
Lycopene	S1069
Niacin	S1069
Methionine	S1069
Phenylalanine	S1069
Proline	S1069
8:0	S1069
22:6 n-3	S1069
20:2 n-6 c,c	S1069
Fructose	S1069
Cryptoxanthin, beta	S1069
Betaine	S1069
Threonine	S1069
Isoleucine	S1069

NDB No. 11012 Asparagus, cooked, boiled, drained

Lysine	S1069
10:0	S1069
14:0	S1069
20:0	S1069
14:1	S1069
22:5 n-3	S1069
Glucose (dextrose)	S1069
Zinc, Zn	S1069
Carotene, beta	S1069
Riboflavin	S1069
Folate, total	S1069
Cystine	S1069
Arginine	S1069
Aspartic acid	S1069
12:0	S1069
18:0	S1069
18:1 undifferentiated	S1069
22:1 undifferentiated	S1069
Lactose	S1069
Potassium, K	S1069
Tryptophan	S1069
Glutamic acid	S1069
Serine	S1069
20:4 undifferentiated	S1069
20:5 n-3	S1069
Glycine	S1069
17:0	S1069
20:3 undifferentiated	S1069
Total lipid (fat)	S1069
Ash	S1069
Maltose	S1069
Calcium, Ca	S1069
Magnesium, Mg	S1069
Sodium, Na	S1069
Selenium, Se	S1069
Carotene, alpha	S1069
Vitamin B-6	S1069

NDB No. 11012 Asparagus, cooked, boiled, drained

Vitamin K (phylloquinone)	S1069
Leucine	S1069
Histidine	S1069
18:2 undifferentiated	S1069
15:0	S1069
24:0	S1069
15:1	S1069
Copper, Cu	S1069
Fluoride, F	D5001, D5007
Tyrosine	S1069
Valine	S1069
16:0	S1069
22:0	S1069
16:1 undifferentiated	S1069
18:4	S1069

NDB No. 11019 Asparagus, frozen, cooked, boiled, drained, without salt

Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Tocopherol, beta	S84
Vitamin K (phylloquinone)	D4002
Water	S84
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Tocopherol, gamma	S84
Tocopherol, delta	S84
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Vitamin E (alpha-tocopherol)	S84
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8

NDB No. 11024 Balsam-pear (bitter gourd), pods, raw

Carotene, alpha	D3844
-----------------	-------

NDB No. 11024 Balsam-pear (bitter gourd), pods, raw

Carotene, beta	D3844
Lutein + zeaxanthin	D3844

NDB No. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Sucrose	S822, S837
Water	S822, S837
Copper, Cu	S201, S6, S183, S203, S202
Selenium, Se	S201, S6, S183, S203, S202
Sugars, total	S837
Vitamin K (phylloquinone)	D4002
Fructose	S837
Magnesium, Mg	S201, S6, S183, S203, S202
Glucose (dextrose)	S837
Iron, Fe	S201, S6, S183, S203, S202
Manganese, Mn	S201, S6, S183, S203, S202
Lactose	S837
Potassium, K	S201, S6, S183, S203, S202
Sodium, Na	S201, S6, S183, S203, S202
Zinc, Zn	S201, S6, S183, S203, S202
Maltose	S837
Calcium, Ca	S201, S6, S183, S203, S202
Phosphorus, P	S201, S6, S183, S203, S202
Fluoride, F	D5007

NDB No. 11052 Beans, snap, green, raw

Cryptoxanthin, beta	D3905, D3887
Lutein + zeaxanthin	D3905
Fluoride, F	D5002, D5007, D5003, D5021
Carotene, alpha	D3905, D3889, D3887
Carotene, beta	D3853, D3905, D3889, D3887
Lycopene	D3905

NDB No. 11053 Beans, snap, green, cooked, boiled, drained, without salt

Calcium, Ca	S201, S183, S203, S202
Zinc, Zn	S201, S183, S203, S202

Reference Report

JUL-17-2008 02:00 PM

Page 1016 of 3136

NDB No. 11053 Beans, snap, green, cooked, boiled, drained, without salt

Copper, Cu	S201, S183, S203, S202
Phosphorus, P	S201, S183, S203, S202
Manganese, Mn	S201, S183, S203, S202
Selenium, Se	S183, S203, S202
Iron, Fe	S201, S183, S203, S202
Sodium, Na	S201, S183, S203, S202
Magnesium, Mg	S201, S183, S203, S202
Potassium, K	S201, S183, S203, S202
Vitamin K (phylloquinone)	D4002

NDB No. 11056 Beans, snap, green, canned, regular pack, drained solids

Protein	S3542
Sucrose	S3542
Glucose (dextrose)	S3542
Fiber, total dietary	S3542
Niacin	S3542
Betaine	S3542
Iron, Fe	S3542
Zinc, Zn	S3542
Carotene, beta	S3542
Riboflavin	S3542
Total lipid (fat)	S3542
Ash	S3542
Potassium, K	S3542
Copper, Cu	S3542
Folate, food	S3542
Galactose	S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Folate, total	S3542
Folic acid	S3542
Fructose	S3542
Lactose	S3542
Calcium, Ca	S3542
Magnesium, Mg	S3542
Manganese, Mn	S3542

Reference Report

JUL-17-2008 02:00 PM

Page 1017 of 3136

NDB No. 11056 Beans, snap, green, canned, regular pack, drained solids

Cryptoxanthin, beta	S3542
Vitamin K (phylloquinone)	S3542
Starch	S3542
Phosphorus, P	S3542
Sugars, total	S3542
Maltose	S3542
Water	S3542
Carotene, alpha	S3542
Choline, total	S3542

NDB No. 11060 Beans, snap, green, frozen, all styles, unprepared

Potassium, K	S3549
Thiamin	S3549
Niacin	S3549
Manganese, Mn	S3549
Riboflavin	S3549
Fiber, total dietary	S3549
Iron, Fe	S3549
Pantothenic acid	S3549
Vitamin B-6	S3549
Ash	S3549
Glucose (dextrose)	S3549
Lactose	S3549
Calcium, Ca	S3549
Sodium, Na	S3549
Protein	S3549
Starch	S3549
Fructose	S3549
Water	S3549
Copper, Cu	S3549
Carotene, beta	D3853
Sugars, total	S3549
Galactose	S3549
Magnesium, Mg	S3549
Phosphorus, P	S3549
Selenium, Se	S3549

NDB No. 11060 Beans, snap, green, frozen, all styles, unprepared

Total lipid (fat)	S3549
Sucrose	S3549
Maltose	S3549
Zinc, Zn	S3549
Vitamin K (phylloquinone)	S3549

NDB No. 11061 Beans, snap, green, frozen, cooked, boiled, drained without salt

Sodium, Na	S6
Copper, Cu	S6
Selenium, Se	S6
Zinc, Zn	S6
Calcium, Ca	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Iron, Fe	S6
Tocopherol, gamma	S84
Tocopherol, delta	S84
Potassium, K	S6
Choline, total	S3461
Manganese, Mn	S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Betaine	S3461

NDB No. 11062 Beans, snap, green, frozen, all styles, microwaved

Sucrose	S3549
Fructose	S3549
Sugars, total	S3549
Phosphorus, P	S3549
Sodium, Na	S3549
Calcium, Ca	S3549
Selenium, Se	S3549
Thiamin	S3549
Maltose	S3549
Iron, Fe	S3549
Magnesium, Mg	S3549

NDB No. 11062 Beans, snap, green, frozen, all styles, microwaved

Copper, Cu	S3549
Niacin	S3549
Protein	S3549
Lactose	S3549
Galactose	S3549
Fiber, total dietary	S3549
Manganese, Mn	S3549
Ash	S3549
Vitamin K (phylloquinone)	S3549
Total lipid (fat)	S3549
Starch	S3549
Glucose (dextrose)	S3549
Zinc, Zn	S3549
Pantothenic acid	S3549
Vitamin B-6	S3549
Water	S3549
Potassium, K	S3549
Riboflavin	S3549

NDB No. 11080 Beets, raw

Choline, total	S3461
Betaine	S3461

NDB No. 11082 Beets, canned, regular pack, solids and liquids

Potassium, K	S626, S201, S6, S183, S203, S202, S627
Ash	S626, S625, S627
Fructose	D3321
Total lipid (fat)	S626, S625, S627
Water	S626, S406, S625, S627
Iron, Fe	S626, S201, S6, S625, S183, S203, S202, S627
Vitamin K (phylloquinone)	D4052
Galactose	D3305
Glucose (dextrose)	D3321
Calcium, Ca	S626, S201, S6, S625, S183, S203, S202, S627
Manganese, Mn	S201, S6, S183, S203, S202
Selenium, Se	S6, S183, S203, S202

NDB No. 11082 Beets, canned, regular pack, solids and liquids

Protein	S626, S625, S627
Sucrose	D3321, S406
Zinc, Zn	S201, S6, S183, S203, S202
Copper, Cu	S201, S6, S183, S203, S202
Fluoride, F	D5001, D5007
Fiber, total dietary	S626, S625, S627
Magnesium, Mg	S201, S6, S183, S203, S202
Phosphorus, P	S201, S6, S183, S203, S202
Sodium, Na	S626, S201, S6, S625, S183, S203, S202, S627

NDB No. 11084 Beets, canned, drained solids

Choline, total	S3461
Fluoride, F	D5001, D5007
Fiber, total dietary	S2122
Betaine	S3461

NDB No. 11086 Beet greens, raw

Iron, Fe	S1821
Carotene, beta	D3887, D3846
Cryptoxanthin, beta	D3887
Ash	S1821
Copper, Cu	S1821
Water	S1821
Total lipid (fat)	S1821
Protein	S1821
Carotene, alpha	D3887
Zinc, Zn	S1821

NDB No. 11090 Broccoli, raw

Lactose	S837, S1121, S564
Zinc, Zn	S619, S1121, S564
Niacin	S619, S1121, S564
Betaine	S1121, S564
18:0	S564
18:2 undifferentiated	S564

Reference Report

JUL-17-2008 02:00 PM

Page 1021 of 3136

NDB No. 11090 Broccoli, raw

20:3 undifferentiated	S564
Galactose	D3305, S564
Potassium, K	S619, S1164, S1121, S564
Manganese, Mn	S619, S1121, S564
Tocopherol, gamma	S121, S1121, S564, S87
Alanine	S1121, S564
14:0	S564
17:0	S564
20:2 n-6 c,c	S564
Protein	S619, S1121, S564
Water	S619, S837, S2122, S606, D3773, S121, S1121, S564, S604, S87
Sugars, total	S837, S606, S564
Fiber, total dietary	S837, S606, D3773, S564, S604
Selenium, Se	S2122, S564
Tocopherol, beta	S121, S1121, S564, S87
Thiamin	S619, S1121, S564
Riboflavin	S619, S1121, S564
Folate, total	S619, S1164, S1121, S564
Vitamin K (phylloquinone)	S1121, S564
Methionine	S1121, S564
Cystine	S1121, S564
Phenylalanine	S1121, S564
Arginine	S1121, S564
Glycine	S1121, S564
20:4 undifferentiated	S564
20:1	S564
Ash	S619, S1121, S564
Fructose	S837, D3321, S606, S1121, S564, S604
Vitamin A, IU	S619
Carotene, beta	D3853, S1164, D3889, D3901, D3888, S1121, D3887, S564, D3846
Pantothenic acid	S619, S1121, S564
Choline, total	S1121, S564
Leucine	S1121, S564
12:0	S564
20:0	S564
Total lipid (fat)	S619, S121, S1121, S564, S87
Sucrose	S837, D3321, S606, S1121, S564, S604

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1022 of 3136

NDB No. 11090 Broccoli, raw

Glucose (dextrose)	S837, D3321, S606, S1121, S564, S604
Maltose	S837, S1121, S564
Iron, Fe	S619, S1121, S564
Phosphorus, P	S619, S1121, S564
Sodium, Na	S619, S1164, S1121, S564
Copper, Cu	S619, S1121, S564
Vitamin B-6	S619, S1121, S564
Tyrosine	S1121, S564
Aspartic acid	S1121, S564
22:0	S564
Starch	S564
Cryptoxanthin, beta	S1164, D3901, S1121, D3887, S564
Threonine	S1121, S564
Histidine	S1121, S564
Glutamic acid	S1121, S564
Proline	S1121, S564
8:0	S564
16:1 undifferentiated	S564
15:1	S564
Calcium, Ca	S619, S1121, S564
Carotene, alpha	S1164, D3901, D3888, S1121, D3887, S564
Vitamin E (alpha-tocopherol)	S121, S1121, S564, S87
Lycopene	S1164, D3901, S1121, S564
Lutein + zeaxanthin	D3901, S1121, S564
Vitamin C, total ascorbic acid	S619, S1164
Lysine	S1121, S564
Valine	S1121, S564
Serine	S1121, S564
10:0	S564
16:0	S564
18:3 undifferentiated	S564
15:0	S564
18:3 n-6 c,c,c	S564
17:1	S564
Magnesium, Mg	S619, S1121, S564
Tocopherol, delta	S121, S1121, S564, S87
Tryptophan	S1121, S564

NDB No. 11090 Broccoli, raw

Isoleucine	S1121, S564
18:1 undifferentiated	S564
14:1	S564

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

Fructose	S837, S1121, S564
Sodium, Na	S1121, S564
Copper, Cu	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564
Lutein + zeaxanthin	S1121, S564, D3890
Pantothenic acid	S1121, S564
Betaine	S564
10:0	S564
16:0	S564
16:1 undifferentiated	S564
Lactose	S837, S1121, S564
Maltose	S837, S1121, S564
Fluoride, F	D5007
Tocopherol, gamma	S1121, S564
Vitamin C, total ascorbic acid	S564
Niacin	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
Tyrosine	S1121, S564
8:0	S564
20:2 n-6 c,c	S564
Iron, Fe	S1121, S564
Selenium, Se	S1121, S564
Cryptoxanthin, beta	S1121, S564
Tryptophan	S1121, S564
Isoleucine	S1121, S564
Arginine	S1121, S564
Glutamic acid	S1121, S564
18:1 undifferentiated	S564
18:3 n-6 c,c,c	S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564

Reference Report

JUL-17-2008 02:00 PM

Page 1024 of 3136

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

Cystine	S1121, S564
Valine	S1121, S564
Serine	S1121, S564
20:0	S564
14:1	S564
Protein	S1121, S564
Sucrose	S837, S1121, S564
Glucose (dextrose)	S837, S1121, S564
Magnesium, Mg	S1121, S564
Manganese, Mn	S1121, S564
Riboflavin	S1121, S564
Choline, total	S564
Histidine	S1121, S564
Glycine	S1121, S564
20:4 undifferentiated	S564
22:0	S564
17:0	S564
17:1	S564
Total lipid (fat)	S1121, S564
Starch	S564
Water	S837, S606, S1121, S564
Galactose	S564
Carotene, beta	S1121, S564, D3890, D3846
Lycopene	S1121, S564
Tocopherol, beta	S1121, S564
Thiamin	S1121, S564
Leucine	S1121, S564
Phenylalanine	S1121, S564
14:0	S564
20:1	S564
Ash	S1121, S564
Sugars, total	S837, S564
Fiber, total dietary	S837, S606, S564
Zinc, Zn	S1121, S564
Tocopherol, delta	S1121, S564
Lysine	S1121, S564
Alanine	S1121, S564

Reference_Report

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

18:0	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:3 undifferentiated	S564
15:1	S564
Calcium, Ca	S1121, S564
Phosphorus, P	S1121, S564
Potassium, K	S1121, S564
Carotene, alpha	S1121, S564
Threonine	S1121, S564
Methionine	S1121, S564
Aspartic acid	S1121, S564
Proline	S1121, S564
12:0	S564
15:0	S564

NDB No. 11092 Broccoli, frozen, chopped, unprepared

Vitamin E (alpha-tocopherol)	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Glucose (dextrose)	S822
Fructose	S822
Tocopherol, beta	S87
Carotene, beta	D3846

NDB No. 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Sodium, Na	S6
Zinc, Zn	S6
Iron, Fe	S6
Potassium, K	S6
Copper, Cu	S6
Calcium, Ca	S6
Magnesium, Mg	S6
Manganese, Mn	S6
Phosphorus, P	S6
Selenium, Se	S6

NDB No. 11096 Broccoli raab, raw

Galactose	S1121
Zinc, Zn	S482, S1121
Lutein + zeaxanthin	S482, S1121
Threonine	S482, S1121
Valine	S482, S1121
Glycine	S482, S1121
Protein	S482, S1121
Total lipid (fat)	S482, S1121
Ash	S482, S1121
Calcium, Ca	S482, S1121
Potassium, K	S482, S1121
Manganese, Mn	S482, S1121
Carotene, beta	S482, S1121
Lycopene	S482, S1121
Thiamin	S482, S1121
Betaine	S482, S1121
Tryptophan	S482, S1121
Water	S482, S1121
Sugars, total	S1121
Fiber, total dietary	S482, S1121
Carotene, alpha	S482, S1121
Tocopherol, beta	S482, S1121
Vitamin B-6	S482, S1121
Histidine	S482, S1121
Alanine	S482, S1121
Glucose (dextrose)	S482, S1121
Maltose	S482, S1121
Sodium, Na	S482, S1121
Cryptoxanthin, beta	S482, S1121
Isoleucine	S482, S1121
Cystine	S482, S1121
Selenium, Se	S1121
Tocopherol, gamma	S482, S1121
Tocopherol, delta	S482, S1121
Riboflavin	S482, S1121
Niacin	S482, S1121
Choline, total	S482, S1121

NDB No. 11096 Broccoli raab, raw

Leucine	S482, S1121
Arginine	S482, S1121
Proline	S482, S1121
Fructose	S482, S1121
Lactose	S482, S1121
Phosphorus, P	S482, S1121
Vitamin E (alpha-tocopherol)	S482, S1121
Pantothenic acid	S482, S1121
Tyrosine	S482, S1121
Serine	S482, S1121
Iron, Fe	S482, S1121
Magnesium, Mg	S482, S1121
Vitamin C, total ascorbic acid	S482, S1121
Folate, total	S482, S1121
Lysine	S482, S1121
Methionine	S482, S1121
Phenylalanine	S482, S1121
Glutamic acid	S482, S1121
Sucrose	S482, S1121
Copper, Cu	S482, S1121
Vitamin K (phylloquinone)	S482, S1121
Aspartic acid	S482, S1121

NDB No. 11097 Broccoli raab, cooked

Carotene, alpha	S482
Cryptoxanthin, beta	S482
Glutamic acid	S482, S1121
Proline	S482, S1121
18:1 undifferentiated	S482
20:4 undifferentiated	S482
15:1	S482
Maltose	S482
Magnesium, Mg	S482
Tocopherol, gamma	S482
Riboflavin	S482
Vitamin B-6	S482

NDB No. 11097 Broccoli raab, cooked

Phenylalanine	S482, S1121
Tyrosine	S482, S1121
Histidine	S482, S1121
20:2 n-6 c,c	S482
Protein	S482
Sucrose	S482
Glucose (dextrose)	S482
Fiber, total dietary	S482
Vitamin K (phylloquinone)	S482
Betaine	S482, S1121
Isoleucine	S482, S1121
Leucine	S482, S1121
Lysine	S482, S1121
Cystine	S482, S1121
22:6 n-3	S482
22:0	S482
18:4	S482
17:1	S482
Total lipid (fat)	S482
Water	S482
Phosphorus, P	S482
Lutein + zeaxanthin	S482
Thiamin	S482
Aspartic acid	S482, S1121
16:1 undifferentiated	S482
20:5 n-3	S482
22:5 n-3	S482
Ash	S482
Lactose	S482
Iron, Fe	S482
Tocopherol, beta	S482
Valine	S482, S1121
Glycine	S482, S1121
10:0	S482
18:0	S482
18:2 undifferentiated	S482
18:3 undifferentiated	S482

Reference Report

JUL-17-2008 02:00 PM

Page 1029 of 3136

NDB No. 11097 Broccoli raab, cooked

24:0	S482
20:3 undifferentiated	S482
Fructose	S482
Calcium, Ca	S482
Copper, Cu	S482
Folate, total	S482
Tryptophan	S482, S1121
12:0	S482
17:0	S482
Potassium, K	S482
Sodium, Na	S482
Manganese, Mn	S482
Tocopherol, delta	S482
Vitamin C, total ascorbic acid	S482
Choline, total	S482, S1121
Methionine	S482, S1121
Alanine	S482, S1121
16:0	S482
14:1	S482
20:1	S482
15:0	S482
Zinc, Zn	S482
Selenium, Se	S482
Carotene, beta	S482
Vitamin E (alpha-tocopherol)	S482
Lycopene	S482
Niacin	S482
Pantothenic acid	S482
Threonine	S482, S1121
Arginine	S482, S1121
Serine	S482, S1121
8:0	S482
14:0	S482
20:0	S482
22:1 undifferentiated	S482

NDB No. 11098 Brussels sprouts, raw

Carotene, beta	D3889, D3901, D3846
Lutein + zeaxanthin	D3901
Carotene, alpha	D3889, D3901
Lycopene	D3901
Cryptoxanthin, beta	D3901

NDB No. 11099 Brussels sprouts, cooked, boiled, drained, without salt

Tocopherol, beta	S84
Tocopherol, gamma	S84
Betaine	S3461
Carotene, alpha	D3901
Vitamin E (alpha-tocopherol)	S84
Tocopherol, delta	S84
Total lipid (fat)	S84
Lutein + zeaxanthin	D3901
Choline, total	S3461
Water	S84
Carotene, beta	D3901, D3846
Cryptoxanthin, beta	D3901
Lycopene	D3901

NDB No. 11100 Brussels sprouts, frozen, unprepared

Carotene, beta	D3846
----------------	-------

NDB No. 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt

Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8

NDB No. 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt

Manganese, Mn S7, S10, S6, S11, S9, S12, S8

NDB No. 11109 Cabbage, raw

Glucose (dextrose) D3311, S837, S606, S1069

Manganese, Mn S201, S183, S203, S1069, S202

Tocopherol, gamma S81, S121, S87

Vitamin B-6 S1069

Threonine S1065, S1069

Histidine S1065, S1069

Proline S1065, S1069

8:0 S1069

18:3 undifferentiated S1069

20:1 S1069

15:1 S1069

Sucrose D3311, S837, S606, S1069

Riboflavin S1069

Leucine S1065, S1069

17:1 S1069

Total lipid (fat) S81, S121, S1069, S87

Ash S1069

Lactose S837, S1069

Copper, Cu S201, S183, S203, S1069, S202

Selenium, Se S201, S183, S203, S202

Tocopherol, beta S81, S121, S87

Vitamin C, total ascorbic acid S1069

Niacin S1069

Isoleucine S1065, S1069

Phenylalanine S1065, S1069

12:0 S1069

14:1 S1069

20:5 n-3 S1069

Fructose D3311, S837, S606, S1069

Calcium, Ca S201, S183, S203, S1069, S202

Vitamin E (alpha-tocopherol) S81, S121, S87

Vitamin K (phylloquinone) D4052, D4066, S1069

Aspartic acid S1065, S1069

Reference Report

JUL-17-2008 02:00 PM

Page 1032 of 3136

NDB No. 11109 Cabbage, raw

18:0	S1069
Iron, Fe	S201, S183, S203, S1069, S202
Tocopherol, delta	S81, S121, S87
Choline, total	S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Valine	S1065, S1069
Serine	S1065, S1069
14:0	S1069
22:0	S1069
22:1 undifferentiated	S1069
Fatty acids, total monounsaturated	S1069
15:0	S1069
Phosphorus, P	S201, S183, S203, S1069, S202
Zinc, Zn	S201, S183, S203, S1069, S202
Carotene, beta	D3860, S1202, D3901, D3924
Tryptophan	S1065, S1069
Cystine	S1065, S1069
Tyrosine	S1065, S1069
Alanine	S1065, S1069
Fatty acids, total saturated	S1069
10:0	S1069
16:1 undifferentiated	S1069
Protein	S1069
Starch	S1069
Maltose	S837, S606, S1069
Water	S837, S606, S81, S121, S1069, S87
Sugars, total	S837, S606
Fluoride, F	D5007
Betaine	S1069
Glycine	S1065, S1069
16:0	S1069
20:0	S1069
22:6 n-3	S1069
17:0	S1069
Magnesium, Mg	S201, S203, S183, S1069, S202
Potassium, K	S201, S183, S203, S1069, S202

Reference_Report

NDB No. 11109 Cabbage, raw

Carotene, alpha	S1202, D3901
Cryptoxanthin, beta	S1202, D3901
Lycopene	D3901
Lutein + zeaxanthin	D3860, D3901, D3924
Thiamin	S1069
Pantothenic acid	S1069
Arginine	S1065, S1069
Glutamic acid	S1065, S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
18:4	S1069
22:5 n-3	S1069
Fatty acids, total polyunsaturated	S1069
24:0	S1069
20:2 n-6 c,c	S1069
20:3 undifferentiated	S1069

NDB No. 11110 Cabbage, cooked, boiled, drained, without salt

Protein	S1069
Cryptoxanthin, beta	S1069
Vitamin C, total ascorbic acid	S1069
Niacin	S1069
Leucine	S1065, S1069
Histidine	S1065, S1069
Glutamic acid	S1065, S1069
8:0	S1069
15:1	S1069
Starch	S1069
Lactose	S1069
Phosphorus, P	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Choline, total	S1069
Betaine	S1069
Lysine	S1065, S1069

Reference Report

JUL-17-2008 02:00 PM

Page 1034 of 3136

NDB No. 11110 Cabbage, cooked, boiled, drained, without salt

Phenylalanine	S1065, S1069
Arginine	S1065, S1069
14:0	S1069
20:1	S1069
20:3 undifferentiated	S1069
Methionine	S1065, S1069
Aspartic acid	S1065, S1069
10:0	S1069
18:1 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
24:0	S1069
Glucose (dextrose)	S1069
Fiber, total dietary	S1069
Zinc, Zn	S1069
Fluoride, F	D5007
Pantothenic acid	S1069
Vitamin K (phylloquinone)	S1069
Tryptophan	S1065, S1069
Isoleucine	S1065, S1069
Fatty acids, total saturated	S1069
12:0	S1069
16:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
Calcium, Ca	S1069
Magnesium, Mg	S1069
Thiamin	S1069
Vitamin B-6	S1069
Threonine	S1065, S1069
Tyrosine	S1065, S1069
22:0	S1069
17:1	S1069
Total lipid (fat)	S1069
Ash	S1069

Reference_Report

NDB No. 11110 Cabbage, cooked, boiled, drained, without salt

Fructose	S1069
Water	D3775, S1069
Lycopene	S1069
Valine	S1065, S1069
Alanine	S1065, S1069
20:0	S1069
Fatty acids, total polyunsaturated	S1069
Sucrose	S1069
Maltose	S1069
Carotene, alpha	S1069
Riboflavin	S1069
Cystine	S1065, S1069
Glycine	S1065, S1069
16:0	S1069
22:6 n-3	S1069
14:1	S1069
Fatty acids, total monounsaturated	S1069
Potassium, K	S1069
Carotene, beta	S1069
Folate, total	S1069
Proline	S1065, S1069
Serine	S1065, S1069
18:0	S1069
18:2 undifferentiated	S1069
18:4	S1069
17:0	S1069
20:2 n-6 c,c	S1069

NDB No. 11112 Cabbage, red, raw

Maltose	S1065
Water	D3326, S1065
Iron, Fe	S1065
Potassium, K	S1065
Niacin	S1065
Cystine	S1065, S1069
Phenylalanine	S1065, S1069

NDB No. 11112 Cabbage, red, raw

Alanine	S1065, S1069
Glutamic acid	S1065, S1069
Sucrose	D3326, S1065
Sodium, Na	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Vitamin B-6	S1065
Arginine	S1065, S1069
Histidine	S1065, S1069
Fructose	D3326, S1065
Lactose	S1065
Phosphorus, P	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Valine	S1065, S1069
Zinc, Zn	S1065
Thiamin	S1065
Tryptophan	S1065, S1069
Aspartic acid	S1065, S1069
Total lipid (fat)	S1065
Calcium, Ca	S1065
Magnesium, Mg	S1065
Isoleucine	S1065, S1069
Methionine	S1065, S1069
Glycine	S1065, S1069
Ash	S1065
Glucose (dextrose)	D3326, S1065
Copper, Cu	S1065
Carotene, alpha	S1065
Pantothenic acid	S1065
Folate, total	S1065
Threonine	S1065, S1069
Lysine	S1065, S1069
Fiber, total dietary	S1065
Riboflavin	S1065
Choline, total	S1065
Proline	S1065, S1069

NDB No. 11112 Cabbage, red, raw

Serine	S1065, S1069
Protein	S1065
Starch	S1065
Sugars, total	D3326
Manganese, Mn	S1065
Vitamin K (phylloquinone)	S1065
Betaine	S1065
Leucine	S1065, S1069
Tyrosine	S1065, S1069

NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt

Protein	S1065
Ash	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Phosphorus, P	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Histidine	S1065, S1069
Glutamic acid	S1065, S1069
Riboflavin	S1065
Isoleucine	S1065, S1069
Tyrosine	S1065, S1069
Total lipid (fat)	S1065
Maltose	S1065
Thiamin	S1065
Niacin	S1065
Vitamin K (phylloquinone)	S1065
Valine	S1065, S1069
Sucrose	S1065
Potassium, K	S1065
Selenium, Se	S1065
Lycopene	S1065
Pantothenic acid	S1065
Folate, total	S1065
Threonine	S1065, S1069

NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt

Leucine	S1065, S1069
Arginine	S1065, S1069
Aspartic acid	S1065, S1069
Copper, Cu	S1065
Vitamin B-6	S1065
Serine	S1065, S1069
Iron, Fe	S1065
Tryptophan	S1065, S1069
Methionine	S1065, S1069
Phenylalanine	S1065, S1069
Alanine	S1065, S1069
Starch	S1065
Lactose	S1065
Water	S1065
Magnesium, Mg	S1065
Manganese, Mn	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Choline, total	S1065
Lysine	S1065, S1069
Glycine	S1065, S1069
Glucose (dextrose)	S1065
Fructose	S1065
Betaine	S1065
Cystine	S1065, S1069
Proline	S1065, S1069

NDB No. 11124 Carrots, raw

Sugars, total	S837, S606
Fluoride, F	D5002, D5007, D5021
Selenium, Se	S6, S183, S203, S202
Tocopherol, delta	S1062, S84, S87
Methionine	S25
Tyrosine	S25
Serine	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1039 of 3136

NDB No. 11124 Carrots, raw

10:0	S1062
18:1 undifferentiated	S1062
18:4	S1062
20:5 n-3	S1062
Potassium, K	S201, S1062, S6, S183, S203, S618, S202
Zinc, Zn	S201, S1062, S6, S183, S203, S618, S202
Thiamin	S1062, S618
Riboflavin	S1062, S618
Vitamin B-6	S1062, S618
Glycine	S25
8:0	S1062
14:0	S1062
20:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
Ash	S1062, S618
Starch	S1062
Maltose	S837, S1062
Calcium, Ca	S201, S1062, S6, S183, S203, S618, S202
Iron, Fe	S201, S1062, S6, S183, S203, S618, S202
Carotene, beta	D3911, D3900, D3885, D3909, D3847, S1062, D3889, S2644, D3843, D3850, D3888, D5261, D3887, S1381, D3846
Vitamin E (alpha-tocopherol)	S1062, S84, S87
Vitamin C, total ascorbic acid	S1062, S618
Phenylalanine	S25
20:1	S1062
20:2 n-6 c,c	S1062
15:1	S1062
Sucrose	S837, S1062, S606, S604
Water	S837, S1062, S606, S84, S618, S604, S87
Fiber, total dietary	S1062
Phosphorus, P	S201, S1062, S6, S183, S203, S618, S202
Sodium, Na	S201, S1062, S6, S183, S203, S618, S202
Copper, Cu	S201, S1062, S6, S183, S203, S618, S202
Manganese, Mn	S201, S1062, S6, S183, S203, S618, S202
Cryptoxanthin, beta	D3887
Folate, total	S1062, S618

Reference Report

JUL-17-2008 02:00 PM

Page 1040 of 3136

NDB No. 11124 Carrots, raw

Vitamin K (phylloquinone)	S1062
22:6 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
24:0	S1062
Fructose	S837, S1062, S606, S604
Lactose	S837, S1062
Vitamin A, IU	D5261
Carotene, alpha	D3911, D3900, D3885, D3909, D3847, S1062, D3889, S2644, D3850, D3888, D3887, S1381, D3846
Niacin	S1062, S618
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Histidine	S25
Aspartic acid	S25
12:0	S1062
20:4 undifferentiated	S1062
20:3 undifferentiated	S1062
Protein	S1062, S618
Vitamin A, RAE	D5261
Tocopherol, beta	S1062, S84, S87
Choline, total	S1062
Betaine	S1062
Valine	S25
Alanine	S25
16:0	S1062
18:3 undifferentiated	S1062
17:0	S1062
17:1	S1062
Total lipid (fat)	S1062, S84, S618, S87
Glucose (dextrose)	S837, S1062, S606, S604
Lycopene	D3911, S1062
Pantothenic acid	S1062, S618
Tryptophan	S25
Cystine	S25

NDB No. 11124 Carrots, raw

Arginine	S25
Glutamic acid	S25
Proline	S25
18:2 undifferentiated	S1062
22:0	S1062
15:0	S1062
Magnesium, Mg	S201, S1062, S6, S183, S203, S618, S202
Tocopherol, gamma	S1062, S84, S87
18:0	S1062

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

Fiber, total dietary	S1062
Betaine	S1062
Arginine	S25
Proline	S25
18:0	S1062
18:1 undifferentiated	S1062
18:4	S1062
20:5 n-3	S1062
17:0	S1062
Pantothenic acid	S1062
Tryptophan	S25
Methionine	S25
Cystine	S25
Glutamic acid	S25
22:6 n-3	S1062
24:0	S1062
Sucrose	S1062
Fluoride, F	D5001
Carotene, alpha	D3885, S1062, D3846
Vitamin K (phylloquinone)	S1062
Tyrosine	S25
Histidine	S25
Protein	S1062
Potassium, K	S1062
Sodium, Na	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 1042 of 3136

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

Lycopene	S1062
Riboflavin	S1062
Vitamin B-6	S1062
Threonine	S25
Leucine	S25
Phenylalanine	S25
Glycine	S25
14:0	S1062
22:5 n-3	S1062
15:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
15:1	S1062
Fructose	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Choline, total	S1062
8:0	S1062
10:0	S1062
20:0	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
Total lipid (fat)	S1062
Maltose	S1062
Calcium, Ca	S1062
Phosphorus, P	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Tocopherol, delta	S1062
Lysine	S25
Aspartic acid	S25
Serine	S25
12:0	S1062
22:1 undifferentiated	S1062
Starch	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1043 of 3136

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

Zinc, Zn	S1062
Selenium, Se	S1062
Carotene, beta	D3885, S1062, D3846
Thiamin	S1062
Isoleucine	S25
Valine	S25
Alanine	S25
22:0	S1062
14:1	S1062
20:3 undifferentiated	S1062
Ash	S1062
Glucose (dextrose)	S1062
Lactose	S1062
Water	S1062
Vitamin E (alpha-tocopherol)	S1062
Vitamin C, total ascorbic acid	S1062
Niacin	S1062
16:0	S1062
20:4 undifferentiated	S1062
16:1 undifferentiated	S1062
20:1	S1062

NDB No. 11128 Carrots, canned, regular pack, drained solids

Lycopene	D3902
Tryptophan	S25
Leucine	S25
Methionine	S25
Valine	S25
Glycine	S25
Tyrosine	S25
Arginine	S25
Alanine	S25
Carotene, alpha	D3911, D3902, D3846
Threonine	S25
Phenylalanine	S25
Histidine	S25

NDB No. 11128 Carrots, canned, regular pack, drained solids

Glutamic acid	S25
Proline	S25
Cryptoxanthin, beta	D3902
Aspartic acid	S25
Serine	S25
Lutein + zeaxanthin	D3902
Isoleucine	S25
Cystine	S25
Carotene, beta	D3911, D3902, D3843, D3846
Lysine	S25

NDB No. 11130 Carrots, frozen, unprepared

Ash	S25
Maltose	S25
Water	S25
Calcium, Ca	S25
Niacin	S25
Vitamin K (phylloquinone)	S25
10:0	S25
Galactose	S25
Fiber, total dietary	S25
Magnesium, Mg	S25
Zinc, Zn	S25
20:4 undifferentiated	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
4:0	S25
18:2 undifferentiated	S25
Lactose	S25
Iron, Fe	S25
Pantothenic acid	S25
22:6 n-3	S25
18:4	S25
20:5 n-3	S25
Total lipid (fat)	S25
Glucose (dextrose)	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1045 of 3136

NDB No. 11130 Carrots, frozen, unprepared

Potassium, K	S25
6:0	S25
Starch	S25
Sugars, total	S25
Riboflavin	S25
Vitamin B-6	S25
22:5 n-3	S25
Sucrose	S25
Fructose	S25
Sodium, Na	S25
22:1 undifferentiated	S25
Protein	S25
Phosphorus, P	S25
Copper, Cu	S25
Manganese, Mn	S25
8:0	S25
20:1	S25

NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt

Calcium, Ca	S25
Manganese, Mn	S25
Pantothenic acid	S25
Vitamin K (phylloquinone)	S25
Phenylalanine	S25
Arginine	S25
Total lipid (fat)	S25
Starch	S25
Sugars, total	S25
Proline	S25
24:0	S25
Sucrose	S25
Water	S25
Galactose	S25
Sodium, Na	S25
Copper, Cu	S25
Vitamin B-6	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1046 of 3136

NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt

Threonine	S25
Isoleucine	S25
Cystine	S25
Glycine	S25
22:0	S25
20:5 n-3	S25
22:5 n-3	S25
Ash	S25
Maltose	S25
Fiber, total dietary	S25
Niacin	S25
Aspartic acid	S25
Glutamic acid	S25
Serine	S25
8:0	S25
22:6 n-3	S25
18:4	S25
Fructose	S25
Phosphorus, P	S25
Vitamin C, total ascorbic acid	S25
Riboflavin	S25
Tryptophan	S25
Tyrosine	S25
4:0	S25
20:4 undifferentiated	S25
14:1	S25
Lactose	S25
Iron, Fe	S25
Thiamin	S25
Methionine	S25
Alanine	S25
6:0	S25
10:0	S25
20:0	S25
22:1 undifferentiated	S25
15:0	S25
Protein	S25

NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt

Glucose (dextrose)	S25
Magnesium, Mg	S25
Potassium, K	S25
Zinc, Zn	S25
Leucine	S25
Lysine	S25
Valine	S25
Histidine	S25

NDB No. 11135 Cauliflower, raw

Total lipid (fat)	S121
Fluoride, F	D5007
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Vitamin K (phylloquinone)	D4043, D4052, D4002, D4073

NDB No. 11136 Cauliflower, cooked, boiled, drained, without salt

Fiber, total dietary	D3775, D3776
Copper, Cu	S201, S183, S203, S202
Selenium, Se	S183, S203, S202
Magnesium, Mg	S201, S183, S203, S202
Potassium, K	S201, S183, S203, S202
Phosphorus, P	S201, S183, S203, S202
Sodium, Na	S201, S183, S203, S202
Calcium, Ca	S201, S183, S203, S202
Manganese, Mn	S201, S183, S203, S202
Iron, Fe	S201, S183, S203, S202
Choline, total	S3461
Zinc, Zn	S201, S183, S203, S202
Betaine	S3461

NDB No. 11143 Celery, raw

Calcium, Ca	S201, S6, S183, S203, S1121, S564, S202
-------------	---

Reference Report

JUL-17-2008 02:00 PM

Page 1048 of 3136

NDB No. 11143 Celery, raw

Fluoride, F	D5007
Protein	S1121, S564
Ash	S1121, S564
Sucrose	D3321, D3284, S1121, S564, S604
Glucose (dextrose)	D3321, D3284, S1121, S564, S604
Magnesium, Mg	S201, S6, S183, S203, S1121, S564, S202
Vitamin E (alpha-tocopherol)	S84, S1121, S564, S87
Folate, total	S1121, S564
Betaine	S1121, S564
Starch	S564
Sugars, total	S564
Sodium, Na	S201, S6, S183, S203, S1121, S564, S202
Tocopherol, delta	S84, S1121, S564, S87
Vitamin C, total ascorbic acid	S1121, S564
Vitamin B-6	S1121, S564
Zinc, Zn	S201, S6, S183, S203, S1121, S564, S202
Carotene, beta	S1121, S564
Lutein + zeaxanthin	S1121, S564
Tocopherol, gamma	S84, S1121, S564, S87
Thiamin	S1121, S564
Riboflavin	S1121, S564
Vitamin K (phylloquinone)	D4002, S1121, S564
Water	S84, S1121, S564, S604, S87
Galactose	S564
Manganese, Mn	S201, S6, S183, S203, S1121, S564, S202
Selenium, Se	S6, S183, S564
Fructose	D3321, D3284, S1121, S564, S604
Iron, Fe	S201, S6, S183, S203, S1121, S564, S202
Phosphorus, P	S201, S6, S183, S203, S1121, S564, S202
Copper, Cu	S201, S6, S183, S203, S1121, S564, S202
Cryptoxanthin, beta	S1121, S564
Choline, total	S1121, S564
Total lipid (fat)	S84, S1121, S564, S87
Maltose	S1121, S564
Carotene, alpha	S1121, S564
Lycopene	S1121, S564
Lactose	S1121, S564

NDB No. 11143 Celery, raw

Fiber, total dietary	S1121, S564
Potassium, K	S201, S6, S183, S203, S1121, S564, S202
Tocopherol, beta	S84, S1121, S564, S87
Niacin	S1121, S564
Pantothenic acid	S1121, S564

NDB No. 11147 Chard, swiss, raw

Carotene, alpha	D3889, D3887
Cryptoxanthin, beta	D3887
Carotene, beta	D3889, D3887

NDB No. 11149 Chayote, fruit, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 11157 Chrysanthemum, garland, raw

Ash	S1202
Cryptoxanthin, beta	S1202, D3870
Vitamin B-6	S1202
Calcium, Ca	S1202
Magnesium, Mg	S1202
Potassium, K	S1202
Copper, Cu	S1202
Carotene, beta	S1202, D3870, D3869
Pantothenic acid	S1202
Protein	S1202
Phosphorus, P	S1202
Manganese, Mn	S1202
Carotene, alpha	D3870
Thiamin	S1202
Folate, total	S1202
Niacin	S1202
Total lipid (fat)	S1202
Sodium, Na	S1202

NDB No. 11157 Chrysanthemum, garland, raw

Lutein + zeaxanthin	D3869
Riboflavin	S1202
Water	S1202
Fiber, total dietary	S1202
Iron, Fe	S1202
Zinc, Zn	S1202
Vitamin C, total ascorbic acid	S1202

NDB No. 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt

Carotene, beta	D3870, D3869
Cryptoxanthin, beta	D3870
Carotene, alpha	D3870
Lutein + zeaxanthin	D3869

NDB No. 11159 Coleslaw, home-prepared

Fluoride, F	D5301, D5007
-------------	--------------

NDB No. 11161 Collards, raw

Carotene, beta	D3846
----------------	-------

NDB No. 11162 Collards, cooked, boiled, drained, without salt

Calcium, Ca	S201, S183, S203, S202
Manganese, Mn	S201, S183, S203, S202
Selenium, Se	S201, S183, S203, S202
Zinc, Zn	S201, S183, S203, S202
Phosphorus, P	S201, S183, S203, S202
Sodium, Na	S201, S183, S203, S202
Copper, Cu	S201, S183, S203, S202
Carotene, beta	D3846
Iron, Fe	S201, S183, S203, S202
Magnesium, Mg	S201, S183, S203, S202
Vitamin K (phylloquinone)	D4002
Potassium, K	S201, S183, S203, S202

NDB No. 11163 Collards, frozen, chopped, unprepared

Carotene, beta D3846

NDB No. 11165 Coriander (cilantro) leaves, raw

Carotene, alpha D3969

Lutein + zeaxanthin D3969, D3956

Lycopene D3969

Vitamin B-6 D390

Carotene, beta D3969, D3956, D3964, D3863

Cryptoxanthin, beta D3969

NDB No. 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt

Sucrose S604

Potassium, K S201, S183, S203, S202

Copper, Cu S201, S183, S203, S202

Sodium, Na S201, S183, S203, S202

Zinc, Zn S201, S183, S203, S202

Fructose S604

Calcium, Ca S201, S183, S203, S202

Iron, Fe S201, S183, S203, S202

Magnesium, Mg S201, S183, S203, S202

Selenium, Se S201, S183, S203, S202

Manganese, Mn S201, S183, S203, S202

Glucose (dextrose) S604

Phosphorus, P S201, S183, S203, S202

Maltose S604

NDB No. 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Sucrose S604

Vitamin E (alpha-tocopherol) S121

Tocopherol, delta S121

Selenium, Se S6, S183

Fluoride, F D5007

Carotene, alpha D3907

Cryptoxanthin, beta D3907

Tocopherol, gamma S121

Reference Report

JUL-17-2008 02:00 PM

Page 1052 of 3136

NDB No. 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Maltose	S604
Glucose (dextrose)	S604
Tocopherol, beta	S121
Fructose	S604
Carotene, beta	D3907

NDB No. 11172 Corn, sweet, yellow, canned, whole kernel, drained solids

Starch	S3542
Magnesium, Mg	S3542
Vitamin E (alpha-tocopherol)	S3542
Tocopherol, gamma	S3542
Thiamin	S3542
Riboflavin	S3542
Folate, total	S3542
Folic acid	S3542
Isoleucine	S3542
Aspartic acid	S3542
16:0	S3542
18:3 undifferentiated	S3542
14:1	S3542
17:0	S3542
20:3 undifferentiated	S3542
18:3 n-3 c,c,c	S3542
Iron, Fe	S3542
Phosphorus, P	S3542
Carotene, beta	S3542
Tocopherol, beta	S3542
Vitamin C, total ascorbic acid	S3542
Vitamin K (phylloquinone)	S3542
Threonine	S3542
Cystine	S3542
Glycine	S3542
12:0	S3542
22:0	S3542
15:1	S3542
Protein	S3542

Reference Report

JUL-17-2008 02:00 PM

Page 1053 of 3136

NDB No. 11172 Corn, sweet, yellow, canned, whole kernel, drained solids

Sugars, total	S3542
Zinc, Zn	S3542
Cryptoxanthin, beta	S3542
Hydroxyproline	S3542
8:0	S3542
20:1	S3542
Fatty acids, total polyunsaturated	S3542
Manganese, Mn	S3542
Carotene, alpha	S3542
Histidine	S3542
Serine	S3542
18:1 undifferentiated	S3542
Ash	S3542
Sucrose	S406, S3542
Fructose	S406, S3542
Calcium, Ca	S3542
Sodium, Na	S3542
Copper, Cu	S3542
Niacin	S3542
Pantothenic acid	S3542
Vitamin B-6	S3542
Tyrosine	S3542
Arginine	S3542
Fatty acids, total monounsaturated	S3542
18:3 n-6 c,c,c	S3542
17:1	S3542
Glucose (dextrose)	S406, S3542
Water	S406, D3773, S3542
Lycopene	S3542
Phenylalanine	S3542
Alanine	S3542
Glutamic acid	S3542
Proline	S3542
20:0	S3542
18:2 undifferentiated	S3542
16:1 undifferentiated	S3542
15:0	S3542

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1054 of 3136

NDB No. 11172 Corn, sweet, yellow, canned, whole kernel, drained solids

20:2 n-6 c,c	S3542
Tocopherol, delta	S3542
Choline, total	S3542
Fatty acids, total saturated	S3542
10:0	S3542
14:0	S3542
Total lipid (fat)	S3542
Lactose	S3542
Maltose	S3542
Galactose	S3542
Fiber, total dietary	D3773, S3542
Potassium, K	S3542
Folate, food	S3542
Betaine	S3542
Tryptophan	S3542
Leucine	S3542
Lysine	S3542
Methionine	S3542
Valine	S3542
18:0	S3542
20:4 undifferentiated	S3542

NDB No. 11174 Corn, sweet, yellow, canned, cream style, regular pack

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Selenium, Se	S201, S6, S183, S203, S202
Tocopherol, gamma	S84
Vitamin K (phylloquinone)	D4002
Tocopherol, delta	S84
Manganese, Mn	S201, S6, S183, S203, S202
Fluoride, F	D5007

NDB No. 11178 Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Sugars, total	S3549
Calcium, Ca	S3549
Zinc, Zn	S3549

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1055 of 3136

NDB No. 11178 Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Manganese, Mn	S3549
Riboflavin	S3549
Isoleucine	S3542
Valine	S3542
Arginine	S3542
Vitamin B-6	S3549
Glutamic acid	S3542
Proline	S3542
Serine	S3542
Phosphorus, P	S3549
Potassium, K	S3549
Methionine	S3542
Aspartic acid	S3542
Total lipid (fat)	S3549
Iron, Fe	S3549
Niacin	S3549
Pantothenic acid	S3549
Threonine	S3542
Leucine	S3542
Glycine	S3542
Water	S822, D3764, S3549, S604
Galactose	S3549
Cystine	S3542
Sucrose	S822, S3549, S604
Fructose	S822, S3549, S604
Maltose	S3549, S604
Fiber, total dietary	D3764, S3549
Magnesium, Mg	S3549
Copper, Cu	S3549
Tyrosine	S3542
Protein	S3549
Ash	S3549
Lactose	S3549
Fluoride, F	D5021
Histidine	S3542
Starch	S3549
Glucose (dextrose)	S822, S3549, S604

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1056 of 3136

NDB No. 11178 Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Sodium, Na	S3549
Thiamin	S3549
Tryptophan	S3542
Lysine	S3542
Phenylalanine	S3542
Alanine	S3542

NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Total lipid (fat)	S405, S84
Sucrose	S822, S837, S604
Glucose (dextrose)	S822, S837, S604
Water	S822, S837, S405, S84, S604
Manganese, Mn	S405, S6
Vitamin E (alpha-tocopherol)	S84
Fructose	S822, S837, S604
Copper, Cu	S405, S6
Carotene, beta	S405
Thiamin	S405
Maltose	S822, S837, S604
Sugars, total	S837
Potassium, K	S405, S6
Zinc, Zn	S405, S6
Tocopherol, beta	S84
Riboflavin	S405
Selenium, Se	S6
Tocopherol, gamma	S84
Protein	S405
Ash	S405
Lactose	S837
Cryptoxanthin, beta	S405
Folate, total	S405
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S405, S6
Iron, Fe	S405, S6
Phosphorus, P	S405, S6
Carotene, alpha	S405

Reference Report

JUL-17-2008 02:00 PM

Page 1057 of 3136

NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Betaine	S3461
Magnesium, Mg	S405, S6
Sodium, Na	S405, S6
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405
Choline, total	S3461

NDB No. 11182 Corn, yellow, whole kernel, frozen, microwaved

Lactose	S3549
Iron, Fe	S3549
Zinc, Zn	S3549
Thiamin	S3549
Threonine	S3542
Lysine	S3542
Aspartic acid	S3542
Glycine	S3542
Phosphorus, P	S3549
Sodium, Na	S3549
Arginine	S3542
Serine	S3542
Sucrose	S3549
Maltose	S3549
Fiber, total dietary	S3549
Copper, Cu	S3549
Tryptophan	S3542
Cystine	S3542
Glutamic acid	S3542
Glucose (dextrose)	S3549
Fructose	S3549
Galactose	S3549
Calcium, Ca	S3549
Potassium, K	S3549
Pantothenic acid	S3549

NDB No. 11182 Corn, yellow, whole kernel, frozen, microwaved

Isoleucine	S3542
Leucine	S3542
Valine	S3542
Ash	S3549
Sugars, total	S3549
Phenylalanine	S3542
Total lipid (fat)	S3549
Magnesium, Mg	S3549
Riboflavin	S3549
Tyrosine	S3542
Alanine	S3542
Protein	S3549
Proline	S3542
Starch	S3549
Water	S3549
Manganese, Mn	S3549
Niacin	S3549
Vitamin B-6	S3549
Methionine	S3542
Histidine	S3542

NDB No. 11205 Cucumber, with peel, raw

Lactose	S1062
Maltose	S1062, S604
Water	S1062, D3773, S121, S604
Calcium, Ca	S1062
Vitamin C, total ascorbic acid	S1062
Folate, total	S1062
14:0	S1062
18:0	S1062
20:0	S1062
18:2 undifferentiated	S1062
16:1 undifferentiated	S1062
15:0	S1062
17:1	S1062
Fluoride, F	D5007, D5021

NDB No. 11205 Cucumber, with peel, raw

Riboflavin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
18:1 undifferentiated	S1062
17:0	S1062
20:2 n-6 c,c	S1062
Iron, Fe	S1062
Zinc, Zn	S1062
Betaine	S1062
20:4 undifferentiated	S1062
22:1 undifferentiated	S1062
Protein	S1062
Sucrose	S1062
Phosphorus, P	S1062
Copper, Cu	S1062
Thiamin	S1062
8:0	S1062
22:0	S1062
Fructose	S1062, S604
24:0	S1062
20:3 undifferentiated	S1062
Total lipid (fat)	S1062, S121
Starch	S1062
Niacin	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
14:1	S1062
Glucose (dextrose)	S1062, S604
Fiber, total dietary	D3773
Magnesium, Mg	S1062
Potassium, K	S1062
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, delta	S1062, S121
18:3 undifferentiated	S1062
18:4	S1062
15:1	S1062

NDB No. 11205 Cucumber, with peel, raw

Ash	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Tocopherol, gamma	S1062, S121
10:0	S1062
12:0	S1062
16:0	S1062
22:6 n-3	S1062
20:1	S1062
20:5 n-3	S1062
22:5 n-3	S1062

NDB No. 11206 Cucumber, peeled, raw

Calcium, Ca	S201, S1062, S6, S183, S203, S202
Iron, Fe	S201, S1062, S6, S183, S203, S202
Potassium, K	S201, S1062, S6, S183, S203, S202
Copper, Cu	S201, S1062, S6, S183, S203, S202
20:4 undifferentiated	S1062
17:1	S1062
15:1	S1062
Protein	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Water	S1062, S81, S121
Magnesium, Mg	S201, S1062, S6, S183, S203, S202
Riboflavin	S1062
Choline, total	S1062
18:0	S1062
18:3 undifferentiated	S1062
14:1	S1062
20:5 n-3	S1062
17:0	S1062
Fructose	S1062
Tocopherol, beta	S1062, S81, S121
Tocopherol, gamma	S1062, S81, S121
Niacin	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 1061 of 3136

NDB No. 11206 Cucumber, peeled, raw

Cystine	S1062
Histidine	S1062
Proline	S1062
8:0	S1062
16:1 undifferentiated	S1062
18:4	S1062
Starch	S1062
Phosphorus, P	S201, S1062, S6, S183, S203, S202
Manganese, Mn	S201, S1062, S6, S183, S203, S202
Vitamin K (phylloquinone)	D4052, D4002, S1062
Serine	S1062
24:0	S1062
20:3 undifferentiated	S1062
Total lipid (fat)	S1062, S81, S121
Maltose	S1062
Fluoride, F	D5007, D5021
Thiamin	S1062
Tyrosine	S1062
12:0	S1062
14:0	S1062
20:1	S1062
Lactose	S1062
Sodium, Na	S201, S6, S183, S203, S202
Zinc, Zn	S201, S1062, S6, S183, S203, S202
Vitamin E (alpha-tocopherol)	S1062, S81, S121
Tocopherol, delta	S1062, S81, S121
Pantothenic acid	S1062
Vitamin B-6	S1062
Tryptophan	S1062
Isoleucine	S1062
Leucine	S1062
Phenylalanine	S1062
Alanine	S1062
Glutamic acid	S1062
Glycine	S1062
16:0	S1062
15:0	S1062

NDB No. 11206 Cucumber, peeled, raw

Vitamin C, total ascorbic acid	S1062
Betaine	S1062
Arginine	S1062
10:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
22:0	S1062
22:1 undifferentiated	S1062
20:2 n-6 c,c	S1062
Ash	S1062
Selenium, Se	S201, S1062, S6, S183, S203, S202
Threonine	S1062
Lysine	S1062
Methionine	S1062
Valine	S1062
Aspartic acid	S1062
22:6 n-3	S1062
22:5 n-3	S1062

NDB No. 11209 Eggplant, raw

Ash	S615
Fiber, total dietary	S615
Copper, Cu	S615
Potassium, K	S615
Manganese, Mn	S615
Total lipid (fat)	S615
Iron, Fe	S615
Phosphorus, P	S615
Zinc, Zn	S615
Vitamin A, IU	S615
Pantothenic acid	S615
Carotene, beta	S615
Thiamin	S615
Riboflavin	S615
Protein	S615

NDB No. 11209 Eggplant, raw

Sugars, total	D3326
Calcium, Ca	S615
Sodium, Na	S615
Vitamin C, total ascorbic acid	S615
Folate, total	S615
Water	D3326, S615
Magnesium, Mg	S615
Niacin	S615
Vitamin B-6	S615

NDB No. 11210 Eggplant, cooked, boiled, drained, without salt

Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8

NDB No. 11211 Edamame, frozen, unprepared

Starch	S2661
Threonine	S2661
Leucine	S2661
Hydroxyproline	S2661
Total lipid (fat)	S2661
Sugars, total	S2661
Sodium, Na	S2661
Manganese, Mn	S2661
Phenylalanine	S2661
Tyrosine	S2661
Glutamic acid	S2661
Calcium, Ca	S2661

Reference Report

JUL-17-2008 02:00 PM

Page 1064 of 3136

NDB No. 11211 Edamame, frozen, unprepared

Thiamin	S2661
Cystine	S2661
Histidine	S2661
Glucose (dextrose)	S2661
Magnesium, Mg	S2661
Potassium, K	S2661
Copper, Cu	S2661
Vitamin C, total ascorbic acid	S2661
Niacin	S2661
Folate, total	S2661
Choline, total	S2661
Folic acid	S2661
Isoleucine	S2661
Sucrose	S2661
Lactose	S2661
Fiber, total dietary	S2661
Zinc, Zn	S2661
Tocopherol, beta	S2661
Vitamin B-6	S2661
Tryptophan	S2661
Lysine	S2661
Methionine	S2661
Alanine	S2661
Aspartic acid	S2661
Protein	S2661
Galactose	S2661
Iron, Fe	S2661
Tocopherol, delta	S2661
Pantothenic acid	S2661
Folate, food	S2661
Betaine	S2661
Valine	S2661
Arginine	S2661
Glycine	S2661
Ash	S2661
Fructose	S2661
Water	S2661

Reference_Report

NDB No. 11211 Edamame, frozen, unprepared

Phosphorus, P	S2661
Vitamin E (alpha-tocopherol)	S2661
Riboflavin	S2661
Serine	S2661
Maltose	S2661
Tocopherol, gamma	S2661
Vitamin K (phylloquinone)	S2661
Proline	S2661

NDB No. 11212 Edamame, frozen, prepared

Fructose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Iron, Fe	S2661
Niacin	S2661
Tyrosine	S2661
8:0	S2661
18:0	S2661
Fatty acids, total polyunsaturated	S2661
18:2 t not further defined	S2661
18:1 c	S2661
18:3 n-6 c,c,c	S2661
Sodium, Na	S2661
Thiamin	S2661
Choline, total	S2661
Tryptophan	S2661
Lysine	S2661
Hydroxyproline	S2661
10:0	S2661
16:0	S2661
18:2 undifferentiated	S2661
22:5 n-3	S2661
Fatty acids, total monounsaturated	S2661
16:1 t	S2661
Water	S2661
Phosphorus, P	S2661

NDB No. 11212 Edamame, frozen, prepared

Riboflavin	S2661
Alanine	S2661
6:0	S2661
18:3 undifferentiated	S2661
16:1 undifferentiated	S2661
18:4	S2661
Sucrose	S2661
Proline	S2661
4:0	S2661
12:0	S2661
22:0	S2661
20:1	S2661
18:2 n-6 c,c	S2661
18:3 n-3 c,c,c	S2661
Sugars, total	S2661
Galactose	S2661
Magnesium, Mg	S2661
Copper, Cu	S2661
Vitamin C, total ascorbic acid	S2661
Arginine	S2661
14:0	S2661
20:4 undifferentiated	S2661
24:1 c	S2661
17:1	S2661
Fatty acids, total trans-polyenoic	S2661
Protein	S2661
Lactose	S2661
Maltose	S2661
Manganese, Mn	S2661
Threonine	S2661
Cystine	S2661
Aspartic acid	S2661
Serine	S2661
20:0	S2661
16:1 c	S2661
Fatty acids, total trans-monoenoic	S2661
Ash	S2661

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1067 of 3136

NDB No. 11212 Edamame, frozen, prepared

Starch	S2661
Vitamin E (alpha-tocopherol)	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Betaine	S2661
Isoleucine	S2661
Methionine	S2661
Histidine	S2661
Glutamic acid	S2661
Fatty acids, total trans	S2661
14:1	S2661
20:5 n-3	S2661
22:1 undifferentiated	S2661
24:0	S2661
15:1	S2661
20:3 n-3	S2661
Total lipid (fat)	S2661
Glucose (dextrose)	S2661
Potassium, K	S2661
Zinc, Zn	S2661
Tocopherol, delta	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, food	S2661
Leucine	S2661
Phenylalanine	S2661
Valine	S2661
Glycine	S2661
Fatty acids, total saturated	S2661
18:1 undifferentiated	S2661
22:6 n-3	S2661
15:0	S2661
17:0	S2661
18:1 t	S2661

NDB No. 11212 Edamame, frozen, prepared

22:1 t	S2661
18:2 CLAs	S2661
20:2 n-6 c,c	S2661
20:3 undifferentiated	S2661
20:3 n-6	S2661
22:4	S2661

NDB No. 11233 Kale, raw

Carotene, alpha	D3901
Lycopene	D3901
Carotene, beta	D3901, D3843, D3846
Cryptoxanthin, beta	D3901
Lutein + zeaxanthin	D3901

NDB No. 11234 Kale, cooked, boiled, drained, without salt

Carotene, beta	D3901
Choline, total	S3461
Cryptoxanthin, beta	D3901
Lutein + zeaxanthin	D3901
Carotene, alpha	D3901
Lycopene	D3901
Betaine	S3461

NDB No. 11243 Mushrooms, portabella, grilled

Starch	S2941
Tocopherol, beta	S2941
Niacin	S2941
Vitamin B-6	S2941
Tryptophan	S2941
Glutamic acid	S2941
12:0	S2941
Total lipid (fat)	S2941
Fructose	S2941
Iron, Fe	S2941
Manganese, Mn	S2941

NDB No. 11243 Mushrooms, portabella, grilled

Folate, total	S2941
Cystine	S2941
Tyrosine	S2941
Proline	S2941
14:0	S2941
18:2 undifferentiated	S2941
22:6 n-3	S2941
18:4	S2941
Fatty acids, total polyunsaturated	S2941
Lactose	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Selenium, Se	S2941
Tocopherol, gamma	S2941
Lysine	S2941
Phenylalanine	S2941
Serine	S2941
16:0	S2941
20:0	S2941
15:0	S2941
Sucrose	S2941
Maltose	S2941
Copper, Cu	S2941
Vitamin C, total ascorbic acid	S2941
Pantothenic acid	S2941
Aspartic acid	S2941
10:0	S2941
22:1 undifferentiated	S2941
24:1 c	S2941
15:1	S2941
Ash	S2941
Zinc, Zn	S2941
Thiamin	S2941
Riboflavin	S2941
Vitamin K (phylloquinone)	S2941
Valine	S2941
Histidine	S2941

NDB No. 11243 Mushrooms, portabella, grilled

Glycine	S2941
8:0	S2941
18:1 undifferentiated	S2941
20:4 undifferentiated	S2941
16:1 undifferentiated	S2941
22:5 n-3	S2941
17:0	S2941
21:5	S2941
Sugars, total	S2941
Fiber, total dietary	S2941
Tocopherol, delta	S2941
Choline, total	S2941
Threonine	S2941
Arginine	S2941
18:0	S2941
18:3 undifferentiated	S2941
22:0	S2941
20:5 n-3	S2941
Calcium, Ca	S2941
Sodium, Na	S2941
Betaine	S2941
Methionine	S2941
Alanine	S2941
20:1	S2941
17:1	S2941
20:3 undifferentiated	S2941
Protein	S2941
Glucose (dextrose)	S2941
Water	S2941
Galactose	S2941
Magnesium, Mg	S2941
Vitamin E (alpha-tocopherol)	S2941
Isoleucine	S2941
Leucine	S2941
Fatty acids, total saturated	S2941
14:1	S2941
Fatty acids, total monounsaturated	S2941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1071 of 3136

NDB No. 11243 Mushrooms, portabella, grilled

24:0	S2941
20:2 n-6 c,c	S2941
22:4	S2941

NDB No. 11250 Lettuce, butterhead (includes boston and bibb types), raw

Phosphorus, P	S562, S565
Thiamin	S562, S565
Vitamin B-6	S562, S565
Betaine	S565
Tryptophan	S562, S565
Cystine	S562, S565
Phenylalanine	S562, S565
Arginine	S562, S565
Histidine	S562, S565
Glutamic acid	S562, S565
Fiber, total dietary	S562
Copper, Cu	S562, S565
Cryptoxanthin, beta	S565
Tocopherol, beta	S565
Vitamin K (phylloquinone)	S562, S565
Serine	S562, S565
Ash	S562, S565
Maltose	S562
Carotene, beta	S565
Niacin	S562, S565
Lactose	S562
Iron, Fe	S562, S565
Vitamin E (alpha-tocopherol)	S565
Lycopene	S565
Protein	S562, S565
Glucose (dextrose)	S562
Calcium, Ca	S562, S565
Zinc, Zn	S562, S565
Tocopherol, delta	S565
Leucine	S562, S565
Methionine	S562, S565

NDB No. 11250 Lettuce, butterhead (includes boston and bibb types), raw

Alanine	S562, S565
Magnesium, Mg	S562, S565
Manganese, Mn	S562, S565
Vitamin C, total ascorbic acid	S562, S565
Isoleucine	S562, S565
Lysine	S562, S565
Sucrose	S562
Water	S562, S565
Galactose	S562
Potassium, K	S562, S565
Selenium, Se	S562, S565
Threonine	S562, S565
Tyrosine	S562, S565
Valine	S562, S565
Aspartic acid	S562, S565
Proline	S562, S565
Total lipid (fat)	S562, S565
Fructose	S562
Carotene, alpha	S565
Lutein + zeaxanthin	S565
Tocopherol, gamma	S565
Riboflavin	S562, S565
Pantothenic acid	S562, S565
Choline, total	S565
Glycine	S562, S565

NDB No. 11251 Lettuce, cos or romaine, raw

Ash	S620, S503, S481
Potassium, K	S620, S503, S481
Carotene, beta	S503, S481
Vitamin E (alpha-tocopherol)	S503, S481
Cryptoxanthin, beta	S503, S481
Lutein + zeaxanthin	S503, S481
Tryptophan	S503, S481
Valine	S503, S481
Histidine	S503, S481

NDB No. 11251 Lettuce, cos or romaine, raw

Glycine	S503, S481
Starch	S503
Glucose (dextrose)	S503
Calcium, Ca	S620, S503, S481
Carotene, alpha	S503, S481
Arginine	S503, S481
Alanine	S503, S481
Total lipid (fat)	S620, S503, S481
Sucrose	S503
Manganese, Mn	S620, S503, S481
Threonine	S503, S481
Lysine	S503, S481
Tyrosine	S503, S481
Vitamin A, IU	S620
Aspartic acid	S503, S481
Serine	S503, S481
Water	S620, S503, S481
Tocopherol, gamma	S503, S481
Tocopherol, delta	S503, S481
Thiamin	S620, S503, S481
Vitamin K (phylloquinone)	S503, S481
Phenylalanine	S503, S481
Maltose	S503
Iron, Fe	S620, S503, S481
Phosphorus, P	S620, S503, S481
Pantothenic acid	S620, S503, S481
Betaine	S503, S481
Isoleucine	S503, S481
Fructose	S503
Sugars, total	S503
Galactose	S503
Fiber, total dietary	S620, S503, S481
Zinc, Zn	S620, S503, S481
Copper, Cu	S620, S503, S481
Riboflavin	S620, S503, S481
Choline, total	S503, S481
Methionine	S503, S481

NDB No. 11251 Lettuce, cos or romaine, raw

Cystine	S503, S481
Glutamic acid	S503, S481
Proline	S503, S481
Protein	S620, S503, S481
Lactose	S503
Magnesium, Mg	S620, S503, S481
Selenium, Se	S503, S481
Lycopene	S503, S481
Tocopherol, beta	S503, S481
Niacin	S620, S503, S481
Vitamin B-6	S620, S503, S481
Leucine	S503, S481

NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw

Vitamin E (alpha-tocopherol)	S562, S121, S87, S481
Cryptoxanthin, beta	S562, S1203, D3887, S481
Vitamin C, total ascorbic acid	S562, S624, S481
Glycine	S562, S481
Threonine	S562, S481
Isoleucine	S562, S481
Lysine	S562, S481
Cystine	S562, S481
Phenylalanine	S562, S481
Calcium, Ca	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Lutein + zeaxanthin	S562, S1203, S481
Tocopherol, beta	S562, S121, S87, S481
Histidine	S562, S481
Proline	S562, S481
Fructose	S837, S562, S604
Lactose	S837, S562
Water	S837, S562, S2121, S81, S1206, S624, D3765, S121, S604, S87, S481
Galactose	S562
Magnesium, Mg	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Zinc, Zn	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Vitamin A, IU	S624
Pantothenic acid	S562, S624, S481

Reference Report

JUL-17-2008 02:00 PM

Page 1075 of 3136

NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw

Betaine	S481
Serine	S562, S481
Protein	S562, S624, S481
Ash	S562, S624, S481
Manganese, Mn	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Folate, total	S562, S624, S481
Tyrosine	S562, S481
Total lipid (fat)	S562, S624, S121, S87, S481
Iron, Fe	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Potassium, K	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Selenium, Se	S7, S10, S562, S6, S183, S203, S11, S9, S12, S8, S202, S481
Tocopherol, gamma	S562, S121, S87, S481
Tocopherol, delta	S562, S121, S87, S481
Niacin	S562, S624, S481
Vitamin K (phylloquinone)	S562, S481
Methionine	S562, S481
Aspartic acid	S562, S481
Sucrose	S837, S562, S604
Sodium, Na	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Copper, Cu	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Lycopene	S562, S1203, S481
Choline, total	S481
Tryptophan	S562, S481
Arginine	S562, S481
Alanine	S562, S481
Glucose (dextrose)	S837, S562, S604
Maltose	S837, S562
Sugars, total	S837, S562
Fiber, total dietary	S837, S562, S2121, S81, S1206, D3765, S604
Phosphorus, P	S7, S10, S562, S201, S6, S183, S203, S624, S11, S9, S12, S8, S202, S481
Carotene, beta	S562, S1206, S1203, D3887, S481
Carotene, alpha	S562, S1203, D3887, S481
Thiamin	S562, S624, S481
Riboflavin	S562, S624, S481
Vitamin B-6	S562, S624, S481
Leucine	S562, S481
Valine	S562, S481

NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw

Glutamic acid S562, S481

NDB No. 11253 Lettuce, green leaf, raw

Glucose (dextrose)	S541
Maltose	S541
Fiber, total dietary	S541
Potassium, K	S565, S541
Tocopherol, beta	S565
Ash	S565, S541
Water	S565, S541
Calcium, Ca	S565, S541
Zinc, Zn	S565, S541
Carotene, alpha	S565, S541
Cryptoxanthin, beta	S565, S541
Tocopherol, delta	S565
Thiamin	S565, S541
Folate, total	S565, S541
Starch	S541
Riboflavin	S565, S541
Protein	S565
Vitamin E (alpha-tocopherol)	S565
Lutein + zeaxanthin	S565
Tocopherol, gamma	S565
Lactose	S541
Selenium, Se	S565, S541
Vitamin B-6	S565, S541
Vitamin K (phylloquinone)	S565, S541
Total lipid (fat)	S565, S541
Galactose	S541
Iron, Fe	S565, S541
Sodium, Na	S565, S541
Fructose	S541
Magnesium, Mg	S565, S541
Phosphorus, P	S565, S541
Copper, Cu	S565, S541
Niacin	S565, S541

NDB No. 11253 Lettuce, green leaf, raw

Pantothenic acid	S565, S541
Sucrose	S541
Manganese, Mn	S565, S541
Carotene, beta	S565, S541
Lycopene	S565, S541

NDB No. 11257 Lettuce, red leaf, raw

Galactose	S541
Zinc, Zn	S565, S541
Carotene, beta	S565, S541
Riboflavin	S565, S541
Niacin	S565, S541
Folate, total	S565, S541
Choline, total	S541
Serine	S565
Calcium, Ca	S565, S541
Phosphorus, P	S565, S541
Sodium, Na	S565, S541
Manganese, Mn	S565, S541
Selenium, Se	S541
Tocopherol, beta	S565
Thiamin	S565, S541
Vitamin B-6	S565, S541
Tryptophan	S565
Lysine	S565
Methionine	S565
Arginine	S565
Histidine	S565
Aspartic acid	S565
Starch	S541
Water	S565, S541
Fiber, total dietary	S541
Lactose	S541
Potassium, K	S565, S541
Lutein + zeaxanthin	S565
Vitamin C, total ascorbic acid	S565, S541

NDB No. 11257 Lettuce, red leaf, raw

Vitamin K (phylloquinone)	S565, S541
Tyrosine	S565
Protein	S565
Ash	S565, S541
Sucrose	S541
Betaine	S541
Cystine	S565
Valine	S565
Glycine	S565
Total lipid (fat)	S565, S541
Iron, Fe	S565, S541
Copper, Cu	S565, S541
Cryptoxanthin, beta	S565, S541
Lycopene	S565, S541
Pantothenic acid	S565, S541
Threonine	S565
Phenylalanine	S565
Alanine	S565
Proline	S565
Fructose	S541
Vitamin E (alpha-tocopherol)	S565
Tocopherol, delta	S565
Glutamic acid	S565
Glucose (dextrose)	S541
Maltose	S541
Magnesium, Mg	S565, S541
Carotene, alpha	S565, S541
Tocopherol, gamma	S565
Isoleucine	S565
Leucine	S565

NDB No. 11260 Mushrooms, white, raw

Sugars, total	S606, S2941, S80
Vitamin E (alpha-tocopherol)	S2941, S121
Vitamin C, total ascorbic acid	D566, S2941, S78, S80
Niacin	S2941, S78, S80

Reference Report

JUL-17-2008 02:00 PM

Page 1079 of 3136

NDB No. 11260 Mushrooms, white, raw

Glycine	S2941
20:0	S2941
14:1	S2941
Fatty acids, total monounsaturated	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
22:4	S2941
Fructose	S606, S2941, S80, S604
Pantothenic acid	S2941, S78, S80
Vitamin B-6	S2941, S78, D390, S80
Betaine	S2941, S3461
Isoleucine	S2941
Proline	S2941
22:6 n-3	S2941
17:1	S2941
Total lipid (fat)	S1821, D566, S2941, S121, S78, S80
Lactose	S2941
Adjusted Protein	S1821, D566, S78, S80
Galactose	S2941
Calcium, Ca	S7, D566, S10, S6, S2941, S11, S9, S12, S78, S8, S80
Iron, Fe	S1821, S7, D566, S10, S6, S2941, D429, S11, S9, S12, S78, S8
Magnesium, Mg	S7, S10, S6, S2941, S11, S9, S12, S78, S8
Copper, Cu	S1821, S7, D566, S10, S6, S2941, D429, S11, S9, S12, S78, S8, S80
Selenium, Se	S7, S10, S6, S2941, S11, S9, S12, S8, S80, D548
Folate, total	D566, S2941, S78, D389, S80
Arginine	S2941
Alanine	S2941
8:0	S2941
22:0	S2941
18:4	S2941
17:0	S2941
20:3 undifferentiated	S2941
15:1	S2941
Protein	S1821, D566, S2941, S78, S80
Ash	S1821, D566, S2941, S78, S80
Fiber, total dietary	S2941, S80
Manganese, Mn	S1821, S7, S10, S6, S2941, S11, S9, S12, S78, S8, S80

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1080 of 3136

NDB No. 11260 Mushrooms, white, raw

Tocopherol, gamma	S2941, S121
Valine	S2941
14:0	S2941
18:0	S2941
Sucrose	S2941
Zinc, Zn	S1821, S7, D566, S10, S6, S2941, D429, S11, S9, S12, S78, S8, S80
Vitamin D	S3641
Thiamin	S2941, S78, S80
Glutamic acid	S2941
16:0	S2941
16:1 undifferentiated	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
15:0	S2941
Maltose	S2941
Phosphorus, P	S7, S10, S6, S2941, S11, S9, S12, S78, S8, S80
Potassium, K	S7, S10, S6, S2941, S11, S9, S12, S78, S8, S80
Sodium, Na	S7, S10, S6, S2941, S11, S9, S12, S78, S8, S80
Tryptophan	S2941
Phenylalanine	S2941
Tyrosine	S2941
Histidine	S2941
Serine	S2941
10:0	S2941
12:0	S2941
18:1 undifferentiated	S2941
22:5 n-3	S2941
21:5	S2941
Starch	S2941
Water	S1821, D566, S606, S2941, S121, S78, D389, S80, S604
Tocopherol, beta	S2941, S121
Tocopherol, delta	S2941, S121
Riboflavin	S2941, S78, S80
Choline, total	S2941, S3461
Threonine	S2941
Leucine	S2941

NDB No. 11260 Mushrooms, white, raw

Methionine	S2941
Cystine	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
24:0	S2941
Glucose (dextrose)	S606, S2941, S80, S604
Vitamin K (phylloquinone)	D4002, S2941
Lysine	S2941
Aspartic acid	S2941
Fatty acids, total saturated	S2941
18:2 undifferentiated	S2941
Fatty acids, total polyunsaturated	S2941

NDB No. 11261 Mushrooms, cooked, boiled, drained, without salt

Tyrosine	S2941
Valine	S2941
Alanine	S2941
Phenylalanine	S2941
Tryptophan	S2941
Proline	S2941
Aspartic acid	S2941
Threonine	S2941
Isoleucine	S2941
Methionine	S2941
Cystine	S2941
Leucine	S2941
Arginine	S2941
Lysine	S2941
Glutamic acid	S2941
Serine	S2941
Histidine	S2941
Glycine	S2941

NDB No. 11263 Mushrooms, white, stir-fried

Tocopherol, gamma	S2941
Leucine	S2941

NDB No. 11263 Mushrooms, white, stir-fried

Alanine	S2941
Glutamic acid	S2941
16:0	S2941
20:0	S2941
20:4 undifferentiated	S2941
18:4	S2941
15:1	S2941
Galactose	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Vitamin K (phylloquinone)	S2941
Lysine	S2941
Valine	S2941
Histidine	S2941
10:0	S2941
18:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
14:1	S2941
17:0	S2941
Starch	S2941
Calcium, Ca	S2941
Potassium, K	S2941
Vitamin E (alpha-tocopherol)	S2941
Betaine	S2941
Fatty acids, total saturated	S2941
24:1 c	S2941
22:4	S2941
Maltose	S2941
Manganese, Mn	S2941
Folate, total	S2941
Tyrosine	S2941
Arginine	S2941
14:0	S2941
16:1 undifferentiated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941

NDB No. 11263 Mushrooms, white, stir-fried

Protein	S2941
Zinc, Zn	S2941
Selenium, Se	S2941
Tocopherol, beta	S2941
Niacin	S2941
Choline, total	S2941
Tryptophan	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Fiber, total dietary	S2941
Sodium, Na	S2941
Copper, Cu	S2941
Vitamin C, total ascorbic acid	S2941
Riboflavin	S2941
Vitamin B-6	S2941
Threonine	S2941
Cystine	S2941
Aspartic acid	S2941
Glycine	S2941
Serine	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
20:3 undifferentiated	S2941
21:5	S2941
Total lipid (fat)	S2941
Ash	S2941
Sugars, total	S2941
Iron, Fe	S2941
Thiamin	S2941
Proline	S2941
12:0	S2941
18:3 undifferentiated	S2941
20:1	S2941
24:0	S2941
Water	S2941

NDB No. 11263 Mushrooms, white, stir-fried

Tocopherol, delta	S2941
Pantothenic acid	S2941
Isoleucine	S2941
Methionine	S2941
Phenylalanine	S2941
8:0	S2941
22:6 n-3	S2941
22:0	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
20:2 n-6 c,c	S2941
17:1	S2941

NDB No. 11264 Mushrooms, canned, drained solids

Threonine	S2941
Isoleucine	S2941
Phenylalanine	S2941
Glycine	S2941
Proline	S2941
Cystine	S2941
Histidine	S2941
Valine	S2941
Lysine	S2941
Methionine	S2941
Tryptophan	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Alanine	S2941
Serine	S2941
Leucine	S2941
Tyrosine	S2941
Arginine	S2941

NDB No. 11265 Mushrooms, portabella, raw

Tocopherol, beta	S2941
------------------	-------

NDB No. 11265 Mushrooms, portabella, raw

Vitamin K (phylloquinone)	S2941
Leucine	S2941
Cystine	S2941
Alanine	S2941
Proline	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, delta	S2941
Betaine	S2941
Isoleucine	S2941
Methionine	S2941
Aspartic acid	S2941
Serine	S2941
Lysine	S2941
Choline, total	S2941
Valine	S2941
Histidine	S2941
Glutamic acid	S2941
Tocopherol, gamma	S2941
Tryptophan	S2941
Glycine	S2941
Threonine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Arginine	S2941

NDB No. 11266 Mushrooms, brown, Italian, or Crimini, raw

Vitamin E (alpha-tocopherol)	S2941
Vitamin K (phylloquinone)	S2941
Tocopherol, beta	S2941
Betaine	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Choline, total	S2941

NDB No. 11267 Mushrooms, shiitake, stir-fried

Protein	S2941
---------	-------

Reference Report

JUL-17-2008 02:00 PM

Page 1086 of 3136

NDB No. 11267 Mushrooms, shiitake, stir-fried

Starch	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Manganese, Mn	S2941
Vitamin B-6	S2941
Phenylalanine	S2941
Alanine	S2941
8:0	S2941
22:1 undifferentiated	S2941
Maltose	S2941
Tocopherol, delta	S2941
Lysine	S2941
Histidine	S2941
Glycine	S2941
22:5 n-3	S2941
Water	S2941
Phosphorus, P	S2941
Threonine	S2941
Tyrosine	S2941
Fatty acids, total saturated	S2941
14:0	S2941
16:0	S2941
18:0	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
17:0	S2941
Ash	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Sugars, total	S2941
Galactose	S2941
Magnesium, Mg	S2941
Niacin	S2941
Cystine	S2941
Glutamic acid	S2941

Reference_Report

NDB No. 11267 Mushrooms, shiitake, stir-fried

Serine	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
22:4	S2941
Total lipid (fat)	S2941
Lactose	S2941
Potassium, K	S2941
Zinc, Zn	S2941
Thiamin	S2941
Arginine	S2941
18:1 undifferentiated	S2941
16:1 undifferentiated	S2941
15:0	S2941
20:3 undifferentiated	S2941
Sodium, Na	S2941
Copper, Cu	S2941
Pantothenic acid	S2941
Betaine	S2941
Isoleucine	S2941
Proline	S2941
12:0	S2941
14:1	S2941
20:1	S2941
20:2 n-6 c,c	S2941
17:1	S2941
21:5	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Vitamin C, total ascorbic acid	S2941
Leucine	S2941
Valine	S2941
Aspartic acid	S2941
20:0	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
24:0	S2941

Reference_Report

NDB No. 11267 Mushrooms, shiitake, stir-fried

24:1 c	S2941
15:1	S2941
Selenium, Se	S2941
Tocopherol, gamma	S2941
Riboflavin	S2941
Folate, total	S2941
Choline, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Methionine	S2941
10:0	S2941
18:4	S2941
20:5 n-3	S2941

NDB No. 11278 Okra, raw

Fructose	D1417
Sucrose	D1417
Glucose (dextrose)	D1417
Starch	D1417

NDB No. 11279 Okra, cooked, boiled, drained, without salt

Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Tocopherol, beta	S84
Vitamin K (phylloquinone)	D4002
Total lipid (fat)	S84
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Water	S84
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Vitamin E (alpha-tocopherol)	S84

Reference Report

JUL-17-2008 02:00 PM

Page 1089 of 3136

NDB No. 11279 Okra, cooked, boiled, drained, without salt

Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 11282 Onions, raw

Sucrose	S837, D3321, S1062, D3306, D3309
Glucose (dextrose)	S837, D3321, S1062, D3306, D3309
Fiber, total dietary	S605
Vitamin A, IU	S605
Thiamin	S605, S1062
Niacin	S605, S1062
Tyrosine	S1062
22:1 undifferentiated	S1062
17:1	S1062
Zinc, Zn	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Choline, total	S1062
Betaine	S1062
Histidine	S1062
Alanine	S1062
Serine	S1062
8:0	S1062
12:0	S1062
18:0	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
18:4	S1062
15:0	S1062
Total lipid (fat)	S605, S1062, S121
Maltose	S837, S1062
Sodium, Na	S7, S605, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Manganese, Mn	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Tocopherol, beta	S1062, S121
Riboflavin	S605, S1062
Vitamin B-6	S605, S1062
Lysine	S1062
Arginine	S1062
18:3 undifferentiated	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 1090 of 3136

NDB No. 11282 Onions, raw

20:3 undifferentiated	S1062
Protein	S605, S1062
Starch	S1062
Lactose	S837, S1062
Water	S837, S605, S1062, D3306, S121
Magnesium, Mg	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Vitamin C, total ascorbic acid	S605
Pantothenic acid	S605, S1062
Leucine	S1062
Cystine	S1062
Phenylalanine	S1062
Valine	S1062
18:2 undifferentiated	S1062
15:1	S1062
Fructose	S837, D3321, S1062, D3306, D3309
Calcium, Ca	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Phosphorus, P	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Tocopherol, delta	S1062, S121
Isoleucine	S1062
10:0	S1062
16:0	S1062
16:1 undifferentiated	S1062
20:1	S1062
Ash	S605, S1062
Fluoride, F	D5007, D5021
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, gamma	S1062, S121
Vitamin K (phylloquinone)	D4052, D4048, D4002, S1062
Aspartic acid	S1062
Proline	S1062
20:5 n-3	S1062
17:0	S1062
Copper, Cu	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Tryptophan	S1062
Threonine	S1062
Methionine	S1062
Glutamic acid	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 1091 of 3136

NDB No. 11282 Onions, raw

Glycine	S1062
14:0	S1062
20:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
Sugars, total	S837
Iron, Fe	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Potassium, K	S7, S605, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Selenium, Se	S7, S10, S6, S183, S11, S9, S12, S8
Folate, total	S605
18:1 undifferentiated	S1062
22:0	S1062
14:1	S1062
22:5 n-3	S1062

NDB No. 11286 Onions, yellow, sauteed

Maltose	S1062
Manganese, Mn	S1062
Tocopherol, gamma	S1062
Vitamin C, total ascorbic acid	S1062
Threonine	S1062
Isoleucine	S1062
Alanine	S1062
Glutamic acid	S1062
Glycine	S1062
8:0	S1062
22:0	S1062
14:1	S1062
18:4	S1062
Tocopherol, beta	S1062
Riboflavin	S1062
Methionine	S1062
Total lipid (fat)	S1062
Starch	S1062
Fructose	S1062
Lactose	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 1092 of 3136

NDB No. 11286 Onions, yellow, sauteed

Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
10:0	S1062
20:0	S1062
18:2 undifferentiated	S1062
20:4 undifferentiated	S1062
20:5 n-3	S1062
Copper, Cu	S1062
Folate, total	S1062
Histidine	S1062
20:1	S1062
22:1 undifferentiated	S1062
Protein	S1062
Sucrose	S1062
Fiber, total dietary	S1062
Potassium, K	S1062
Vitamin E (alpha-tocopherol)	S1062
Cystine	S1062
Proline	S1062
14:0	S1062
18:1 undifferentiated	S1062
20:2 n-6 c,c	S1062
Glucose (dextrose)	S1062
Water	S1062
Iron, Fe	S1062
Tocopherol, delta	S1062
Tryptophan	S1062
Lysine	S1062
12:0	S1062
18:0	S1062
15:0	S1062
15:1	S1062
Ash	S1062
Magnesium, Mg	S1062
Zinc, Zn	S1062

Reference_Report

NDB No. 11286 Onions, yellow, sauteed

Thiamin	S1062
Niacin	S1062
Pantothenic acid	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Aspartic acid	S1062
Serine	S1062
18:3 undifferentiated	S1062
22:6 n-3	S1062
17:0	S1062
24:0	S1062
Calcium, Ca	S1062
Phosphorus, P	S1062
Sodium, Na	S1062
Vitamin B-6	S1062
Leucine	S1062
16:0	S1062
16:1 undifferentiated	S1062
22:5 n-3	S1062
17:1	S1062
20:3 undifferentiated	S1062

NDB No. 11294 Onions, sweet, raw

Water	S582, S563
Fiber, total dietary	S582, S563
Calcium, Ca	S582, S563
Iron, Fe	S582, S563
Potassium, K	S582, S563
Cryptoxanthin, beta	S582, S563
Tocopherol, delta	S563
Pantothenic acid	S582, S563
Threonine	S582, S563
Histidine	S582, S563
Starch	S563
Galactose	S563

NDB No. 11294 Onions, sweet, raw

Manganese, Mn	S582, S563
Thiamin	S582, S563
Leucine	S582, S563
Aspartic acid	S582, S563
Glutamic acid	S582, S563
Protein	S582, S563
Sodium, Na	S582, S563
Carotene, alpha	S582, S563
Niacin	S582, S563
Betaine	S582, S563
Valine	S582, S563
Glycine	S582, S563
Proline	S582, S563
Serine	S582, S563
Total lipid (fat)	S582, S563
Selenium, Se	S563
Vitamin E (alpha-tocopherol)	S563
Methionine	S582, S563
Ash	S582, S563
Sucrose	S582, S563
Glucose (dextrose)	S582, S563
Fructose	S582, S563
Magnesium, Mg	S582, S563
Zinc, Zn	S582, S563
Tryptophan	S582, S563
Sugars, total	S563
Phosphorus, P	S582, S563
Carotene, beta	S582, S563
Lycopene	S582, S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Riboflavin	S582, S563
Choline, total	S582, S563
Lysine	S582, S563
Phenylalanine	S582, S563
Alanine	S582, S563
Lactose	S582, S563

NDB No. 11294 Onions, sweet, raw

Copper, Cu	S582, S563
Vitamin K (phylloquinone)	S582, S563
Arginine	S582, S563
Maltose	S582, S563
Lutein + zeaxanthin	S582, S563
Vitamin C, total ascorbic acid	S582, S563
Vitamin B-6	S582, S563
Folate, total	S582, S563
Isoleucine	S582, S563
Cystine	S582, S563
Tyrosine	S582, S563

NDB No. 11295 Onion rings, breaded, par fried, frozen, unprepared

Fluoride, F	D5007
-------------	-------

NDB No. 11297 Parsley, raw

Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Tocopherol, delta	S84
Vitamin E (alpha-tocopherol)	S84
Lycopene	D3919
Tocopherol, beta	S84
Lutein + zeaxanthin	D3956, D3919, D3924
Tocopherol, gamma	S84
Carotene, beta	D3956, D3919, D3924
Vitamin K (phylloquinone)	D4052, D4072

NDB No. 11298 Parsnips, raw

Folate, total	D389
Water	D389

NDB No. 11299 Parsnips, cooked, boiled, drained, without salt

Iron, Fe	S1821
Total lipid (fat)	S1821

NDB No. 11299 Parsnips, cooked, boiled, drained, without salt

Zinc, Zn	S1821
Water	S1821, D3765
Protein	S1821
Ash	S1821
Fiber, total dietary	D3765
Manganese, Mn	S1821
Copper, Cu	S1821

NDB No. 11304 Peas, green, raw

Carotene, beta	D3889, D3887
Cryptoxanthin, beta	D3887
Carotene, alpha	D3889, D3887

NDB No. 11306 Peas, green, canned, regular pack, solids and liquids

Glucose (dextrose)	S406, S604
Selenium, Se	S6, S183, S203, S202
Tocopherol, beta	S121
Maltose	S406, S604
Sucrose	S406, S604
Vitamin E (alpha-tocopherol)	S121
Tocopherol, delta	S121
Sugars, total	S626, S625, S641, S627
Fiber, total dietary	S626, S625, S641, S627
Tocopherol, gamma	S121
Fructose	S406, S604

NDB No. 11308 Peas, green (includes baby and lesuer types), canned, drained solids, unprepared

Protein	S2702
Galactose	S2702
Fiber, total dietary	S2702, S604
Iron, Fe	S2702
Potassium, K	S2702
Vitamin C, total ascorbic acid	S2702
Niacin	S2702
Sucrose	S406, S2702, S604

NDB No. 11308 Peas, green (includes baby and lesuer types), canned, drained solids, unprepared

Carotene, alpha	S2702, S1203
Ash	S2702
Maltose	S406, S2702, S604
Water	S406, S2702, S604
Sugars, total	S2702
Magnesium, Mg	S2702
Manganese, Mn	S2702
Cryptoxanthin, beta	S2702, S1203
Folate, total	S2702
Fructose	S406, S2702, S604
Calcium, Ca	S2702
Phosphorus, P	S2702
Zinc, Zn	S2702
Copper, Cu	S2702
Starch	S2702
Thiamin	S2702
Pantothenic acid	S2702
Vitamin B-6	S2702
Total lipid (fat)	S2702
Glucose (dextrose)	S406, S2702, S604
Sodium, Na	S2702
Lycopene	S1203
Lutein + zeaxanthin	S1203
Vitamin K (phylloquinone)	S2702
Lactose	S2702
Carotene, beta	S2702, S1203
Riboflavin	S2702

NDB No. 11312 Peas, green, frozen, unprepared

Protein	S3549
Glucose (dextrose)	D3321, S3549, S604
Maltose	S3549, S604
Fiber, total dietary	S3549
Magnesium, Mg	S3549
Tocopherol, gamma	S87
Tocopherol, delta	S87

NDB No. 11312 Peas, green, frozen, unprepared

Ash	S3549
Starch	S3549
Selenium, Se	S3549
Vitamin B-6	S3549
Total lipid (fat)	S3549, S87
Fructose	D3321, S3549, S604
Calcium, Ca	S3549
Potassium, K	S3549
Vitamin E (alpha-tocopherol)	S87
Iron, Fe	S3549
Sodium, Na	S3549
Copper, Cu	S3549
Lactose	S3549
Zinc, Zn	S3549
Thiamin	S3549
Niacin	S3549
Galactose	S3549
Manganese, Mn	S3549
Tocopherol, beta	S87
Riboflavin	S3549
Pantothenic acid	S3549
Water	S822, S3549, S604, S87
Vitamin K (phylloquinone)	S3549
Sucrose	S822, D3321, S3549, S604
Sugars, total	S3549
Phosphorus, P	S3549

NDB No. 11313 Peas, green, frozen, cooked, boiled, drained, without salt

Copper, Cu	S201, S6, S183, S203, S202
Choline, total	S3461
Vitamin K (phylloquinone)	D4002
Magnesium, Mg	S201, S6, S183, S203, S202
Selenium, Se	S201, S6, S183, S203, S202
Calcium, Ca	S201, S6, S183, S203, S202
Betaine	S3461
Potassium, K	S201, S6, S183, S203, S202

Reference Report

JUL-17-2008 02:00 PM

Page 1099 of 3136

NDB No. 11313 Peas, green, frozen, cooked, boiled, drained, without salt

Zinc, Zn	S201, S6, S183, S203, S202
Iron, Fe	S201, S6, S183, S203, S202
Phosphorus, P	S201, S6, S183, S203, S202
Sodium, Na	S201, S6, S183, S203, S202
Manganese, Mn	S201, S6, S183, S203, S202

NDB No. 11333 Peppers, sweet, green, raw

Sucrose	S837, S1062, S604
Lactose	S837, S1062
Niacin	S611, S1062
Methionine	S1062
Tyrosine	S1062
Aspartic acid	S1062
Proline	S1062
16:0	S1062
17:0	S1062
20:2 n-6 c,c	S1062
15:1	S1062
Glucose (dextrose)	S837, D3326, S1062, S604
Water	S837, S611, D3326, D3764, S1062, D3776, S604
Sugars, total	S837, D3326
Zinc, Zn	S611, S201, S1062, S6, S183, S203, S202
Copper, Cu	S611, S201, S1062, S6, S183, S203, S202
Selenium, Se	S1062, S6, S183
Vitamin C, total ascorbic acid	S611, S1062
Thiamin	S611, S1062
Riboflavin	S611, S1062
Pantothenic acid	S611, S1062
Vitamin B-6	S611, S1062
Folate, food	S1062
Tryptophan	S1062
Isoleucine	S1062
Lysine	S1062
Valine	S1062
Fatty acids, total saturated	S1062
12:0	S1062

Reference Report

JUL-17-2008 02:00 PM

Page 1100 of 3136

NDB No. 11333 Peppers, sweet, green, raw

14:0	S1062
18:0	S1062
20:0	S1062
22:6 n-3	S1062
20:1	S1062
15:0	S1062
Magnesium, Mg	S611, S201, S1062, S6, S183, S203, S202
Carotene, beta	S611, S1062, D3889, D3888, D3887
Carotene, alpha	S1062, D3889, D3888, D3887
Phenylalanine	S1062
18:1 undifferentiated	S1062
22:0	S1062
16:1 undifferentiated	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
24:0	S1062
Fiber, total dietary	S611, D3764, D3776
Calcium, Ca	S611, S201, S1062, S6, S183, S203, S202
Phosphorus, P	S611, S201, S1062, S6, S183, S203, S202
Potassium, K	S611, S201, S1062, S6, S183, S203, S202
Vitamin E (alpha-tocopherol)	S1062, S84
Lycopene	S1062
Tocopherol, beta	S1062, S84
Tocopherol, delta	S1062, S84
Vitamin K (phylloquinone)	D4052, D4002, S1062
8:0	S1062
10:0	S1062
18:2 undifferentiated	S1062
Total lipid (fat)	S611, S1062, S84
Ash	S1062
Starch	S1062
Maltose	S837, S1062
Iron, Fe	S611, S201, S1062, S6, S183, S203, S202
Vitamin A, IU	S611
Threonine	S1062
Leucine	S1062
Arginine	S1062

Reference_Report

NDB No. 11333 Peppers, sweet, green, raw

18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
14:1	S1062
22:1 undifferentiated	S1062
Protein	S611, S1062
Manganese, Mn	S611, S201, S1062, S6, S183, S203, S202
Betaine	S1062
Alanine	S1062
Glutamic acid	S1062
Fructose	S837, D3326, S1062, S604
Sodium, Na	S611, S201, S1062, S6, S183, S203, S202
Fluoride, F	D5007
Tocopherol, gamma	S1062, S84
Folate, total	S1062
Choline, total	S1062
Cystine	S1062
18:4	S1062
20:5 n-3	S1062
22:5 n-3	S1062
Cryptoxanthin, beta	S1062, D3887
Histidine	S1062
Glycine	S1062
Serine	S1062
17:1	S1062
20:3 undifferentiated	S1062

NDB No. 11339 Peppers, sweet, green, sauteed

Glucose (dextrose)	S1062
Water	S1062
Iron, Fe	S1062
Vitamin C, total ascorbic acid	S1062
Riboflavin	S1062
Glycine	S1062
17:0	S1062
20:3 undifferentiated	S1062
Ash	S1062

NDB No. 11339 Peppers, sweet, green, sauteed

Starch	S1062
Sucrose	S1062
Vitamin E (alpha-tocopherol)	S1062
Choline, total	S1062
Threonine	S1062
Arginine	S1062
Histidine	S1062
10:0	S1062
14:0	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
18:4	S1062
Lactose	S1062
Calcium, Ca	S1062
Potassium, K	S1062
Carotene, alpha	S1062
Niacin	S1062
Lysine	S1062
8:0	S1062
12:0	S1062
18:0	S1062
Total lipid (fat)	S1062
Zinc, Zn	S1062
Manganese, Mn	S1062
Cryptoxanthin, beta	S1062
Tryptophan	S1062
Isoleucine	S1062
Tyrosine	S1062
Valine	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
Maltose	S1062
Fiber, total dietary	S1062
Magnesium, Mg	S1062
Carotene, beta	S1062
Lycopene	S1062

NDB No. 11339 Peppers, sweet, green, sauteed

Tocopherol, gamma	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
16:0	S1062
18:2 undifferentiated	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Sodium, Na	S1062
Tocopherol, delta	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Leucine	S1062
Methionine	S1062
Phenylalanine	S1062
18:1 undifferentiated	S1062
20:5 n-3	S1062
Protein	S1062
Fructose	S1062
Copper, Cu	S1062
Betaine	S1062
Serine	S1062
20:0	S1062
16:1 undifferentiated	S1062
15:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
15:1	S1062
Phosphorus, P	S1062
Tocopherol, beta	S1062
Thiamin	S1062
Cystine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Proline	S1062
20:1	S1062
24:0	S1062

NDB No. 11352 Potato, flesh and skin, raw

Glucose (dextrose)	S563, S566
Lactose	S563, S566
Sugars, total	S563
Galactose	S563
Riboflavin	S563, S566
Pantothenic acid	S563, S566
Protein	S563, S566
Calcium, Ca	S563, S566
Tocopherol, delta	S563
Thiamin	S563, S566
Sucrose	S563, S566
Fructose	S563, S566
Ash	S563, S566
Magnesium, Mg	S563, S566
Zinc, Zn	S563, S566
Manganese, Mn	S563, S566
Total lipid (fat)	S563, S566
Vitamin E (alpha-tocopherol)	S563
Tocopherol, gamma	S563
Water	S563, S566
Fiber, total dietary	S563
Phosphorus, P	S563, S566
Carotene, alpha	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563, S566
Iron, Fe	S563, S566
Carotene, beta	S563, S566
Tocopherol, beta	S563
Folate, total	S563, S566
Starch	S563, S566
Maltose	S563, S566
Potassium, K	S563, S566
Copper, Cu	S563, S566
Cryptoxanthin, beta	S563, S566
Niacin	S563, S566
Vitamin B-6	S563, S566
Vitamin K (phylloquinone)	S563, S566

NDB No. 11353 Potatoes, russet, flesh and skin, raw

Fructose	S563, S566
Vitamin E (alpha-tocopherol)	S563
Lycopene	S563, S566
Folate, total	S563, S566
Phenylalanine	S563, S566
Ash	S563, S566
Galactose	S563
Phosphorus, P	S563, S566
Selenium, Se	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Betaine	S563
Alanine	S563, S566
Zinc, Zn	S563, S566
Manganese, Mn	S563, S566
Cystine	S563, S566
Proline	S563, S566
Total lipid (fat)	S563, S566
Glucose (dextrose)	S563, S566
Carotene, alpha	S563, S566
Tocopherol, beta	S563
Histidine	S563, S566
Sucrose	S563, S566
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Magnesium, Mg	S563, S566
Potassium, K	S563, S566
Cryptoxanthin, beta	S563, S566
Riboflavin	S563, S566
Vitamin B-6	S563, S566
Vitamin K (phylloquinone)	S563, S566
Threonine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Aspartic acid	S563, S566
Starch	S563, S566
Lactose	S563, S566

NDB No. 11353 Potatoes, russet, flesh and skin, raw

Lutein + zeaxanthin	S563
Thiamin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Choline, total	S563
Isoleucine	S563, S566
Lysine	S563, S566
Tyrosine	S563, S566
Maltose	S563, S566
Iron, Fe	S563, S566
Carotene, beta	S563, S566
Tocopherol, gamma	S563
Leucine	S563, S566
Protein	S563, S566
Water	S563, S566
Sugars, total	S563
Sodium, Na	S563
Copper, Cu	S563, S566
Tryptophan	S563, S566
Methionine	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Serine	S563, S566

NDB No. 11354 Potatoes, white, flesh and skin, raw

Galactose	S563
Fiber, total dietary	S563
Zinc, Zn	S563, S566
Carotene, beta	S566
Cystine	S563, S566
Histidine	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Maltose	S563, S566
Niacin	S563, S566
Choline, total	S563, S566

NDB No. 11354 Potatoes, white, flesh and skin, raw

Methionine	S563, S566
Sucrose	S563, S566
Water	S563, S566
Iron, Fe	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Tyrosine	S563, S566
Aspartic acid	S563, S566
Calcium, Ca	S563, S566
Potassium, K	S563, S566
Riboflavin	S563, S566
Vitamin K (phylloquinone)	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Valine	S563, S566
Serine	S563, S566
Glucose (dextrose)	S563, S566
Thiamin	S563, S566
Pantothenic acid	S563, S566
Phenylalanine	S563, S566
Arginine	S563, S566
Glutamic acid	S563, S566
Carotene, alpha	S566
Cryptoxanthin, beta	S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Tryptophan	S563, S566
Leucine	S563, S566
Proline	S563, S566
Lycopene	S566
Protein	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Betaine	S563, S566
Lysine	S563, S566

NDB No. 11354 Potatoes, white, flesh and skin, raw

Alanine	S563, S566
Glycine	S563, S566

NDB No. 11355 Potatoes, red, flesh and skin, raw

Manganese, Mn	S563, S566
Vitamin C, total ascorbic acid	S563, S566
Folate, total	S563, S566
Alanine	S563, S566
Glycine	S563, S566
Total lipid (fat)	S563, S566
Fiber, total dietary	S563
Lysine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Aspartic acid	S563, S566
Sucrose	S563, S566
Maltose	S563, S566
Copper, Cu	S563, S566
Thiamin	S563, S566
Tryptophan	S563, S566
Water	S563, S566
Iron, Fe	S563, S566
Zinc, Zn	S563, S566
Carotene, alpha	S566
Cryptoxanthin, beta	S566
Pantothenic acid	S563, S566
Threonine	S563, S566
Glutamic acid	S563, S566
Vitamin A, IU	S566
Carotene, beta	S566
Lycopene	S566
Riboflavin	S563, S566
Vitamin B-6	S563, S566
Choline, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Proline	S563, S566

NDB No. 11355 Potatoes, red, flesh and skin, raw

Protein	S563, S566
Starch	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Galactose	S563
Phosphorus, P	S563, S566
Lutein + zeaxanthin	S566
Betaine	S563, S566
Isoleucine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Calcium, Ca	S563, S566
Magnesium, Mg	S563, S566
Niacin	S563, S566
Histidine	S563, S566
Serine	S563, S566
Ash	S563, S566
Lactose	S563, S566
Sugars, total	S563
Potassium, K	S563, S566
Vitamin A, RAE	S566
Leucine	S563, S566
Tyrosine	S563, S566

NDB No. 11356 Potatoes, Russet, flesh and skin, baked

Total lipid (fat)	S563, S566
Ash	S563, S566
Magnesium, Mg	S563, S566
Tocopherol, gamma	S563
Thiamin	S563, S566
Niacin	S563, S566
Leucine	S563, S566
Phenylalanine	S563, S566
Proline	S563, S566
Serine	S563, S566

NDB No. 11356 Potatoes, Russet, flesh and skin, baked

Fructose	S563, S566
Water	S563, S566
Zinc, Zn	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563, S566
Vitamin B-6	S563, S566
Methionine	S563, S566
Tyrosine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Starch	S563, S566
Glucose (dextrose)	S563, S566
Galactose	S563
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563, S566
Manganese, Mn	S563, S566
Tocopherol, beta	S563
Tryptophan	S563, S566
Copper, Cu	S563, S566
Fluoride, F	S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Betaine	S563, S566
Valine	S563, S566
Protein	S563, S566
Selenium, Se	S563
Riboflavin	S563, S566
Choline, total	S563, S566
Threonine	S563, S566
Aspartic acid	S563, S566
Maltose	S563, S566
Calcium, Ca	S563, S566
Carotene, beta	S563, S566
Folate, total	S563, S566
Cystine	S563, S566
Sucrose	S563, S566

NDB No. 11356 Potatoes, Russet, flesh and skin, baked

Lactose	S563, S566
Fiber, total dietary	S563, S566
Tocopherol, delta	S563
Iron, Fe	S563, S566
Cryptoxanthin, beta	S563, S566
Pantothenic acid	S563, S566
Vitamin K (phylloquinone)	S563, S566
Isoleucine	S563, S566
Lysine	S563, S566
Arginine	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566

NDB No. 11357 Potatoes, white, flesh and skin, baked

Sugars, total	S563
Calcium, Ca	S563, S566
Carotene, alpha	S563, S566
Cryptoxanthin, beta	S563, S566
Vitamin C, total ascorbic acid	S563, S566
Niacin	S563, S566
Vitamin K (phylloquinone)	S563, S566
Tryptophan	S563, S566
Tyrosine	S563, S566
Aspartic acid	S563, S566
Proline	S563, S566
Total lipid (fat)	S563, S566
Zinc, Zn	S563, S566
Carotene, beta	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Vitamin B-6	S563, S566
Choline, total	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Starch	S563, S566
Sucrose	S563, S566

NDB No. 11357 Potatoes, white, flesh and skin, baked

Glucose (dextrose)	S563, S566
Sodium, Na	S563, S566
Folate, total	S563, S566
Betaine	S563, S566
Alanine	S563, S566
Fructose	S563, S566
Iron, Fe	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Maltose	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Lutein + zeaxanthin	S563
Isoleucine	S563, S566
Phenylalanine	S563, S566
Serine	S563, S566
Lactose	S563, S566
Galactose	S563
Fiber, total dietary	S563, S566
Lycopene	S563, S566
Pantothenic acid	S563, S566
Threonine	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Protein	S563, S566
Ash	S563, S566
Water	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Valine	S563, S566

NDB No. 11358 Potatoes, red, flesh and skin, baked

Calcium, Ca	S563, S566
-------------	------------

NDB No. 11358 Potatoes, red, flesh and skin, baked

Magnesium, Mg	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Lycopene	S563, S566
Vitamin C, total ascorbic acid	S563, S566
Vitamin K (phylloquinone)	S563, S566
Leucine	S563, S566
Tyrosine	S563, S566
Ash	S563, S566
Galactose	S563
Sodium, Na	S563, S566
Pantothenic acid	S563, S566
Phenylalanine	S563, S566
Histidine	S563, S566
Riboflavin	S563, S566
Vitamin B-6	S563, S566
Arginine	S563, S566
Glutamic acid	S563, S566
Proline	S563, S566
Total lipid (fat)	S563, S566
Lactose	S563, S566
Sugars, total	S563
Potassium, K	S563, S566
Carotene, alpha	S563, S566
Lutein + zeaxanthin	S563
Thiamin	S563, S566
Glycine	S563, S566
Copper, Cu	S563, S566
Folate, total	S563, S566
Valine	S563, S566
Protein	S563, S566
Fructose	S563, S566
Maltose	S563, S566
Fiber, total dietary	S563, S566
Iron, Fe	S563, S566
Zinc, Zn	S563, S566
Cryptoxanthin, beta	S563, S566

NDB No. 11358 Potatoes, red, flesh and skin, baked

Threonine	S563, S566
Isoleucine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Serine	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Phosphorus, P	S563, S566
Betaine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Water	S563, S566
Niacin	S563, S566
Choline, total	S563, S566
Tryptophan	S563, S566
Cystine	S563, S566

NDB No. 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased

Starch	S2105
Fructose	S2105
Lactose	S2105
Calcium, Ca	S2105
Tocopherol, delta	S2105
Phenylalanine	S2105
Valine	S2105
Proline	S2105
17:0	S2105
Ash	S2105
Glucose (dextrose)	S2105
Magnesium, Mg	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, gamma	S2105
Folate, total	S2105
Glycine	S2105
16:1 undifferentiated	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1115 of 3136

NDB No. 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased

17:1	S2105
Total lipid (fat)	S2105
Manganese, Mn	S2105
Riboflavin	S2105
Pantothenic acid	S2105
Serine	S2105
8:0	S2105
20:3 undifferentiated	S2105
Sugars, total	S2105
Copper, Cu	S2105
Vitamin C, total ascorbic acid	S2105
Threonine	S2105
Isoleucine	S2105
Lysine	S2105
Tyrosine	S2105
18:0	S2105
14:1	S2105
18:3 n-3 c,c,c	S2105
Iron, Fe	S2105
Potassium, K	S2105
Tryptophan	S2105
Methionine	S2105
Cystine	S2105
14:0	S2105
16:0	S2105
18:1 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
Fatty acids, total monounsaturated	S2105
Water	D3764, S2581, S2105
Galactose	S2105
Fiber, total dietary	D3764, S2581, S2105
Phosphorus, P	S2105
Sodium, Na	S2105
Tocopherol, beta	S2105
12:0	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1116 of 3136

NDB No. 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased

20:0	S2105
18:2 undifferentiated	S2105
Fatty acids, total polyunsaturated	S2105
20:2 n-6 c,c	S2105
Sucrose	S2105
Maltose	S2105
Thiamin	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105
Glutamic acid	S2105
20:1	S2105
15:0	S2105
18:3 n-6 c,c,c	S2105
Protein	S2105
Zinc, Zn	S2105
Niacin	S2105
Leucine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Fatty acids, total saturated	S2105
10:0	S2105
15:1	S2105

NDB No. 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated

Sugars, total	S2105
Zinc, Zn	S201, S6, S183, S203, S2105, S202
Copper, Cu	S201, S6, S183, S203, S2105, S202
Tocopherol, gamma	S2105
Vitamin C, total ascorbic acid	S2105
Riboflavin	S2105
Pantothenic acid	S2105
Phenylalanine	S2105
Serine	S2105
18:2 undifferentiated	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1117 of 3136

NDB No. 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated

18:3 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
18:3 n-6 c,c,c	S2105
18:3 n-3 c,c,c	S2105
Ash	S2105
Fructose	S2105
Lactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S201, S6, S183, S203, S2105, S202
Magnesium, Mg	S201, S6, S183, S203, S2105, S202
Phosphorus, P	S201, S6, S183, S203, S2105, S202
Proline	S2105
16:1 undifferentiated	S2105
20:1	S2105
Galactose	S2105
Potassium, K	S201, S6, S183, S203, S2105, S202
Leucine	S2105
Valine	S2105
Histidine	S2105
Alanine	S2105
8:0	S2105
12:0	S2105
22:0	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Niacin	S2105
10:0	S2105
18:0	S2105
20:4 undifferentiated	S2105
Iron, Fe	S201, S6, S183, S203, S2105, S202
Selenium, Se	S201, S6, S183, S203, S202
Tocopherol, delta	S2105
Vitamin B-6	S2105
Cystine	S2105
Glycine	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1118 of 3136

NDB No. 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated

20:0	S2105
14:1	S2105
20:2 n-6 c,c	S2105
Protein	S2105
Sucrose	S2105
Manganese, Mn	S201, S6, S183, S203, S2105, S202
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Methionine	S2105
16:0	S2105
Total lipid (fat)	S2105
Starch	S2105
Glucose (dextrose)	S2105
Sodium, Na	S2105
Thiamin	S2105
Folate, total	S2105
Threonine	S2105
Lysine	S2105
Tyrosine	S2105
Arginine	S2105
Aspartic acid	S2105
Fatty acids, total saturated	S2105
17:1	S2105
Maltose	S2105
Water	S2105
Isoleucine	S2105
Glutamic acid	S2105
14:0	S2105
18:1 undifferentiated	S2105
17:0	S2105
20:3 undifferentiated	S2105
15:1	S2105

NDB No. 11365 Potatoes, boiled, cooked in skin, flesh, without salt

Fluoride, F	D5001
-------------	-------

Reference Report

JUL-17-2008 02:00 PM

Page 1119 of 3136

NDB No. 11371 Potatoes, mashed, home-prepared, whole milk and margarine added

Fluoride, F D5001, D5002, D5007

NDB No. 11372 Potatoes, scalloped, home-prepared with butter

Fluoride, F D5002, D5007

NDB No. 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form

Ash	S3542
Water	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Phosphorus, P	S3542
Zinc, Zn	S3542
Riboflavin	S3542
Folate, food	S3542
Glycine	S563, S566, S2105, S3542
Fatty acids, total saturated	S3542
18:1 undifferentiated	S3542
18:2 undifferentiated	S3542
17:0	S3542
Protein	S3542
Total lipid (fat)	S3542
Sucrose	S3542
Fructose	S3542
Calcium, Ca	S3542
Sodium, Na	S3542
Tocopherol, beta	S3542
Vitamin C, total ascorbic acid	S3542
Folate, total	S3542
Cystine	S563, S566, S2105, S3542
Histidine	S563, S566, S2105, S3542
20:0	S3542
Maltose	S3542
Selenium, Se	S3542
Niacin	S3542
Isoleucine	S563, S566, S2105, S3542
Glutamic acid	S563, S566, S2105, S3542

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1120 of 3136

NDB No. 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form

12:0	S3542
16:1 undifferentiated	S3542
Glucose (dextrose)	S3542
Fiber, total dietary	S3542
Tocopherol, gamma	S3542
Pantothenic acid	S3542
Folic acid	S3542
Tryptophan	S563, S566, S2105, S3542
22:0	S3542
20:1	S3542
Lactose	S3542
Galactose	S3542
Manganese, Mn	S3542
Vitamin E (alpha-tocopherol)	S3542
Leucine	S563, S566, S2105, S3542
Lysine	S563, S566, S2105, S3542
Methionine	S563, S566, S2105, S3542
Phenylalanine	S563, S566, S2105, S3542
Alanine	S563, S566, S2105, S3542
Serine	S563, S566, S2105, S3542
20:4 undifferentiated	S3542
15:0	S3542
Starch	S3542
Copper, Cu	S3542
Tocopherol, delta	S3542
Vitamin B-6	S3542
Valine	S563, S566, S2105, S3542
16:0	S3542
18:3 undifferentiated	S3542
Fatty acids, total monounsaturated	S3542
20:2 n-6 c,c	S3542
15:1	S3542
Potassium, K	S3542
Thiamin	S3542
Tyrosine	S563, S566, S2105, S3542
Arginine	S563, S566, S2105, S3542
Hydroxyproline	S3542

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1121 of 3136

NDB No. 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form

10:0	S3542
18:3 n-6 c,c,c	S3542
17:1	S3542
18:3 n-3 c,c,c	S3542
Sugars, total	S3542
Threonine	S563, S566, S2105, S3542
Aspartic acid	S563, S566, S2105, S3542
Proline	S563, S566, S2105, S3542
8:0	S3542
14:0	S3542
18:0	S3542
14:1	S3542
20:3 undifferentiated	S3542

NDB No. 11390 Potatoes, hashed brown, frozen, plain, unprepared

Fluoride, F	D5001
-------------	-------

NDB No. 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased

Starch	S2105
Fiber, total dietary	S2105
Manganese, Mn	S2105
10:0	S2105
12:0	S2105
20:0	S2105
16:1 undifferentiated	S2105
20:1	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
18:3 n-3 c,c,c	S2105
Total lipid (fat)	S2105
Glucose (dextrose)	S2105
Maltose	S2105
Sugars, total	S2105
Riboflavin	S2105
Tryptophan	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1122 of 3136

NDB No. 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased

15:0	S2105
Water	S2105
Potassium, K	S2105
Threonine	S2105
Isoleucine	S2105
Phenylalanine	S2105
Valine	S2105
Arginine	S2105
18:2 undifferentiated	S2105
14:1	S2105
Fructose	S2105
Calcium, Ca	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Vitamin B-6	S2105
Folate, total	S2105
Methionine	S2105
Glutamic acid	S2105
Fatty acids, total saturated	S2105
18:3 undifferentiated	S2105
17:1	S2105
Protein	S2105
Sucrose	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Fatty acids, total monounsaturated	S2105
Iron, Fe	S2105
Phosphorus, P	S2105
Niacin	S2105
Vitamin K (phylloquinone)	S2105
Leucine	S2105
Tyrosine	S2105
Serine	S2105
Ash	S2105
Magnesium, Mg	S2105
Vitamin E (alpha-tocopherol)	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1123 of 3136

NDB No. 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased

Lysine	S2105
Alanine	S2105
Aspartic acid	S2105
Glycine	S2105
16:0	S2105
18:1 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
Fatty acids, total polyunsaturated	S2105
20:3 undifferentiated	S2105
15:1	S2105
Lactose	S2105
Galactose	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Thiamin	S2105
Pantothenic acid	S2105
Cystine	S2105
Histidine	S2105
Proline	S2105
8:0	S2105
14:0	S2105
18:0	S2105

NDB No. 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated

Maltose	S2105
Water	S2105
Fiber, total dietary	S2105
Manganese, Mn	S2105
Phenylalanine	S2105
Proline	S2105
18:3 undifferentiated	S2105
20:1	S2105
17:0	S2105
Glucose (dextrose)	S2105
Serine	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1124 of 3136

NDB No. 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated

15:0	S2105
18:3 n-6 c,c,c	S2105
20:3 undifferentiated	S2105
Iron, Fe	S2105
Phosphorus, P	S2105
Tocopherol, beta	S2105
Vitamin C, total ascorbic acid	S2105
Pantothenic acid	S2105
Lysine	S2105
20:2 n-6 c,c	S2105
Total lipid (fat)	S2105
Starch	S2105
Fructose	S2105
Magnesium, Mg	S2105
Copper, Cu	S2105
Vitamin K (phylloquinone)	S2105
Tyrosine	S2105
Arginine	S2105
Glutamic acid	S2105
10:0	S2105
16:0	S2105
Protein	S2105
Sucrose	S2105
Galactose	S2105
Zinc, Zn	S2105
Thiamin	S2105
Vitamin B-6	S2105
Tryptophan	S2105
Threonine	S2105
Methionine	S2105
Cystine	S2105
Fatty acids, total saturated	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
15:1	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1125 of 3136

NDB No. 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated

Ash	S2105
Lactose	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Leucine	S2105
Valine	S2105
Alanine	S2105
Aspartic acid	S2105
8:0	S2105
12:0	S2105
20:4 undifferentiated	S2105
14:1	S2105
16:1 undifferentiated	S2105
18:3 n-3 c,c,c	S2105
Sugars, total	S2105
Potassium, K	S2105
Sodium, Na	S2105
Niacin	S2105
Isoleucine	S2105
Histidine	S2105
Glycine	S2105
14:0	S2105
22:0	S2105
Fatty acids, total polyunsaturated	S2105
17:1	S2105
Calcium, Ca	S2105
Vitamin E (alpha-tocopherol)	S2105
Riboflavin	S2105
Folate, total	S2105
18:2 undifferentiated	S2105

NDB No. 11398 Potato puffs, frozen, unprepared

Lysine	S2105
Histidine	S2105
Galactose	S2105
Calcium, Ca	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1126 of 3136

NDB No. 11398 Potato puffs, frozen, unprepared

Tryptophan	S2105
Fatty acids, total saturated	S2105
18:1 undifferentiated	S2105
18:3 n-3 c,c,c	S2105
Total lipid (fat)	S2105
Ash	S2105
Lactose	S2105
Copper, Cu	S2105
Folate, total	S2105
Proline	S2105
14:1	S2105
20:1	S2105
20:3 undifferentiated	S2105
Protein	S2105
Starch	S2105
Water	S2105
Potassium, K	S2105
Pantothenic acid	S2105
Vitamin K (phylloquinone)	S2105
Leucine	S2105
Alanine	S2105
Serine	S2105
22:0	S2105
15:0	S2105
17:1	S2105
15:1	S2105
Sucrose	S2105
Iron, Fe	S2105
Zinc, Zn	S2105
Tocopherol, beta	S2105
Tocopherol, delta	S2105
Phenylalanine	S2105
Valine	S2105
Arginine	S2105
Glutamic acid	S2105
10:0	S2105
14:0	S2105

Reference_Report

NDB No. 11398 Potato puffs, frozen, unprepared

18:2 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
Fructose	S2105
Phosphorus, P	S2105
Thiamin	S2105
Vitamin B-6	S2105
Threonine	S2105
Cystine	S2105
12:0	S2105
16:0	S2105
20:0	S2105
20:4 undifferentiated	S2105
20:2 n-6 c,c	S2105
Glucose (dextrose)	S2105
Maltose	S2105
Sugars, total	S2105
Fiber, total dietary	S2105
Magnesium, Mg	S2105
Sodium, Na	S2105
Tocopherol, gamma	S2105
Riboflavin	S2105
Methionine	S2105
Tyrosine	S2105
Glycine	S2105
8:0	S2105
18:0	S2105
16:1 undifferentiated	S2105
Fatty acids, total polyunsaturated	S2105
17:0	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Vitamin C, total ascorbic acid	S2105
Niacin	S2105
Isoleucine	S2105
Aspartic acid	S2105
18:3 undifferentiated	S2105
18:3 n-6 c,c,c	S2105

Reference_Report

NDB No. 11399 Potato puffs, frozen, oven-heated

Copper, Cu	S2105
Vitamin E (alpha-tocopherol)	S2105
Lysine	S2105
Tyrosine	S2105
Valine	S2105
8:0	S2105
18:2 undifferentiated	S2105
14:1	S2105
18:3 n-6 c,c,c	S2105
Galactose	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Histidine	S2105
14:0	S2105
18:0	S2105
20:0	S2105
20:1	S2105
18:3 n-3 c,c,c	S2105
Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Lactose	S2105
Maltose	S2105
Fiber, total dietary	S2105
Zinc, Zn	S2105
Pantothenic acid	S2105
Folate, total	S2105
Glycine	S2105
18:3 undifferentiated	S2105
22:0	S2105
17:1	S2105
20:3 undifferentiated	S2105
Sucrose	S2105
Water	S2105
Vitamin C, total ascorbic acid	S2105
Niacin	S2105

NDB No. 11399 Potato puffs, frozen, oven-heated

Vitamin K (phylloquinone)	S2105
Isoleucine	S2105
Cystine	S2105
10:0	S2105
12:0	S2105
20:4 undifferentiated	S2105
20:2 n-6 c,c	S2105
Glucose (dextrose)	S2105
Sodium, Na	S2105
Fluoride, F	D5301
Manganese, Mn	S2105
Tocopherol, beta	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Tryptophan	S2105
Methionine	S2105
Aspartic acid	S2105
Proline	S2105
16:0	S2105
16:1 undifferentiated	S2105
Sugars, total	S2105
Tocopherol, gamma	S2105
Threonine	S2105
Leucine	S2105
17:0	S2105
Magnesium, Mg	S2105
Potassium, K	S2105
Riboflavin	S2105
Vitamin B-6	S2105
Phenylalanine	S2105
Serine	S2105
Fatty acids, total saturated	S2105
18:1 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
Fructose	S2105
Phosphorus, P	S2105

Reference_Report

NDB No. 11399 Potato puffs, frozen, oven-heated

Arginine	S2105
Alanine	S2105
Glutamic acid	S2105
15:0	S2105
15:1	S2105

NDB No. 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared

Potassium, K	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Phenylalanine	S2105
10:0	S2105
18:0	S2105
17:1	S2105
15:1	S2105
Sucrose	S2105
Lactose	S2105
Water	S2105
Galactose	S2105
Magnesium, Mg	S2105
Riboflavin	S2105
Isoleucine	S2105
Leucine	S2105
Fructose	S2105
Sugars, total	S2105
Sodium, Na	S2105
Tocopherol, beta	S2105
Thiamin	S2105
Cystine	S2105
Glycine	S2105
16:0	S2105
18:2 undifferentiated	S2105
22:0	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1131 of 3136

NDB No. 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared

Total lipid (fat)	S2105
Glucose (dextrose)	S2105
Tocopherol, delta	S2105
Choline, total	S2105
Vitamin K (phylloquinone)	S2105
Threonine	S2105
Glutamic acid	S2105
18:1 undifferentiated	S2105
20:4 undifferentiated	S2105
14:1	S2105
Starch	S2105
Phosphorus, P	S2105
Zinc, Zn	S2105
Vitamin C, total ascorbic acid	S2105
Lysine	S2105
Methionine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Proline	S2105
16:1 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
18:3 n-6 c,c,c	S2105
Maltose	S2105
Niacin	S2105
Aspartic acid	S2105
Fatty acids, total saturated	S2105
12:0	S2105
20:0	S2105
20:1	S2105
Protein	S2105
Ash	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Tocopherol, gamma	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1132 of 3136

NDB No. 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared

Betaine	S2105
Tryptophan	S2105
8:0	S2105
14:0	S2105
18:3 undifferentiated	S2105
20:3 undifferentiated	S2105
18:3 n-3 c,c,c	S2105
Folate, total	S2105
Tyrosine	S2105
Serine	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105

NDB No. 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Phosphorus, P	S201, S6, S183, S203, S2105, S202
Fluoride, F	D5002, D5007, D5003
Riboflavin	S2105
Niacin	S2105
Threonine	S2105
Glycine	S2105
8:0	S2105
14:1	S2105
17:1	S2105
Ash	S2105
Sucrose	S2105
Fructose	S2105
Lactose	S2105
Fiber, total dietary	D3764, S2581, S2105
Iron, Fe	S201, S6, S183, S203, S2105, S202
Sodium, Na	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Pantothenic acid	S2105
Choline, total	S2105, S3461

Reference Report

JUL-17-2008 02:00 PM

Page 1133 of 3136

NDB No. 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Methionine	S2105
Tyrosine	S2105
Glucose (dextrose)	S2105
Magnesium, Mg	S201, S6, S183, S203, S2105, S202
Manganese, Mn	S201, S6, S183, S203, S2105, S202
Tocopherol, beta	S2105
Folate, total	S2105
Isoleucine	S2105
Leucine	S2105
Serine	S2105
10:0	S2105
22:0	S2105
20:2 n-6 c,c	S2105
Starch	S2105
Galactose	S2105
Vitamin B-6	S2105
Histidine	S2105
Alanine	S2105
Glutamic acid	S2105
12:0	S2105
18:1 undifferentiated	S2105
Protein	S2105
Total lipid (fat)	S2105
Maltose	S2105
Water	D3764, S2105
Calcium, Ca	S201, S6, S183, S203, S2105, S202
Potassium, K	S201, S6, S183, S203, S2105, S202
Selenium, Se	S201, S6, S183, S203, S202
Tocopherol, gamma	S2105
Lysine	S2105
Cystine	S2105
18:0	S2105
20:0	S2105
18:3 undifferentiated	S2105
16:1 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1134 of 3136

NDB No. 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

18:3 n-6 c,c,c	S2105
20:3 undifferentiated	S2105
Sugars, total	S2105
Copper, Cu	S201, S6, S183, S203, S2105, S202
Vitamin E (alpha-tocopherol)	S2105
Valine	S2105
Arginine	S2105
Proline	S2105
Fatty acids, total saturated	S2105
14:0	S2105
20:4 undifferentiated	S2105
17:0	S2105
18:3 n-3 c,c,c	S2105
Thiamin	S2105
Vitamin K (phylloquinone)	S2105
Betaine	S2105, S3461
Phenylalanine	S2105
Aspartic acid	S2105
18:2 undifferentiated	S2105
15:1	S2105
Zinc, Zn	S201, S6, S183, S203, S2105, S202
Tryptophan	S2105
16:0	S2105
20:1	S2105
15:0	S2105

NDB No. 11407 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt

Fluoride, F	D5002, D5007, D5003
-------------	---------------------

NDB No. 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased

Water	S2105
Galactose	S2105
Phosphorus, P	S2105
Vitamin E (alpha-tocopherol)	S2105
Histidine	S2105
Glycine	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1135 of 3136

NDB No. 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased

16:0	S2105
18:3 undifferentiated	S2105
14:1	S2105
20:3 undifferentiated	S2105
Protein	S2105
Total lipid (fat)	S2105
Lactose	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Manganese, Mn	S2105
Tocopherol, beta	S2105
Riboflavin	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Arginine	S2105
Aspartic acid	S2105
8:0	S2105
18:0	S2105
20:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
Fructose	S2105
Copper, Cu	S2105
Tocopherol, delta	S2105
Vitamin B-6	S2105
Leucine	S2105
Lysine	S2105
20:4 undifferentiated	S2105
Sucrose	S2105
Thiamin	S2105
Tryptophan	S2105
Tyrosine	S2105
Valine	S2105
Serine	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
15:0	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1136 of 3136

NDB No. 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased

18:3 n-3 c,c,c	S2105
Maltose	S2105
Magnesium, Mg	S2105
Potassium, K	S2105
Zinc, Zn	S2105
Threonine	S2105
Cystine	S2105
Proline	S2105
Fatty acids, total saturated	S2105
17:0	S2105
17:1	S2105
Starch	S2105
Vitamin C, total ascorbic acid	S2105
10:0	S2105
14:0	S2105
18:2 undifferentiated	S2105
Ash	S2105
Sugars, total	S2105
Tocopherol, gamma	S2105
Alanine	S2105
12:0	S2105
18:1 undifferentiated	S2105
15:1	S2105
Glucose (dextrose)	S2105
Fiber, total dietary	S2105
Sodium, Na	S2105
Niacin	S2105
Pantothenic acid	S2105
Isoleucine	S2105
Methionine	S2105
Phenylalanine	S2105
Glutamic acid	S2105
22:0	S2105
16:1 undifferentiated	S2105
Fatty acids, total polyunsaturated	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1137 of 3136

NDB No. 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated

Magnesium, Mg	S2105
Phosphorus, P	S2105
18:0	S2105
14:1	S2105
Maltose	S2105
Manganese, Mn	S2105
Tocopherol, beta	S2105
Tocopherol, delta	S2105
Riboflavin	S2105
Niacin	S2105
Vitamin B-6	S2105
10:0	S2105
16:0	S2105
Fatty acids, total polyunsaturated	S2105
15:1	S2105
Water	S2105
Pantothenic acid	S2105
20:0	S2105
18:3 undifferentiated	S2105
Total lipid (fat)	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Sugars, total	S2105
Galactose	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Tocopherol, gamma	S2105
Vitamin K (phylloquinone)	S2105
22:0	S2105
17:0	S2105
Vitamin C, total ascorbic acid	S2105
12:0	S2105
16:1 undifferentiated	S2105
15:0	S2105
18:3 n-3 c,c,c	S2105
Protein	S2105

Reference_Report

NDB No. 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated

Lactose	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Folate, total	S2105
8:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
20:1	S2105
20:2 n-6 c,c	S2105
Copper, Cu	S2105
Thiamin	S2105
20:4 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
Ash	S2105
Fructose	S2105
Fiber, total dietary	S2105
Potassium, K	S2105
Vitamin E (alpha-tocopherol)	S2105
Fatty acids, total saturated	S2105
14:0	S2105
20:3 undifferentiated	S2105

NDB No. 11424 Pumpkin, canned, without salt

Carotene, alpha	D3902, D3846
Lutein + zeaxanthin	D3902
Lycopene	D3902
Carotene, beta	D3902, D3846
Cryptoxanthin, beta	D3902

NDB No. 11429 Radishes, raw

Protein	S617, S363, S1121
Calcium, Ca	S617, S363, S1121
Magnesium, Mg	S617, S363, S1121

NDB No. 11429 Radishes, raw

Folate, total	S617, S363, S1121
Isoleucine	S363, S1121
Aspartic acid	S363, S1121
Ash	S617, S363, S1121
Maltose	S363, S1121
Iron, Fe	S617, S363, S1121
Potassium, K	S617, S363, S1121
Zinc, Zn	S617, S363, S1121
Copper, Cu	S617, S363, S1121
Lycopene	S363, S1121
Tocopherol, delta	S363
Vitamin B-6	S617, S363, S1121
Vitamin K (phylloquinone)	S363, S1121
Valine	S363, S1121
Fructose	D3321, S363, S1121, D3309, S604
Fiber, total dietary	S363, S1121
Thiamin	S617, S363, S1121
Niacin	S617, S363, S1121
Phenylalanine	S363, S1121
Histidine	S363, S1121
Sodium, Na	S617, S363, S1121
Manganese, Mn	S617, S363, S1121
Vitamin E (alpha-tocopherol)	S363
Tocopherol, gamma	S363
Choline, total	S1121, S363
Threonine	S363, S1121
Leucine	S363, S1121
Methionine	S363, S1121
Glucose (dextrose)	D3321, S363, S1121, D3309, S604
Sugars, total	S363
Fluoride, F	D5007
Cryptoxanthin, beta	S363, S1121
Tocopherol, beta	S363
Vitamin C, total ascorbic acid	S617, S363, S1121
Riboflavin	S617, S363, S1121
Lysine	S363, S1121
Arginine	S363, S1121

NDB No. 11429 Radishes, raw

Galactose	S363
Phosphorus, P	S617, S363, S1121
Carotene, beta	S363, S1121
Pantothenic acid	S617, S363, S1121
Alanine	S363, S1121
Total lipid (fat)	S617, S363, S1121
Starch	S363
Sucrose	D3321, S363, S1121, D3309
Water	S617, S363, S1121, S604
Betaine	S1121, S363
Tryptophan	S363, S1121
Cystine	S363, S1121
Tyrosine	S363, S1121
Glutamic acid	S363, S1121
Glycine	S363, S1121
Proline	S363, S1121
Serine	S363, S1121
Lactose	S363, S1121
Selenium, Se	S363
Vitamin A, IU	S617
Carotene, alpha	S363, S1121
Lutein + zeaxanthin	S363, S1121

NDB No. 11439 Sauerkraut, canned, solids and liquids

Fiber, total dietary	D3777
Betaine	S3461
Fructose	D3311
Glucose (dextrose)	D3311
Lysine	S1065, S1069
Tryptophan	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Threonine	S1065, S1069
Arginine	S1065, S1069
Alanine	S1065, S1069
Glycine	S1065, S1069

NDB No. 11439 Sauerkraut, canned, solids and liquids

Serine	S1065, S1069
Fluoride, F	D5007
Choline, total	S3461
Valine	S1065, S1069
Aspartic acid	S1065, S1069
Glutamic acid	S1065, S1069
Proline	S1065, S1069
Isoleucine	S1065, S1069
Tyrosine	S1065, S1069
Vitamin K (phylloquinone)	D4002
Leucine	S1065, S1069
Methionine	S1065, S1069
Histidine	S1065, S1069

NDB No. 11457 Spinach, raw

Lactose	S837
Water	S837, D3326, S606, S84, D3777, S604, S87
Cryptoxanthin, beta	D3905, D3901, D3887
Carotene, beta	D3905, D3901, D3888, D3887, D3846
Fructose	S837, D3326, S606, S604
Maltose	S837
Galactose	D3305
Vitamin E (alpha-tocopherol)	S84, S87
Sucrose	S837, D3326, S606, S604
Fiber, total dietary	D3777
Vitamin K (phylloquinone)	D4041
Glucose (dextrose)	S837, D3326, S606, S604
Lutein + zeaxanthin	D3905, D3901
Tocopherol, delta	S84, S87
Carotene, alpha	D3905, D3901, D3888, D3887
Tocopherol, beta	S84, S87
Total lipid (fat)	S84, S87
Sugars, total	S837, D3326, S606
Lycopene	D3905, D3901
Tocopherol, gamma	S84, S87

Reference Report

JUL-17-2008 02:00 PM

Page 1142 of 3136

NDB No. 11458 Spinach, cooked, boiled, drained, without salt

Fluoride, F	D5001, D5007
Lycopene	D3905
Cryptoxanthin, beta	D3905
Carotene, beta	D3905, D3846
Carotene, alpha	D3905
Lutein + zeaxanthin	D3905

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

8:0	S25
22:0	S25
18:4	S25
Starch	S25
Galactose	S25
Riboflavin	S25
Phenylalanine	S25
Histidine	S25
Aspartic acid	S25
18:0	S25
22:6 n-3	S25
24:0	S25
Protein	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Choline, total	S25
Methionine	S25
Tyrosine	S25
18:2 undifferentiated	S25
20:4 undifferentiated	S25
20:1	S25
22:1 undifferentiated	S25
22:5 n-3	S25
Total lipid (fat)	S25
Magnesium, Mg	S25
Copper, Cu	S25
Thiamin	S25
Betaine	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1143 of 3136

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

Threonine	S25
Cystine	S25
Glutamic acid	S25
20:5 n-3	S25
Ash	S25
Pantothenic acid	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Lysine	S25
Alanine	S25
16:0	S25
18:3 undifferentiated	S25
Lactose	S25
Maltose	S25
Water	S25
Iron, Fe	S25
Phosphorus, P	S25
Potassium, K	S25
Selenium, Se	S25
Niacin	S25
Tryptophan	S25
Isoleucine	S25
Arginine	S25
10:0	S25
20:0	S25
16:1 undifferentiated	S25
15:0	S25
Sucrose	S25
Glucose (dextrose)	S25
Sugars, total	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Vitamin B-6	S25
Glycine	S25
Proline	S25
12:0	S25
14:0	S25

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1144 of 3136

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

Fructose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Zinc, Zn	S25
Manganese, Mn	S25
Tocopherol, gamma	S25
Leucine	S25
Valine	S25
Serine	S25
4:0	S25
6:0	S25
18:1 undifferentiated	S25
14:1	S25
17:0	S25

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Glucose (dextrose)	S25
Fiber, total dietary	S25
Potassium, K	S25
Selenium, Se	S25
Riboflavin	S25
Vitamin B-6	S25
Betaine	S25
Valine	S25
Aspartic acid	S25
Glutamic acid	S25
Proline	S25
6:0	S25
20:5 n-3	S25
15:0	S25
Vitamin E (alpha-tocopherol)	S25
Phenylalanine	S25
4:0	S25
20:0	S25
22:1 undifferentiated	S25
Water	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1145 of 3136

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Magnesium, Mg	S25
Phosphorus, P	S25
Sodium, Na	S25
Choline, total	S25
Vitamin K (phylloquinone)	S25
Histidine	S25
18:0	S25
18:1 undifferentiated	S25
Ash	S25
Galactose	S25
Calcium, Ca	S25
Zinc, Zn	S25
Copper, Cu	S25
Tocopherol, gamma	S25
Niacin	S25
Pantothenic acid	S25
Lysine	S25
Cystine	S25
12:0	S25
Protein	S25
Alanine	S25
Glycine	S25
Serine	S25
16:0	S25
18:3 undifferentiated	S25
22:6 n-3	S25
18:4	S25
Starch	S25
Fructose	S25
Maltose	S25
Sugars, total	S25
Isoleucine	S25
Methionine	S25
8:0	S25
10:0	S25
18:2 undifferentiated	S25
14:1	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1146 of 3136

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Lactose	S25
Iron, Fe	S25
Thiamin	S25
Leucine	S25
14:0	S25
22:0	S25
16:1 undifferentiated	S25
20:1	S25
17:0	S25
24:0	S25
Total lipid (fat)	S25
Sucrose	S25
Manganese, Mn	S25
Tocopherol, beta	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Folate, total	S25
Tryptophan	S25
Threonine	S25
Tyrosine	S25
Arginine	S25
20:4 undifferentiated	S25
22:5 n-3	S25

NDB No. 11467 Squash, summer, crookneck and straightneck, raw

Carotene, beta	S1322, S1203, S622
Carotene, alpha	S1203
Lutein + zeaxanthin	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203

NDB No. 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Copper, Cu	S201, S183, S203, S12, S202
Selenium, Se	S183, S203, S12
Fructose	D3326, D3321
Sucrose	D3321

Reference_Report

NDB No. 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Zinc, Zn	S201, S183, S203, S12, S202
Glucose (dextrose)	D3326, D3321
Manganese, Mn	S201, S183, S203, S12, S202
Phosphorus, P	S201, S183, S203, S12, S202
Potassium, K	S201, S183, S203, S12, S202
Vitamin K (phylloquinone)	D4002
Sugars, total	D3326
Magnesium, Mg	S201, S183, S203, S12, S202
Calcium, Ca	S201, S183, S203, S12, S202
Iron, Fe	S201, S183, S203, S12, S202
Sodium, Na	S201, S183, S203, S12, S202

NDB No. 11477 Squash, summer, zucchini, includes skin, raw

Total lipid (fat)	S1322, S622
Sucrose	D3321, S604
Manganese, Mn	S1322, S622
Niacin	S1322, S622
Lycopene	S1203
Pantothenic acid	S1322, S622
Protein	S1322, S622
Fiber, total dietary	S1322, D3764, S642, S604
Vitamin C, total ascorbic acid	S1322, S622
Calcium, Ca	S1322, S622
Phosphorus, P	S1322, S622
Carotene, beta	S1322, S1203, S622
Thiamin	S1322, S622
Riboflavin	S1322, S622
Folate, total	S1322, S622
Iron, Fe	S1322, S622
Magnesium, Mg	S1322, S622
Copper, Cu	S1322, S622
Carotene, alpha	S1203
Lutein + zeaxanthin	S1203
Fructose	D3321, S604
Water	S1322, D3764, S622, S604
Sodium, Na	S1322, S622

NDB No. 11477 Squash, summer, zucchini, includes skin, raw

Vitamin B-6	S1322, S622
Ash	S1322, S622
Glucose (dextrose)	D3321, S604
Potassium, K	S1322, S622
Zinc, Zn	S1322, S622
Cryptoxanthin, beta	S1203

NDB No. 11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Vitamin K (phylloquinone)	D4048, D4002
Choline, total	S3461
Betaine	S3461

NDB No. 11482 Squash, winter, acorn, raw

Carotene, beta	D3903
Lutein + zeaxanthin	D3903
Carotene, alpha	D3903
Cryptoxanthin, beta	D3903
Lycopene	D3903

NDB No. 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt

Carotene, beta	D3903
Lycopene	D3903
Cryptoxanthin, beta	D3903
Lutein + zeaxanthin	D3903
Carotene, alpha	D3903

NDB No. 11485 Squash, winter, butternut, raw

Vitamin K (phylloquinone)	D4002
Carotene, beta	D3847, D3843, D3846
Carotene, alpha	D3847, D3846

NDB No. 11489 Squash, winter, hubbard, raw

Carotene, alpha	D3846
Carotene, beta	D3847, D3846

NDB No. 11507 Sweet potato, raw, unprepared

Lactose	S1062
Sodium, Na	S1062
Copper, Cu	S1062
Tryptophan	S1062
Phenylalanine	S1062
Tyrosine	S1062
Alanine	S1062
Glycine	S1062
Serine	S1062
10:0	S1062
18:3 undifferentiated	S1062
17:1	S1062
Sucrose	S1062, S606
Carotene, beta	D3891, D3902, S1062, D3843, D3888, D3887, D3846
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3902, S1062, D3887
Pantothenic acid	S1062
Leucine	S1062
Methionine	S1062
Valine	S1062
Histidine	S1062
8:0	S1062
16:0	S1062
20:1	S1062
22:1 undifferentiated	S1062
15:0	S1062
Glucose (dextrose)	S1062, S606
Fructose	S1062, S606
Calcium, Ca	S1062
Tocopherol, gamma	S1062
Riboflavin	S1062
Isoleucine	S1062
14:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
24:0	S1062
Protein	S1062

NDB No. 11507 Sweet potato, raw, unprepared

Water	S1062, S606
Sugars, total	S606
Iron, Fe	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Vitamin C, total ascorbic acid	S1062
Lysine	S1062
22:6 n-3	S1062
14:1	S1062
20:5 n-3	S1062
Manganese, Mn	S1062
Carotene, alpha	D3902, S1062, D3888, D3887
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062
Tocopherol, delta	S1062
Vitamin B-6	S1062
Folate, total	S1062
Glutamic acid	S1062
Proline	S1062
20:0	S1062
20:4 undifferentiated	S1062
Fatty acids, total monounsaturated	S1062
17:0	S1062
20:2 n-6 c,c	S1062
15:1	S1062
Total lipid (fat)	S1062
Ash	S1062
Lycopene	D3902, S1062
Thiamin	S1062
Niacin	S1062
Fatty acids, total saturated	S1062
18:0	S1062
Maltose	S1062
Phosphorus, P	S1062
Cystine	S1062
12:0	S1062
18:4	S1062

NDB No. 11507 Sweet potato, raw, unprepared

22:5 n-3	S1062
20:3 undifferentiated	S1062
Starch	S1062
Magnesium, Mg	S1062
Vitamin K (phylloquinone)	S1062
Threonine	S1062
Arginine	S1062
Aspartic acid	S1062
22:0	S1062
16:1 undifferentiated	S1062
Fatty acids, total polyunsaturated	S1062

NDB No. 11508 Sweet potato, cooked, baked in skin, without salt

Sugars, total	S606
Zinc, Zn	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Thiamin	S1062
Vitamin K (phylloquinone)	D4002, S1062
Betaine	S1062
Valine	S1062
Glutamic acid	S1062
18:1 undifferentiated	S1062
20:4 undifferentiated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
Protein	S1062
Phosphorus, P	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Copper, Cu	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Vitamin E (alpha-tocopherol)	S1062, S121
Vitamin C, total ascorbic acid	S1062
Folate, total	S1062
Leucine	S1062
8:0	S1062
16:0	S1062
20:1	S1062
22:5 n-3	S1062
Calcium, Ca	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202

Reference Report

JUL-17-2008 02:00 PM

Page 1152 of 3136

NDB No. 11508 Sweet potato, cooked, baked in skin, without salt

Tyrosine	S1062
Arginine	S1062
Alanine	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
24:0	S1062
Glucose (dextrose)	D3335, S1062, S606
Lactose	S1062
Manganese, Mn	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Pantothenic acid	S1062
Tryptophan	S1062
Cystine	S1062
12:0	S1062
22:0	S1062
17:1	S1062
Fructose	D3335, S1062, S606
Water	S1062, S606, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
18:2 undifferentiated	S1062
14:1	S1062
16:1 undifferentiated	S1062
Selenium, Se	S7, D4142, S10, S1062, S6, S183, S203, S11, S9, S12, S8
Tocopherol, beta	S1062, S121
Riboflavin	S1062
Niacin	S1062
Threonine	S1062
Methionine	S1062
Histidine	S1062
Proline	S1062
Serine	S1062
10:0	S1062
14:0	S1062
Fatty acids, total monounsaturated	S1062
17:0	S1062
20:2 n-6 c,c	S1062
15:1	S1062

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1153 of 3136

NDB No. 11508 Sweet potato, cooked, baked in skin, without salt

Fiber, total dietary	S1062
Iron, Fe	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Potassium, K	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Vitamin B-6	S1062
Choline, total	S1062
Glycine	S1062
Fatty acids, total saturated	S1062
18:0	S1062
20:0	S1062
18:3 undifferentiated	S1062
18:4	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	D3335, S1062, S606
Magnesium, Mg	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Sodium, Na	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Isoleucine	S1062
Lysine	S1062
Phenylalanine	S1062
Aspartic acid	S1062
22:6 n-3	S1062
20:3 undifferentiated	S1062

NDB No. 11510 Sweet potato, cooked, boiled, without skin

Ash	S1062
Tocopherol, beta	S1062
Tryptophan	S1062
Threonine	S1062
Methionine	S1062
Glutamic acid	S1062
Proline	S1062
14:0	S1062
20:4 undifferentiated	S1062
20:5 n-3	S1062
Lactose	S1062

NDB No. 11510 Sweet potato, cooked, boiled, without skin

Zinc, Zn	S1062
Carotene, alpha	D3902
Tocopherol, gamma	S1062
Pantothenic acid	S1062
Tyrosine	S1062
Valine	S1062
24:0	S1062
Total lipid (fat)	S1062
Starch	S1062
Glucose (dextrose)	S1062
Water	S1062
Sodium, Na	S1062
Carotene, beta	D3891, D3902, D3852, D3846
Cryptoxanthin, beta	D3902
Vitamin C, total ascorbic acid	S1062
Riboflavin	S1062
Alanine	S1062
10:0	S1062
12:0	S1062
18:1 undifferentiated	S1062
Protein	S1062
Fiber, total dietary	S1062
Phosphorus, P	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Tocopherol, delta	S1062
Histidine	S1062
20:0	S1062
18:3 undifferentiated	S1062
22:0	S1062
22:1 undifferentiated	S1062
15:1	S1062
Potassium, K	S1062
Vitamin E (alpha-tocopherol)	S1062
Lycopene	D3902
Folate, total	S1062
Aspartic acid	S1062

NDB No. 11510 Sweet potato, cooked, boiled, without skin

22:5 n-3	S1062
15:0	S1062
17:0	S1062
20:2 n-6 c,c	S1062
Maltose	S1062
Copper, Cu	S1062
Lutein + zeaxanthin	D3902
Thiamin	S1062
Glycine	S1062
16:0	S1062
18:2 undifferentiated	S1062
18:4	S1062
20:1	S1062
Sucrose	S1062
Iron, Fe	S1062
Vitamin B-6	S1062
Isoleucine	S1062
Lysine	S1062
18:0	S1062
22:6 n-3	S1062
14:1	S1062
16:1 undifferentiated	S1062
17:1	S1062
Fructose	S1062
Calcium, Ca	S1062
Magnesium, Mg	S1062
Niacin	S1062
Vitamin K (phylloquinone)	S1062
Leucine	S1062
Cystine	S1062
Phenylalanine	S1062
Arginine	S1062
Serine	S1062
8:0	S1062
20:3 undifferentiated	S1062

NDB No. 11512 Sweet potato, canned, vacuum pack

Leucine	S1062
Alanine	S1062
Aspartic acid	S1062
Valine	S1062
Threonine	S1062
Methionine	S1062
Tyrosine	S1062
Isoleucine	S1062
Histidine	S1062
Serine	S1062
Cystine	S1062
Lysine	S1062
Phenylalanine	S1062
Arginine	S1062
Glycine	S1062
Proline	S1062
Tryptophan	S1062
Glutamic acid	S1062

NDB No. 11516 Sweet potato, frozen, unprepared

Carotene, beta	D3846
----------------	-------

NDB No. 11529 Tomatoes, red, ripe, raw, year round average

Starch	S503
Lactose	S837, S503, S441
Maltose	S837, S503, S441
Magnesium, Mg	S503, S201, S608, S6, S441, S183, S203, S202
Phosphorus, P	S503, S201, S608, S6, S441, S183, S203, S202
Lutein + zeaxanthin	S503, D3905, S441
Riboflavin	S503, S608, S441
Choline, total	S503, S441
Calcium, Ca	S503, S201, S608, S6, S441, S183, S203, S202
Fluoride, F	S441
Thiamin	S503, S608, S441
Methionine	S27, S503, S441
Total lipid (fat)	S503, S608, S84, S441, S87

Reference Report

JUL-17-2008 02:00 PM

Page 1157 of 3136

NDB No. 11529 Tomatoes, red, ripe, raw, year round average

Water	S837, D3326, S503, S608, D3306, S84, S441, S604, S87
Iron, Fe	S503, S201, S608, S6, S441, S183, S203, S202
Sodium, Na	S503, S201, S608, S6, S441, S183, S203, S202
Selenium, Se	S503, S6, S183
Tocopherol, beta	S503, S84, S441, S87
Folate, total	S503, S608, S441
Threonine	S27, S503, S441, S21
Lysine	S27, S503, S441, S21
Phenylalanine	S27, S503, S441, S21
Ash	S503, S608, S441
Glucose (dextrose)	S837, D3326, S503, D3306, S441, D3309, S604
Fructose	S837, D3326, S503, D3306, S441, D3309, S604
Potassium, K	S503, S201, S608, S6, S441, S183, S203, S202
Pantothenic acid	S503, S608, S441
Alanine	S27, S503, S441, S21
Aspartic acid	S27, S503, S441, S21
Sugars, total	S837, D3326, S503
Copper, Cu	S503, S201, S608, S6, S441, S183, S203, S202
Carotene, alpha	S503, D3905, D3889, S441
Cryptoxanthin, beta	S503, D3905, S441
Vitamin K (phylloquinone)	D4052, S503, D4002, D4066, S441, D4072
Betaine	S503, S441
Tryptophan	S27, S503, S441
Glycine	S27, S503, S441
Serine	S27, S503, S441, S21
Sucrose	S837, S503, D3306, S441, S604
Zinc, Zn	S503, S201, S608, S6, S441, S183, S203, S202
Vitamin A, IU	S608
Lycopene	S503, D3905, S441, D3933
Tocopherol, gamma	S503, S84, S441, S87
Vitamin B-6	S503, S608, S441
Isoleucine	S27, S503, S441
Leucine	S27, S503, S441, S21
Cystine	S27, S503, S441
Tyrosine	S27, S503, S441
Proline	S27, S503, S441
Protein	S503, S608, S441

NDB No. 11529 Tomatoes, red, ripe, raw, year round average

Galactose	S503
Tocopherol, delta	S503, S84, S441, S87
Vitamin C, total ascorbic acid	S503, S608, S441
Valine	S27, S503, S441
Arginine	S27, S503, S441
Histidine	S27, S503, S441
Fiber, total dietary	S503
Manganese, Mn	S503, S201, S608, S6, S441, S183, S203, S202
Carotene, beta	S503, D3905, D3912, D3889, S441, D3933
Vitamin E (alpha-tocopherol)	S503, S84, S441, S87
Niacin	S503, S608, S441
Glutamic acid	S27, S503, S441, S21

NDB No. 11530 Tomatoes, red, ripe, cooked

Glucose (dextrose)	S441
Vitamin K (phylloquinone)	S441
Protein	S441
Calcium, Ca	S441
Carotene, beta	D3905, S441
Riboflavin	S441
Ash	S441
Potassium, K	S441
Copper, Cu	S441
Manganese, Mn	S441
Vitamin B-6	S441
Sucrose	S441
Magnesium, Mg	S441
Carotene, alpha	D3905, S441
Tocopherol, beta	S441
Phosphorus, P	S441
Tocopherol, gamma	S441
Niacin	S441
Fructose	S441
Lactose	S441
Iron, Fe	S441
Pantothenic acid	S441

NDB No. 11530 Tomatoes, red, ripe, cooked

Total lipid (fat)	S441
Water	S441
Zinc, Zn	S441
Vitamin E (alpha-tocopherol)	S441
Cryptoxanthin, beta	D3905, S441
Lycopene	D3905, S441
Thiamin	S441
Maltose	S441
Fiber, total dietary	S441
Lutein + zeaxanthin	D3905, S441
Tocopherol, delta	S441

NDB No. 11531 Tomatoes, red, ripe, canned, packed in tomato juice

Ash	S626, S27, S625, S641, S627
Water	S626, S27, S625, S641, S627, S604
Aspartic acid	S27
Glutamic acid	S27
Protein	S626, S27, S625, S641, S627
Fructose	S27, S604
Potassium, K	S626, S201, S6, S183, S203, S202, S627
Tocopherol, delta	S27, S87
Niacin	S27
Cystine	S27
Arginine	S27
Alanine	S27
Iron, Fe	S626, S201, S6, S625, S183, S203, S641, S202, S627
Magnesium, Mg	S201, S6, S183, S203, S202
Fluoride, F	D5301, D5007
Manganese, Mn	S201, S6, S183, S203, S202
Riboflavin	S27
Isoleucine	S27
Leucine	S27
Phenylalanine	S27
Total lipid (fat)	S626, S27, S625, S641, S627, S87
Calcium, Ca	S626, S201, S6, S625, S183, S203, S641, S202, S627
Vitamin A, IU	S626, S625, S641, S627

NDB No. 11531 Tomatoes, red, ripe, canned, packed in tomato juice

Vitamin E (alpha-tocopherol)	S27, S87
Valine	S27
Fatty acids, total saturated	S626, S627
Sucrose	S27, S604
Fiber, total dietary	S626, S27, S625, S641, S627
Vitamin C, total ascorbic acid	S626, S27, S625, S641, S627
Pantothenic acid	S27
Vitamin B-6	S27
Threonine	S27
Lactose	S27
Sugars, total	S626, S27, S625, S641, S627
Galactose	S27
Tocopherol, gamma	S27, S87
Glycine	S27
Sodium, Na	S626, S201, S6, S625, S183, S203, S641, S202, S627
Zinc, Zn	S201, S6, S183, S203, S202
Copper, Cu	S201, S6, S183, S203, S202
Tryptophan	S27
Histidine	S27
Serine	S27
Glucose (dextrose)	S27, S604
Maltose	S27
Phosphorus, P	S201, S6, S183, S203, S202
Selenium, Se	S201, S6, S183, S203, S202
Tocopherol, beta	S27, S87
Lysine	S27
Methionine	S27
Tyrosine	S27
Proline	S27

NDB No. 11533 Tomatoes, red, ripe, canned, stewed

Calcium, Ca	S626, S625, S641, S627
Vitamin K (phylloquinone)	D4002
Tocopherol, gamma	S81
Fatty acids, total saturated	S626, S627
Total lipid (fat)	S626, S625, S641, S627

Reference Report

JUL-17-2008 02:00 PM

Page 1161 of 3136

NDB No. 11533 Tomatoes, red, ripe, canned, stewed

Sugars, total	S626, S625, S641, S627
Fiber, total dietary	S626, S625, S641, S627
Iron, Fe	S626, S625, S641, S627
Sodium, Na	S626, S625, S641, S627
Vitamin E (alpha-tocopherol)	S81
Vitamin C, total ascorbic acid	S626, S625, S641, S627
Tocopherol, beta	S81
Water	S626, S81, S625, S641, S627
Potassium, K	S626, S627
Tocopherol, delta	S81
Vitamin A, IU	S626, S625, S641, S627
Protein	S626, S625, S641, S627
Ash	S626, S625, S641, S627

NDB No. 11540 Tomato juice, canned, with salt added

Sugars, total	D3315
Zinc, Zn	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Cryptoxanthin, beta	D3851
Lutein + zeaxanthin	D3851
Calcium, Ca	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Magnesium, Mg	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Carotene, beta	D3851
Vitamin E (alpha-tocopherol)	S87
Vitamin K (phylloquinone)	D4002
Tocopherol, gamma	S87
Sucrose	D3315
Copper, Cu	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Manganese, Mn	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Tocopherol, delta	S87
Total lipid (fat)	S87
Sodium, Na	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Selenium, Se	S7, S10, S6, S183, S203, S11, S9, S12, S8, S202
Lycopene	D3851, S1381, D3890
Glucose (dextrose)	D3302, D3315
Fructose	D3302, D3315
Iron, Fe	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202

Reference Report

JUL-17-2008 02:00 PM

Page 1162 of 3136

NDB No. 11540 Tomato juice, canned, with salt added

Potassium, K	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Phosphorus, P	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Carotene, alpha	D3851
Tocopherol, beta	S87

NDB No. 11546 Tomato products, canned, paste, without salt added

Fructose	S21
Water	S626, S5, S81, S625, S21, S641, S627
Carotene, alpha	S21
Lutein + zeaxanthin	S21
Niacin	S21
Folate, total	S21
Calcium, Ca	S626, S625, S21, S627
Magnesium, Mg	S21
Vitamin A, IU	S626, S625, S641, S627
Tocopherol, beta	S81
Thiamin	S21
Lysine	S27, S503, S441, S21
16:0	S21
Zinc, Zn	S21
Pantothenic acid	S21
Threonine	S27, S503, S441, S21
Isoleucine	S27, S503, S441
Cystine	S27, S503, S441
Glycine	S27, S503, S441
Protein	S626, S5, S625, S21, S641, S627
Glucose (dextrose)	S21
Fiber, total dietary	S626, S625, S21, S641, S627
Phosphorus, P	S21
Vitamin C, total ascorbic acid	S626, S5, S625, S21, S641, S627
Riboflavin	S21
Betaine	S21
Methionine	S27, S503, S441
Histidine	S27, S503, S441
Fatty acids, total saturated	S626, S627
Ash	S626, S5, S625, S21, S641, S627

Reference Report

JUL-17-2008 02:00 PM

Page 1163 of 3136

NDB No. 11546 Tomato products, canned, paste, without salt added

Sodium, Na	S626, S5, S625, S21, S641, S627
Carotene, beta	S5, S21
Cryptoxanthin, beta	S21
Tocopherol, gamma	S81
Vitamin B-6	S21
Vitamin K (phylloquinone)	D4048, S21
Leucine	S27, S503, S441, S21
Phenylalanine	S27, S503, S441, S21
Tyrosine	S27, S503, S441
Arginine	S27, S503, S441
Alanine	S27, S503, S441, S21
Sugars, total	S626, S5, S625, S641, S627
Manganese, Mn	S21
Tocopherol, delta	S81
Valine	S27, S503, S441
Glutamic acid	S27, S503, S441, S21
Serine	S27, S503, S441, S21
18:2 undifferentiated	S21
Starch	S21
Sucrose	S21
Potassium, K	S626, S21, S627
Copper, Cu	S21
Vitamin E (alpha-tocopherol)	S81
Lycopene	S21
Choline, total	S21
Tryptophan	S27, S503, S441
Proline	S27, S503, S441
Total lipid (fat)	S626, S5, S625, S21, S641, S627
Maltose	S21
Iron, Fe	S626, S625, S21, S641, S627
Selenium, Se	S21
Aspartic acid	S27, S503, S441, S21

NDB No. 11547 Tomato products, canned, puree, without salt added

Iron, Fe	S626, S625, S21, S627
Copper, Cu	S21

NDB No. 11547 Tomato products, canned, puree, without salt added

Total lipid (fat)	S626, S625, S21, S627
Fructose	S21
Zinc, Zn	S21
Carotene, alpha	S21
Vitamin C, total ascorbic acid	S626, S625, S21, S641, S627
Vitamin A, IU	S626, S625, S641, S627
Lutein + zeaxanthin	S21
Niacin	S21
Water	S626, S625, S21, S641, S627
Magnesium, Mg	S21
Vitamin K (phylloquinone)	S21
Glucose (dextrose)	S21
Calcium, Ca	S626, S625, S21, S627
Potassium, K	S626, S625, S21, S627
Manganese, Mn	S21
Thiamin	S21
Riboflavin	S21
Ash	S626, S625, S21, S627
Phosphorus, P	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Vitamin B-6	S21
Fatty acids, total saturated	S626, S627
Protein	S626, S625, S21, S627
Carotene, beta	S21
Fiber, total dietary	S626, S625, S21, S627
Sodium, Na	S626, S625, S21, S627

NDB No. 11549 Tomato products, canned, sauce

Total lipid (fat)	S21, S87
Sucrose	S21
Fructose	S21
Selenium, Se	S201, S6, S183, S203
Carotene, beta	S4901, S21
Choline, total	S21
Glycine	S27, S503, S441

NDB No. 11549 Tomato products, canned, sauce

Proline	S27, S503, S441
Serine	S27, S503, S441, S21
Protein	S21
Glucose (dextrose)	S21
Iron, Fe	S201, S6, S183, S203, S21, S202
Phosphorus, P	S201, S6, S183, S203, S21, S202
Copper, Cu	S201, S6, S183, S203, S21, S202
Lycopene	S4901, S21
Lutein + zeaxanthin	S4901, S21
Tryptophan	S27, S503, S441
Isoleucine	S27, S503, S441
Leucine	S27, S503, S441, S21
Arginine	S27, S503, S441
Aspartic acid	S27, S503, S441, S21
Glutamic acid	S27, S503, S441, S21
Ash	S21
Calcium, Ca	S201, S6, S183, S203, S21, S202
Tocopherol, beta	S81, S87
Methionine	S27, S503, S441
Tyrosine	S27, S503, S441
Sodium, Na	S201, S6, S183, S203, S21, S202
Fluoride, F	S21
Riboflavin	S21
Betaine	S21
Valine	S27, S503, S441
Potassium, K	S201, S6, S183, S203, S21, S202
Manganese, Mn	S201, S6, S183, S203, S21, S202
Carotene, alpha	S4901, S21
Vitamin E (alpha-tocopherol)	S81, S87
Vitamin C, total ascorbic acid	S21
Niacin	S21
Vitamin B-6	S21
Lysine	S27, S503, S441, S21
Histidine	S27, S503, S441
Alanine	S27, S503, S441, S21
Thiamin	S21
Phenylalanine	S27, S503, S441, S21

NDB No. 11549 Tomato products, canned, sauce

Magnesium, Mg	S201, S6, S183, S203, S21, S202
Vitamin K (phylloquinone)	D4002, S21
Threonine	S27, S503, S441, S21
Cystine	S27, S503, S441
Water	S81, S21, S87
Fiber, total dietary	S21
Zinc, Zn	S201, S6, S183, S203, S21, S202
Cryptoxanthin, beta	S4901, S21
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

NDB No. 11565 Turnips, cooked, boiled, drained, without salt

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

NDB No. 11568 Turnip greens, raw

Tocopherol, beta	S81
Fructose	D3326
Water	D3326, S81
Glucose (dextrose)	D3326
Tocopherol, gamma	S81
Vitamin E (alpha-tocopherol)	S81
Sugars, total	D3326
Tocopherol, delta	S81

NDB No. 11578 Vegetable juice cocktail, canned

Carotene, alpha	D3851
-----------------	-------

NDB No. 11578 Vegetable juice cocktail, canned

Tocopherol, beta	S84
Lycopene	D3851
Carotene, beta	D3851
Vitamin K (phylloquinone)	D4041
Lutein + zeaxanthin	D3851
Tocopherol, gamma	S84
Cryptoxanthin, beta	D3851
Tocopherol, delta	S84

NDB No. 11579 Vegetables, mixed, canned, solids and liquids

Fluoride, F	D5002
-------------	-------

NDB No. 11581 Vegetables, mixed, canned, drained solids

Fluoride, F	D5002
-------------	-------

NDB No. 11641 Squash, summer, all varieties, raw

Vitamin B-6	S1322, S622
Water	S1322, D3764, S622, S604
Carotene, alpha	S1203
Thiamin	S1322, S622
Pantothenic acid	S1322, S622
Folate, total	S1322, S622
Ash	S1322, S622
Magnesium, Mg	S1322, S622
Lycopene	S1203
Niacin	S1322, S622
Total lipid (fat)	S1322, S622
Sucrose	D3321, S604
Potassium, K	S1322, S622
Phosphorus, P	S1322, S622
Zinc, Zn	S1322, S622
Copper, Cu	S1322, S622
Lutein + zeaxanthin	S1203
Protein	S1322, S622
Fructose	D3321, S604

NDB No. 11641 Squash, summer, all varieties, raw

Fiber, total dietary	S1322, D3764, S642, S604
Calcium, Ca	S1322, S622
Cryptoxanthin, beta	S1203
Vitamin C, total ascorbic acid	S1322, S622
Riboflavin	S1322, S622
Glucose (dextrose)	D3321, S604
Iron, Fe	S1322, S622
Manganese, Mn	S1322, S622
Carotene, beta	S1322, S1203, S622

NDB No. 11643 Squash, winter, all varieties, raw

Carotene, alpha	D3846
Carotene, beta	D3847, D3846

NDB No. 11644 Squash, winter, all varieties, cooked, baked, without salt

Betaine	S3461
Carotene, alpha	D3846
Water	S1821
Manganese, Mn	S1821
Iron, Fe	S1821
Choline, total	S3461
Total lipid (fat)	S1821
Ash	S1821
Zinc, Zn	S1821
Protein	S1821
Copper, Cu	S1821
Carotene, beta	D3846

NDB No. 11645 Sweet potato, canned, syrup pack, solids and liquids

Alanine	S1062
Isoleucine	S1062
Leucine	S1062
Glutamic acid	S1062
Proline	S1062
Cystine	S1062

NDB No. 11645 Sweet potato, canned, syrup pack, solids and liquids

Valine	S1062
Arginine	S1062
Methionine	S1062
Serine	S1062
Threonine	S1062
Tryptophan	S1062
Lysine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Aspartic acid	S1062
Histidine	S1062
Glycine	S1062

NDB No. 11657 Potatoes, mashed, home-prepared, whole milk added

Choline, total	S3461
Betaine	S3461

NDB No. 11659 Sweet potato, cooked, candied, home-prepared

Fluoride, F	D5007
-------------	-------

NDB No. 11674 Potato, baked, flesh and skin, without salt

Protein	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Selenium, Se	S201, S563, S183, S203, S202
Carotene, alpha	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Phosphorus, P	S201, S563, S566, S183, S203, S202
Cryptoxanthin, beta	S563, S566
Tocopherol, beta	S563
Vitamin K (phylloquinone)	D4002, S563, S566
Total lipid (fat)	S563, S566
Tocopherol, delta	S563
Tocopherol, gamma	S563

NDB No. 11674 Potato, baked, flesh and skin, without salt

Niacin	S563, S566
Folate, total	S563, S566
Fiber, total dietary	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Vitamin B-6	S563, S566
Fructose	S563, S566
Calcium, Ca	S201, S563, S566, S183, S203, S202
Sodium, Na	S201, S563, S566, S183, S203, S202
Zinc, Zn	S201, S563, S566, S183, S203, S202
Vitamin E (alpha-tocopherol)	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Starch	S563, S566
Water	S563, S566
Sugars, total	S563
Iron, Fe	S201, S563, S566, S183, S203, S202
Magnesium, Mg	S201, S563, S566, S183, S203, S202
Potassium, K	S201, S563, S566, S183, S203, S202
Ash	S563, S566
Galactose	S563
Copper, Cu	S201, S563, S566, S183, S203, S202
Manganese, Mn	S201, S563, S566, S183, S203, S202
Carotene, beta	S563, S566
Vitamin C, total ascorbic acid	S563, S566
Pantothenic acid	S563, S566

NDB No. 11697 Arrowroot, raw

Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Carotene, beta	S1202

NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt

Ash	S565
Calcium, Ca	S565
Iron, Fe	S565

Reference Report

JUL-17-2008 02:00 PM

Page 1171 of 3136

NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt

Cryptoxanthin, beta	S565
Glucose (dextrose)	S565
Sodium, Na	S565
Carotene, beta	S565
Vitamin B-6	S565
Fructose	S565
Sugars, total	S565
Magnesium, Mg	S565
Thiamin	S565
Pantothenic acid	S565
Protein	S565
Total lipid (fat)	S565
Copper, Cu	S565
Lycopene	S565
Niacin	S565
Starch	S565
Sucrose	S565
Vitamin C, total ascorbic acid	S565
Choline, total	S565
Betaine	S565
Lactose	S565
Riboflavin	S565
Maltose	S565
Galactose	S565
Fiber, total dietary	S565
Phosphorus, P	S565
Selenium, Se	S565
Lutein + zeaxanthin	S565
Folate, total	S565
Water	S565
Potassium, K	S565
Zinc, Zn	S565
Manganese, Mn	S565
Carotene, alpha	S565
Vitamin K (phylloquinone)	S565

Reference Report

JUL-17-2008 02:00 PM

Page 1172 of 3136

NDB No. 11705 Asparagus, cooked, boiled, drained, with salt

Sucrose	S1069
Magnesium, Mg	S1069
Tyrosine	S1069
22:0	S1069
22:5 n-3	S1069
15:0	S1069
Potassium, K	S1069
Carotene, beta	S1069
Lycopene	S1069
Thiamin	S1069
Pantothenic acid	S1069
Methionine	S1069
Valine	S1069
Glycine	S1069
Serine	S1069
16:0	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
17:1	S1069
15:1	S1069
Phosphorus, P	S1069
Folate, total	S1069
Threonine	S1069
Leucine	S1069
Phenylalanine	S1069
Aspartic acid	S1069
18:1 undifferentiated	S1069
18:3 undifferentiated	S1069
14:1	S1069
20:2 n-6 c,c	S1069
Ash	S1069
Iron, Fe	S1069
Choline, total	S1069
Isoleucine	S1069
Glutamic acid	S1069
10:0	S1069
20:0	S1069

Reference Report

JUL-17-2008 02:00 PM

Page 1173 of 3136

NDB No. 11705 Asparagus, cooked, boiled, drained, with salt

18:4	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
Total lipid (fat)	S1069
Starch	S1069
Maltose	S1069
Calcium, Ca	S1069
Cryptoxanthin, beta	S1069
Vitamin B-6	S1069
Tryptophan	S1069
18:0	S1069
22:6 n-3	S1069
16:1 undifferentiated	S1069
20:1	S1069
24:0	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Carotene, alpha	S1069
Vitamin C, total ascorbic acid	S1069
Alanine	S1069
Proline	S1069
14:0	S1069
20:3 undifferentiated	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Riboflavin	S1069
Niacin	S1069
Betaine	S1069
Cystine	S1069
12:0	S1069
17:0	S1069
Protein	S1069
Water	S1069
Fiber, total dietary	S1069

Reference_Report

NDB No. 11705 Asparagus, cooked, boiled, drained, with salt

Fluoride, F	D5001, D5007
Vitamin K (phylloquinone)	S1069
Lysine	S1069
Arginine	S1069
Histidine	S1069
8:0	S1069

NDB No. 11709 Asparagus, frozen, cooked, boiled, drained, with salt

Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Tocopherol, delta	S84
Water	S84
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Tocopherol, beta	S84
Tocopherol, gamma	S84
Vitamin E (alpha-tocopherol)	S84
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8

NDB No. 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Glucose (dextrose)	S837
Water	S822, S837
Zinc, Zn	S201, S6, S183, S203, S202
Manganese, Mn	S201, S6, S183, S203, S202
Maltose	S837
Fructose	S837
Magnesium, Mg	S201, S6, S183, S203, S202
Phosphorus, P	S201, S6, S183, S203, S202
Lactose	S837
Calcium, Ca	S201, S6, S183, S203, S202
Iron, Fe	S201, S6, S183, S203, S202

Reference Report

JUL-17-2008 02:00 PM

Page 1175 of 3136

NDB No. 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Potassium, K	S201, S6, S183, S203, S202
Copper, Cu	S201, S6, S183, S203, S202
Sucrose	S822, S837
Selenium, Se	S201, S6, S183, S203, S202

NDB No. 11723 Beans, snap, green, cooked, boiled, drained, with salt

Iron, Fe	S201, S183, S203, S202
Selenium, Se	S183, S203, S202
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S201, S183, S203, S202
Zinc, Zn	S201, S183, S203, S202
Manganese, Mn	S201, S183, S203, S202
Phosphorus, P	S201, S183, S203, S202
Potassium, K	S201, S183, S203, S202
Magnesium, Mg	S201, S183, S203, S202
Copper, Cu	S201, S183, S203, S202

NDB No. 11731 Beans, snap, green, frozen, cooked, boiled, drained, with salt

Potassium, K	S6
Tocopherol, gamma	S84
Copper, Cu	S6
Zinc, Zn	S6
Magnesium, Mg	S6
Manganese, Mn	S6
Choline, total	S3461
Betaine	S3461
Calcium, Ca	S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, delta	S84
Phosphorus, P	S6
Selenium, Se	S6
Tocopherol, beta	S84
Iron, Fe	S6

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Reference_Report

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Glucose (dextrose)	S837, S1121, S564
Carotene, alpha	S1121, S564
Betaine	S564
Threonine	S1121, S564
Histidine	S1121, S564
Aspartic acid	S1121, S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 n-6 c,c,c	S564
Ash	S1121, S564
Starch	S564
Water	S837, S606, S1121, S564
Iron, Fe	S1121, S564
Zinc, Zn	S1121, S564
Copper, Cu	S1121, S564
Fluoride, F	D5007
Vitamin E (alpha-tocopherol)	S1121, S564
Thiamin	S1121, S564
Vitamin B-6	S1121, S564
Cystine	S1121, S564
16:0	S564
18:0	S564
18:3 undifferentiated	S564
Total lipid (fat)	S1121, S564
Vitamin C, total ascorbic acid	S564
Riboflavin	S1121, S564
Methionine	S1121, S564
Phenylalanine	S1121, S564
Tyrosine	S1121, S564
Arginine	S1121, S564
Serine	S1121, S564
20:2 n-6 c,c	S564
Sucrose	S837, S1121, S564
Phosphorus, P	S1121, S564
Lutein + zeaxanthin	S1121, S564, D3890
Tocopherol, delta	S1121, S564

Reference Report

JUL-17-2008 02:00 PM

Page 1177 of 3136

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Pantothenic acid	S1121, S564
Lysine	S1121, S564
Valine	S1121, S564
Glutamic acid	S1121, S564
Glycine	S1121, S564
20:4 undifferentiated	S564
14:1	S564
Sugars, total	S837, S564
Lycopene	S1121, S564
Niacin	S1121, S564
Alanine	S1121, S564
8:0	S564
17:1	S564
20:3 undifferentiated	S564
Lactose	S837, S1121, S564
Maltose	S837, S1121, S564
Galactose	S564
Fiber, total dietary	S837, S606, S564
Magnesium, Mg	S1121, S564
Manganese, Mn	S1121, S564
Cryptoxanthin, beta	S1121, S564
Tocopherol, gamma	S1121, S564
Tryptophan	S1121, S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
Protein	S1121, S564
Fructose	S837, S1121, S564
Carotene, beta	S1121, S564, D3890, D3846
Folate, total	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
10:0	S564
12:0	S564
15:1	S564
Calcium, Ca	S1121, S564
Potassium, K	S1121, S564

Reference Report

JUL-17-2008 02:00 PM

Page 1178 of 3136

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Selenium, Se	S1121, S564
Tocopherol, beta	S1121, S564
Choline, total	S564
Isoleucine	S1121, S564
Leucine	S1121, S564
Proline	S1121, S564
14:0	S564
22:0	S564

NDB No. 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Copper, Cu	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Calcium, Ca	S6
Potassium, K	S6
Zinc, Zn	S6
Selenium, Se	S6
Iron, Fe	S6
Manganese, Mn	S6

NDB No. 11745 Brussels sprouts, cooked, boiled, drained, with salt

Vitamin E (alpha-tocopherol)	S84
Tocopherol, delta	S84
Total lipid (fat)	S84
Carotene, alpha	D3901
Choline, total	S3461
Water	S84
Lycopene	D3901
Tocopherol, gamma	S84
Carotene, beta	D3901, D3846
Cryptoxanthin, beta	D3901
Tocopherol, beta	S84
Lutein + zeaxanthin	D3901
Betaine	S3461

Reference Report

JUL-17-2008 02:00 PM

Page 1179 of 3136

NDB No. 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt

Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8

NDB No. 11751 Cabbage, common, cooked, boiled, drained, with salt

Calcium, Ca	S1069
Magnesium, Mg	S1069
Vitamin C, total ascorbic acid	S1069
Isoleucine	S1065, S1069
Leucine	S1065, S1069
Phenylalanine	S1065, S1069
Valine	S1065, S1069
Aspartic acid	S1065, S1069
Proline	S1065, S1069
16:1 undifferentiated	S1069
20:5 n-3	S1069
Water	D3775, S1069
Zinc, Zn	S1069
Fluoride, F	D5007
Carotene, alpha	S1069
Thiamin	S1069
Betaine	S1069
16:0	S1069
14:1	S1069
18:4	S1069
20:2 n-6 c,c	S1069
15:1	S1069
Sucrose	S1069

NDB No. 11751 Cabbage, common, cooked, boiled, drained, with salt

Tryptophan	S1065, S1069
Histidine	S1065, S1069
Glutamic acid	S1065, S1069
22:5 n-3	S1069
Protein	S1069
Starch	S1069
Carotene, beta	S1069
Riboflavin	S1069
Pantothenic acid	S1069
Threonine	S1065, S1069
Lysine	S1065, S1069
Arginine	S1065, S1069
Serine	S1065, S1069
Fatty acids, total saturated	S1069
Fatty acids, total monounsaturated	S1069
17:1	S1069
20:3 undifferentiated	S1069
Ash	S1069
Lactose	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Niacin	S1069
Folate, total	S1069
Methionine	S1065, S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
15:0	S1069
Total lipid (fat)	S1069
Phosphorus, P	S1069
Vitamin K (phylloquinone)	S1069
Tyrosine	S1065, S1069
Glycine	S1065, S1069
10:0	S1069
18:2 undifferentiated	S1069
22:1 undifferentiated	S1069

NDB No. 11751 Cabbage, common, cooked, boiled, drained, with salt

Fatty acids, total polyunsaturated	S1069
24:0	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Maltose	S1069
Fiber, total dietary	S1069
Potassium, K	S1069
12:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
22:6 n-3	S1069
Vitamin B-6	S1069
Choline, total	S1069
Cystine	S1065, S1069
Alanine	S1065, S1069
14:0	S1069
22:0	S1069
20:1	S1069
17:0	S1069

NDB No. 11752 Cabbage, red, cooked, boiled, drained, with salt

Sucrose	S1065
Glucose (dextrose)	S1065
Lactose	S1065
Phosphorus, P	S1065
Zinc, Zn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Leucine	S1065, S1069
Lysine	S1065, S1069
Proline	S1065, S1069
Starch	S1065
Iron, Fe	S1065
Riboflavin	S1065
Niacin	S1065

NDB No. 11752 Cabbage, red, cooked, boiled, drained, with salt

Isoleucine	S1065, S1069
Protein	S1065
Thiamin	S1065
Pantothenic acid	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Histidine	S1065, S1069
Aspartic acid	S1065, S1069
Glutamic acid	S1065, S1069
Water	S1065
Calcium, Ca	S1065
Potassium, K	S1065
Copper, Cu	S1065
Cryptoxanthin, beta	S1065
Vitamin C, total ascorbic acid	S1065
Glycine	S1065, S1069
Maltose	S1065
Tryptophan	S1065, S1069
Ash	S1065
Manganese, Mn	S1065
Carotene, alpha	S1065
Lycopene	S1065
Threonine	S1065, S1069
Fructose	S1065
Magnesium, Mg	S1065
Vitamin B-6	S1065
Valine	S1065, S1069
Serine	S1065, S1069
Total lipid (fat)	S1065
Fiber, total dietary	S1065
Tyrosine	S1065, S1069
Arginine	S1065, S1069
Alanine	S1065, S1069

NDB No. 11757 Carrots, cooked, boiled, drained, with salt

Protein	S1062
Lactose	S1062
Calcium, Ca	S1062
Vitamin E (alpha-tocopherol)	S1062
Tocopherol, beta	S1062
Niacin	S1062
Folate, total	S1062
Valine	S25
14:0	S1062
18:0	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Fiber, total dietary	S1062
Phosphorus, P	S1062
Tryptophan	S25
Tyrosine	S25
Serine	S25
18:1 undifferentiated	S1062
16:1 undifferentiated	S1062
15:0	S1062
15:1	S1062
Total lipid (fat)	S1062
Sucrose	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Thiamin	S1062
Riboflavin	S1062
Vitamin K (phylloquinone)	S1062
10:0	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
20:2 n-6 c,c	S1062
Fluoride, F	D5001
Selenium, Se	S1062
Tocopherol, delta	S1062
Pantothenic acid	S1062

NDB No. 11757 Carrots, cooked, boiled, drained, with salt

Betaine	S1062
Threonine	S25
Proline	S25
18:2 undifferentiated	S1062
18:4	S1062
20:5 n-3	S1062
22:5 n-3	S1062
Ash	S1062
Starch	S1062
Magnesium, Mg	S1062
Choline, total	S1062
Lysine	S25
Cystine	S25
Histidine	S25
12:0	S1062
20:0	S1062
20:1	S1062
24:0	S1062
20:3 undifferentiated	S1062
Maltose	S1062
Water	S1062
Iron, Fe	S1062
Lycopene	S1062
Phenylalanine	S25
Glutamic acid	S25
Glycine	S25
14:1	S1062
22:1 undifferentiated	S1062
17:1	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Carotene, beta	D3885, S1062, D3846
Isoleucine	S25
Arginine	S25
Alanine	S25
Aspartic acid	S25
16:0	S1062

NDB No. 11757 Carrots, cooked, boiled, drained, with salt

22:0	S1062
Carotene, alpha	D3885, S1062, D3846
Tocopherol, gamma	S1062
Vitamin C, total ascorbic acid	S1062
Vitamin B-6	S1062
Leucine	S25
Methionine	S25
8:0	S1062
17:0	S1062

NDB No. 11758 Carrots, canned, no salt added, solids and liquids

Isoleucine	S25
Histidine	S25
Carotene, beta	D3911, D3902, D3843, D3846
Lutein + zeaxanthin	D3902
Threonine	S25
Aspartic acid	S25
Cystine	S25
Alanine	S25
Tryptophan	S25
Lysine	S25
Methionine	S25
Valine	S25
Proline	S25
Lycopene	D3902
Tyrosine	S25
Serine	S25
Leucine	S25
Glutamic acid	S25
Carotene, alpha	D3911, D3902, D3846
Cryptoxanthin, beta	D3902
Phenylalanine	S25
Arginine	S25
Glycine	S25

NDB No. 11759 Carrots, canned, no salt added, drained solids*Reference_Report*

NDB No. 11759 Carrots, canned, no salt added, drained solids

Lycopene	D3902
Cryptoxanthin, beta	D3902
Lutein + zeaxanthin	D3902
Carotene, beta	D3911, D3902, D3843, D3846
Carotene, alpha	D3911, D3902, D3846

NDB No. 11760 Carrots, frozen, cooked, boiled, drained, with salt

Protein	S25
Fructose	S25
Lactose	S25
Calcium, Ca	S25
Niacin	S25
Pantothenic acid	S25
Isoleucine	S25
Methionine	S25
Phenylalanine	S25
Histidine	S25
8:0	S25
Iron, Fe	S25
Copper, Cu	S25
Thiamin	S25
Sucrose	S25
Water	S25
Galactose	S25
Fiber, total dietary	S25
Threonine	S25
Alanine	S25
Aspartic acid	S25
Serine	S25
18:4	S25
Phosphorus, P	S25
Vitamin B-6	S25
Cystine	S25
20:0	S25
22:0	S25
24:0	S25

NDB No. 11760 Carrots, frozen, cooked, boiled, drained, with salt

Sugars, total	S25
Magnesium, Mg	S25
Manganese, Mn	S25
Vitamin K (phylloquinone)	S25
Tyrosine	S25
Arginine	S25
4:0	S25
20:5 n-3	S25
Ash	S25
Tryptophan	S25
Leucine	S25
Proline	S25
20:4 undifferentiated	S25
Glucose (dextrose)	S25
Potassium, K	S25
Zinc, Zn	S25
Vitamin C, total ascorbic acid	S25
Riboflavin	S25
Glutamic acid	S25
Glycine	S25
18:3 undifferentiated	S25
22:5 n-3	S25
15:0	S25
Total lipid (fat)	S25
Starch	S25
Maltose	S25
Lysine	S25
Valine	S25
6:0	S25
10:0	S25
22:6 n-3	S25

NDB No. 11761 Cauliflower, cooked, boiled, drained, with salt

Potassium, K	S201, S183, S203, S202
Fiber, total dietary	D3775, D3776
Fluoride, F	D5007

NDB No. 11761 Cauliflower, cooked, boiled, drained, with salt

Manganese, Mn	S201, S183, S203, S202
Calcium, Ca	S201, S183, S203, S202
Magnesium, Mg	S201, S183, S203, S202
Phosphorus, P	S201, S183, S203, S202
Zinc, Zn	S201, S183, S203, S202
Selenium, Se	S183, S203, S202
Choline, total	S3461
Iron, Fe	S201, S183, S203, S202
Copper, Cu	S201, S183, S203, S202
Betaine	S3461

NDB No. 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt

Carotene, alpha	D3870
Cryptoxanthin, beta	D3870
Lutein + zeaxanthin	D3869
Carotene, beta	D3870, D3869

NDB No. 11768 Collards, cooked, boiled, drained, with salt

Calcium, Ca	S201, S183, S203, S202
Phosphorus, P	S201, S183, S203, S202
Vitamin K (phylloquinone)	D4002
Iron, Fe	S201, S183, S203, S202
Copper, Cu	S201, S183, S203, S202
Selenium, Se	S201, S183, S203, S202
Magnesium, Mg	S201, S183, S203, S202
Potassium, K	S201, S183, S203, S202
Carotene, beta	D3846
Manganese, Mn	S201, S183, S203, S202
Zinc, Zn	S201, S183, S203, S202

NDB No. 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt

Sucrose	S604
Glucose (dextrose)	S604
Maltose	S604
Fructose	S604

Reference Report

JUL-17-2008 02:00 PM

Page 1189 of 3136

NDB No. 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt

Selenium, Se S201, S183, S203, S202

NDB No. 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids

Fructose S604
Selenium, Se S6, S183
Tocopherol, beta S121
Tocopherol, delta S121
Maltose S604
Glucose (dextrose) S604
Carotene, beta D3907
Carotene, alpha D3907
Vitamin E (alpha-tocopherol) S121
Sucrose S604
Cryptoxanthin, beta D3907
Tocopherol, gamma S121

NDB No. 11772 Corn, sweet, yellow, canned, cream style, no salt added

Vitamin K (phylloquinone) D4002
Tocopherol, gamma S84
Vitamin E (alpha-tocopherol) S84
Selenium, Se S201, S6, S183, S203, S202
Tocopherol, beta S84
Tocopherol, delta S84

NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Iron, Fe S405, S6
Phosphorus, P S405, S6
Copper, Cu S405, S6
Carotene, alpha S405
Total lipid (fat) S405, S84
Glucose (dextrose) S822, S837, S604
Fructose S822, S837, S604
Manganese, Mn S405, S6
Tocopherol, delta S84
Vitamin K (phylloquinone) D4002

Reference_Report

NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Maltose	S822, S837, S604
Calcium, Ca	S405, S6
Vitamin E (alpha-tocopherol)	S84
Thiamin	S405
Niacin	S405
Protein	S405
Lactose	S837
Cryptoxanthin, beta	S405
Tocopherol, beta	S84
Pantothenic acid	S405
Ash	S405
Tocopherol, gamma	S84
Folate, total	S405
Magnesium, Mg	S405, S6
Vitamin B-6	S405
Sucrose	S822, S837, S604
Water	S822, S837, S405, S84, S604
Potassium, K	S405, S6
Zinc, Zn	S405, S6
Carotene, beta	S405
Vitamin C, total ascorbic acid	S405
Riboflavin	S405

NDB No. 11783 Eggplant, cooked, boiled, drained, with salt

Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8

NDB No. 11790 Kale, cooked, boiled, drained, with salt

NDB No. 11790 Kale, cooked, boiled, drained, with salt

Cryptoxanthin, beta	D3901
Carotene, alpha	D3901
Choline, total	S3461
Betaine	S3461
Carotene, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

NDB No. 11797 Mushrooms, cooked, boiled, drained, with salt

Tryptophan	S2941
Phenylalanine	S2941
Alanine	S2941
Aspartic acid	S2941
Leucine	S2941
Methionine	S2941
Valine	S2941
Proline	S2941
Isoleucine	S2941
Lysine	S2941
Cystine	S2941
Histidine	S2941
Arginine	S2941
Serine	S2941
Tyrosine	S2941
Glutamic acid	S2941
Threonine	S2941
Glycine	S2941

NDB No. 11803 Okra, cooked, boiled, drained, with salt

Total lipid (fat)	S84
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Vitamin E (alpha-tocopherol)	S84
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Tocopherol, gamma	S84

NDB No. 11803 Okra, cooked, boiled, drained, with salt

Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Tocopherol, beta	S84
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002
Water	S84
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8

NDB No. 11808 Parsnips, cooked, boiled, drained, with salt

Protein	S1821
Water	S1821, D3765

NDB No. 11812 Peas, green, canned, no salt added, solids and liquids

Glucose (dextrose)	S406, S604
Sucrose	S406, S604
Fiber, total dietary	S626, S625, S641, S627
Sugars, total	S626, S625, S641, S627
Vitamin E (alpha-tocopherol)	S121
Tocopherol, delta	S121
Fructose	S406, S604
Tocopherol, gamma	S121
Selenium, Se	S6, S183, S203, S202
Maltose	S406, S604
Tocopherol, beta	S121

NDB No. 11813 Peas, green, canned, no salt added, drained solids

Carotene, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Cryptoxanthin, beta	S1203
Carotene, alpha	S1203

Reference Report

JUL-17-2008 02:00 PM

Page 1193 of 3136

NDB No. 11814 Peas, green, frozen, cooked, boiled, drained, with salt

Iron, Fe	S201, S6, S183, S203, S202
Copper, Cu	S201, S6, S183, S203, S202
Manganese, Mn	S201, S6, S183, S203, S202
Betaine	S3461
Vitamin K (phylloquinone)	D4002
Zinc, Zn	S201, S6, S183, S203, S202
Selenium, Se	S201, S6, S183, S203, S202
Choline, total	S3461
Magnesium, Mg	S201, S6, S183, S203, S202
Calcium, Ca	S201, S6, S183, S203, S202
Phosphorus, P	S201, S6, S183, S203, S202
Potassium, K	S201, S6, S183, S203, S202

NDB No. 11819 Peppers, hot chili, red, raw

Protein	S1202
Calcium, Ca	S1202
Pantothenic acid	S1202
Sodium, Na	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Folate, total	S1202
Total lipid (fat)	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Water	S1202
Iron, Fe	S1202
Potassium, K	S1202
Cryptoxanthin, beta	S1202
Ash	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Niacin	S1202

NDB No. 11819 Peppers, hot chili, red, raw

Vitamin B-6 S1202

NDB No. 11821 Peppers, sweet, red, raw

Sucrose S1062

Fructose S1062

Iron, Fe S1062

Zinc, Zn S1062

Tocopherol, gamma S1062

Thiamin S1062

Lysine S1062

Glutamic acid S1062

22:1 undifferentiated S1062

22:5 n-3 S1062

Fatty acids, total polyunsaturated S1062

17:1 S1062

20:3 undifferentiated S1062

Riboflavin S1062

Vitamin B-6 S1062

Methionine S1062

Alanine S1062

20:0 S1062

24:0 S1062

20:2 n-6 c,c S1062

Ash S1062

Glucose (dextrose) S1062

Manganese, Mn S1062

Vitamin C, total ascorbic acid S1062

Arginine S1062

Serine S1062

16:0 S1062

22:6 n-3 S1062

Total lipid (fat) S1062

Starch S1062

Magnesium, Mg S1062

Phosphorus, P S1062

Copper, Cu S1062

NDB No. 11821 Peppers, sweet, red, raw

Carotene, alpha	S1062, D3846
Tocopherol, beta	S1062
Isoleucine	S1062
Glycine	S1062
12:0	S1062
14:0	S1062
16:1 undifferentiated	S1062
Lactose	S1062
Calcium, Ca	S1062
Vitamin E (alpha-tocopherol)	S1062
Lycopene	S1062
Niacin	S1062
Pantothenic acid	S1062
Leucine	S1062
8:0	S1062
18:3 undifferentiated	S1062
22:0	S1062
17:0	S1062
Selenium, Se	S1062
Carotene, beta	D3912, S1062, D3894, D3846
Cryptoxanthin, beta	D3912, S1062
Choline, total	S1062
Threonine	S1062
Valine	S1062
18:0	S1062
20:1	S1062
15:0	S1062
15:1	S1062
Protein	S1062
Maltose	S1062
Potassium, K	S1062
Vitamin K (phylloquinone)	S1062
Phenylalanine	S1062
Tyrosine	S1062
Histidine	S1062
Fatty acids, total saturated	S1062
18:1 undifferentiated	S1062

NDB No. 11821 Peppers, sweet, red, raw

18:2 undifferentiated	S1062
20:4 undifferentiated	S1062
14:1	S1062
Fatty acids, total monounsaturated	S1062
Water	S1062
Tocopherol, delta	S1062
Folate, total	S1062
Betaine	S1062
Tryptophan	S1062
Cystine	S1062
Aspartic acid	S1062
Proline	S1062
10:0	S1062
18:4	S1062
20:5 n-3	S1062

NDB No. 11828 Potatoes, baked, flesh and skin, with salt

Potassium, K	S201, S563, S566, S183, S203, S202
Carotene, beta	S563, S566
Cryptoxanthin, beta	S563, S566
Tocopherol, gamma	S563
Total lipid (fat)	S563, S566
Starch	S563, S566
Copper, Cu	S201, S563, S566, S183, S203, S202
Tocopherol, beta	S563
Folate, total	S563, S566
Iron, Fe	S201, S563, S566, S183, S203, S202
Selenium, Se	S201, S563, S183, S203, S202
Carotene, alpha	S563, S566
Thiamin	S563, S566
Vitamin B-6	S563, S566
Fructose	S563, S566
Maltose	S563, S566
Water	S563, S566
Magnesium, Mg	S201, S563, S566, S183, S203, S202
Manganese, Mn	S201, S563, S566, S183, S203, S202

Reference Report

JUL-17-2008 02:00 PM

Page 1197 of 3136

NDB No. 11828 Potatoes, baked, flesh and skin, with salt

Tocopherol, delta	S563
Sucrose	S563, S566
Sugars, total	S563
Calcium, Ca	S201, S563, S566, S183, S203, S202
Phosphorus, P	S201, S563, S566, S183, S203, S202
Lycopene	S563, S566
Glucose (dextrose)	S563, S566
Vitamin C, total ascorbic acid	S563, S566
Niacin	S563, S566
Vitamin K (phylloquinone)	D4002, S563, S566
Ash	S563, S566
Fiber, total dietary	S563, S566
Zinc, Zn	S201, S563, S566, S183, S203, S202
Vitamin E (alpha-tocopherol)	S563
Pantothenic acid	S563, S566
Protein	S563, S566
Lactose	S563, S566
Galactose	S563
Lutein + zeaxanthin	S563
Riboflavin	S563, S566

NDB No. 11831 Potatoes, boiled, cooked in skin, flesh, with salt

Fluoride, F	D5001
-------------	-------

NDB No. 11840 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

Fluoride, F	D5002, D5007, D5003
-------------	---------------------

NDB No. 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated

Protein	S2105
Starch	S2105
Sugars, total	S2105
Galactose	S2105
Iron, Fe	S201, S6, S183, S203, S2105, S202
Sodium, Na	S201, S6, S183, S203, S202
17:0	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1198 of 3136

NDB No. 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated

20:3 undifferentiated	S2105
15:1	S2105
Fructose	S2105
Lactose	S2105
Tocopherol, delta	S2105
Riboflavin	S2105
Niacin	S2105
Vitamin B-6	S2105
Folate, total	S2105
16:1 undifferentiated	S2105
Magnesium, Mg	S201, S6, S183, S203, S2105, S202
Phosphorus, P	S201, S6, S183, S203, S2105, S202
Thiamin	S2105
16:0	S2105
Sucrose	S2105
Vitamin C, total ascorbic acid	S2105
14:0	S2105
18:2 undifferentiated	S2105
20:1	S2105
18:3 n-3 c,c,c	S2105
Total lipid (fat)	S2105
Water	S2105
Zinc, Zn	S201, S6, S183, S203, S2105, S202
Manganese, Mn	S201, S6, S183, S203, S2105, S202
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Pantothenic acid	S2105
20:0	S2105
18:1 undifferentiated	S2105
22:0	S2105
15:0	S2105
18:3 n-6 c,c,c	S2105
Glucose (dextrose)	S2105
Calcium, Ca	S201, S6, S183, S203, S2105, S202
Potassium, K	S201, S6, S183, S203, S2105, S202
Vitamin E (alpha-tocopherol)	S2105
Fatty acids, total saturated	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1199 of 3136

NDB No. 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated

8:0	S2105
12:0	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
20:2 n-6 c,c	S2105
17:1	S2105
Ash	S2105
Maltose	S2105
Copper, Cu	S201, S6, S183, S203, S2105, S202
Selenium, Se	S201, S6, S183, S203, S202
Vitamin K (phylloquinone)	S2105
Fatty acids, total polyunsaturated	S2105
Fiber, total dietary	S2105
10:0	S2105
18:0	S2105
14:1	S2105

NDB No. 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased

Total lipid (fat)	S2105
Fiber, total dietary	S2105
18:0	S2105
20:0	S2105
18:2 undifferentiated	S2105
15:0	S2105
17:0	S2105
15:1	S2105
Magnesium, Mg	S2105
Tocopherol, delta	S2105
Vitamin B-6	S2105
16:1 undifferentiated	S2105
18:3 n-6 c,c,c	S2105
Fructose	S2105
Lactose	S2105
Pantothenic acid	S2105
12:0	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1200 of 3136

NDB No. 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased

Iron, Fe	S2105
Vitamin E (alpha-tocopherol)	S2105
Fatty acids, total saturated	S2105
22:0	S2105
20:1	S2105
20:2 n-6 c,c	S2105
20:3 undifferentiated	S2105
Sucrose	S2105
Calcium, Ca	S2105
Zinc, Zn	S2105
Vitamin C, total ascorbic acid	S2105
Riboflavin	S2105
16:0	S2105
18:1 undifferentiated	S2105
14:1	S2105
Starch	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Potassium, K	S2105
Manganese, Mn	S2105
Tocopherol, beta	S2105
Vitamin K (phylloquinone)	S2105
10:0	S2105
Fatty acids, total monounsaturated	S2105
17:1	S2105
Ash	S2105
Glucose (dextrose)	S2105
Galactose	S2105
Copper, Cu	S2105
Tocopherol, gamma	S2105
Thiamin	S2105
Niacin	S2105
Folate, total	S2105
8:0	S2105
14:0	S2105
20:4 undifferentiated	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1201 of 3136

NDB No. 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased

Fatty acids, total polyunsaturated	S2105
18:3 n-3 c,c,c	S2105
Protein	S2105
Phosphorus, P	S2105
18:3 undifferentiated	S2105

NDB No. 11844 Potatoes, scalloped, home-prepared with margarine

Fluoride, F	D5002, D5007
-------------	--------------

NDB No. 11854 Spinach, cooked, boiled, drained, with salt

Fluoride, F	D5001, D5007
Lycopene	D3905
Carotene, alpha	D3905
Lutein + zeaxanthin	D3905
Cryptoxanthin, beta	D3905
Carotene, beta	D3905, D3846

NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Potassium, K	S25
Threonine	S25
Valine	S25
Histidine	S25
8:0	S25
18:2 undifferentiated	S25
14:1	S25
Glucose (dextrose)	S25
Lactose	S25
Maltose	S25
Copper, Cu	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Vitamin B-6	S25
Betaine	S25
20:0	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1202 of 3136

NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

18:3 undifferentiated	S25
18:4	S25
15:0	S25
Protein	S25
Ash	S25
Starch	S25
Phosphorus, P	S25
Selenium, Se	S25
Folate, total	S25
Leucine	S25
18:0	S25
20:4 undifferentiated	S25
17:0	S25
Sucrose	S25
Iron, Fe	S25
Zinc, Zn	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Phenylalanine	S25
Glutamic acid	S25
4:0	S25
6:0	S25
16:1 undifferentiated	S25
Total lipid (fat)	S25
Sugars, total	S25
Galactose	S25
Calcium, Ca	S25
Choline, total	S25
Vitamin K (phylloquinone)	S25
Serine	S25
18:1 undifferentiated	S25
22:0	S25
Fructose	S25
Magnesium, Mg	S25
Manganese, Mn	S25
Isoleucine	S25
Lysine	S25

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1203 of 3136

NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Methionine	S25
Arginine	S25
Alanine	S25
22:6 n-3	S25
20:5 n-3	S25
Water	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Cystine	S25
Tyrosine	S25
Aspartic acid	S25
Glycine	S25
12:0	S25
14:0	S25
22:1 undifferentiated	S25
22:5 n-3	S25
Fiber, total dietary	S25
Pantothenic acid	S25
Tryptophan	S25
Proline	S25
10:0	S25
16:0	S25
20:1	S25
24:0	S25

NDB No. 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Iron, Fe	S201, S183, S203, S12, S202
Magnesium, Mg	S201, S183, S203, S12, S202
Calcium, Ca	S201, S183, S203, S12, S202
Manganese, Mn	S201, S183, S203, S12, S202
Sugars, total	D3326
Phosphorus, P	S201, S183, S203, S12, S202
Potassium, K	S201, S183, S203, S12, S202
Zinc, Zn	S201, S183, S203, S12, S202
Selenium, Se	S183, S203, S12

Reference Report

JUL-17-2008 02:00 PM

Page 1204 of 3136

NDB No. 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Sucrose	D3321
Glucose (dextrose)	D3326, D3321
Copper, Cu	S201, S183, S203, S12, S202
Fructose	D3326, D3321
Sodium, Na	S201, S183, S203, S12, S202
Vitamin K (phylloquinone)	D4002

NDB No. 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Choline, total	S3461
Vitamin K (phylloquinone)	D4048, D4002
Betaine	S3461

NDB No. 11875 Sweet potato, cooked, baked in skin, with salt

Zinc, Zn	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Selenium, Se	S7, D4142, S10, S1062, S6, S183, S203, S11, S9, S12, S8
Tocopherol, gamma	S1062, S121
Vitamin B-6	S1062
Arginine	S1062
14:0	S1062
18:4	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
20:3 undifferentiated	S1062
Total lipid (fat)	S1062, S121
Iron, Fe	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Vitamin E (alpha-tocopherol)	S1062, S121
Riboflavin	S1062
12:0	S1062
16:0	S1062
18:0	S1062
17:0	S1062
Sugars, total	S606
Potassium, K	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Tocopherol, beta	S1062, S121
Vitamin K (phylloquinone)	D4002, S1062

Reference Report

JUL-17-2008 02:00 PM

Page 1205 of 3136

NDB No. 11875 Sweet potato, cooked, baked in skin, with salt

Tryptophan	S1062
Threonine	S1062
Leucine	S1062
Phenylalanine	S1062
Valine	S1062
Glycine	S1062
10:0	S1062
22:0	S1062
22:1 undifferentiated	S1062
17:1	S1062
15:1	S1062
Lactose	S1062
Tocopherol, delta	S1062, S121
Niacin	S1062
Isoleucine	S1062
Lysine	S1062
Serine	S1062
8:0	S1062
18:3 undifferentiated	S1062
20:2 n-6 c,c	S1062
Ash	S1062
Glucose (dextrose)	D3335, S1062, S606
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Pantothenic acid	S1062
Aspartic acid	S1062
Proline	S1062
Fatty acids, total saturated	S1062
18:1 undifferentiated	S1062
22:6 n-3	S1062
20:1	S1062
24:0	S1062
Sucrose	D3335, S1062, S606
Maltose	D3335, S1062, S606
Calcium, Ca	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Magnesium, Mg	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Folate, total	S1062

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1206 of 3136

NDB No. 11875 Sweet potato, cooked, baked in skin, with salt

Glutamic acid	S1062
20:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
20:5 n-3	S1062
Protein	S1062
Starch	S1062
Water	S1062, S606, S121
Fiber, total dietary	S1062
Manganese, Mn	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Methionine	S1062
Cystine	S1062
18:2 undifferentiated	S1062
Fatty acids, total monounsaturated	S1062
Fructose	D3335, S1062, S606
Phosphorus, P	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Copper, Cu	S7, S10, S201, S1062, S6, S183, S203, S11, S9, S12, S8, S202
Tyrosine	S1062
Histidine	S1062
Alanine	S1062
20:4 undifferentiated	S1062
22:5 n-3	S1062

NDB No. 11876 Sweet potato, cooked, boiled, without skin, with salt

Protein	S1062
Calcium, Ca	S1062
Magnesium, Mg	S1062
Manganese, Mn	S1062
Cryptoxanthin, beta	D3902
17:0	S1062
17:1	S1062
15:1	S1062
Starch	S1062
Sucrose	S1062
Zinc, Zn	S1062

NDB No. 11876 Sweet potato, cooked, boiled, without skin, with salt

Carotene, beta	D3891, D3902, D3852, D3846
Lycopene	D3902
Vitamin C, total ascorbic acid	S1062
Riboflavin	S1062
14:0	S1062
20:4 undifferentiated	S1062
24:0	S1062
Total lipid (fat)	S1062
Maltose	S1062
Potassium, K	S1062
Vitamin E (alpha-tocopherol)	S1062
Lutein + zeaxanthin	D3902
Tocopherol, delta	S1062
Thiamin	S1062
12:0	S1062
18:1 undifferentiated	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Iron, Fe	S1062
Phosphorus, P	S1062
Sodium, Na	S1062
Carotene, alpha	D3902
Niacin	S1062
18:2 undifferentiated	S1062
22:0	S1062
20:5 n-3	S1062
20:3 undifferentiated	S1062
Tocopherol, gamma	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
8:0	S1062
18:4	S1062
20:2 n-6 c,c	S1062
Selenium, Se	S1062
Tocopherol, beta	S1062
Vitamin K (phylloquinone)	S1062

NDB No. 11876 Sweet potato, cooked, boiled, without skin, with salt

22:6 n-3	S1062
20:1	S1062
22:1 undifferentiated	S1062
15:0	S1062
Ash	S1062
Fiber, total dietary	S1062
Folate, total	S1062
10:0	S1062
18:3 undifferentiated	S1062
14:1	S1062
16:1 undifferentiated	S1062
Water	S1062
Copper, Cu	S1062
16:0	S1062
18:0	S1062
20:0	S1062
22:5 n-3	S1062

NDB No. 11884 Tomatoes, red, ripe, cooked, with salt

Protein	S441
Sucrose	S441
Glucose (dextrose)	S441
Cryptoxanthin, beta	D3905, S441
Vitamin B-6	S441
Total lipid (fat)	S441
Fructose	S441
Maltose	S441
Water	S441
Potassium, K	S441
Carotene, beta	D3905, S441
Vitamin K (phylloquinone)	S441
Vitamin E (alpha-tocopherol)	S441
Tocopherol, gamma	S441
Ash	S441
Lactose	S441
Magnesium, Mg	S441

NDB No. 11884 Tomatoes, red, ripe, cooked, with salt

Zinc, Zn	S441
Manganese, Mn	S441
Carotene, alpha	D3905, S441
Lycopene	D3905, S441
Calcium, Ca	S441
Tocopherol, beta	S441
Tocopherol, delta	S441
Thiamin	S441
Niacin	S441
Iron, Fe	S441
Riboflavin	S441
Phosphorus, P	S441
Copper, Cu	S441
Pantothenic acid	S441
Fiber, total dietary	S441
Lutein + zeaxanthin	D3905, S441

NDB No. 11885 Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Protein	S626, S27, S625, S641, S627
Calcium, Ca	S626, S201, S6, S625, S183, S203, S641, S202, S627
Copper, Cu	S201, S6, S183, S203, S202
Selenium, Se	S201, S6, S183, S203, S202
Tocopherol, beta	S27, S87
Pantothenic acid	S27
Threonine	S27
Tyrosine	S27
Aspartic acid	S27
Water	S626, S27, S625, S641, S627, S604
Vitamin C, total ascorbic acid	S626, S27, S625, S641, S627
Leucine	S27
Methionine	S27
Valine	S27
Alanine	S27
Total lipid (fat)	S626, S27, S625, S641, S627, S87
Ash	S626, S27, S625, S641, S627
Sucrose	S27, S604

Reference Report

JUL-17-2008 02:00 PM

Page 1210 of 3136

NDB No. 11885 Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Galactose	S27
Fiber, total dietary	S626, S27, S625, S641, S627
Zinc, Zn	S201, S6, S183, S203, S202
Tocopherol, gamma	S27, S87
Tocopherol, delta	S27, S87
Riboflavin	S27
Niacin	S27
Magnesium, Mg	S201, S6, S183, S203, S202
Phosphorus, P	S201, S6, S183, S203, S202
Maltose	S27
Iron, Fe	S626, S201, S6, S625, S183, S203, S641, S202, S627
Potassium, K	S626, S201, S6, S183, S203, S202, S627
Manganese, Mn	S201, S6, S183, S203, S202
Isoleucine	S27
Cystine	S27
Arginine	S27
Histidine	S27
Serine	S27
Fluoride, F	D5301, D5007
Vitamin A, IU	S626, S625, S641, S627
Vitamin E (alpha-tocopherol)	S27, S87
Lysine	S27
Phenylalanine	S27
Glucose (dextrose)	S27, S604
Fructose	S27, S604
Lactose	S27
Sugars, total	S626, S27, S625, S641, S627
Vitamin B-6	S27
Glutamic acid	S27
Tryptophan	S27
Glycine	S27
Proline	S27

NDB No. 11886 Tomato juice, canned, without salt added

Magnesium, Mg	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Phosphorus, P	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202

Reference Report

JUL-17-2008 02:00 PM

Page 1211 of 3136

NDB No. 11886 Tomato juice, canned, without salt added

Vitamin K (phylloquinone)	D4002
Selenium, Se	S7, S10, S6, S183, S203, S11, S9, S12, S8, S202
Tocopherol, delta	S87
Fructose	D3302, D3315
Potassium, K	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S87
Lycopene	D3851, S1381, D3890
Tocopherol, gamma	S87
Iron, Fe	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Copper, Cu	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Manganese, Mn	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Sucrose	D3315
Lutein + zeaxanthin	D3851
Total lipid (fat)	S87
Sugars, total	D3315
Carotene, beta	D3851
Calcium, Ca	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Glucose (dextrose)	D3302, D3315
Zinc, Zn	S7, S10, S201, S6, S183, S203, S11, S9, S12, S8, S202
Cryptoxanthin, beta	D3851
Tocopherol, beta	S87

NDB No. 11887 Tomato products, canned, paste, with salt added

Protein	S626, S5, S625, S21, S641, S627
Maltose	S21
Carotene, beta	S5, S21
Tocopherol, gamma	S81
Vitamin C, total ascorbic acid	S626, S5, S625, S21, S641, S627
Thiamin	S21
Total lipid (fat)	S626, S5, S625, S21, S641, S627
Ash	S626, S5, S625, S21, S641, S627
Sucrose	S21
Calcium, Ca	S626, S625, S21, S627
Iron, Fe	S626, S625, S21, S641, S627
Vitamin A, IU	S626, S625, S641, S627

NDB No. 11887 Tomato products, canned, paste, with salt added

Vitamin E (alpha-tocopherol)	S81
Threonine	S21
Lysine	S21
Phenylalanine	S21
Starch	S21
Vitamin B-6	S21
Fatty acids, total saturated	S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Selenium, Se	S21
Folate, total	S21
Aspartic acid	S21
Water	S626, S5, S81, S625, S21, S641, S627
Niacin	S21
Vitamin K (phylloquinone)	D4048, S21
16:0	S21
Fructose	S21
Manganese, Mn	S21
Tocopherol, beta	S81
Riboflavin	S21
Alanine	S21
Glutamic acid	S21
Glucose (dextrose)	S21
Sugars, total	S626, S5, S625, S641, S627
Fiber, total dietary	S626, S625, S21, S641, S627
Magnesium, Mg	S21
Phosphorus, P	S21
Lycopene	S21
Tocopherol, delta	S81
Leucine	S21
Potassium, K	S626, S21, S627
Carotene, alpha	S21
Cryptoxanthin, beta	S21
Lutein + zeaxanthin	S21
Pantothenic acid	S21
Serine	S21
18:2 undifferentiated	S21

Reference Report

JUL-17-2008 02:00 PM

Page 1213 of 3136

NDB No. 11888 Tomato products, canned, puree, with salt added

Cryptoxanthin, beta	S21
Niacin	S21
Water	S626, S625, S21, S641, S627
Fatty acids, total saturated	S626, S627
Fiber, total dietary	S626, S625, S21, S627
Carotene, beta	S21
Thiamin	S21
Protein	S626, S625, S21, S627
Phosphorus, P	S21
Vitamin A, IU	S626, S625, S641, S627
Lycopene	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	S21
Glutamic acid	S21
Glucose (dextrose)	S21
Fructose	S21
Iron, Fe	S626, S625, S21, S627
Potassium, K	S626, S625, S21, S627
Zinc, Zn	S21
Riboflavin	S21
Calcium, Ca	S626, S625, S21, S627
Manganese, Mn	S21
Carotene, alpha	S21
Ash	S626, S625, S21, S627
Vitamin C, total ascorbic acid	S626, S625, S21, S641, S627
Total lipid (fat)	S626, S625, S21, S627
Magnesium, Mg	S21
Copper, Cu	S21
Lutein + zeaxanthin	S21
Aspartic acid	S21

NDB No. 11903 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

Fluoride, F	D5007
-------------	-------

NDB No. 11906 Corn, sweet, white, canned, cream style, regular pack

Fluoride, F	D5007
-------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1214 of 3136

NDB No. 11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared

Fluoride, F D5021

NDB No. 11918 Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, without salt

Arginine S1062
Alanine S1062
Lysine S1062
Phenylalanine S1062
Methionine S1062
Tyrosine S1062
Glycine S1062
Leucine S1062
Threonine S1062
Cystine S1062
Aspartic acid S1062
Isoleucine S1062
Histidine S1062
Proline S1062
Serine S1062
Tryptophan S1062
Valine S1062
Glutamic acid S1062

NDB No. 11919 Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, with salt

Lysine S1062
Histidine S1062
Methionine S1062
Tyrosine S1062
Arginine S1062
Isoleucine S1062
Cystine S1062
Aspartic acid S1062
Glutamic acid S1062
Glycine S1062
Proline S1062
Threonine S1062
Valine S1062

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1215 of 3136

NDB No. 11919 Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, with salt

Tryptophan	S1062
Leucine	S1062
Phenylalanine	S1062
Alanine	S1062
Serine	S1062

NDB No. 11921 Peppers, sweet, red, sauteed

Protein	S1062
Total lipid (fat)	S1062
Glucose (dextrose)	S1062
Carotene, beta	S1062
Folate, total	S1062
Tryptophan	S1062
Isoleucine	S1062
Histidine	S1062
14:1	S1062
16:1 undifferentiated	S1062
22:1 undifferentiated	S1062
Sucrose	S1062
Maltose	S1062
Phosphorus, P	S1062
Zinc, Zn	S1062
Carotene, alpha	S1062
Pantothenic acid	S1062
Choline, total	S1062
Leucine	S1062
Methionine	S1062
Tyrosine	S1062
Arginine	S1062
8:0	S1062
18:1 undifferentiated	S1062
Fiber, total dietary	S1062
Potassium, K	S1062
Manganese, Mn	S1062
Cystine	S1062
12:0	S1062

NDB No. 11921 Peppers, sweet, red, sauteed

16:0	S1062
20:0	S1062
Starch	S1062
Iron, Fe	S1062
Riboflavin	S1062
Vitamin K (phylloquinone)	S1062
Alanine	S1062
Aspartic acid	S1062
Proline	S1062
18:3 undifferentiated	S1062
22:5 n-3	S1062
Sodium, Na	S1062
Copper, Cu	S1062
Vitamin C, total ascorbic acid	S1062
Vitamin B-6	S1062
Phenylalanine	S1062
Valine	S1062
Glycine	S1062
20:1	S1062
20:5 n-3	S1062
Water	S1062
Magnesium, Mg	S1062
Vitamin E (alpha-tocopherol)	S1062
Niacin	S1062
Betaine	S1062
Serine	S1062
22:6 n-3	S1062
22:0	S1062
17:0	S1062
20:3 undifferentiated	S1062
15:1	S1062
Ash	S1062
Fructose	S1062
Lactose	S1062
Calcium, Ca	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062

NDB No. 11921 Peppers, sweet, red, sauteed

Tocopherol, gamma	S1062
Thiamin	S1062
Lysine	S1062
10:0	S1062
14:0	S1062
18:0	S1062
20:4 undifferentiated	S1062
18:4	S1062
15:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
Tocopherol, beta	S1062
Tocopherol, delta	S1062
Threonine	S1062
Glutamic acid	S1062
18:2 undifferentiated	S1062
17:1	S1062

NDB No. 11935 Catsup

Sodium, Na	S6, S5, S183, S203, S202, S22
Copper, Cu	S6, S183, S203, S202, S22
Manganese, Mn	S6, S183, S203, S202, S22
Carotene, beta	S22
Tocopherol, beta	S81
Protein	S5, S22
Glucose (dextrose)	S22
Fructose	S22
Zinc, Zn	S6, S183, S203, S202, S22
Carotene, alpha	S22
Niacin	S22
Ash	S5, S22
Maltose	S22
Calcium, Ca	S6, S183, S203, S202, S22
Fluoride, F	D5001, D5301, D5007, D5021
Folate, total	S22
Energy	S5

Reference Report

JUL-17-2008 02:00 PM

Page 1218 of 3136

NDB No. 11935 Catsup

Lactose	S22
Water	S5, S81, S22
Fiber, total dietary	S22
Magnesium, Mg	S6, S183, S203, S202, S22
Lycopene	S22
Betaine	S22, S3461
Potassium, K	S6, S183, S203, S202, S22
Total lipid (fat)	S5, S22
Carbohydrate, by difference	S5
Sucrose	S22
Iron, Fe	S6, S183, S203, S202, S22
Cryptoxanthin, beta	S22
Tocopherol, gamma	S81
Vitamin B-6	S22
Choline, total	S22, S3461
Pantothenic acid	S22
Phosphorus, P	S6, S183, S203, S202, S22
Selenium, Se	S6, S183, S22
Vitamin E (alpha-tocopherol)	S81
Lutein + zeaxanthin	S22
Tocopherol, delta	S81
Thiamin	S22
Riboflavin	S22

NDB No. 11937 Pickles, cucumber, dill or kosher dill

Protein	S3548
Sucrose	S3548
Maltose	S3548
Magnesium, Mg	S204, S3548, S6
Sodium, Na	S204, S3548, S6
Manganese, Mn	S204, S3548, S6
Thiamin	S3548
Glucose (dextrose)	S3548
Fructose	S3548, S604
Vitamin C, total ascorbic acid	S3548
Betaine	S3548

NDB No. 11937 Pickles, cucumber, dill or kosher dill

Potassium, K	S204, S3548, S6
Iron, Fe	S204, S3548, S6
Selenium, Se	S204, S6
Ash	S3548
Water	D3764, S3548, S604
Calcium, Ca	S204, S3548, S6
Zinc, Zn	S204, S3548, S6
Pantothenic acid	S3548
Vitamin K (phylloquinone)	S3548
Fiber, total dietary	D3764, S3548
Riboflavin	S3548
Niacin	S3548
Total lipid (fat)	S3548
Lactose	S3548
Phosphorus, P	S204, S3548, S6
Copper, Cu	S204, S3548, S6
Choline, total	S3548
Vitamin B-6	S3548

NDB No. 11940 Pickles, cucumber, sweet (includes bread and butter pickles)

Total lipid (fat)	S3548, S5
Carbohydrate, by difference	S5
Water	S3548, S5
Zinc, Zn	S3548
Riboflavin	S3548
Niacin	S3548
Threonine	S1062
Lysine	S1062
Phenylalanine	S1062
Histidine	S1062
Magnesium, Mg	S3548
Choline, total	S3548
Valine	S1062
Alanine	S1062
Proline	S1062
Glucose (dextrose)	S3548

Reference Report

JUL-17-2008 02:00 PM

Page 1220 of 3136

NDB No. 11940 Pickles, cucumber, sweet (includes bread and butter pickles)

Calcium, Ca	S3548
Iron, Fe	S3548
Phosphorus, P	S3548
Potassium, K	S3548
Vitamin C, total ascorbic acid	S3548
Vitamin K (phylloquinone)	S3548
Ash	S3548, S5
Manganese, Mn	S3548
Pantothenic acid	S3548
Glutamic acid	S1062
Glycine	S1062
Serine	S1062
Energy	S5
Isoleucine	S1062
Fructose	S3548
Lactose	S3548
Maltose	S3548
Sodium, Na	S3548, S5
Thiamin	S3548
Vitamin B-6	S3548
Betaine	S3548
Tryptophan	S1062
Arginine	S1062
Protein	S3548, S5
Fiber, total dietary	S3548
Leucine	S1062
Methionine	S1062
Aspartic acid	S1062
Sucrose	S3548
Copper, Cu	S3548
Cystine	S1062
Tyrosine	S1062

NDB No. 11949 Catsup, low sodium

Total lipid (fat)	S5, S22
Glucose (dextrose)	S22

NDB No. 11949 Catsup, low sodium

Phosphorus, P	S6, S183, S203, S202, S22
Copper, Cu	S6, S183, S203, S202, S22
Pantothenic acid	S22
Folate, total	S22
Energy	S5
Lactose	S22
Iron, Fe	S6, S183, S203, S202, S22
Potassium, K	S6, S183, S203, S202, S22
Protein	S5, S22
Carbohydrate, by difference	S5
Ash	S5, S22
Carotene, alpha	S22
Fructose	S22
Water	S5, S81, S22
Fiber, total dietary	S22
Calcium, Ca	S6, S183, S203, S202, S22
Manganese, Mn	S6, S183, S203, S202, S22
Thiamin	S22
Vitamin E (alpha-tocopherol)	S81
Lycopene	S22
Niacin	S22
Vitamin B-6	S22
Magnesium, Mg	S6, S183, S203, S202, S22
Lutein + zeaxanthin	S22
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Sucrose	S22
Cryptoxanthin, beta	S22
Riboflavin	S22
Maltose	S22
Zinc, Zn	S6, S183, S203, S202, S22
Selenium, Se	S6, S183, S22

NDB No. 11950 Mushrooms, enoki, raw

Maltose	S2941
---------	-------

NDB No. 11950 Mushrooms, enoki, raw

Tocopherol, beta	S2941
Pantothenic acid	S2941
Leucine	S2941
Phenylalanine	S2941
Arginine	S2941
Glycine	S2941
8:0	S2941
18:0	S2941
20:0	S2941
22:1 undifferentiated	S2941
17:0	S2941
17:1	S2941
22:4	S2941
Fiber, total dietary	S2941
Vitamin C, total ascorbic acid	S2941
Folate, total	S2941
Threonine	S2941
Methionine	S2941
Aspartic acid	S2941
18:1 undifferentiated	S2941
18:4	S2941
20:5 n-3	S2941
Protein	S2941
Lactose	S2941
Magnesium, Mg	S2941
Zinc, Zn	S2941
Betaine	S2941
Tyrosine	S2941
16:0	S2941
18:2 undifferentiated	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Thiamin	S2941
Glutamic acid	S2941
10:0	S2941
20:4 undifferentiated	S2941
Starch	S2941

Reference Report

JUL-17-2008 02:00 PM

Page 1223 of 3136

NDB No. 11950 Mushrooms, enoki, raw

Sucrose	S2941
Water	S2941
Phosphorus, P	S2941
Choline, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Valine	S2941
Proline	S2941
Serine	S2941
14:0	S2941
22:0	S2941
14:1	S2941
15:1	S2941
Total lipid (fat)	S2941
Glucose (dextrose)	S2941
Manganese, Mn	S2941
Niacin	S2941
Cystine	S2941
Histidine	S2941
Alanine	S2941
12:0	S2941
22:6 n-3	S2941
24:1 c	S2941
21:5	S2941
Ash	S2941
Fructose	S2941
Galactose	S2941
Iron, Fe	S2941
Potassium, K	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin B-6	S2941
Isoleucine	S2941
Lysine	S2941
18:3 undifferentiated	S2941
20:1	S2941
20:2 n-6 c,c	S2941

Reference_Report

NDB No. 11950 Mushrooms, enoki, raw

Sugars, total	S2941
Calcium, Ca	S2941
Sodium, Na	S2941
Copper, Cu	S2941
Riboflavin	S2941
16:1 undifferentiated	S2941
22:5 n-3	S2941
15:0	S2941
24:0	S2941
20:3 undifferentiated	S2941
13:0	S2941

NDB No. 11951 Peppers, sweet, yellow, raw

Carotene, beta	D3912
----------------	-------

NDB No. 11960 Carrots, baby, raw

Maltose	S562
Iron, Fe	S562, S481
Vitamin C, total ascorbic acid	S562, S481
Folate, total	S562, S481
Fructose	S562
Magnesium, Mg	S562, S481
Phosphorus, P	S562, S481
Manganese, Mn	S562, S481
Vitamin B-6	S562, S481
Ash	S562, S481
Glucose (dextrose)	S562
Water	S562, S481
Carotene, alpha	D3900
Pantothenic acid	S562, S481
Vitamin K (phylloquinone)	S562, S481
Betaine	S481
Protein	S562, S481
Lactose	S562
Galactose	S562
Fiber, total dietary	S562, S481

Reference Report

JUL-17-2008 02:00 PM

Page 1225 of 3136

NDB No. 11960 Carrots, baby, raw

Calcium, Ca	S562, S481
Zinc, Zn	S562, S481
Total lipid (fat)	S562, S481
Copper, Cu	S562, S481
Selenium, Se	S562, S481
Thiamin	S562, S481
Niacin	S562, S481
Starch	S562
Sugars, total	S562
Potassium, K	S562, S481
Carotene, beta	D3900
Sodium, Na	S562, S481
Riboflavin	S562, S481
Choline, total	S481
Sucrose	S562

NDB No. 11963 Nopales, raw

Vitamin C, total ascorbic acid	S405
Thiamin	S405
Protein	S405
Phosphorus, P	S405
Vitamin B-6	S405
Riboflavin	S405
Pantothenic acid	S405
Total lipid (fat)	S405
Water	S405
Magnesium, Mg	S405
Potassium, K	S405
Manganese, Mn	S405
Folate, total	S405
Ash	S405
Fiber, total dietary	S405
Sodium, Na	S405
Zinc, Zn	S405
Copper, Cu	S405
Carotene, beta	S405

NDB No. 11963 Nopales, raw

Carotene, alpha	S405
Calcium, Ca	S405
Iron, Fe	S405
Niacin	S405

NDB No. 11965 Cauliflower, green, raw

Ash	S616
Water	S616
Pantothenic acid	S616
Magnesium, Mg	S616
Sodium, Na	S616
Copper, Cu	S616
Total lipid (fat)	S616
Potassium, K	S616
Vitamin B-6	S616
Zinc, Zn	S616
Thiamin	S616
Vitamin C, total ascorbic acid	S616
Calcium, Ca	S616
Iron, Fe	S616
Manganese, Mn	S616
Riboflavin	S616
Protein	S616
Phosphorus, P	S616
Carotene, beta	S616
Niacin	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, alpha	S1202
-----------------	-------

NDB No. 11972 Lemon grass (citronella), raw

Carotene, beta	S1202
Cryptoxanthin, beta	S1202

NDB No. 11973 Beans, fava, in pod, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 11975 Grape leaves, canned

Carotene, alpha	S1202
Carotene, beta	S1202
Cryptoxanthin, beta	S1202

NDB No. 11976 Pepper, banana, raw

Carotene, beta	S1202
Cryptoxanthin, beta	S1202
Carotene, alpha	S1202

NDB No. 11987 Mushroom, oyster, raw

Sucrose	S2941
Galactose	S2941
Fiber, total dietary	S1202, S2941
Riboflavin	S1202, S2941
Tryptophan	S2941
Lysine	S2941
Phenylalanine	S2941
Aspartic acid	S2941
20:4 undifferentiated	S2941
22:0	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
Fatty acids, total polyunsaturated	S2941

NDB No. 11987 Mushroom, oyster, raw

Ash	S1202, S2941
Starch	S2941
Magnesium, Mg	S1202, S2941
Copper, Cu	S1202, S2941
Manganese, Mn	S1202, S2941
Carotene, beta	S1202
Thiamin	S1202, S2941
Folate, total	S1202, S2941
Vitamin K (phylloquinone)	S2941
Glutamic acid	S2941
Proline	S2941
14:0	S2941
22:6 n-3	S2941
Water	S1202, S2941
Potassium, K	S1202, S2941
Sodium, Na	S1202, S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Niacin	S1202, S2941
Arginine	S2941
18:3 undifferentiated	S2941
15:1	S2941
Total lipid (fat)	S1202, S2941
Glucose (dextrose)	S2941
Lactose	S2941
Phosphorus, P	S1202, S2941
Pantothenic acid	S1202, S2941
Valine	S2941
Fatty acids, total saturated	S2941
18:1 undifferentiated	S2941
20:2 n-6 c,c	S2941
20:3 undifferentiated	S2941
22:4	S2941
Protein	S1202, S2941
Calcium, Ca	S1202, S2941

Reference_Report

NDB No. 11987 Mushroom, oyster, raw

Zinc, Zn	S1202, S2941
Selenium, Se	S2941
Tocopherol, beta	S2941
Betaine	S2941
Leucine	S2941
Serine	S2941
12:0	S2941
18:0	S2941
24:0	S2941
21:5	S2941
Vitamin B-6	S1202, S2941
Choline, total	S2941
Methionine	S2941
Cystine	S2941
Tyrosine	S2941
Histidine	S2941
Glycine	S2941
18:2 undifferentiated	S2941
16:1 undifferentiated	S2941
15:0	S2941
17:0	S2941
24:1 c	S2941
17:1	S2941
Fructose	S2941
Sugars, total	S2941
Isoleucine	S2941
14:1	S2941
Maltose	S2941
Iron, Fe	S1202, S2941
Threonine	S2941
Alanine	S2941
8:0	S2941
10:0	S2941
16:0	S2941
20:0	S2941
22:5 n-3	S2941
Fatty acids, total	S2941

Reference_Report

NDB No. 11987 Mushroom, oyster, raw

monounsaturated

NDB No. 11989 Mushrooms, straw, canned, drained solids

Cryptoxanthin, beta	S1202
Carotene, beta	S1202
Carotene, alpha	S1202

NDB No. 11990 Wasabi, root, raw

Magnesium, Mg	S1202
Cryptoxanthin, beta	S1202
Ash	S1202
Water	S1202
Phosphorus, P	S1202
Manganese, Mn	S1202
Carotene, alpha	S1202
Niacin	S1202
Folate, total	S1202
Calcium, Ca	S1202
Sodium, Na	S1202
Copper, Cu	S1202
Vitamin C, total ascorbic acid	S1202
Riboflavin	S1202
Iron, Fe	S1202
Potassium, K	S1202
Protein	S1202
Total lipid (fat)	S1202
Fiber, total dietary	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Zinc, Zn	S1202
Carotene, beta	S1202
Thiamin	S1202

NDB No. 11991 Yautia (tannier), raw

NDB No. 11991 Yautia (tannier), raw

Copper, Cu	S1202
Manganese, Mn	S1202
Pantothenic acid	S1202
Carotene, alpha	S1202
Riboflavin	S1202
Phosphorus, P	S1202
Niacin	S1202
Folate, total	S1202
Calcium, Ca	S1202
Magnesium, Mg	S1202
Vitamin C, total ascorbic acid	S1202
Protein	S1202
Water	S1202
Fiber, total dietary	S1202
Zinc, Zn	S1202
Cryptoxanthin, beta	S1202
Iron, Fe	S1202
Ash	S1202
Potassium, K	S1202
Sodium, Na	S1202
Carotene, beta	S1202
Vitamin B-6	S1202
Total lipid (fat)	S1202
Thiamin	S1202

NDB No. 11992 Mushrooms, white, microwaved

Niacin	S2941
Tryptophan	S2941
Methionine	S2941
Serine	S2941
14:0	S2941
18:4	S2941
22:5 n-3	S2941
22:4	S2941
Glucose (dextrose)	S2941
Fiber, total dietary	S2941

NDB No. 11992 Mushrooms, white, microwaved

Calcium, Ca	S2941
Tocopherol, gamma	S2941
Thiamin	S2941
Leucine	S2941
Phenylalanine	S2941
Arginine	S2941
16:0	S2941
18:1 undifferentiated	S2941
22:1 undifferentiated	S2941
Fatty acids, total monounsaturated	S2941
24:0	S2941
Protein	S2941
Galactose	S2941
Iron, Fe	S2941
Manganese, Mn	S2941
Vitamin C, total ascorbic acid	S2941
Vitamin B-6	S2941
Vitamin K (phylloquinone)	S2941
Betaine	S2941
18:0	S2941
18:3 undifferentiated	S2941
17:1	S2941
Water	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Tocopherol, beta	S2941
Pantothenic acid	S2941
Choline, total	S2941
Threonine	S2941
Isoleucine	S2941
Tyrosine	S2941
Valine	S2941
22:6 n-3	S2941
22:0	S2941
Lactose	S2941
Maltose	S2941
Selenium, Se	S2941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1233 of 3136

NDB No. 11992 Mushrooms, white, microwaved

Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
10:0	S2941
12:0	S2941
18:2 undifferentiated	S2941
20:4 undifferentiated	S2941
24:1 c	S2941
21:5	S2941
Ash	S2941
Copper, Cu	S2941
Lysine	S2941
20:0	S2941
14:1	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
Fructose	S2941
Magnesium, Mg	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Vitamin E (alpha-tocopherol)	S2941
Folate, total	S2941
20:1	S2941
20:2 n-6 c,c	S2941
Total lipid (fat)	S2941
Starch	S2941
Sucrose	S2941
Sugars, total	S2941
Tocopherol, delta	S2941
Riboflavin	S2941
Cystine	S2941
Histidine	S2941
Alanine	S2941
Fatty acids, total saturated	S2941
8:0	S2941

Reference_Report

NDB No. 11992 Mushrooms, white, microwaved

16:1 undifferentiated	S2941
20:5 n-3	S2941
20:3 undifferentiated	S2941
15:1	S2941

NDB No. 11993 Mushrooms, Maitake, Raw

Total lipid (fat)	S2941
Sugars, total	S2941
Calcium, Ca	S2941
Vitamin K (phylloquinone)	S2941
12:0	S2941
18:1 undifferentiated	S2941
20:4 undifferentiated	S2941
14:1	S2941
22:5 n-3	S2941
24:1 c	S2941
15:1	S2941
Protein	S2941
Ash	S2941
Fiber, total dietary	S2941
Potassium, K	S2941
Vitamin E (alpha-tocopherol)	S2941
Niacin	S2941
10:0	S2941
18:0	S2941
20:0	S2941
20:1	S2941
17:1	S2941
Starch	S2941
Lactose	S2941
Water	S2941
Tocopherol, gamma	S2941
Thiamin	S2941
16:1 undifferentiated	S2941
Fatty acids, total monounsaturated	S2941
Glucose (dextrose)	S2941

NDB No. 11993 Mushrooms, Maitake, Raw

Manganese, Mn	S2941
Riboflavin	S2941
Vitamin B-6	S2941
16:0	S2941
Phosphorus, P	S2941
Sodium, Na	S2941
Pantothenic acid	S2941
Folate, total	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
22:6 n-3	S2941
15:0	S2941
17:0	S2941
24:0	S2941
20:3 undifferentiated	S2941
Fructose	S2941
Maltose	S2941
Galactose	S2941
Iron, Fe	S2941
Tocopherol, beta	S2941
Fatty acids, total saturated	S2941
20:2 n-6 c,c	S2941
22:4	S2941
Sucrose	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
14:0	S2941
22:0	S2941
18:4	S2941
Fatty acids, total polyunsaturated	S2941
13:0	S2941
Magnesium, Mg	S2941
Selenium, Se	S2941
8:0	S2941
20:5 n-3	S2941

NDB No. 11993 Mushrooms, Maitake, Raw

22:1 undifferentiated	S2941
21:5	S2941

NDB No. 11995 Fiddlehead ferns, raw

Carotene, alpha	D3886, D3885
Carotene, beta	D3886, D3885

NDB No. 11996 Fiddlehead ferns, frozen, unprepared

Carotene, beta	D3886
Carotene, alpha	D3886

NDB No. 12006 Seeds, chia seeds, dried

Total lipid (fat)	D4862, D4821, D4822, D4861, S1783
Potassium, K	S1783
Tyrosine	D4822, D4861
Arginine	S1782, D4822, D4861
Aspartic acid	S1782, D4822, D4861
Glutamic acid	D4822, D4861
Protein	D4862, D4822, D4861, S1783
Calcium, Ca	D4862, S1783
Zinc, Zn	S1783
Copper, Cu	S1783
Valine	S1782, D4822, D4861
Proline	D4861
16:0	D4862, D4821, D4861, S1783
18:1 undifferentiated	D4862, D4821, D4861, S1783
Water	D4822, S1783
Phosphorus, P	D4862, S1783
Methionine	S1782, D4822, D4861
Cystine	S1782, D4822, D4861
Glycine	S1782, D4822, D4861
18:3 undifferentiated	D4862, D4821, D4861, S1783
Threonine	S1782, D4822, D4861
Lysine	S1782, D4822, D4861
Alanine	S1782, D4822, D4861

Reference Report

JUL-17-2008 02:00 PM

Page 1237 of 3136

NDB No. 12006 Seeds, chia seeds, dried

22:0	D4862
Ash	D4822, S1783
Manganese, Mn	S1783
Leucine	S1782, D4822, D4861
Histidine	S1782, D4822, D4861
18:0	D4862, D4821, D4861, S1783
20:0	D4862, S1783
20:1	D4862, S1783
17:0	D4862
17:1	D4862
14:0	S1783
14:1	S1783
Sodium, Na	S1783
Isoleucine	S1782, D4822, D4861
Phenylalanine	S1782, D4822, D4861
Serine	S1782, D4822, D4861
18:2 undifferentiated	D4862, D4821, D4861, S1783
Fiber, total dietary	D4822
Tryptophan	S1782
16:1 undifferentiated	D4862, S1783
15:0	S1783

NDB No. 12014 Seeds, pumpkin and squash seed kernels, dried

Vitamin E (alpha-tocopherol)	D4561
Tocopherol, gamma	D4561

NDB No. 12016 Seeds, pumpkin and squash seed kernels, roasted, without salt

Betaine	S4001
Choline, total	S4001

NDB No. 12023 Seeds, sesame seeds, whole, dried

Sugars, total	S606
---------------	------

NDB No. 12036 Seeds, sunflower seed kernels, dried

NDB No. 12036 Seeds, sunflower seed kernels, dried

Ash	S3553
Copper, Cu	S3553
Manganese, Mn	S3553
20:1	S3553
17:0	S3553
20:2 n-6 c,c	S3553
15:1	S3553
18:0	S3553
20:0	S3553
22:6 n-3	S3553
22:0	S3553
21:5	S3553
Protein	S3553
Total lipid (fat)	S3553
Sucrose	S604
Potassium, K	S3553
Riboflavin	S3553
Vitamin B-6	S3553
Choline, total	S3553
20:4 undifferentiated	S3553
Fatty acids, total polyunsaturated	S3553
24:0	S3553
22:4	S3553
Iron, Fe	S3553
Phosphorus, P	S3553
Niacin	S3553
Vitamin K (phylloquinone)	S3553
Betaine	S3553
16:0	S3553
16:1 undifferentiated	S3553
15:0	S3553
Vitamin E (alpha-tocopherol)	S1504, S3553
Tocopherol, beta	S1504, S3553
Thiamin	S3553
14:0	S3553
18:1 undifferentiated	S3553
Fiber, total dietary	S3553, S604

NDB No. 12036 Seeds, sunflower seed kernels, dried

Sodium, Na	S3553
12:0	S3553
22:1 undifferentiated	S3553
24:1 c	S3553
Zinc, Zn	S3553
Selenium, Se	D3359, S3553
Tocopherol, gamma	S1504, S3553
8:0	S3553
10:0	S3553
18:3 undifferentiated	S3553
18:4	S3553
17:1	S3553
Water	S3553, S604
Calcium, Ca	S3553
Magnesium, Mg	S3553
Tocopherol, delta	S1504, S3553
Pantothenic acid	S3553
Fatty acids, total saturated	S3553
18:2 undifferentiated	S3553
14:1	S3553
20:5 n-3	S3553
22:5 n-3	S3553
Fatty acids, total monounsaturated	S3553
20:3 undifferentiated	S3553

NDB No. 12037 Seeds, sunflower seed kernels, dry roasted, without salt

Vitamin E (alpha-tocopherol)	S84, S2142
Tocopherol, beta	S84, S2142
Tocopherol, delta	S84, S2142
Tocopherol, gamma	S84, S2142

NDB No. 12038 Seeds, sunflower seed kernels, oil roasted, without salt

Sucrose	S961, S606, S661
Glucose (dextrose)	S961, S606, S661
Vitamin A, RAE	S1202, S661

NDB No. 12038 Seeds, sunflower seed kernels, oil roasted, without salt

12:0	S661
14:0	S961, S661
24:1 c	S661
20:3 undifferentiated	S661
Fatty acids, total trans-polyenoic	S961
Protein	S961, S661
Ash	S961, S661
Water	S961, S606, S661
Sugars, total	S961, S606, S661
Retinol	S661
Carotene, alpha	S1202
Tocopherol, delta	S2142
16:1 c	S961
18:2 n-6 c,c	S961
13:0	S661
15:1	S661
18:3 n-3 c,c,c	S961
Fructose	S961, S661
Cholesterol	S961, S661
4:0	S661
18:3 n-6 c,c,c	S961
Fatty acids, total trans-monoenoic	S961
Maltose	S961, S661
Vitamin A, IU	S1202, S661
Carotene, beta	S1202, S661
Tocopherol, beta	S2142
Vitamin C, total ascorbic acid	S961, S661
8:0	S661
20:4 undifferentiated	S661
20:5 n-3	S661
17:0	S961, S661
Total lipid (fat)	S961, S661
Tocopherol, gamma	S2142
10:0	S661
18:0	S961, S661
20:1	S961, S661
16:1 t	S961

NDB No. 12038 Seeds, sunflower seed kernels, oil roasted, without salt

18:1 t	S961
17:1	S961, S661
Lactose	S961, S661
18:1 c	S961
Fiber, total dietary	S661
Vitamin E (alpha-tocopherol)	S2142
6:0	S661
22:0	S961, S661
15:0	S961, S661
20:2 n-6 c,c	S961, S661
Calcium, Ca	S961, S661
Iron, Fe	S961, S661
Cryptoxanthin, beta	S1202
Fatty acids, total trans	S961
16:0	S961, S661
20:0	S961, S661
22:6 n-3	S661
14:1	S661
22:1 undifferentiated	S661
24:0	S961, S661
18:2 t not further defined	S961

NDB No. 12061 Nuts, almonds

Protein	S141, S4141
Total lipid (fat)	S141, S4141
Ash	S141, S4141
Calcium, Ca	S141, S4141
Iron, Fe	S141, S4141
Phosphorus, P	S141, S4141
Vitamin E (alpha-tocopherol)	S141, S4141
Tocopherol, delta	S141, S4141
Thiamin	S141, S4141
Vitamin K (phylloquinone)	S503, S441
Threonine	S141, D6343
Isoleucine	S141, D6343
Phenylalanine	S141, D6343

NDB No. 12061 Nuts, almonds

8:0	S141
10:0	S141, S4141
12:0	S141, S4141
18:3 undifferentiated	S141, S4141
Campesterol	D6341, S141, S4141, D6321, D6342
24:0	S141
18:2 t not further defined	S4141
24:1 c	S141
20:2 n-6 c,c	S141, S4141
18:3 n-6 c,c,c	S4141
17:1	S4141
Vitamin A, IU	S4141
Glutamic acid	S141, D6343
14:0	S141, S4141
18:2 undifferentiated	S141, S4141
18:2 CLAs	S4141
18:1 c	S4141
18:2 n-6 c,c	S4141
Sucrose	S141, S4141
Glucose (dextrose)	S141, S4141
Fructose	S141, S4141
Carotene, beta	S141, S503, S441, S4141
Lycopene	S503, S441
Vitamin C, total ascorbic acid	S141, S4141
20:0	S141, S4141
22:6 n-3	S141
16:1 t	S4141
Lactose	S141, S4141
Selenium, Se	S141, S503, S441, S4141
Cryptoxanthin, beta	S503, S441
Riboflavin	S141, S4141
Pantothenic acid	S141, S4141
Choline, total	S503, S441
Leucine	S141, D6343
Valine	S141, D6343
Arginine	S141, D6343
16:0	S141, S4141

NDB No. 12061 Nuts, almonds

20:4 undifferentiated	S141
22:0	S141, S4141
16:1 undifferentiated	S141, S4141
22:5 n-3	S141
Beta-sitosterol	D6341, S141, S4141, D6321, D6342
18:1 t	S4141
15:1	S4141
Sodium, Na	S141, S4141
Zinc, Zn	S141, S4141
Carotene, alpha	S141, S503, S441
Tocopherol, beta	S141, S4141
Folate, total	S141, S4141
Betaine	S503, S441
Methionine	S141, D6343
Aspartic acid	S141, D6343
Serine	S141, D6343
20:3 undifferentiated	S141, S4141
13:0	S141
Starch	S141
Manganese, Mn	S141, S4141
Niacin	S141, S4141
Cystine	S141, D6343
Proline	S141, D6343
22:1 undifferentiated	S141
Stigmasterol	D6341, S141, S4141, D6321, D6342
15:0	S141, S4141
16:1 c	S4141
Galactose	S4141
Lutein + zeaxanthin	S503, S441
Tocopherol, gamma	S141, S4141
Vitamin B-6	S141, S4141
Tryptophan	S141, D6343
Lysine	S141, D6343
Tyrosine	S141, D6343
Histidine	S141, D6343
Alanine	S141, D6343
Glycine	S141, D6343

NDB No. 12061 Nuts, almonds

18:0	S141, S4141
14:1	S141, S4141
18:3 n-3 c,c,c	S4141
Maltose	S141, S4141
Water	S141, S4141
Fiber, total dietary	S141, S4141
Magnesium, Mg	S141, S4141
Potassium, K	S141, S4141
Copper, Cu	S141, S4141
18:1 undifferentiated	S141, S4141
18:4	S4141
20:1	S141, S4141
20:5 n-3	S141
17:0	S141, S4141

NDB No. 12062 Nuts, almonds, blanched

Protein	S141
Starch	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Threonine	S141
Lysine	S141
Valine	S141
Histidine	S141
Aspartic acid	S141
20:4 undifferentiated	S141
20:5 n-3	S141
Iron, Fe	S141
Potassium, K	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Leucine	S141
Proline	S141
18:2 undifferentiated	S141

NDB No. 12062 Nuts, almonds, blanched

22:6 n-3	S141
22:5 n-3	S141
Total lipid (fat)	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Niacin	S141
Cystine	S141
Tyrosine	S141
Serine	S141
22:0	S141
13:0	S141
Sucrose	S141
Zinc, Zn	S141
Manganese, Mn	S141
Alanine	S141
8:0	S141
20:0	S141
Lactose	S141
Maltose	S141
Copper, Cu	S141
Tocopherol, gamma	S141
Pantothenic acid	S141
Isoleucine	S141
12:0	S141
16:0	S141
16:1 undifferentiated	S141
Campesterol	S141
20:2 n-6 c,c	S141
Carotene, beta	S141
Tocopherol, beta	S141
Tryptophan	S141
Glutamic acid	S141
18:3 undifferentiated	S141
14:1	S141
22:1 undifferentiated	S141
Stigmasterol	S141
17:0	S141

NDB No. 12062 Nuts, almonds, blanched

Glucose (dextrose)	S141
Fructose	S141
Riboflavin	S141
Folate, total	S141
Phenylalanine	S141
Arginine	S141
10:0	S141
18:0	S141
18:1 undifferentiated	S141
20:1	S141
24:0	S141
24:1 c	S141
Ash	S141
Water	S141
Sodium, Na	S141
Carotene, alpha	S141
Vitamin B-6	S141
Methionine	S141
Glycine	S141
14:0	S141
Beta-sitosterol	S141
15:0	S141
20:3 undifferentiated	S141

NDB No. 12063 Nuts, almonds, dry roasted, without salt added

Starch	S141
Water	S141
Fiber, total dietary	S141
Phosphorus, P	S141
Carotene, alpha	S141
Vitamin B-6	S141
Leucine	S141
Methionine	S141
Arginine	S141
Glycine	S141
12:0	S141

NDB No. 12063 Nuts, almonds, dry roasted, without salt added

18:0	S141
20:4 undifferentiated	S141
Campesterol	S141
24:1 c	S141
Protein	S141
Maltose	S141
Copper, Cu	S141
Thiamin	S141
Folate, total	S141
Threonine	S141
Lysine	S141
Proline	S141
15:0	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
Zinc, Zn	S141
Carotene, beta	S141
Tocopherol, gamma	S141
Niacin	S141
Phenylalanine	S141
Tyrosine	S141
Aspartic acid	S141
22:0	S141
Glucose (dextrose)	S141
10:0	S141
16:0	S141
18:1 undifferentiated	S141
22:6 n-3	S141
14:1	S141
20:1	S141
17:0	S141
Sodium, Na	S141
Manganese, Mn	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Riboflavin	S141
Tryptophan	S141

NDB No. 12063 Nuts, almonds, dry roasted, without salt added

Isoleucine	S141
Cystine	S141
Valine	S141
22:1 undifferentiated	S141
24:0	S141
13:0	S141
Iron, Fe	S141
Magnesium, Mg	S141
Potassium, K	S141
Vitamin C, total ascorbic acid	S141
Alanine	S141
Serine	S141
8:0	S141
20:5 n-3	S141
22:5 n-3	S141
Stigmasterol	S141
Total lipid (fat)	S141
Sucrose	S141
Fructose	S141
Calcium, Ca	S141
Pantothenic acid	S141
Histidine	S141
Glutamic acid	S141
14:0	S141
Beta-sitosterol	S141
Ash	S141
Lactose	S141
Tocopherol, delta	S141
20:0	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
16:1 undifferentiated	S141

NDB No. 12065 Nuts, almonds, oil roasted, without salt added

Fiber, total dietary	S141
Potassium, K	S141

Reference Report

JUL-17-2008 02:00 PM

Page 1249 of 3136

NDB No. 12065 Nuts, almonds, oil roasted, without salt added

Thiamin	S141
Riboflavin	S141
Methionine	S141
Phenylalanine	S141
18:3 undifferentiated	S141
15:0	S141
20:3 undifferentiated	S141
Iron, Fe	S141
Copper, Cu	S141
Tocopherol, beta	S141
Tryptophan	S141
Lysine	S141
10:0	S141
18:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
Fructose	S141
Lactose	S141
Calcium, Ca	S141
Zinc, Zn	S141
Manganese, Mn	S141
Tocopherol, delta	S141
Pantothenic acid	S141
Folate, total	S141
Tyrosine	S141
Aspartic acid	S141
8:0	S141
22:6 n-3	S141
16:1 undifferentiated	S141
Water	S141
Sodium, Na	S141
Vitamin C, total ascorbic acid	S141
Niacin	S141
17:0	S141
20:2 n-6 c,c	S141
Total lipid (fat)	S141
Starch	S141

Reference_Report

NDB No. 12065 Nuts, almonds, oil roasted, without salt added

Magnesium, Mg	S141
Vitamin E (alpha-tocopherol)	S141
Leucine	S141
Valine	S141
Arginine	S141
12:0	S141
20:0	S141
20:1	S141
22:1 undifferentiated	S141
Stigmasterol	S141
24:1 c	S141
Protein	S141
Carotene, alpha	S141
Threonine	S141
Isoleucine	S141
22:0	S141
14:1	S141
Campesterol	S141
13:0	S141
Phosphorus, P	S141
Tocopherol, gamma	S141
Vitamin B-6	S141
Cystine	S141
Histidine	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
14:0	S141
16:0	S141
20:4 undifferentiated	S141
20:5 n-3	S141
22:5 n-3	S141
Beta-sitosterol	S141
Ash	S141
Sucrose	S141
Glucose (dextrose)	S141
Maltose	S141

NDB No. 12065 Nuts, almonds, oil roasted, without salt added

Carotene, beta	S141
Alanine	S141
Serine	S141
24:0	S141

NDB No. 12071 Nuts, almond paste

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

NDB No. 12078 Nuts, brazilnuts, dried, unblanched

Protein	S1063, S503
Starch	S1063, S503
Glucose (dextrose)	S1063, S503
Water	S1063, S503, S81
Selenium, Se	S1063, S503
Lutein + zeaxanthin	S503
Tocopherol, beta	S1063, S503, S81
Lysine	S1063, S503
Cystine	S1063, S503
Alanine	S1063, S503
10:0	S1063, S503
18:3 n-3 c,c,c	S1063, S503
Ash	S1063, S503
Cryptoxanthin, beta	S503
Vitamin K (phylloquinone)	S1063, S503
Leucine	S1063, S503
Phenylalanine	S1063, S503
Histidine	S1063, S503
12:0	S1063, S503
15:0	S1063, S503
Sugars, total	S1063, S503
Iron, Fe	S1063, S503
Magnesium, Mg	S1063, S503

NDB No. 12078 Nuts, brazilnuts, dried, unblanched

Vitamin A, IU	S503
Vitamin A, RAE	S503
Vitamin E (alpha-tocopherol)	S1063, S503, S81
Vitamin C, total ascorbic acid	S1063, S503
Riboflavin	S1063, S503
Arginine	S1063, S503
14:0	S1063, S503
17:0	S1063, S503
Total lipid (fat)	S1063, S503
Sucrose	S1063, S503
Potassium, K	S1063, S503
Sodium, Na	S1063, S503
Copper, Cu	S1063, S503
Thiamin	S1063, S503
Folate, total	S1063
Tryptophan	S1063, S503
Isoleucine	S1063, S503
Glycine	S1063, S503
8:0	S1063, S503
18:0	S1063, S503
18:1 undifferentiated	S1063, S503
18:3 n-6 c,c,c	S1063, S503
15:1	S1063, S503
Calcium, Ca	S1063, S503
Valine	S1063, S503
18:2 undifferentiated	S1063, S503
20:3 undifferentiated	S1063, S503
Galactose	S1063, S503
Phosphorus, P	S1063, S503
Zinc, Zn	S1063, S503
Manganese, Mn	S1063, S503
Carotene, beta	S503
Carotene, alpha	S503
Tocopherol, delta	S1063, S503, S81
Niacin	S1063, S503
Choline, total	S1063, S503
Betaine	S1063, S503

NDB No. 12078 Nuts, brazilnuts, dried, unblanched

Aspartic acid	S1063, S503
20:4 undifferentiated	S1063, S503
14:1	S1063, S503
16:1 undifferentiated	S1063, S503
Fructose	S1063, S503
Maltose	S1063, S503
Fiber, total dietary	S503
Lycopene	S503
Vitamin B-6	S1063, S503
Methionine	S1063, S503
Proline	S1063, S503
Serine	S1063, S503
20:1	S1063, S503
20:2 n-6 c,c	S1063, S503
17:1	S1063, S503
Lactose	S1063, S503
Tocopherol, gamma	S1063, S503, S81
Pantothenic acid	S1063, S503
Threonine	S1063, S503
Tyrosine	S1063, S503
Glutamic acid	S1063, S503
16:0	S1063, S503
20:0	S1063, S503
22:0	S1063, S503

NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added

Total lipid (fat)	S502, S5, S363
Sucrose	S502, S343, S363
Fructose	S502, S343, S363
Copper, Cu	S502, S343, S363
Carotene, alpha	S502, S363
Choline, total	S502, S363
Isoleucine	S502, S363
Lysine	S502, S363
Cystine	S502, S363
Arginine	S502, S363

NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added

24:0	S502
Vitamin K (phylloquinone)	S502, S363
Alanine	S502, S363
14:1	S502, S363
20:5 n-3	S502
20:2 n-6 c,c	S502, S363
Fiber, total dietary	S502, S363
Phosphorus, P	S502, S343, S363
Manganese, Mn	S502, S343, S363
Lycopene	S502, S363
Pantothenic acid	S502, S363
Vitamin B-6	S502, S343, S363
Leucine	S502, S363
Aspartic acid	S502, S363
Glutamic acid	S502, S363
Proline	S502, S363
12:0	S502, S363
18:3 undifferentiated	S502, S363
20:4 undifferentiated	S502, S363
18:4	S502
Starch	S502, S343, S363
Glucose (dextrose)	S502, S343, S363
Lactose	S502, S343, S363
Galactose	S502, S363
Magnesium, Mg	S502, S343, S363
Sodium, Na	S343
Vitamin E (alpha-tocopherol)	S82, S502
Tocopherol, gamma	S82, S502
Folate, total	S502, S363
Methionine	S502, S363
18:2 undifferentiated	S502, S363
16:1 undifferentiated	S502, S363
22:5 n-3	S502
Iron, Fe	S502, S5, S343, S363
Potassium, K	S502, S343, S363
Carotene, beta	S502, S363
Lutein + zeaxanthin	S502, S363

NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added

Tocopherol, beta	S82, S502
Tocopherol, delta	S82, S502
Threonine	S502, S363
Serine	S502, S363
8:0	S502, S363
15:0	S502, S363
20:3 undifferentiated	S502, S363
15:1	S502, S363
Maltose	S502, S343, S363
Zinc, Zn	S502, S343, S363
Thiamin	S502, S343, S363
Riboflavin	S502, S343, S363
Phenylalanine	S502, S363
Tyrosine	S502, S363
Histidine	S502, S363
Protein	S502, S343, S363
Ash	S343
Sugars, total	S502, S343, S363
Calcium, Ca	S502, S343, S363
Selenium, Se	D3358, S502, D3359, S363
Niacin	S502, S343, S363
Betaine	S502, S363
Tryptophan	S502, S363
14:0	S502, S363
16:0	S502, S363
22:1 undifferentiated	S502
17:1	S502, S363
Water	S343
Cryptoxanthin, beta	S502, S363
Vitamin C, total ascorbic acid	S502, S343, S363
Valine	S502, S363
Glycine	S502, S363
10:0	S502, S363
18:0	S502, S363
20:0	S502, S363
18:1 undifferentiated	S502, S363
22:6 n-3	S502

NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added

22:0	S502, S363
20:1	S502, S363
17:0	S502, S363

NDB No. 12087 Nuts, cashew nuts, raw

Lactose	S343
Zinc, Zn	S343
Alanine	S502, S363
Glucose (dextrose)	S343
Fructose	S343
Water	S343
Iron, Fe	S343
Phosphorus, P	S343
Copper, Cu	S343
Vitamin B-6	S343
Tryptophan	S502, S363
Glutamic acid	S502, S363
Threonine	S502, S363
Isoleucine	S502, S363
Glycine	S502, S363
Serine	S502, S363
Maltose	S343
Calcium, Ca	S343
Thiamin	S343
Methionine	S502, S363
Arginine	S502, S363
Protein	S343
Potassium, K	S343
Manganese, Mn	S343
Cystine	S502, S363
Ash	S343
Niacin	S343
Leucine	S502, S363
Valine	S502, S363
Aspartic acid	S502, S363
Starch	S343

NDB No. 12087 Nuts, cashew nuts, raw

Sugars, total	S343
Sodium, Na	S343
Vitamin C, total ascorbic acid	S343
Riboflavin	S343
Histidine	S502, S363
Sucrose	S343
Magnesium, Mg	S343
Lysine	S502, S363
Phenylalanine	S502, S363
Tyrosine	S502, S363
Proline	S502, S363

NDB No. 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Starch	S2661
Fiber, total dietary	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Methionine	S2661
Aspartic acid	S2661
4:0	S2661
18:2 undifferentiated	S2661
22:0	S2661
20:5 n-3	S2661
22:1 undifferentiated	S2661
Fatty acids, total monounsaturated	S2661
17:0	S2661
18:1 t	S2661
24:1 c	S2661
Tocopherol, delta	S2661
Thiamin	S2661
Cystine	S2661
Glutamic acid	S2661
20:0	S2661
22:6 n-3	S2661
17:1	S2661
22:4	S2661

Reference Report

JUL-17-2008 02:00 PM

Page 1258 of 3136

NDB No. 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Lactose	S2661
Galactose	S2661
Magnesium, Mg	S2661
Betaine	S2661
Phenylalanine	S2661
Fatty acids, total trans	S2661
10:0	S2661
18:0	S2661
20:4 undifferentiated	S2661
20:2 n-6 c,c	S2661
Sugars, total	S2661
Copper, Cu	S2661
Vitamin E (alpha-tocopherol)	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Niacin	S2661
Choline, total	S2661
Vitamin K (phylloquinone)	S2661
Tryptophan	S2661
Proline	S2661
6:0	S2661
8:0	S2661
12:0	S2661
14:0	S2661
18:1 undifferentiated	S2661
18:3 undifferentiated	S2661
22:5 n-3	S2661
18:2 t,t	S2661
16:1 c	S2661
18:1 c	S2661
22:1 c	S2661
18:3 n-6 c,c,c	S2661
Fatty acids, total trans-polyenoic	S2661
Calcium, Ca	S2661
Folate, total	S2661
Threonine	S2661
Isoleucine	S2661

Reference Report

JUL-17-2008 02:00 PM

Page 1259 of 3136

NDB No. 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Tyrosine	S2661
Hydroxyproline	S2661
16:1 t	S2661
20:3 undifferentiated	S2661
20:3 n-6	S2661
Total lipid (fat)	S2661
Ash	S2661
Sucrose	S2661
Water	S2661
Sodium, Na	S2661
Manganese, Mn	S2661
Lysine	S2661
Arginine	S2661
Alanine	S2661
Serine	S2661
Fatty acids, total saturated	S2661
14:1	S2661
18:4	S2661
22:1 t	S2661
18:2 n-6 c,c	S2661
18:3 n-3 c,c,c	S2661
Iron, Fe	S2661
Potassium, K	S2661
Zinc, Zn	S2661
Vitamin C, total ascorbic acid	S2661
Riboflavin	S2661
Folic acid	S2661
Folate, food	S2661
Valine	S2661
Histidine	S2661
16:0	S2661
24:0	S2661
18:2 CLAs	S2661
15:1	S2661
20:3 n-3	S2661
Protein	S2661
Glucose (dextrose)	S2661

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1260 of 3136

NDB No. 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Fructose	S2661
Maltose	S2661
Phosphorus, P	S2661
Leucine	S2661
Glycine	S2661
16:1 undifferentiated	S2661
20:1	S2661
Fatty acids, total polyunsaturated	S2661
15:0	S2661
Fatty acids, total trans-monoenoic	S2661

NDB No. 12116 Nuts, coconut cream, canned, sweetened

Sucrose	S4344
6:0	S4344
12:0	S4344
22:0	S4344
16:1 undifferentiated	S4344
Fatty acids, total polyunsaturated	S4344
20:3 undifferentiated	S4344
Fiber, total dietary	S4344
Vitamin C, total ascorbic acid	S4344
Fatty acids, total trans	S4344
10:0	S4344
14:0	S4344
18:0	S4344
14:1	S4344
Fatty acids, total monounsaturated	S4344
24:0	S4344
Total lipid (fat)	S4344
Calcium, Ca	S4344
18:1 undifferentiated	S4344
18:3 undifferentiated	S4344
22:1 undifferentiated	S4344
Maltose	S4344
Protein	S4344

NDB No. 12116 Nuts, coconut cream, canned, sweetened

Ash	S4344
Sodium, Na	S4344
18:2 undifferentiated	S4344
20:1	S4344
Glucose (dextrose)	S4344
Iron, Fe	S4344
8:0	S4344
20:4 undifferentiated	S4344
22:6 n-3	S4344
20:5 n-3	S4344
24:1 c	S4344
Fructose	S4344
Lactose	S4344
Carotene, beta	S4344
16:0	S4344
Water	S4344
Sugars, total	S4344
Fatty acids, total saturated	S4344
20:0	S4344

NDB No. 12118 Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Betaine	S3461
Choline, total	S3461

NDB No. 12120 Nuts, hazelnuts or filberts

Total lipid (fat)	S83
Sodium, Na	S83
Folate, total	S83
Tyrosine	S83
15:0	S83
13:0	S83
Calcium, Ca	S83
Cryptoxanthin, beta	S503
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83

NDB No. 12120 Nuts, hazelnuts or filberts

Niacin	S83
Vitamin B-6	S83
Betaine	S1063, S503
Threonine	S83
Aspartic acid	S83
Glutamic acid	S83
8:0	S83
12:0	S83
18:0	S83
18:2 undifferentiated	S83
24:0	S83
Starch	S83
Potassium, K	S83
Carotene, alpha	S503, S83
Isoleucine	S83
Lysine	S83
Valine	S83
20:0	S83
16:1 undifferentiated	S83
20:1	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Campesterol	S83
20:2 n-6 c,c	S83
Selenium, Se	S1063, S503
Lycopene	S503
Tocopherol, beta	S83
Pantothenic acid	S83
Vitamin K (phylloquinone)	S1063, S503
Alanine	S83
Beta-sitosterol	S83
24:1 c	S83
Fructose	S83
Maltose	S83
Zinc, Zn	S83
Lutein + zeaxanthin	S503
Tocopherol, gamma	S83

Reference Report

JUL-17-2008 02:00 PM

Page 1263 of 3136

NDB No. 12120 Nuts, hazelnuts or filberts

Tocopherol, delta	S83
Tryptophan	S83
Cystine	S83
Proline	S83
Serine	S83
10:0	S83
16:0	S83
18:3 undifferentiated	S83
22:6 n-3	S83
14:1	S83
Stigmasterol	S83
Sucrose	S83
Glucose (dextrose)	S83
Phosphorus, P	S83
Copper, Cu	S83
Choline, total	S1063, S503
Methionine	S83
Phenylalanine	S83
Glycine	S83
22:0	S83
Lactose	S83
Iron, Fe	S83
Manganese, Mn	S83
Carotene, beta	S503, S83
Arginine	S83
14:0	S83
18:1 undifferentiated	S83
20:4 undifferentiated	S83
20:5 n-3	S83
17:0	S83
20:3 undifferentiated	S83
Protein	S83
Ash	S83
Water	S83
Fiber, total dietary	S83
Magnesium, Mg	S83
Vitamin E (alpha-tocopherol)	S83

Reference_Report

NDB No. 12120 Nuts, hazelnuts or filberts

Leucine	S83
Histidine	S83

NDB No. 12121 Nuts, hazelnuts or filberts, blanched

Glucose (dextrose)	S83
Fiber, total dietary	S83
Niacin	S83
Tyrosine	S83
Arginine	S83
10:0	S83
14:0	S83
22:0	S83
Stigmasterol	S83
Water	S83
Magnesium, Mg	S83
Carotene, beta	S83
Folate, total	S83
Tryptophan	S83
Phosphorus, P	S83
Potassium, K	S83
Carotene, alpha	S83
Leucine	S83
Serine	S83
20:0	S83
18:3 undifferentiated	S83
22:6 n-3	S83
22:1 undifferentiated	S83
Ash	S83
Lactose	S83
Calcium, Ca	S83
Vitamin E (alpha-tocopherol)	S83
Thiamin	S83
Threonine	S83
Phenylalanine	S83
8:0	S83
16:1 undifferentiated	S83

NDB No. 12121 Nuts, hazelnuts or filberts, blanched

13:0	S83
Iron, Fe	S83
Manganese, Mn	S83
Pantothenic acid	S83
Lysine	S83
Histidine	S83
Alanine	S83
18:1 undifferentiated	S83
24:1 c	S83
Fructose	S83
Maltose	S83
Sodium, Na	S83
Vitamin C, total ascorbic acid	S83
Cystine	S83
Valine	S83
12:0	S83
14:1	S83
20:5 n-3	S83
22:5 n-3	S83
17:0	S83
24:0	S83
20:2 n-6 c,c	S83
Protein	S83
Sucrose	S83
Zinc, Zn	S83
Copper, Cu	S83
Tocopherol, beta	S83
Isoleucine	S83
Methionine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
16:0	S83
18:0	S83
18:2 undifferentiated	S83
Campesterol	S83
Beta-sitosterol	S83

NDB No. 12121 Nuts, hazelnuts or filberts, blanched

Total lipid (fat)	S83
Starch	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Riboflavin	S83
Vitamin B-6	S83
Proline	S83
20:4 undifferentiated	S83
20:1	S83
15:0	S83
20:3 undifferentiated	S83

NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Glucose (dextrose)	S83
Iron, Fe	S83
Zinc, Zn	S83
Copper, Cu	S83
Carotene, alpha	S83
Tocopherol, gamma	S83
Vitamin B-6	S83
Tryptophan	S83
Threonine	S83
Cystine	S83
Arginine	S83
Histidine	S83
10:0	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
Ash	S83
Lactose	S83
Carotene, beta	S83
Niacin	S83
Leucine	S83
Lysine	S83
Valine	S83
Glutamic acid	S83

Reference Report

JUL-17-2008 02:00 PM

Page 1267 of 3136

NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Proline	S83
16:0	S83
22:6 n-3	S83
22:0	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
Protein	S83
Magnesium, Mg	S83
Thiamin	S83
Methionine	S83
Alanine	S83
12:0	S83
20:4 undifferentiated	S83
Starch	S83
Potassium, K	S83
Vitamin E (alpha-tocopherol)	S83
Campesterol	S83
Sucrose	S83
Phosphorus, P	S83
Manganese, Mn	S83
Vitamin A, IU	S83
Riboflavin	S83
Tyrosine	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
24:0	S83
Water	S83
Calcium, Ca	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Phenylalanine	S83
Glycine	S83
Serine	S83
17:0	S83

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1268 of 3136

NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Total lipid (fat)	S83
Tocopherol, beta	S83
Folate, total	S83
Isoleucine	S83
8:0	S83
14:0	S83
20:0	S83
22:5 n-3	S83
Beta-sitosterol	S83
15:0	S83
24:1 c	S83
13:0	S83
Fructose	S83
Maltose	S83
Fiber, total dietary	S83
Sodium, Na	S83
Pantothenic acid	S83
Aspartic acid	S83
18:0	S83
14:1	S83
Stigmasterol	S83

NDB No. 12131 Nuts, macadamia nuts, raw

Total lipid (fat)	S77
Lactose	S77
Calcium, Ca	S77
Sodium, Na	S77
Copper, Cu	S77
Tocopherol, delta	S77
Thiamin	S77
Pantothenic acid	S77
Leucine	S77
Arginine	S77
18:3 undifferentiated	S77
14:1	S77
24:0	S77

Reference Report

JUL-17-2008 02:00 PM

Page 1269 of 3136

NDB No. 12131 Nuts, macadamia nuts, raw

24:1 c	S77
20:2 n-6 c,c	S77
Starch	S77
Glucose (dextrose)	S77
Potassium, K	S77
Vitamin C, total ascorbic acid	S77
Riboflavin	S77
Tryptophan	S77
Glutamic acid	S77
Serine	S77
10:0	S77
20:0	S77
22:6 n-3	S77
22:0	S77
22:5 n-3	S77
Campesterol	S77
Ash	S77
Sucrose	S77
Water	S77
Manganese, Mn	S77
Valine	S77
8:0	S77
14:0	S77
18:2 undifferentiated	S77
Stigmasterol	S77
Niacin	S77
Histidine	S77
12:0	S77
18:1 undifferentiated	S77
20:1	S77
20:3 undifferentiated	S77
Fiber, total dietary	S77
Vitamin E (alpha-tocopherol)	S77
Tocopherol, beta	S77
Folate, total	S77
Threonine	S77
Isoleucine	S77

Reference_Report

NDB No. 12131 Nuts, macadamia nuts, raw

Alanine	S77
16:0	S77
20:5 n-3	S77
13:0	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Tocopherol, gamma	S77
Methionine	S77
Phenylalanine	S77
Glycine	S77
Proline	S77
20:4 undifferentiated	S77
16:1 undifferentiated	S77
Protein	S77
Vitamin B-6	S77
Lysine	S77
Aspartic acid	S77
22:1 undifferentiated	S77
15:0	S77
Fructose	S77
Maltose	S77
Iron, Fe	S77
Zinc, Zn	S77
Cystine	S77
Tyrosine	S77
18:0	S77
Beta-sitosterol	S77
17:0	S77

NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

Total lipid (fat)	S77
Fiber, total dietary	S77
Sodium, Na	S77
Vitamin E (alpha-tocopherol)	S77
Betaine	S566, S363
Arginine	S77

Reference Report

JUL-17-2008 02:00 PM

Page 1271 of 3136

NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

Proline	S77
8:0	S77
18:2 undifferentiated	S77
20:5 n-3	S77
Beta-sitosterol	S77
24:1 c	S77
20:3 undifferentiated	S77
13:0	S77
Tocopherol, beta	S77
Niacin	S77
Vitamin B-6	S77
Choline, total	S566, S363
Phenylalanine	S77
Valine	S77
Serine	S77
10:0	S77
16:0	S77
Water	S77
Magnesium, Mg	S77
Folate, total	S77
Threonine	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
20:4 undifferentiated	S77
22:1 undifferentiated	S77
Lactose	S77
Zinc, Zn	S77
Carotene, beta	S566, S363
Thiamin	S77
Vitamin K (phylloquinone)	S363
Lysine	S77
Alanine	S77
Stigmasterol	S77
17:0	S77
24:0	S77
20:2 n-6 c,c	S77

Reference_Report

NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

Protein	S77
Fructose	S77
Maltose	S77
Phosphorus, P	S77
Selenium, Se	S566, S363
Carotene, alpha	S566, S363
Tocopherol, gamma	S77
Riboflavin	S77
Leucine	S77
Glutamic acid	S77
12:0	S77
22:0	S77
22:5 n-3	S77
Campesterol	S77
15:0	S77
Starch	S77
Manganese, Mn	S77
Tocopherol, delta	S77
Pantothenic acid	S77
Methionine	S77
Aspartic acid	S77
Sucrose	S77
Vitamin C, total ascorbic acid	S77
Tryptophan	S77
Isoleucine	S77
Cystine	S77
Tyrosine	S77
14:0	S77
18:3 undifferentiated	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
Ash	S77
Glucose (dextrose)	S77
Calcium, Ca	S77
Iron, Fe	S77
Potassium, K	S77

Reference Report

JUL-17-2008 02:00 PM

Page 1273 of 3136

NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

Copper, Cu	S77
Cryptoxanthin, beta	S566, S363
Lycopene	S566, S363
Lutein + zeaxanthin	S566, S363
Histidine	S77
Glycine	S77
22:6 n-3	S77

NDB No. 12142 Nuts, pecans

Phosphorus, P	S85
Sodium, Na	S85
Fluoride, F	D5007
Lysine	S85
Cystine	S85
Valine	S85
14:0	S85
20:2 n-6 c,c	S85
13:0	S85
Ash	S85
Copper, Cu	S85
Cryptoxanthin, beta	S363, S1121
Vitamin B-6	S85
Alanine	S85
Proline	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
22:0	S85
20:1	S85
20:5 n-3	S85
Maltose	S85
Fiber, total dietary	S85
Zinc, Zn	S85
Carotene, beta	S85, S363, S1121
Niacin	S85
Threonine	S85
Phenylalanine	S85

Reference Report

JUL-17-2008 02:00 PM

Page 1274 of 3136

NDB No. 12142 Nuts, pecans

Glutamic acid	S85
22:6 n-3	S85
15:0	S85
24:1 c	S85
Protein	S85
Glucose (dextrose)	S85
Lutein + zeaxanthin	S363, S1121
Tocopherol, delta	S85
Choline, total	S1121, S363
Betaine	S1121, S363
Methionine	S85
10:0	S85
12:0	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
16:1 undifferentiated	S85
22:1 undifferentiated	S85
Stigmasterol	S85
Beta-sitosterol	S85
Sucrose	S85
Water	S85
Calcium, Ca	S85
Pantothenic acid	S85
Vitamin K (phylloquinone)	S363, S1121
Isoleucine	S85
Arginine	S85
Histidine	S85
Aspartic acid	S85
20:0	S85
17:0	S85
Total lipid (fat)	S85
Starch	S85
Magnesium, Mg	S85
Carotene, alpha	S85, S363, S1121
Vitamin E (alpha-tocopherol)	S85
Tryptophan	S85
16:0	S85

Reference_Report

NDB No. 12142 Nuts, pecans

22:5 n-3	S85
Potassium, K	S85
Selenium, Se	S85, S363, S1121
Lycopene	S363, S1121
Tocopherol, gamma	S85
Thiamin	S85
Riboflavin	S85
Glycine	S85
Serine	S85
8:0	S85
Fructose	S85
Lactose	S85
Iron, Fe	S85
Manganese, Mn	S85
Tocopherol, beta	S85
Vitamin C, total ascorbic acid	S85
Folate, total	S85
Leucine	S85
Tyrosine	S85
18:0	S85
14:1	S85
Campesterol	S85
24:0	S85
20:3 undifferentiated	S85

NDB No. 12143 Nuts, pecans, dry roasted, without salt added

Water	S85
Magnesium, Mg	S85
Zinc, Zn	S85
Carotene, alpha	S85
Tocopherol, delta	S85
Methionine	S85
Phenylalanine	S85
18:1 undifferentiated	S85
Campesterol	S85
13:0	S85

Reference Report

JUL-17-2008 02:00 PM

Page 1276 of 3136

NDB No. 12143 Nuts, pecans, dry roasted, without salt added

Protein	S85
Sucrose	S85
Fiber, total dietary	S85
Selenium, Se	S85
Riboflavin	S85
10:0	S85
14:0	S85
20:0	S85
16:1 undifferentiated	S85
20:1	S85
22:5 n-3	S85
Starch	S85
Tocopherol, gamma	S85
Pantothenic acid	S85
Histidine	S85
Serine	S85
18:2 undifferentiated	S85
22:0	S85
24:0	S85
24:1 c	S85
Manganese, Mn	S85
Carotene, beta	S85
Folate, total	S85
Isoleucine	S85
Cystine	S85
12:0	S85
Stigmasterol	S85
Ash	S85
Copper, Cu	S85
Tocopherol, beta	S85
Thiamin	S85
Niacin	S85
Threonine	S85
Arginine	S85
Glycine	S85
Proline	S85
18:3 undifferentiated	S85

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1277 of 3136

NDB No. 12143 Nuts, pecans, dry roasted, without salt added

17:0	S85
Total lipid (fat)	S85
Lactose	S85
Vitamin E (alpha-tocopherol)	S85
Vitamin B-6	S85
Tryptophan	S85
Lysine	S85
Tyrosine	S85
Valine	S85
18:0	S85
14:1	S85
20:5 n-3	S85
20:2 n-6 c,c	S85
Glucose (dextrose)	S85
Maltose	S85
Calcium, Ca	S85
Potassium, K	S85
Vitamin C, total ascorbic acid	S85
Leucine	S85
Alanine	S85
Aspartic acid	S85
8:0	S85
16:0	S85
22:6 n-3	S85
Beta-sitosterol	S85
Fructose	S85
Iron, Fe	S85
Phosphorus, P	S85
Sodium, Na	S85
Glutamic acid	S85
20:4 undifferentiated	S85
22:1 undifferentiated	S85
15:0	S85
20:3 undifferentiated	S85

NDB No. 12144 Nuts, pecans, oil roasted, without salt added

Reference_Report

NDB No. 12144 Nuts, pecans, oil roasted, without salt added

Fructose	S85
Maltose	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Potassium, K	S85
Tocopherol, gamma	S85
Niacin	S85
Threonine	S85
Lysine	S85
Valine	S85
Glycine	S85
14:0	S85
20:4 undifferentiated	S85
20:3 undifferentiated	S85
Iron, Fe	S85
Sodium, Na	S85
Copper, Cu	S85
Carotene, beta	S85
Vitamin E (alpha-tocopherol)	S85
Pantothenic acid	S85
Aspartic acid	S85
10:0	S85
18:3 undifferentiated	S85
16:1 undifferentiated	S85
Stigmasterol	S85
Beta-sitosterol	S85
Glucose (dextrose)	S85
Phosphorus, P	S85
Zinc, Zn	S85
Manganese, Mn	S85
Riboflavin	S85
Leucine	S85
Serine	S85
18:0	S85
22:1 undifferentiated	S85
Campesterol	S85
15:0	S85

Reference Report

JUL-17-2008 02:00 PM

Page 1279 of 3136

NDB No. 12144 Nuts, pecans, oil roasted, without salt added

Selenium, Se	S85
Thiamin	S85
Folate, total	S85
Tryptophan	S85
16:0	S85
20:0	S85
20:1	S85
20:5 n-3	S85
22:5 n-3	S85
13:0	S85
Total lipid (fat)	S85
Sucrose	S85
Lactose	S85
Tocopherol, delta	S85
Vitamin B-6	S85
Isoleucine	S85
Methionine	S85
Tyrosine	S85
Glutamic acid	S85
18:1 undifferentiated	S85
24:0	S85
Ash	S85
Starch	S85
Water	S85
Cystine	S85
Proline	S85
18:2 undifferentiated	S85
22:6 n-3	S85
22:0	S85
Magnesium, Mg	S85
Carotene, alpha	S85
Tocopherol, beta	S85
Vitamin C, total ascorbic acid	S85
Alanine	S85
8:0	S85
12:0	S85
14:1	S85

Reference_Report

NDB No. 12144 Nuts, pecans, oil roasted, without salt added

17:0	S85
20:2 n-6 c,c	S85
Protein	S85
Phenylalanine	S85
Arginine	S85
Histidine	S85
24:1 c	S85

NDB No. 12147 Nuts, pine nuts, dried

Lactose	S564
Maltose	S564
Pantothenic acid	S502, S564
Threonine	S502, S564
22:1 undifferentiated	S502
18:3 n-6 c,c,c	S564
17:1	S502, S564
Protein	S502, S564
Copper, Cu	S502, S564
Vitamin C, total ascorbic acid	S502, S564
Arginine	S502, S564
Alanine	S502, S564
Proline	S502, S564
12:0	S502, S564
18:0	S502, S564
18:4	S502
Total lipid (fat)	S502, S564
Starch	S564
Fiber, total dietary	S502, S564
Selenium, Se	S564
Riboflavin	S502
Choline, total	S502, S564
Cystine	S502, S564
Tyrosine	S502, S564
Serine	S502, S564
20:4 undifferentiated	S502, S564
15:0	S502, S564

NDB No. 12147 Nuts, pine nuts, dried

17:0	S502, S564
15:1	S502, S564
Glucose (dextrose)	S564
Tocopherol, gamma	S502, S564
Vitamin B-6	S502, S564
Betaine	S502, S564
Valine	S502, S564
Aspartic acid	S502, S564
Glutamic acid	S502, S564
18:1 undifferentiated	S502, S564
20:5 n-3	S502
20:2 n-6 c,c	S502, S564
Ash	S502, S564
Sucrose	S564
Fructose	S564
Sugars, total	S564
Galactose	S564
Calcium, Ca	S502, S564
Zinc, Zn	S502, S564
Tocopherol, delta	S502, S564
Folate, total	S502, S564
Lysine	S502, S564
Phenylalanine	S502, S564
Histidine	S502, S564
14:1	S502, S564
22:5 n-3	S502
24:0	S502
Potassium, K	S502, S564
Manganese, Mn	S502, S564
Vitamin E (alpha-tocopherol)	S502, S564
Thiamin	S502, S564
Vitamin K (phylloquinone)	S502, S564
Isoleucine	S502, S564
Leucine	S502, S564
14:0	S502, S564
20:1	S502, S564
18:3 n-3 c,c,c	S564

NDB No. 12147 Nuts, pine nuts, dried

Iron, Fe	S502, S564
Sodium, Na	S564
Tocopherol, beta	S502, S564
10:0	S502, S564
16:0	S502, S564
20:3 undifferentiated	S502, S564
Water	S502, S564
Magnesium, Mg	S502, S564
Phosphorus, P	S502, S564
Niacin	S502, S564
Tryptophan	S502, S564
Methionine	S502, S564
Glycine	S502, S564
8:0	S502, S564
20:0	S502, S564
18:2 undifferentiated	S502, S564
22:6 n-3	S502
22:0	S502, S564
16:1 undifferentiated	S502, S564

NDB No. 12151 Nuts, pistachio nuts, raw

Total lipid (fat)	S101, S86
Selenium, Se	S86
Tocopherol, delta	S86
Folate, total	S86
Isoleucine	S86
Proline	S86
12:0	S86
20:3 undifferentiated	S86
Starch	S86
Lactose	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Thiamin	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86

NDB No. 12151 Nuts, pistachio nuts, raw

24:0	S86
24:1 c	S86
Maltose	S101, S86
Potassium, K	S101, S86
Zinc, Zn	S86
Copper, Cu	S86
Tocopherol, beta	S86
Riboflavin	S86
Niacin	S86
Arginine	S86
Alanine	S86
10:0	S86
14:0	S86
16:0	S86
14:1	S86
20:1	S86
17:0	S86
Protein	S101, S86
Glucose (dextrose)	S101, S86
Iron, Fe	S101, S86
Serine	S86
8:0	S86
Stigmasterol	S86
Water	S101, S86
Sugars, total	S101, S86
Calcium, Ca	S101, S86
Manganese, Mn	S86
Carotene, alpha	S86
Lysine	S86
Methionine	S86
Tyrosine	S86
Aspartic acid	S86
Glutamic acid	S86
18:0	S86
Beta-sitosterol	S86
15:0	S86
Fiber, total dietary	S101, S86

NDB No. 12151 Nuts, pistachio nuts, raw

Pantothenic acid	S86
Cystine	S86
Histidine	S86
Glycine	S86
16:1 undifferentiated	S86
20:5 n-3	S86
Ash	S101, S86
Carotene, beta	S86
Tocopherol, gamma	S86
Vitamin B-6	S86
Tryptophan	S86
Threonine	S86
Valine	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
Campesterol	S86
13:0	S86
Sucrose	S101, S86
Fructose	S101, S86
Sodium, Na	S86
Vitamin E (alpha-tocopherol)	S86
Vitamin C, total ascorbic acid	S86
Leucine	S86
Phenylalanine	S86
20:0	S86
22:1 undifferentiated	S86
22:5 n-3	S86
20:2 n-6 c,c	S86

NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Protein	S101, S86
Lactose	S101, S86
Sugars, total	S101, S86
Calcium, Ca	S101, S86

NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Tocopherol, gamma	S86
Vitamin C, total ascorbic acid	S86
Riboflavin	S86
Vitamin B-6	S565, S563, S86
Choline, total	S565, S563
Vitamin K (phylloquinone)	S565, S563
Lysine	S86
Cystine	S86
22:6 n-3	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
Maltose	S101, S86
Water	S101, S86
Pantothenic acid	S86
Arginine	S86
10:0	S86
14:1	S86
22:1 undifferentiated	S86
Fiber, total dietary	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Manganese, Mn	S86
Selenium, Se	S565, S563, S86
Carotene, beta	S565, S563, S86
Carotene, alpha	S565, S563, S86
Lutein + zeaxanthin	S565, S563
Folate, total	S86
Betaine	S565, S563
Isoleucine	S86
Methionine	S86
Serine	S86
8:0	S86
14:0	S86
22:0	S86
24:1 c	S86
Total lipid (fat)	S101, S86

NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Starch	S86
Vitamin A, IU	S565, S563, S86
Vitamin A, RAE	S565, S563, S86
Tocopherol, delta	S86
Phenylalanine	S86
Valine	S86
Proline	S86
12:0	S86
16:0	S86
18:0	S86
20:0	S86
20:1	S86
22:5 n-3	S86
20:2 n-6 c,c	S86
Glucose (dextrose)	S101, S86
Tryptophan	S86
Leucine	S86
Histidine	S86
18:1 undifferentiated	S86
18:3 undifferentiated	S86
13:0	S86
Ash	S101, S86
Sucrose	S101, S86
Fructose	S101, S86
Vitamin E (alpha-tocopherol)	S86
Alanine	S86
Aspartic acid	S86
18:2 undifferentiated	S86
17:0	S86
24:0	S86
Potassium, K	S101, S86
Sodium, Na	S86
Copper, Cu	S86
Tocopherol, beta	S86
Glycine	S86
20:4 undifferentiated	S86
16:1 undifferentiated	S86

NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

20:5 n-3	S86
20:3 undifferentiated	S86
Iron, Fe	S101, S86
Zinc, Zn	S86
Cryptoxanthin, beta	S565, S563
Lycopene	S565, S563
Thiamin	S86
Niacin	S86
Threonine	S86
Tyrosine	S86
Glutamic acid	S86
Stigmasterol	S86

NDB No. 12154 Nuts, walnuts, black, dried

Sugars, total	S941
Calcium, Ca	S941
Iron, Fe	S941
Tocopherol, delta	S941
Phenylalanine	S1001
Histidine	S1001
18:2 undifferentiated	S941
Campesterol	S941
15:1	S941
Total lipid (fat)	S941
Lactose	S941
Fiber, total dietary	S941
Magnesium, Mg	S941
Sodium, Na	S941
Riboflavin	S941
Choline, total	S941
Arginine	S1001
18:3 n-6 c,c,c	S941
17:1	S941
Starch	S941
Manganese, Mn	S941
Vitamin A, IU	S941

NDB No. 12154 Nuts, walnuts, black, dried

Niacin	S941
Methionine	S1001
Glycine	S1001
Proline	S1001
20:4 undifferentiated	S941
Beta-sitosterol	S941
20:3 undifferentiated	S941
Sucrose	S941
Fructose	S941
Carotene, alpha	S941
Tocopherol, beta	S941
Tocopherol, gamma	S941
Vitamin C, total ascorbic acid	S941
Betaine	S941
Leucine	S1001
Tyrosine	S1001
Aspartic acid	S1001
Serine	S1001
8:0	S941
18:0	S941
Protein	S1001, S941
Phosphorus, P	S941
Potassium, K	S941
Zinc, Zn	S941
Pantothenic acid	S941
Vitamin B-6	S941
Isoleucine	S1001
Cystine	S1001
Glutamic acid	S1001
Cholesterol	S941
12:0	S941
22:0	S941
20:1	S941
Stigmasterol	S941
Vitamin A, RAE	S941
Carotene, beta	S941
Vitamin E (alpha-tocopherol)	S941

NDB No. 12154 Nuts, walnuts, black, dried

Lysine	S1001
14:0	S941
18:1 undifferentiated	S941
20:2 n-6 c,c	S941
Glucose (dextrose)	S941
Water	S941
Thiamin	S941
Tryptophan	S1001
Alanine	S1001
10:0	S941
16:0	S941
14:1	S941
16:1 undifferentiated	S941
17:0	S941
Ash	S941
Maltose	S941
Copper, Cu	S941
Selenium, Se	D3359
Folate, total	S941
Threonine	S1001
Valine	S1001
20:0	S941
15:0	S941
18:3 n-3 c,c,c	S941

NDB No. 12155 Nuts, walnuts, english

Copper, Cu	S79
Vitamin A, RAE	S563, S79, S481
Carotene, alpha	S563, S79, S481
Valine	S79
14:1	S79
Tocopherol, delta	S79, S87
Vitamin C, total ascorbic acid	S79
Thiamin	S79
Vitamin B-6	S79
Tryptophan	S79

NDB No. 12155 Nuts, walnuts, english

Threonine	S79
Serine	S79
22:0	S79
20:1	S79
24:1 c	S79
20:3 undifferentiated	S79
Lactose	S79
Magnesium, Mg	S79
Tocopherol, beta	S79, S87
Folate, total	S79
Arginine	S79
Alanine	S79
Proline	S79
14:0	S79
20:0	S79
22:6 n-3	S79
Stigmasterol	S79
24:0	S79
20:2 n-6 c,c	S79
Starch	S79
Sucrose	S79
Glucose (dextrose)	S79
Fructose	S79
Maltose	S79
Sodium, Na	S79
Selenium, Se	S563, S481
Lycopene	S563, S481
Betaine	S563, S481
Lysine	S79
Tyrosine	S79
18:2 undifferentiated	S79
20:4 undifferentiated	S79
20:5 n-3	S79
22:1 undifferentiated	S79
22:5 n-3	S79
13:0	S79
Water	S79

NDB No. 12155 Nuts, walnuts, english

Zinc, Zn	S79
Lutein + zeaxanthin	S563, S481
Niacin	S563, S481
Pantothenic acid	S79
Vitamin K (phylloquinone)	S563, S481
Leucine	S79
Cystine	S79
Histidine	S79
Aspartic acid	S79
8:0	S79
16:1 undifferentiated	S79
17:0	S79
Total lipid (fat)	S79
Calcium, Ca	S79
Iron, Fe	S79
Manganese, Mn	S79
Vitamin A, IU	S563, S79, S481
Carotene, beta	S563, S79, S481
Riboflavin	S79
Choline, total	S563, S481
Glutamic acid	S79
Glycine	S79
10:0	S79
18:0	S79
Phosphorus, P	S79
Vitamin E (alpha-tocopherol)	S79, S87
Cryptoxanthin, beta	S563, S481
Isoleucine	S79
Phenylalanine	S79
12:0	S79
Campesterol	S79
Beta-sitosterol	S79
15:0	S79
Protein	S79
Ash	S79
Fiber, total dietary	S79
Potassium, K	S79

NDB No. 12155 Nuts, walnuts, english

Tocopherol, gamma	S79, S87
Methionine	S79
16:0	S79
18:1 undifferentiated	S79
18:3 undifferentiated	S79

NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)

Galactose	S1164
Phosphorus, P	S1164
Zinc, Zn	S1164
Vitamin E (alpha-tocopherol)	S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Valine	S1164
Histidine	S1164
Proline	S1164
18:1 t	S1164
13:0	S1164
Maltose	S1164
Water	S1164
Sugars, total	S1164, S606
Sodium, Na	S1164
Copper, Cu	S1164
Tocopherol, delta	S1164
Choline, total	S1164
Betaine	S1164
Phenylalanine	S1164
18:0	S1164
20:1	S1164
Total lipid (fat)	S1164
Ash	S1164
Lactose	S1164
Fiber, total dietary	S1401
Calcium, Ca	S1164
Magnesium, Mg	S1164
Tocopherol, beta	S1164

NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)

Thiamin	S1164
Pantothenic acid	S1164
Threonine	S1164
Arginine	S1164
Alanine	S1164
6:0	S1164
8:0	S1164
10:0	S1164
18:2 undifferentiated	S1164
24:1 c	S1164
Sucrose	S1164, S606
Glucose (dextrose)	S1164, S606
Iron, Fe	S1164
Potassium, K	S1164
Tocopherol, gamma	S1164
Methionine	S1164
Cystine	S1164
Aspartic acid	S1164
Glycine	S1164
16:0	S1164
18:1 undifferentiated	S1164
18:3 undifferentiated	S1164
20:2 n-6 c,c	S1164
Protein	S1164
Fructose	S1164
Riboflavin	S1164
Isoleucine	S1164
Lysine	S1164
Fatty acids, total trans	S1164
12:0	S1164
14:0	S1164
Niacin	S1164
Hydroxyproline	S1164
20:0	S1164
22:0	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164

Reference_Report

NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)

Fatty acids, total polyunsaturated	S1164
Fatty acids, total trans-monoenoic	S1164
Manganese, Mn	S1164
Vitamin B-6	S1164, D4381
Fatty acids, total saturated	S1164
4:0	S1164
Selenium, Se	S1164
Tryptophan	S1164
Leucine	S1164
Tyrosine	S1164
Glutamic acid	S1164
Serine	S1164
16:1 undifferentiated	S1164
24:0	S1164

NDB No. 12220 Seeds, flaxseed

Fiber, total dietary	S1221, S2109
Vitamin A, RAE	S1221, S2109
Cryptoxanthin, beta	S2109
Lycopene	S2109
Riboflavin	S1221, S2109
Threonine	D4743, S2109
Valine	D4743, S2109
18:0	S1221, D4743, S2109
22:0	S1221, S2109
16:1 undifferentiated	S1221, S2109
15:0	S1221
20:2 n-6 c,c	S1221, S2109
Ash	S1221, S2109
Lactose	S1221, S2109
Sodium, Na	S1221, D4743, S2109
Vitamin B-6	S1221, S2109
Folate, total	S1221, S2109
Vitamin K (phylloquinone)	S2109
Tryptophan	D4743, S2109
Tyrosine	D4743, S2109

NDB No. 12220 Seeds, flaxseed

Hydroxyproline	S2109
24:1 c	S1221, S2109
Water	S1221, S2109
Iron, Fe	S1221, D4743, S2109
Magnesium, Mg	S1221, D4743, S2109
Potassium, K	S1221, D4743, S2109
Zinc, Zn	S1221, D4743, S2109
Selenium, Se	S2109
Vitamin A, IU	S1221, S2109
Phenylalanine	D4743, S2109
Glutamic acid	D4743, S2109
Proline	D4743, S2109
16:0	S1221, D4743, S2109
20:0	S1221, S2109
18:3 undifferentiated	S1221, D4743, S2109
24:0	S1221, S2109
Sucrose	S1221, S2109
Vitamin E (alpha-tocopherol)	D4743, S2109
Tocopherol, beta	S2109
Leucine	D4743, S2109
12:0	S2109
22:1 undifferentiated	S1221, S2109
17:0	S1221
Glucose (dextrose)	S1221, S2109
Fructose	S1221, S2109
Calcium, Ca	S1221, D4743, S2109
Carotene, alpha	S1221, S2109
Niacin	S1221, S2109
Cystine	D4743, S2109
Alanine	D4743, S2109
Serine	D4743, S2109
10:0	S2109
20:1	S1221, S2109
Total lipid (fat)	D4743, S2109
Phosphorus, P	S1221, S2109
Manganese, Mn	S1221, D4743, S2109
Tocopherol, delta	D4743, S2109

NDB No. 12220 Seeds, flaxseed

Thiamin	S1221, S2109
Pantothenic acid	S1221, S2109
Betaine	S2109
Arginine	D4743, S2109
Glycine	D4743, S2109
14:0	S1221, S2109
Maltose	S1221, S2109
Copper, Cu	S1221, D4743, S2109
Carotene, beta	S1221, S2109
Lutein + zeaxanthin	D4743
Tocopherol, gamma	D4743, S2109
Vitamin C, total ascorbic acid	S1221, S2109
Choline, total	S2109
Methionine	D4743, S2109
Histidine	D4743, S2109
Aspartic acid	D4743, S2109
8:0	S2109
18:1 undifferentiated	S1221, D4743, S2109
18:2 undifferentiated	S1221, D4743, S2109
Protein	S1221, D4743, S2109
Vitamin B-12	S1221
Isoleucine	D4743, S2109
Lysine	D4743, S2109

NDB No. 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added

Betaine	S4001
Choline, total	S4001

NDB No. 12537 Seeds, sunflower seed kernels, dry roasted, with salt added

Vitamin E (alpha-tocopherol)	S84, S2142
Tocopherol, delta	S84, S2142
Tocopherol, beta	S84, S2142
Sucrose	S604
Glucose (dextrose)	S604
Tocopherol, gamma	S84, S2142

Reference Report

JUL-17-2008 02:00 PM

Page 1297 of 3136

NDB No. 12538 Seeds, sunflower seed kernels, oil roasted, with salt added

Glucose (dextrose)	S961, S606, S661
Sugars, total	S961, S606, S661
Vitamin A, IU	S1202, S661
Vitamin E (alpha-tocopherol)	S2142
4:0	S661
10:0	S661
20:4 undifferentiated	S661
14:1	S661
20:5 n-3	S661
20:2 n-6 c,c	S961, S661
Fructose	S961, S661
Fatty acids, total trans	S961
12:0	S661
22:0	S961, S661
18:2 t not further defined	S961
Total lipid (fat)	S961, S661
Lactose	S961, S661
Vitamin A, RAE	S1202, S661
16:0	S961, S661
20:0	S961, S661
22:6 n-3	S661
20:1	S961, S661
24:0	S961, S661
16:1 t	S961
13:0	S661
Fiber, total dietary	S661
Carotene, beta	S1202, S661
Vitamin C, total ascorbic acid	S961, S661
22:1 undifferentiated	S661
18:1 c	S961
Sodium, Na	S961, S661
Tocopherol, beta	S2142
18:1 t	S961
Fatty acids, total trans-polyenoic	S961
Protein	S961, S661
Water	S961, S606, S661
Calcium, Ca	S961, S661

NDB No. 12538 Seeds, sunflower seed kernels, oil roasted, with salt added

6:0	S661
18:0	S961, S661
17:0	S961, S661
20:3 undifferentiated	S661
Iron, Fe	S961, S661
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Tocopherol, delta	S2142
14:0	S961, S661
15:0	S961, S661
18:2 n-6 c,c	S961
15:1	S661
18:3 n-3 c,c,c	S961
Ash	S961, S661
Sucrose	S961, S606, S661
Maltose	S961, S661
Retinol	S661
Tocopherol, gamma	S2142
Cholesterol	S961, S661
8:0	S661
24:1 c	S661
16:1 c	S961
18:3 n-6 c,c,c	S961
17:1	S961, S661
Fatty acids, total trans-monoenoic	S961

NDB No. 12563 Nuts, almonds, dry roasted, with salt added

Calcium, Ca	S141
Magnesium, Mg	S141
Pantothenic acid	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Serine	S141
12:0	S141
18:2 undifferentiated	S141

NDB No. 12563 Nuts, almonds, dry roasted, with salt added

24:0	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
Starch	S141
Phosphorus, P	S141
Carotene, alpha	S141
Cystine	S141
Tyrosine	S141
18:0	S141
16:1 undifferentiated	S141
22:1 undifferentiated	S141
Glucose (dextrose)	S141
Lactose	S141
Water	S141
Manganese, Mn	S141
Tocopherol, gamma	S141
Isoleucine	S141
Histidine	S141
Proline	S141
10:0	S141
20:0	S141
Total lipid (fat)	S141
Fructose	S141
Vitamin C, total ascorbic acid	S141
Riboflavin	S141
Glutamic acid	S141
16:0	S141
18:3 undifferentiated	S141
22:5 n-3	S141
Campesterol	S141
15:0	S141
Sucrose	S141
Zinc, Zn	S141
Arginine	S141
Glycine	S141
8:0	S141
20:4 undifferentiated	S141

NDB No. 12563 Nuts, almonds, dry roasted, with salt added

22:0	S141
Potassium, K	S141
Tocopherol, beta	S141
Tocopherol, delta	S141
Thiamin	S141
Alanine	S141
14:0	S141
18:1 undifferentiated	S141
20:5 n-3	S141
Stigmasterol	S141
Ash	S141
Maltose	S141
Carotene, beta	S141
Vitamin B-6	S141
Phenylalanine	S141
Valine	S141
14:1	S141
20:1	S141
Beta-sitosterol	S141
13:0	S141
Protein	S141
Fiber, total dietary	S141
Iron, Fe	S141
Copper, Cu	S141
Vitamin E (alpha-tocopherol)	S141
Niacin	S141
Leucine	S141
Lysine	S141
Methionine	S141
Aspartic acid	S141
22:6 n-3	S141
17:0	S141
24:1 c	S141

NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Protein	S141
---------	------

NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Sucrose	S141
Maltose	S141
Copper, Cu	S141
Tyrosine	S141
Valine	S141
Glutamic acid	S141
Glycine	S141
18:3 undifferentiated	S141
24:0	S141
13:0	S141
Carotene, beta	S141
Folate, total	S141
Cystine	S141
Histidine	S141
12:0	S141
22:5 n-3	S141
Stigmasterol	S141
Manganese, Mn	S141
Pantothenic acid	S141
Leucine	S141
8:0	S141
16:0	S141
16:1 undifferentiated	S141
15:0	S141
Starch	S141
Phosphorus, P	S141
Carotene, alpha	S141
Threonine	S141
Lysine	S141
Phenylalanine	S141
Arginine	S141
20:4 undifferentiated	S141
22:6 n-3	S141
Campesterol	S141
24:1 c	S141
20:3 undifferentiated	S141
Total lipid (fat)	S141

Reference Report

JUL-17-2008 02:00 PM

Page 1302 of 3136

NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Vitamin C, total ascorbic acid	S141
Riboflavin	S141
Vitamin B-6	S141
Aspartic acid	S141
18:2 undifferentiated	S141
22:0	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
17:0	S141
Water	S141
Fiber, total dietary	S141
Potassium, K	S141
Isoleucine	S141
Methionine	S141
Proline	S141
Serine	S141
14:0	S141
18:1 undifferentiated	S141
20:2 n-6 c,c	S141
Glucose (dextrose)	S141
Calcium, Ca	S141
Iron, Fe	S141
Zinc, Zn	S141
Tryptophan	S141
18:0	S141
20:0	S141
14:1	S141
Ash	S141
Fructose	S141
Lactose	S141
Magnesium, Mg	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Thiamin	S141

Reference_Report

NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Niacin	S141
Alanine	S141
10:0	S141
Beta-sitosterol	S141

NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added

Sucrose	S502, S343, S363
Sugars, total	S502, S343, S363
Iron, Fe	S502, S5, S343, S363
Zinc, Zn	S502, S343, S363
Thiamin	S502, S343, S363
Cystine	S502, S363
Valine	S502, S363
Histidine	S502, S363
Proline	S502, S363
14:0	S502, S363
18:3 undifferentiated	S502, S363
15:1	S502, S363
Magnesium, Mg	S502, S343, S363
Copper, Cu	S502, S343, S363
Carotene, beta	S502, S363
Vitamin C, total ascorbic acid	S502, S343, S363
Pantothenic acid	S502, S363
Folate, total	S502, S363
Methionine	S502, S363
14:1	S502, S363
Protein	S502, S343, S363
Total lipid (fat)	S502, S5, S363
Ash	S502, S5, S343, S363
Maltose	S502, S343, S363
Potassium, K	S502, S343, S363
Lutein + zeaxanthin	S502, S363
Tocopherol, delta	S82, S502
Choline, total	S502, S363
Vitamin K (phylloquinone)	S502, S363
Lysine	S502, S363

NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added

Tyrosine	S502, S363
Arginine	S502, S363
Aspartic acid	S502, S363
Serine	S502, S363
8:0	S502, S363
18:1 undifferentiated	S502, S363
20:1	S502, S363
15:0	S502, S363
Water	S82, S502, S5, S343, S363
Fiber, total dietary	S502, S363
Sodium, Na	S502, S5, S343, S363
Tocopherol, beta	S82, S502
Glycine	S502, S363
10:0	S502, S363
16:0	S502, S363
20:4 undifferentiated	S502, S363
18:4	S502
22:1 undifferentiated	S502
Phosphorus, P	S502, S343, S363
Niacin	S502, S343, S363
Tryptophan	S502, S363
Glutamic acid	S502, S363
12:0	S502, S363
18:0	S502, S363
20:0	S502, S363
18:2 undifferentiated	S502, S363
20:5 n-3	S502
17:0	S502, S363
Galactose	S502, S363
Lycopene	S502, S363
Riboflavin	S502, S343, S363
Isoleucine	S502, S363
22:6 n-3	S502
16:1 undifferentiated	S502, S363
20:3 undifferentiated	S502, S363
Glucose (dextrose)	S502, S343, S363
Lactose	S502, S343, S363

NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added

Calcium, Ca	S502, S343, S363
Vitamin E (alpha-tocopherol)	S82, S502
Cryptoxanthin, beta	S502, S363
Tocopherol, gamma	S82, S502
Vitamin B-6	S502, S343, S363
Betaine	S502, S363
Leucine	S502, S363
22:0	S502, S363
22:5 n-3	S502
20:2 n-6 c,c	S502, S363
17:1	S502, S363
Starch	S502, S343, S363
Fructose	S502, S343, S363
Manganese, Mn	S502, S343, S363
Selenium, Se	D3358, S502, D3359, S363
Carotene, alpha	S502, S363
Threonine	S502, S363
Phenylalanine	S502, S363
Alanine	S502, S363
24:0	S502

NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

Total lipid (fat)	S77
Ash	S77
Starch	S77
Glucose (dextrose)	S77
Fiber, total dietary	S77
Calcium, Ca	S77
20:0	S77
22:1 undifferentiated	S77
24:0	S77
Fructose	S77
Lactose	S77
Water	S77
Phosphorus, P	S77
Carotene, beta	S566, S363, S77

NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

Carotene, alpha	S566, S363, S77
Vitamin B-6	S77
Lysine	S77
Histidine	S77
Aspartic acid	S77
18:3 undifferentiated	S77
22:6 n-3	S77
14:1	S77
Stigmasterol	S77
13:0	S77
Protein	S77
Copper, Cu	S77
Folate, total	S77
Isoleucine	S77
Arginine	S77
Alanine	S77
Glycine	S77
20:5 n-3	S77
Maltose	S77
Magnesium, Mg	S77
Sodium, Na	S77
Selenium, Se	S566, S363
Lycopene	S566, S363
Methionine	S77
Valine	S77
18:0	S77
20:1	S77
17:0	S77
Thiamin	S77
Choline, total	S566, S363
Betaine	S566, S363
Cystine	S77
Beta-sitosterol	S77
20:2 n-6 c,c	S77
Sucrose	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77

NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

Vitamin K (phylloquinone)	S363
Threonine	S77
Glutamic acid	S77
8:0	S77
14:0	S77
16:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
Campesterol	S77
Iron, Fe	S77
Lutein + zeaxanthin	S566, S363
Niacin	S77
Pantothenic acid	S77
Tryptophan	S77
Tyrosine	S77
Serine	S77
10:0	S77
20:4 undifferentiated	S77
22:0	S77
22:5 n-3	S77
15:0	S77
Potassium, K	S77
Zinc, Zn	S77
Manganese, Mn	S77
Vitamin E (alpha-tocopherol)	S77
Cryptoxanthin, beta	S566, S363
Tocopherol, beta	S77
Tocopherol, gamma	S77
Riboflavin	S77
Leucine	S77
Phenylalanine	S77
Proline	S77
12:0	S77
16:1 undifferentiated	S77
24:1 c	S77
20:3 undifferentiated	S77

NDB No. 12643 Nuts, pecans, dry roasted, with salt added

Phosphorus, P	S85
Carotene, beta	S85
Tocopherol, delta	S85
Thiamin	S85
Aspartic acid	S85
Serine	S85
14:0	S85
18:0	S85
18:1 undifferentiated	S85
Campesterol	S85
Starch	S85
Water	S85
Calcium, Ca	S85
Manganese, Mn	S85
Vitamin C, total ascorbic acid	S85
Niacin	S85
Threonine	S85
10:0	S85
20:2 n-6 c,c	S85
Ash	S85
Glucose (dextrose)	S85
Selenium, Se	S85
Tyrosine	S85
Histidine	S85
18:2 undifferentiated	S85
22:6 n-3	S85
14:1	S85
17:0	S85
24:1 c	S85
13:0	S85
Fructose	S85
Iron, Fe	S85
Methionine	S85
Phenylalanine	S85
Arginine	S85
20:0	S85
22:5 n-3	S85

NDB No. 12643 Nuts, pecans, dry roasted, with salt added

15:0	S85
20:3 undifferentiated	S85
Fiber, total dietary	S85
Potassium, K	S85
Zinc, Zn	S85
Carotene, alpha	S85
Tocopherol, beta	S85
Riboflavin	S85
Vitamin B-6	S85
Tryptophan	S85
Leucine	S85
Alanine	S85
12:0	S85
Magnesium, Mg	S85
Folate, total	S85
Isoleucine	S85
Lysine	S85
Cystine	S85
Valine	S85
8:0	S85
20:4 undifferentiated	S85
16:1 undifferentiated	S85
20:1	S85
Stigmasterol	S85
Protein	S85
Sucrose	S85
Proline	S85
22:0	S85
20:5 n-3	S85
Beta-sitosterol	S85
24:0	S85
Total lipid (fat)	S85
Lactose	S85
Maltose	S85
Copper, Cu	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, gamma	S85

NDB No. 12643 Nuts, pecans, dry roasted, with salt added

Pantothenic acid	S85
Glutamic acid	S85
Glycine	S85
16:0	S85
18:3 undifferentiated	S85
22:1 undifferentiated	S85

NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Total lipid (fat)	S85
Carotene, beta	S85
Niacin	S85
Vitamin B-6	S85
Leucine	S85
Proline	S85
12:0	S85
14:1	S85
17:0	S85
13:0	S85
Protein	S85
Lactose	S85
Magnesium, Mg	S85
Carotene, alpha	S85
Lysine	S85
Tyrosine	S85
22:0	S85
22:1 undifferentiated	S85
Sucrose	S85
Maltose	S85
Phosphorus, P	S85
Manganese, Mn	S85
Selenium, Se	S85
Folate, total	S85
10:0	S85
22:5 n-3	S85
Water	S85
Potassium, K	S85

NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Riboflavin	S85
Pantothenic acid	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
14:0	S85
20:4 undifferentiated	S85
20:5 n-3	S85
Stigmasterol	S85
15:0	S85
20:3 undifferentiated	S85
Glucose (dextrose)	S85
Copper, Cu	S85
Arginine	S85
Alanine	S85
18:2 undifferentiated	S85
22:6 n-3	S85
Campesterol	S85
24:1 c	S85
Starch	S85
Zinc, Zn	S85
Tocopherol, beta	S85
Phenylalanine	S85
Glycine	S85
16:1 undifferentiated	S85
20:1	S85
Ash	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Vitamin E (alpha-tocopherol)	S85
Thiamin	S85
Glutamic acid	S85
18:0	S85
Beta-sitosterol	S85
24:0	S85
Fructose	S85

NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Methionine	S85
Cystine	S85
Valine	S85
Histidine	S85
Aspartic acid	S85
Serine	S85
8:0	S85
16:0	S85
20:0	S85
18:1 undifferentiated	S85
18:3 undifferentiated	S85
20:2 n-6 c,c	S85

NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Protein	S101, S86
Total lipid (fat)	S101, S86
Glucose (dextrose)	S101, S86
Fiber, total dietary	S101, S86
Potassium, K	S101, S86
Sodium, Na	S101, S86
Zinc, Zn	S86
Lutein + zeaxanthin	S565, S563
Riboflavin	S86
Folate, total	S86
Lysine	S86
Histidine	S86
Glutamic acid	S86
Proline	S86
Serine	S86
22:6 n-3	S86
16:1 undifferentiated	S86
Beta-sitosterol	S86
20:2 n-6 c,c	S86

NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Iron, Fe	S101, S86
Thiamin	S86
Betaine	S565, S563
Methionine	S86
Stigmasterol	S86
Sugars, total	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Manganese, Mn	S86
Lycopene	S565, S563
Tryptophan	S86
Leucine	S86
18:2 undifferentiated	S86
Maltose	S101, S86
Vitamin A, RAE	S565, S563, S86
Carotene, beta	S565, S563, S86
Tocopherol, beta	S86
Tocopherol, delta	S86
Vitamin B-6	S565, S563, S86
Choline, total	S565, S563
Vitamin K (phylloquinone)	S565, S563
Cystine	S86
Aspartic acid	S86
18:0	S86
18:1 undifferentiated	S86
18:3 undifferentiated	S86
14:1	S86
Copper, Cu	S86
Vitamin A, IU	S565, S563, S86
Vitamin E (alpha-tocopherol)	S86
Pantothenic acid	S86
Phenylalanine	S86
Tyrosine	S86
8:0	S86
10:0	S86
14:0	S86
16:0	S86

NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

22:5 n-3	S86
17:0	S86
13:0	S86
Ash	S86
Starch	S86
Fructose	S101, S86
Water	S86
Tocopherol, gamma	S86
Isoleucine	S86
Glycine	S86
12:0	S86
20:0	S86
22:0	S86
Campesterol	S86
15:0	S86
24:0	S86
20:3 undifferentiated	S86
Lactose	S101, S86
Selenium, Se	S565, S563, S86
Carotene, alpha	S565, S563, S86
Niacin	S86
Valine	S86
Alanine	S86
20:4 undifferentiated	S86
22:1 undifferentiated	S86
24:1 c	S86
Sucrose	S101, S86
Calcium, Ca	S101, S86
Cryptoxanthin, beta	S565, S563
Vitamin C, total ascorbic acid	S86
Threonine	S86
Arginine	S86
20:1	S86
20:5 n-3	S86

NDB No. 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Reference Report

JUL-17-2008 02:00 PM

Page 1315 of 3136

NDB No. 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Choline, total	S4001
Betaine	S4001

NDB No. 13000 Beef, grass-fed, strip steaks, lean only, raw

Vitamin B-12	S4201
20:4 undifferentiated	S4201
22:6 n-3	S4201
22:0	S4201
18:4	S4201
20:1	S4201
Fatty acids, total polyunsaturated	S4201
18:1 t	S4201
20:3 undifferentiated	S4201
Phosphorus, P	S4201
Thiamin	S4201
12:0	S4201
18:1 undifferentiated	S4201
14:1	S4201
18:1 c	S4201
Zinc, Zn	S4201
Betaine	S4201
Cholesterol	S4201
16:0	S4201
18:3 undifferentiated	S4201
20:5 n-3	S4201
Fatty acids, total monounsaturated	S4201
Potassium, K	S4201
15:0	S4201
Fatty acids, total trans-polyenoic	S4201
Total lipid (fat)	S4201
Ash	S4201
Water	S4201
Magnesium, Mg	S4201
Sodium, Na	S4201
Fatty acids, total saturated	S4201
8:0	S4201

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1316 of 3136

NDB No. 13000 Beef, grass-fed, strip steaks, lean only, raw

20:2 n-6 c,c	S4201
17:1	S4201
Calcium, Ca	S4201
Iron, Fe	S4201
Selenium, Se	S4201
Fatty acids, total trans	S4201
14:0	S4201
16:1 undifferentiated	S4201
17:0	S4201
24:0	S4201
18:2 n-6 c,c	S4201
15:1	S4201
10:0	S4201
18:2 undifferentiated	S4201
22:5 n-3	S4201
18:2 t not further defined	S4201
18:2 CLAs	S4201
Fatty acids, total trans-monoenoic	S4201
Protein	S4201
Copper, Cu	S4201
Manganese, Mn	S4201
Choline, total	S4201
18:0	S4201
20:0	S4201
22:1 undifferentiated	S4201
18:3 n-6 c,c,c	S4201
18:3 n-3 c,c,c	S4201

NDB No. 13001 Beef, carcass, separable lean and fat, choice, raw

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13002 Beef, carcass, separable lean and fat, select, raw

Fluoride, F D5001, D5002, D5007, D5021

Reference Report

JUL-17-2008 02:00 PM

Page 1317 of 3136

NDB No. 13019 Beef, retail cuts, separable fat, raw

Phosphorus, P	S2
Retinol	S2
Threonine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Iron, Fe	S2
Manganese, Mn	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Serine	S14, S2
Water	S2
Potassium, K	S2
Tocopherol, gamma	S2
Niacin	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Protein	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Vitamin B-6	S2
Leucine	S14, S2
Sodium, Na	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Thiamin	S2
Histidine	S14, S2
Selenium, Se	S2
Tocopherol, beta	S2
Folate, total	S2
Tyrosine	S14, S2
Proline	S14, S2
Ash	S2
Magnesium, Mg	S2
Copper, Cu	S2
Riboflavin	S2
Pantothenic acid	S2

Reference_Report

NDB No. 13019 Beef, retail cuts, separable fat, raw

Methionine	S14, S2
Arginine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2

NDB No. 13020 Beef, retail cuts, separable fat, cooked

Threonine	S14, S2
Leucine	S14, S2
Calcium, Ca	S2
Iron, Fe	S2
Potassium, K	S2
Total lipid (fat)	S2
Water	S2
Niacin	S2
Folate, total	S2
Tryptophan	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Serine	S14, S2
Copper, Cu	S2
Riboflavin	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Protein	S2
Sodium, Na	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Histidine	S14, S2
Alanine	S14, S2
Ash	S2
Zinc, Zn	S2
Vitamin B-12	S2

NDB No. 13020 Beef, retail cuts, separable fat, cooked

Tyrosine	S14, S2
Magnesium, Mg	S2
Phosphorus, P	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Isoleucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Selenium, Se	S2
Retinol	S2
Pantothenic acid	S2
Vitamin B-6	S2
Proline	S14, S2

NDB No. 13047 Beef, grass-fed, ground, raw

Zinc, Zn	S4201
Copper, Cu	S4201
14:0	S4201
18:0	S4201
18:2 CLAs	S4201
15:1	S4201
Water	S4201
Sodium, Na	S4201
Betaine	S4201
12:0	S4201
18:1 undifferentiated	S4201
24:0	S4201
18:2 t not further defined	S4201
18:2 n-6 c,c	S4201
17:1	S4201
Total lipid (fat)	S4201
Phosphorus, P	S4201

NDB No. 13047 Beef, grass-fed, ground, raw

Manganese, Mn	S4201
10:0	S4201
18:2 undifferentiated	S4201
17:0	S4201
18:1 t	S4201
18:1 c	S4201
18:3 n-6 c,c,c	S4201
Fatty acids, total trans-polyenoic	S4201
Potassium, K	S4201
Thiamin	S4201
Vitamin B-12	S4201
16:0	S4201
18:4	S4201
Fatty acids, total trans-monoenoic	S4201
22:6 n-3	S4201
14:1	S4201
Iron, Fe	S4201
Magnesium, Mg	S4201
Cholesterol	S4201
Fatty acids, total trans	S4201
Fatty acids, total saturated	S4201
18:3 undifferentiated	S4201
22:0	S4201
16:1 undifferentiated	S4201
20:1	S4201
20:5 n-3	S4201
20:2 n-6 c,c	S4201
Calcium, Ca	S4201
Selenium, Se	S4201
Choline, total	S4201
8:0	S4201
20:4 undifferentiated	S4201
Fatty acids, total monounsaturated	S4201
Fatty acids, total polyunsaturated	S4201
15:0	S4201
20:3 undifferentiated	S4201

Reference Report

JUL-17-2008 02:00 PM

Page 1321 of 3136

NDB No. 13047 Beef, grass-fed, ground, raw

Protein	S4201
Ash	S4201
20:0	S4201
22:1 undifferentiated	S4201
22:5 n-3	S4201
18:3 n-3 c,c,c	S4201

NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Selenium, Se	S2
Retinol	S2
Phenylalanine	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Tocopherol, delta	S2
Niacin	S2
Folate, total	S2
Tryptophan	S14, S2
Lysine	S14, S2
14:0	S2
Iron, Fe	S2
Phosphorus, P	S2
Potassium, K	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Cystine	S14, S2
22:1 undifferentiated	S2
Sodium, Na	S2
Thiamin	S2
Leucine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
18:4	S2
20:1	S2
20:5 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1322 of 3136

NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Ash	S2
Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2
Vitamin B-12	S2
Glutamic acid	S14, S2
Proline	S14, S2
12:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Total lipid (fat)	S2
Fluoride, F	D5001, D5002, D5007, D5021
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Alanine	S14, S2
18:2 undifferentiated	S2
Protein	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Tocopherol, beta	S2
Threonine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
Serine	S14, S2
10:0	S2
22:6 n-3	S2
Water	S2
Magnesium, Mg	S2
Vitamin B-6	S2
Isoleucine	S14, S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1323 of 3136

NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Selenium, Se	S2
Pantothenic acid	S2
Threonine	S14, S2
Leucine	S14, S2
Valine	S14, S2
12:0	S2
16:0	S2
20:5 n-3	S2
Water	S2
Iron, Fe	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Niacin	S2
Folate, total	S2
Methionine	S14, S2
Glycine	S14, S2
Cholesterol	S2
Protein	S2
Total lipid (fat)	S2
Riboflavin	S2
Lysine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
22:5 n-3	S2
Copper, Cu	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Thiamin	S2
Alanine	S14, S2
10:0	S2
18:4	S2
Calcium, Ca	S2
Sodium, Na	S2
Fluoride, F	D5001, D5002, D5007, D5021
Retinol	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1324 of 3136

NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Ash	S2
20:1	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Potassium, K	S2
Vitamin B-12	S2
14:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Magnesium, Mg	S2
Tocopherol, beta	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2
18:0	S2
18:2 undifferentiated	S2

NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Potassium, K	S2
Manganese, Mn	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1325 of 3136

NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Cystine	S14, S2
Glutamic acid	S14, S2
4:0	S2
18:1 undifferentiated	S2
Water	S2
Iron, Fe	S2
Phosphorus, P	S2
Tocopherol, delta	S2
Proline	S14, S2
6:0	S2
18:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
20:1	S2
Fiber, total dietary	S2
Glycine	S14, S2
8:0	S2
22:5 n-3	S2
Total lipid (fat)	S2
Caffeine	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Leucine	S14, S2
Valine	S14, S2
Serine	S14, S2
18:3 undifferentiated	S2
Protein	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Selenium, Se	S2
Retinol	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Niacin	S2
Threonine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1326 of 3136

NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Isoleucine	S14, S2
Aspartic acid	S14, S2
12:0	S2
18:4	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Ash	S2
Zinc, Zn	S2
Lycopene	S2
Methionine	S14, S2
Histidine	S14, S2
16:1 undifferentiated	S2
Sugars, total	S2
Sodium, Na	S2
Carotene, beta	S2
Thiamin	S2
Riboflavin	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Cholesterol	S2
10:0	S2
14:0	S2
Theobromine	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
16:0	S2

NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Iron, Fe	S2
Tocopherol, gamma	S2
Niacin	S2
Tyrosine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1327 of 3136

NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Histidine	S14, S2
10:0	S2
18:3 undifferentiated	S2
Phosphorus, P	S2
Copper, Cu	S2
Selenium, Se	S2
Riboflavin	S2
Vitamin B-6	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Leucine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
14:0	S2
18:1 undifferentiated	S2
Ash	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
22:6 n-3	S2
16:1 undifferentiated	S2
Calcium, Ca	S2
Tocopherol, beta	S2
Pantothenic acid	S2
Proline	S14, S2
12:0	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Manganese, Mn	S2
18:4	S2
20:1	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1328 of 3136

NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Protein	S2
Sodium, Na	S2
Folate, total	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Cholesterol	S2
16:0	S2
18:0	S2
20:5 n-3	S2
Thiamin	S2
Alanine	S14, S2
22:5 n-3	S2
Total lipid (fat)	S2
Water	S2
Zinc, Zn	S2
Retinol	S2
Tocopherol, delta	S2
Lysine	S14, S2
Cystine	S14, S2
18:2 undifferentiated	S2

NDB No. 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Alanine	S14, S2
Glycine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Proline	S14, S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1329 of 3136

NDB No. 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Glutamic acid	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Caffeine	S2
Potassium, K	S2
Carotene, beta	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Pantothenic acid	S2
Leucine	S14, S2
Methionine	S14, S2
Alanine	S14, S2
Serine	S14, S2
8:0	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
14:0	S2
18:4	S2
20:5 n-3	S2
Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Iron, Fe	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1330 of 3136

NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Selenium, Se	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
6:0	S2
16:0	S2
Sugars, total	S2
Copper, Cu	S2
Carotene, alpha	S2
Vitamin B-6	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Cholesterol	S2
20:4 undifferentiated	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Sodium, Na	S2
Lysine	S14, S2
12:0	S2
Theobromine	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Arginine	S14, S2
Proline	S14, S2
4:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1331 of 3136

NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

10:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Magnesium, Mg	S2
Retinol	S2
Lycopene	S2
18:3 undifferentiated	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
Theobromine	S2
Fiber, total dietary	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Thiamin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
8:0	S2
12:0	S2
18:0	S2
20:1	S2
20:5 n-3	S2
Ash	S2
Iron, Fe	S2
Retinol	S2
Carotene, beta	S2
Vitamin B-6	S2
Vitamin B-12	S2
Methionine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1332 of 3136

NDB No. 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Aspartic acid	S14, S2
4:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Sodium, Na	S2
Zinc, Zn	S2
Manganese, Mn	S2
Selenium, Se	S2
Niacin	S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
14:0	S2
18:4	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Lysine	S14, S2
18:2 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Phosphorus, P	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Cystine	S14, S2
10:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
Copper, Cu	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Histidine	S14, S2
Alanine	S14, S2
6:0	S2
16:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1333 of 3136

NDB No. 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Caffeine	S2
Sugars, total	S2
Lycopene	S2
Tocopherol, beta	S2
Riboflavin	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Water	S2
Calcium, Ca	S2
Leucine	S14, S2
Arginine	S14, S2
22:1 undifferentiated	S2

NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Tocopherol, gamma	S2
Aspartic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Cholesterol	S2
6:0	S2
12:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Ash	S2
Lysine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
4:0	S2
Total lipid (fat)	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1334 of 3136

NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Isoleucine	S14, S2
Alanine	S14, S2
16:0	S2
20:1	S2
22:5 n-3	S2
Folate, total	S2
Threonine	S14, S2
Valine	S14, S2
14:0	S2
18:0	S2
Caffeine	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Selenium, Se	S2
Pantothenic acid	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Serine	S14, S2
8:0	S2
10:0	S2
18:2 undifferentiated	S2
18:4	S2
Phosphorus, P	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Niacin	S2
22:1 undifferentiated	S2
Theobromine	S2
Iron, Fe	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Riboflavin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1335 of 3136

NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Vitamin K (phylloquinone)	S2
Cystine	S14, S2
22:6 n-3	S2
Water	S2
Sugars, total	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Vitamin B-12	S2
Leucine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
20:5 n-3	S2

NDB No. 13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Fluoride, F	D5001, D5002, D5007, D5021
Lysine	S14, S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Tyrosine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1336 of 3136

NDB No. 13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Glycine	S14, S2
Proline	S14, S2

NDB No. 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised

Threonine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
Lysine	S14, S2
Histidine	S14, S2
Proline	S14, S2
Isoleucine	S14, S2
Methionine	S14, S2
Alanine	S14, S2
Phenylalanine	S14, S2
Tryptophan	S14, S2
Valine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Leucine	S14, S2
Tyrosine	S14, S2

NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Fiber, total dietary	S2
Thiamin	S2
Isoleucine	S14, S2
Proline	S14, S2
6:0	S2
16:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Caffeine	S2
Potassium, K	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1337 of 3136

NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Carotene, beta	S2
Lycopene	S2
Histidine	S14, S2
Glycine	S14, S2
4:0	S2
Water	S2
Theobromine	S2
Sugars, total	S2
Zinc, Zn	S2
Manganese, Mn	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Vitamin B-12	S2
Threonine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Aspartic acid	S14, S2
Protein	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Alanine	S14, S2
Serine	S14, S2
Cholesterol	S2
18:0	S2
Sodium, Na	S2
Retinol	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Riboflavin	S2
Pantothenic acid	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1338 of 3136

NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

12:0	S2
Tocopherol, gamma	S2
Niacin	S2
Arginine	S14, S2
Glutamic acid	S14, S2
8:0	S2
14:0	S2
18:2 undifferentiated	S2
Ash	S2
Iron, Fe	S2
Magnesium, Mg	S2
Copper, Cu	S2
20:4 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Calcium, Ca	S2
Phosphorus, P	S2
Carotene, alpha	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Valine	S14, S2
10:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2

NDB No. 13166 USDA Commodity, beef, canned

Water	S3544
Manganese, Mn	S3544
Vitamin E (alpha-tocopherol)	S3544
Folate, food	S3544
Betaine	S3544
Isoleucine	S3544
Glutamic acid	S3544
Glycine	S3544

Reference Report

JUL-17-2008 02:00 PM

Page 1339 of 3136

NDB No. 13166 USDA Commodity, beef, canned

Hydroxyproline	S3544
8:0	S3544
18:0	S3544
20:0	S3544
Ash	S3544
Copper, Cu	S3544
Folate, total	S3544
Threonine	S3544
Arginine	S3544
Proline	S3544
10:0	S3544
14:0	S3544
18:1 undifferentiated	S3544
17:1	S3544
15:1	S3544
21:5	S3544
Protein	S3544
Tocopherol, delta	S3544
Niacin	S3544
Choline, total	S3544
Methionine	S3544
Phenylalanine	S3544
Histidine	S3544
Alanine	S3544
18:3 undifferentiated	S3544
18:4	S3544
20:5 n-3	S3544
Fatty acids, total monounsaturated	S3544
24:1 c	S3544
Iron, Fe	S3544
Selenium, Se	S3544
12:0	S3544
18:2 undifferentiated	S3544
22:6 n-3	S3544
17:0	S3544
24:0	S3544
20:2 n-6 c,c	S3544

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1340 of 3136

NDB No. 13166 USDA Commodity, beef, canned

Phosphorus, P	S3544
Sodium, Na	S3544
Tocopherol, beta	S3544
Tryptophan	S3544
Fatty acids, total saturated	S3544
16:1 undifferentiated	S3544
22:5 n-3	S3544
Fatty acids, total polyunsaturated	S3544
Riboflavin	S3544
Vitamin B-6	S3544
Vitamin K (phylloquinone)	S3544
Leucine	S3544
Lysine	S3544
16:0	S3544
14:1	S3544
22:1 undifferentiated	S3544
15:0	S3544
22:4	S3544
Total lipid (fat)	S3544
Calcium, Ca	S3544
Potassium, K	S3544
Pantothenic acid	S3544
Vitamin B-12	S3544
Cystine	S3544
Valine	S3544
Aspartic acid	S3544
Serine	S3544
Cholesterol	S3544
20:4 undifferentiated	S3544
22:0	S3544
20:1	S3544
20:3 undifferentiated	S3544
Magnesium, Mg	S3544
Zinc, Zn	S3544
Tocopherol, gamma	S3544
Thiamin	S3544
Folic acid	S3544

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1341 of 3136

NDB No. 13166 USDA Commodity, beef, canned

Tyrosine S3544

NDB No. 13317 Beef, ground, patties, frozen, cooked, broiled

Lactose S3521

Sodium, Na S3521

Zinc, Zn S3521

Copper, Cu S3521

Thiamin S3521

Niacin S3521

17:1 S3521

Riboflavin S3521

Pantothenic acid S3521

14:0 S3521

15:0 S3521

Sugars, total S3521

Iron, Fe S3521

Vitamin B-6 S3521

Vitamin B-12 S3521

12:0 S3521

16:0 S3521

16:1 undifferentiated S3521

18:1 t S3521

Ash S3521

Maltose S3521

Galactose S3521

Vitamin E (alpha-tocopherol) S3521

Folate, total S3521

18:3 n-3 c,c,c S3521

Protein S3521

18:1 undifferentiated S3521

18:2 undifferentiated S3521

20:2 n-6 c,c S3521

Sucrose S3521

Magnesium, Mg S3521

Folate, food S3521

18:3 undifferentiated S3521

NDB No. 13317 Beef, ground, patties, frozen, cooked, broiled

22:0	S3521
18:2 t,t	S3521
18:2 n-6 c,c	S3521
20:3 undifferentiated	S3521
Glucose (dextrose)	S3521
Fructose	S3521
Calcium, Ca	S3521
Phosphorus, P	S3521
Potassium, K	S3521
Manganese, Mn	S3521
Cholesterol	S3521
8:0	S3521
18:0	S3521
20:0	S3521
20:4 undifferentiated	S3521
14:1	S3521
20:1	S3521
18:3 n-6 c,c,c	S3521
Total lipid (fat)	S3521
Water	S3521
10:0	S3521
17:0	S3521
18:1 c	S3521
15:1	S3521

NDB No. 13318 Beef, variety meats and by-products, brain, raw

Protein	S1581
Zinc, Zn	S1581
Carotene, alpha	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Cholesterol	S1581
14:0	S1581
18:1 undifferentiated	S1581
16:1 undifferentiated	S1581
17:0	S1581

NDB No. 13318 Beef, variety meats and by-products, brain, raw

20:3 undifferentiated	S1581
Phosphorus, P	S1581
Vitamin C, total ascorbic acid	S1581
20:1	S1581
Carotene, beta	S1581
Thiamin	S1581
Vitamin K (phylloquinone)	S1581
Fatty acids, total trans	S1581
20:0	S1581
15:1	S1581
Magnesium, Mg	S1581
Sodium, Na	S1581
Lycopene	S1581
Riboflavin	S1581
Vitamin B-12	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Vitamin B-6	S1581
Folate, total	S1581
10:0	S1581
22:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
Potassium, K	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Pantothenic acid	S1581
8:0	S1581
16:0	S1581
Total lipid (fat)	S1581
Iron, Fe	S1581
Copper, Cu	S1581
Retinol	S1581
Cryptoxanthin, beta	S1581
Tocopherol, beta	S1581
12:0	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 1344 of 3136

NDB No. 13318 Beef, variety meats and by-products, brain, raw

18:0	S1581
18:2 undifferentiated	S1581
15:0	S1581
18:3 n-3 c,c,c	S1581
Vitamin E (alpha-tocopherol)	S1581
Niacin	S1581
20:4 undifferentiated	S1581
14:1	S1581

NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered

Total lipid (fat)	S1581
Tocopherol, delta	S1581
14:0	S1581
14:1	S1581
15:0	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Riboflavin	S1581
Folate, total	S1581
Vitamin K (phylloquinone)	S1581
16:0	S1581
20:1	S1581
Carotene, beta	S1581
Vitamin B-12	S1581
Protein	S1581
Phosphorus, P	S1581
Zinc, Zn	S1581
Selenium, Se	S1581
Tocopherol, gamma	S1581
Cholesterol	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:3 n-6 c,c,c	S1581
Potassium, K	S1581
Vitamin B-6	S1581

NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered

18:0	S1581
20:4 undifferentiated	S1581
15:1	S1581
Manganese, Mn	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Thiamin	S1581
10:0	S1581
12:0	S1581
18:2 undifferentiated	S1581
17:0	S1581
Ash	S1581
Water	S1581
Pantothenic acid	S1581
Fatty acids, total trans	S1581
16:1 undifferentiated	S1581
20:2 n-6 c,c	S1581
20:3 undifferentiated	S1581
Sodium, Na	S1581
Copper, Cu	S1581
Vitamin C, total ascorbic acid	S1581
Niacin	S1581
22:0	S1581
18:3 n-3 c,c,c	S1581

NDB No. 13321 Beef, variety meats and by-products, heart, raw

Potassium, K	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Vitamin K (phylloquinone)	S1581
8:0	S1581
16:0	S1581
14:1	S1581

NDB No. 13321 Beef, variety meats and by-products, heart, raw

Selenium, Se	S1581
Vitamin B-6	S1581
Fatty acids, total trans	S1581
20:1	S1581
18:3 n-6 c,c,c	S1581
Retinol	S1581
Tocopherol, gamma	S1581
Fatty acids, total saturated	S1581
10:0	S1581
Fatty acids, total monounsaturated	S1581
17:0	S1581
20:2 n-6 c,c	S1581
Total lipid (fat)	S1581
Calcium, Ca	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Folate, total	S1581
20:3 undifferentiated	S1581
14:0	S1581
18:1 undifferentiated	S1581
20:4 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
18:3 n-3 c,c,c	S1581
Protein	S1581
Magnesium, Mg	S1581
Zinc, Zn	S1581
Cryptoxanthin, beta	S1581
Riboflavin	S1581
Cholesterol	S1581
15:1	S1581
Energy	S1581
Water	S1581
Phosphorus, P	S1581
Sodium, Na	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Tocopherol, delta	S1581

Reference_Report

NDB No. 13321 Beef, variety meats and by-products, heart, raw

Pantothenic acid	S1581
12:0	S1581
18:0	S1581
Ash	S1581
Iron, Fe	S1581
Niacin	S1581
Vitamin B-12	S1581
20:0	S1581
18:2 undifferentiated	S1581
22:0	S1581
16:1 undifferentiated	S1581
15:0	S1581

NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered

Folate, total	S1581
10:0	S1581
18:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
Iron, Fe	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Pantothenic acid	S1581
15:1	S1581
Retinol	S1581
Tocopherol, gamma	S1581
Niacin	S1581
20:0	S1581
18:3 n-3 c,c,c	S1581
Potassium, K	S1581
Sodium, Na	S1581
14:0	S1581
20:1	S1581
20:2 n-6 c,c	S1581

NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered

Tocopherol, beta	S1581
Tocopherol, delta	S1581
Fatty acids, total saturated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
17:0	S1581
Ash	S1581
Magnesium, Mg	S1581
Vitamin B-6	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
16:0	S1581
16:1 undifferentiated	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
Protein	S1581
Water	S1581
Phosphorus, P	S1581
Vitamin E (alpha-tocopherol)	S1581
Vitamin K (phylloquinone)	S1581
15:0	S1581
Total lipid (fat)	S1581
Calcium, Ca	S1581
Thiamin	S1581
Riboflavin	S1581
Vitamin B-12	S1581
12:0	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581

NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

Total lipid (fat)	S1581
Vitamin C, total ascorbic acid	S1581
Vitamin B-6	S1581
14:0	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 1349 of 3136

NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

14:1	S1581
Magnesium, Mg	S1581
Zinc, Zn	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Tocopherol, delta	S1581
Folate, total	S1581
18:0	S1581
20:1	S1581
20:2 n-6 c,c	S1581
Sodium, Na	S1581
Tocopherol, beta	S1581
Fatty acids, total saturated	S1581
16:0	S1581
18:2 undifferentiated	S1581
22:0	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581
Calcium, Ca	S1581
Retinol	S1581
Cryptoxanthin, beta	S1581
Pantothenic acid	S1581
Vitamin K (phylloquinone)	S1581
20:0	S1581
Fatty acids, total polyunsaturated	S1581
20:3 undifferentiated	S1581
Water	S1581
Iron, Fe	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Riboflavin	S1581
17:0	S1581
18:3 n-6 c,c,c	S1581
Copper, Cu	S1581
Thiamin	S1581
Fatty acids, total trans	S1581
12:0	S1581

Reference_Report

NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

Fatty acids, total monounsaturated	S1581
Protein	S1581
Ash	S1581
Potassium, K	S1581
Carotene, beta	S1581
Niacin	S1581
Cholesterol	S1581
18:1 undifferentiated	S1581
16:1 undifferentiated	S1581
15:0	S1581
Phosphorus, P	S1581
Lycopene	S1581
Tocopherol, gamma	S1581
Vitamin B-12	S1581
8:0	S1581
10:0	S1581
20:4 undifferentiated	S1581

NDB No. 13324 Beef, variety meats and by-products, kidneys, cooked, simmered

Iron, Fe	S1581
Magnesium, Mg	S1581
Zinc, Zn	S1581
Selenium, Se	S1581
Tocopherol, delta	S1581
Pantothenic acid	S1581
Vitamin K (phylloquinone)	S1581
18:1 undifferentiated	S1581
20:3 undifferentiated	S1581
Protein	S1581
Water	S1581
Retinol	S1581
Lycopene	S1581
Tocopherol, gamma	S1581
Niacin	S1581
14:1	S1581
20:1	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 1351 of 3136

NDB No. 13324 Beef, variety meats and by-products, kidneys, cooked, simmered

Potassium, K	S1581
Folate, total	S1581
Cholesterol	S1581
18:0	S1581
22:0	S1581
Fatty acids, total monounsaturated	S1581
Calcium, Ca	S1581
Vitamin B-6	S1581
Total lipid (fat)	S1581
Ash	S1581
Sodium, Na	S1581
Vitamin B-12	S1581
15:0	S1581
20:2 n-6 c,c	S1581
18:3 n-3 c,c,c	S1581
Fatty acids, total trans	S1581
14:0	S1581
Phosphorus, P	S1581
Manganese, Mn	S1581
Vitamin E (alpha-tocopherol)	S1581
Fatty acids, total saturated	S1581
12:0	S1581
16:0	S1581
20:4 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
17:0	S1581
18:3 n-6 c,c,c	S1581
Copper, Cu	S1581
Tocopherol, beta	S1581
Thiamin	S1581
Riboflavin	S1581
10:0	S1581
20:0	S1581
18:2 undifferentiated	S1581
16:1 undifferentiated	S1581
15:1	S1581

NDB No. 13325 Beef, variety meats and by-products, liver, raw

Protein	S1082
Copper, Cu	S1082
Carotene, alpha	S1082
Tocopherol, gamma	S1166
Tryptophan	S1082
Isoleucine	S1082
20:1	S1082
15:0	S1082
Magnesium, Mg	S1082
Vitamin C, total ascorbic acid	S1082
Vitamin B-6	S1082
Vitamin K (phylloquinone)	S1082
Phenylalanine	S1082
Valine	S1082
16:0	S1082
20:2 n-6 c,c	S1082
15:1	S1082
Iron, Fe	S1082
Potassium, K	S1082
Sodium, Na	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Niacin	S1082
Lysine	S1082
Methionine	S1082
Histidine	S1082
Alanine	S1082
Glycine	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
Total lipid (fat)	S1082
Water	S1082
Calcium, Ca	S1082
Zinc, Zn	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 1353 of 3136

NDB No. 13325 Beef, variety meats and by-products, liver, raw

Riboflavin	S1082
Betaine	S1082
Cholesterol	S1082
8:0	S1082
22:0	S1082
17:1	S1082
18:3 n-3 c,c,c	S1082
Ash	S1082
Carotene, beta	S1082
Cystine	S1082
14:0	S1082
20:0	S1082
Manganese, Mn	S1082
Cryptoxanthin, beta	S1082
Folate, total	S1166
Threonine	S1082
Arginine	S1082
Glutamic acid	S1082
Serine	S1082
Hydroxyproline	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
14:1	S1082
16:1 undifferentiated	S1082
Tocopherol, beta	S1166
Vitamin B-12	S1082
Aspartic acid	S1082
Proline	S1082
4:0	S1082
18:0	S1082
17:0	S1082
Phosphorus, P	S1082
Lycopene	S1082
Pantothenic acid	S1082

NDB No. 13325 Beef, variety meats and by-products, liver, raw

Choline, total	S1082
Leucine	S1082
Tyrosine	S1082
20:3 undifferentiated	S1082

NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised

Phosphorus, P	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Pantothenic acid	S1082
Folate, total	S1166
Vitamin B-12	S1082
Betaine	S1082
Isoleucine	S1082
Phenylalanine	S1082
15:0	S1082
18:3 n-6 c,c,c	S1082
18:3 n-3 c,c,c	S1082
Zinc, Zn	S1082
Riboflavin	S1082
Threonine	S1082
Tyrosine	S1082
Valine	S1082
Glycine	S1082
18:1 undifferentiated	S1082
18:2 n-6 c,c	S1082
17:1	S1082
Ash	S1082
Cryptoxanthin, beta	S1082
Alanine	S1082
Glutamic acid	S1082
12:0	S1082
20:0	S1082
16:1 undifferentiated	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166

Reference Report

JUL-17-2008 02:00 PM

Page 1355 of 3136

NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised

Tocopherol, delta	S1166
Methionine	S1082
Histidine	S1082
Serine	S1082
14:0	S1082
20:1	S1082
20:2 n-6 c,c	S1082
Calcium, Ca	S1082
Manganese, Mn	S1082
Thiamin	S1082
Choline, total	S1082
Proline	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
Total lipid (fat)	S1082
Water	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Tocopherol, beta	S1166
Vitamin B-6	S1082
Tryptophan	S1082
Lysine	S1082
Cystine	S1082
Aspartic acid	S1082
Protein	S1082
Potassium, K	S1082
Copper, Cu	S1082
Tocopherol, gamma	S1166
Vitamin K (phylloquinone)	S1082
Leucine	S1082
Cholesterol	S1082
10:0	S1082
17:0	S1082
20:3 undifferentiated	S1082
Sodium, Na	S1082
Retinol	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1356 of 3136

NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised

Niacin	S1082
Arginine	S1082
Hydroxyproline	S1082
Fatty acids, total trans	S1082
16:0	S1082
18:0	S1082
15:1	S1082

NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

Water	S1082
Carotene, alpha	S1082
Riboflavin	S1082
Choline, total	S1082
Leucine	S1082
Glycine	S1082
22:0	S1082
17:0	S1082
Sodium, Na	S1082
Carotene, beta	S1082
Thiamin	S1082
Folate, total	S1166
Methionine	S1082
Tyrosine	S1082
Histidine	S1082
Aspartic acid	S1082
Cholesterol	S1082
10:0	S1082
20:1	S1082
18:3 n-6 c,c,c	S1082
Phosphorus, P	S1082
Zinc, Zn	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Pantothenic acid	S1082
Vitamin B-6	S1082
Isoleucine	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 1357 of 3136

NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

Cystine	S1082
12:0	S1082
20:3 undifferentiated	S1082
Calcium, Ca	S1082
Selenium, Se	S1082
Vitamin C, total ascorbic acid	S1082
Niacin	S1082
Vitamin B-12	S1082
Lysine	S1082
Serine	S1082
Hydroxyproline	S1082
16:0	S1082
15:0	S1082
Protein	S1082
Magnesium, Mg	S1082
Potassium, K	S1082
Cryptoxanthin, beta	S1082
Tocopherol, delta	S1166
Tryptophan	S1082
Fatty acids, total trans	S1082
14:1	S1082
20:2 n-6 c,c	S1082
17:1	S1082
Manganese, Mn	S1082
Tocopherol, gamma	S1166
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Phenylalanine	S1082
Alanine	S1082
Glutamic acid	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
16:1 undifferentiated	S1082
18:2 n-6 c,c	S1082
15:1	S1082
Total lipid (fat)	S1082
Ash	S1082

Reference_Report

NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

Iron, Fe	S1082
Copper, Cu	S1082
Threonine	S1082
Valine	S1082
Arginine	S1082
14:0	S1082
18:0	S1082
20:0	S1082
18:3 n-3 c,c,c	S1082
Fluoride, F	D5007
Tocopherol, beta	S1166
Proline	S1082

NDB No. 13335 Beef, variety meats and by-products, suet, raw

Aspartic acid	S14, S2
Phenylalanine	S14, S2
Isoleucine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Leucine	S14, S2
Proline	S14, S2
Tryptophan	S14, S2
Lysine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Threonine	S14, S2
Cystine	S14, S2
Serine	S14, S2

NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

Niacin	S1581
Fatty acids, total saturated	S1581

NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

20:0	S1581
18:3 n-6 c,c,c	S1581
Water	S1581
Selenium, Se	S1581
Tocopherol, beta	S1581
Riboflavin	S1581
10:0	S1581
18:0	S1581
16:1 undifferentiated	S1581
20:2 n-6 c,c	S1581
Protein	S1581
Sodium, Na	S1581
Vitamin B-12	S1581
Fatty acids, total trans	S1581
14:0	S1581
18:3 undifferentiated	S1581
22:0	S1581
14:1	S1581
18:3 n-3 c,c,c	S1581
Ash	S1581
Calcium, Ca	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Tocopherol, gamma	S1581
18:1 undifferentiated	S1581
20:1	S1581
20:3 undifferentiated	S1581
15:1	S1581
Zinc, Zn	S1581
Manganese, Mn	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Folate, total	S1581
Vitamin K (phylloquinone)	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 1360 of 3136

NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

16:0	S1581
15:0	S1581
Total lipid (fat)	S1581
Iron, Fe	S1581
Copper, Cu	S1581
Thiamin	S1581
Vitamin B-6	S1581
Cholesterol	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
17:0	S1581
Pantothenic acid	S1581
12:0	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581

NDB No. 13341 Beef, variety meats and by-products, tripe, raw

Total lipid (fat)	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Copper, Cu	S1581
Selenium, Se	S1581
Vitamin E (alpha-tocopherol)	S1581
Thiamin	S1581
14:0	S1581
18:2 undifferentiated	S1581
16:1 undifferentiated	S1581
15:0	S1581
Manganese, Mn	S1581
Tocopherol, gamma	S1581
Folate, total	S1581
20:0	S1581
22:0	S1581
Fatty acids, total polyunsaturated	S1581
18:3 n-3 c,c,c	S1581
Potassium, K	S1581

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1361 of 3136

NDB No. 13341 Beef, variety meats and by-products, tripe, raw

Zinc, Zn	S1581
Tocopherol, beta	S1581
Vitamin K (phylloquinone)	S1581
18:0	S1581
20:1	S1581
20:3 undifferentiated	S1581
Protein	S1581
Sodium, Na	S1581
Cholesterol	S1581
14:1	S1581
20:2 n-6 c,c	S1581
Ash	S1581
Phosphorus, P	S1581
Riboflavin	S1581
Vitamin B-6	S1581
Fatty acids, total trans	S1581
18:3 n-6 c,c,c	S1581
Niacin	S1581
Pantothenic acid	S1581
16:0	S1581
18:1 undifferentiated	S1581
15:1	S1581
Calcium, Ca	S1581
Retinol	S1581
Fatty acids, total saturated	S1581
10:0	S1581
20:4 undifferentiated	S1581
Water	S1581
Tocopherol, delta	S1581
Vitamin B-12	S1581
12:0	S1581
Fatty acids, total monounsaturated	S1581
17:0	S1581

NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Fiber, total dietary	S2
----------------------	----

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1362 of 3136

NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Magnesium, Mg	S2
Zinc, Zn	S2
Copper, Cu	S2
Lycopene	S2
Phenylalanine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
8:0	S2
10:0	S2
20:1	S2
Caffeine	S2
Carotene, beta	S2
Tocopherol, beta	S2
Vitamin B-6	S2
22:6 n-3	S2
Theobromine	S2
Iron, Fe	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Lysine	S14, S2
Valine	S14, S2
Protein	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Folate, total	S2
Threonine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
Glycine	S14, S2
4:0	S2
14:0	S2
16:1 undifferentiated	S2
18:4	S2
Water	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1363 of 3136

NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Potassium, K	S2
Thiamin	S2
Riboflavin	S2
Serine	S14, S2
18:0	S2
18:2 undifferentiated	S2
Phosphorus, P	S2
Lutein + zeaxanthin	S2
Isoleucine	S14, S2
Alanine	S14, S2
20:5 n-3	S2
22:5 n-3	S2
Ash	S2
Sugars, total	S2
Sodium, Na	S2
Selenium, Se	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Proline	S14, S2
6:0	S2
12:0	S2
16:0	S2
20:4 undifferentiated	S2

Reference_Report

NDB No. 13347 Beef, cured, corned beef, brisket, cooked

Isoleucine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Threonine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Tryptophan	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
Valine	S14, S2
Proline	S14, S2

NDB No. 13355 Beef, cured, pastrami

Water	S230
Cholesterol	S230, S231
Iron, Fe	S230, S231
Ash	S230
Protein	S230, S231
Calcium, Ca	S230
Total lipid (fat)	S230, S231
Niacin	S230
Sodium, Na	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
Leucine	S14, S2
Arginine	S14, S2
Fluoride, F	D5001, D5002, D5007, D5021

Reference Report

JUL-17-2008 02:00 PM

Page 1365 of 3136

NDB No. 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Alanine	S14, S2
Proline	S14, S2
Cystine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Serine	S14, S2
Lysine	S14, S2
Valine	S14, S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2

NDB No. 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked

Fluoride, F	D5001, D5002, D5007, D5021
-------------	----------------------------

NDB No. 13363 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked

Fluoride, F	D5001, D5002, D5007, D5021
-------------	----------------------------

NDB No. 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Histidine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
Threonine	S14, S2
Glutamic acid	S14, S2
Tryptophan	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Methionine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1366 of 3136

NDB No. 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Arginine	S14, S2
Isoleucine	S14, S2

NDB No. 13367 Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Arginine	S14, S2
Fluoride, F	D5001, D5002, D5007, D5021
Alanine	S14, S2
Aspartic acid	S14, S2
Leucine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Serine	S14, S2
Threonine	S14, S2
Lysine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2

NDB No. 13368 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Lysine	S14, S2
Phenylalanine	S14, S2
Serine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Threonine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1367 of 3136

NDB No. 13368 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Histidine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
Tryptophan	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Methionine	S14, S2

NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Ash	S2
Phosphorus, P	S2
Retinol	S2
Pantothenic acid	S2
Threonine	S14, S2
Lysine	S14, S2
Proline	S14, S2
10:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
18:4	S2
Theobromine	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Lutein + zeaxanthin	S2
Valine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
8:0	S2
16:0	S2
Carotene, beta	S2
Tocopherol, beta	S2
Thiamin	S2
Riboflavin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1368 of 3136

NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Arginine	S14, S2
Alanine	S14, S2
4:0	S2
22:6 n-3	S2
22:5 n-3	S2
Magnesium, Mg	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Isoleucine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
6:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
20:1	S2
20:5 n-3	S2
Water	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Serine	S14, S2
16:1 undifferentiated	S2
Iron, Fe	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
14:0	S2
22:1 undifferentiated	S2
Caffeine	S2
Carotene, alpha	S2
Lycopene	S2
Tocopherol, gamma	S2
Methionine	S14, S2
Phenylalanine	S14, S2
12:0	S2
18:0	S2
Protein	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1369 of 3136

NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Total lipid (fat)	S2
Sugars, total	S2
Calcium, Ca	S2
Potassium, K	S2
Zinc, Zn	S2
Selenium, Se	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2

NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Caffeine	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Alanine	S14, S2
18:0	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Methionine	S14, S2
Arginine	S14, S2
Serine	S14, S2
Cholesterol	S2
Potassium, K	S2
Retinol	S2
Thiamin	S2
Riboflavin	S2
Aspartic acid	S14, S2
12:0	S2
18:3 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1370 of 3136

NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Calcium, Ca	S2
Iron, Fe	S2
Lycopene	S2
Niacin	S2
Proline	S14, S2
4:0	S2
6:0	S2
8:0	S2
14:0	S2
16:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
20:1	S2
20:5 n-3	S2
Water	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin B-6	S2
16:1 undifferentiated	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Lysine	S14, S2
Valine	S14, S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Ash	S2
Theobromine	S2
Sugars, total	S2
Phosphorus, P	S2
Sodium, Na	S2
Carotene, beta	S2
Isoleucine	S14, S2
Leucine	S14, S2
Cystine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1371 of 3136

NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Tyrosine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
10:0	S2
22:5 n-3	S2
Protein	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Lutein + zeaxanthin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
22:6 n-3	S2
18:4	S2

NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Fiber, total dietary	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Lysine	S14, S2
4:0	S2
12:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Copper, Cu	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Aspartic acid	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1372 of 3136

NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

14:0	S2
16:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Theobromine	S2
Calcium, Ca	S2
Sodium, Na	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Cholesterol	S2
Total lipid (fat)	S2
Sugars, total	S2
Iron, Fe	S2
Manganese, Mn	S2
Riboflavin	S2
Niacin	S2
Tryptophan	S14, S2
Valine	S14, S2
10:0	S2
20:4 undifferentiated	S2
20:1	S2
Protein	S2
Potassium, K	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Threonine	S14, S2
Alanine	S14, S2
Serine	S14, S2
Water	S2
Magnesium, Mg	S2
Phosphorus, P	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1373 of 3136

NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Tocopherol, beta	S2
Methionine	S14, S2
8:0	S2
18:0	S2
Ash	S2
Caffeine	S2
Lycopene	S2
Tocopherol, gamma	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Leucine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
6:0	S2
18:4	S2

NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Sodium, Na	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Tryptophan	S14, S2
Threonine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Glutamic acid	S14, S2
8:0	S2
22:6 n-3	S2
Carotene, beta	S2
Tocopherol, delta	S2
Niacin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1374 of 3136

NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Alanine	S14, S2
22:5 n-3	S2
Caffeine	S2
Sugars, total	S2
Calcium, Ca	S2
Phosphorus, P	S2
Manganese, Mn	S2
Selenium, Se	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Tocopherol, beta	S2
Thiamin	S2
4:0	S2
18:2 undifferentiated	S2
18:4	S2
Ash	S2
Potassium, K	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Valine	S14, S2
Proline	S14, S2
12:0	S2
Protein	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Pantothenic acid	S2
Folate, total	S2
Isoleucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1375 of 3136

NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Phenylalanine	S14, S2
6:0	S2
10:0	S2
14:0	S2
20:1	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Serine	S14, S2
18:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Water	S2
Theobromine	S2
Iron, Fe	S2
Copper, Cu	S2
Carotene, alpha	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Vitamin B-6	S2
Arginine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
16:0	S2
20:5 n-3	S2

NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Water	S2
Sugars, total	S2
Potassium, K	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1376 of 3136

NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Isoleucine	S14, S2
Valine	S14, S2
12:0	S2
20:4 undifferentiated	S2
Theobromine	S2
Selenium, Se	S2
Retinol	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Leucine	S14, S2
Lysine	S14, S2
Cholesterol	S2
8:0	S2
22:5 n-3	S2
Protein	S2
Calcium, Ca	S2
Zinc, Zn	S2
Lycopene	S2
Tryptophan	S14, S2
Arginine	S14, S2
Histidine	S14, S2
18:3 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Total lipid (fat)	S2
Riboflavin	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
18:0	S2
16:1 undifferentiated	S2
Caffeine	S2
Iron, Fe	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Methionine	S14, S2
Serine	S14, S2
Ash	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1377 of 3136

NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Tocopherol, beta	S2
Cystine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
6:0	S2
14:0	S2
20:1	S2
Fiber, total dietary	S2
Sodium, Na	S2
Copper, Cu	S2
Lutein + zeaxanthin	S2
Glutamic acid	S14, S2
4:0	S2
10:0	S2
16:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Manganese, Mn	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Threonine	S14, S2
Alanine	S14, S2
Proline	S14, S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2

NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Potassium, K	S2
Selenium, Se	S2
Lycopene	S2
Aspartic acid	S14, S2
14:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1378 of 3136

NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

16:1 undifferentiated	S2
18:4	S2
Fiber, total dietary	S2
Cryptoxanthin, beta	S2
Lysine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
Serine	S14, S2
Phosphorus, P	S2
Tocopherol, beta	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
18:3 undifferentiated	S2
22:5 n-3	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Zinc, Zn	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Niacin	S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
8:0	S2
16:0	S2
20:4 undifferentiated	S2
Theobromine	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1379 of 3136

NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

6:0	S2
22:6 n-3	S2
20:1	S2
Caffeine	S2
Sodium, Na	S2
Manganese, Mn	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Proline	S14, S2
12:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Ash	S2
Water	S2
Sugars, total	S2
Copper, Cu	S2
Folate, total	S2
Tryptophan	S14, S2
Cholesterol	S2
4:0	S2
18:1 undifferentiated	S2
20:5 n-3	S2
Protein	S2
Iron, Fe	S2
Magnesium, Mg	S2
Retinol	S2
Carotene, beta	S2
Pantothenic acid	S2
Arginine	S14, S2
10:0	S2
18:0	S2

NDB No. 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Threonine	S14, S2
-----------	---------

Reference Report

JUL-17-2008 02:00 PM

Page 1380 of 3136

NDB No. 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Glutamic acid	S14, S2
Serine	S14, S2
Leucine	S14, S2
Histidine	S14, S2
Tryptophan	S14, S2
Lysine	S14, S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2

NDB No. 13388 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Leucine	S14, S2
Methionine	S14, S2
Valine	S14, S2
Isoleucine	S14, S2
Lysine	S14, S2
Tryptophan	S14, S2
Serine	S14, S2
Histidine	S14, S2
Threonine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Aspartic acid	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Glycine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1381 of 3136

NDB No. 13388 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Proline S14, S2

NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Total lipid (fat) S2
Selenium, Se S2
Thiamin S2
Vitamin B-6 S2
Isoleucine S14, S2
6:0 S2
12:0 S2
20:4 undifferentiated S2
Iron, Fe S2
Sodium, Na S2
Carotene, beta S2
Tocopherol, beta S2
Tocopherol, delta S2
Tyrosine S14, S2
20:5 n-3 S2
Protein S2
Magnesium, Mg S2
Phosphorus, P S2
Pantothenic acid S2
Vitamin B-12 S2
Phenylalanine S14, S2
8:0 S2
Theobromine S2
Sugars, total S2
Zinc, Zn S2
Manganese, Mn S2
Lycopene S2
Lysine S14, S2
Valine S14, S2
14:0 S2
Copper, Cu S2
Tryptophan S14, S2
Methionine S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1382 of 3136

NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Arginine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
20:1	S2
Water	S2
Caffeine	S2
Potassium, K	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Folate, total	S2
Cystine	S14, S2
18:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Ash	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Niacin	S2
Leucine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
16:0	S2
18:3 undifferentiated	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Retinol	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Cholesterol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1383 of 3136

NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

4:0	S2
10:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
18:4	S2

NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Carotene, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
10:0	S2
18:2 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Caffeine	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Niacin	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
8:0	S2
16:0	S2
18:3 undifferentiated	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Retinol	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Vitamin B-12	S2
Alanine	S14, S2
Aspartic acid	S14, S2
6:0	S2
12:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1384 of 3136

NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Total lipid (fat)	S2
Water	S2
Phosphorus, P	S2
Folate, total	S2
Leucine	S14, S2
14:0	S2
18:0	S2
Protein	S2
Ash	S2
Theobromine	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Cholesterol	S2
4:0	S2
20:4 undifferentiated	S2
Copper, Cu	S2
Selenium, Se	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Methionine	S14, S2
Histidine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
Sugars, total	S2
Calcium, Ca	S2
Iron, Fe	S2
Potassium, K	S2
Lycopene	S2
Riboflavin	S2
Lysine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
Proline	S14, S2
16:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1385 of 3136

NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Magnesium, Mg	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Isoleucine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
20:1	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

Caffeine	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Selenium, Se	S2
Tocopherol, beta	S2
6:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Water	S2
Theobromine	S2
Sodium, Na	S2
Tocopherol, gamma	S2
Thiamin	S2
Niacin	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
16:0	S2
Calcium, Ca	S2
Vitamin B-12	S2
Lysine	S14, S2
Cystine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
10:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1386 of 3136

NDB No. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

18:3 undifferentiated	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
18:2 undifferentiated	S2
Tocopherol, delta	S2
Leucine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Proline	S14, S2
Cholesterol	S2
8:0	S2
14:0	S2
Ash	S2
Iron, Fe	S2
Copper, Cu	S2
Manganese, Mn	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Histidine	S14, S2
18:1 undifferentiated	S2
22:5 n-3	S2
Protein	S2
Sugars, total	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Vitamin K (phylloquinone)	S2
4:0	S2
12:0	S2
18:0	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Fiber, total dietary	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1387 of 3136

NDB No. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Phosphorus, P	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Vitamin B-6	S2
Threonine	S14, S2
Methionine	S14, S2
20:4 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Sugars, total	S2
Copper, Cu	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Phenylalanine	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
20:5 n-3	S2
Water	S2
Caffeine	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Selenium, Se	S2
Isoleucine	S14, S2
Glutamic acid	S14, S2
18:0	S2
18:2 undifferentiated	S2
Ash	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1388 of 3136

NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Niacin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
22:6 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Vitamin B-12	S2
Aspartic acid	S14, S2
Proline	S14, S2
8:0	S2
14:0	S2
18:4	S2
20:1	S2
Iron, Fe	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Folate, total	S2
Threonine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Glycine	S14, S2
10:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
Protein	S2
Theobromine	S2
Riboflavin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1389 of 3136

NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Arginine	S14, S2
Alanine	S14, S2
6:0	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Methionine	S14, S2
Histidine	S14, S2
4:0	S2
12:0	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Retinol	S2
Tocopherol, beta	S2
Tryptophan	S14, S2
Serine	S14, S2
16:0	S2
16:1 undifferentiated	S2

NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Water	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Selenium, Se	S2
Cystine	S14, S2
Arginine	S14, S2
16:0	S2
18:3 undifferentiated	S2
18:4	S2
Iron, Fe	S2
Potassium, K	S2
Copper, Cu	S2
Manganese, Mn	S2
Isoleucine	S14, S2
Lysine	S14, S2
Histidine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1390 of 3136

NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Glutamic acid	S14, S2
18:2 undifferentiated	S2
20:5 n-3	S2
Caffeine	S2
Phosphorus, P	S2
Retinol	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
10:0	S2
12:0	S2
22:6 n-3	S2
20:1	S2
22:5 n-3	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Vitamin B-12	S2
14:0	S2
18:1 undifferentiated	S2
Theobromine	S2
Fiber, total dietary	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Alanine	S14, S2
Cholesterol	S2
18:0	S2
Sugars, total	S2
Sodium, Na	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Niacin	S2
Valine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
4:0	S2
Total lipid (fat)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1391 of 3136

NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Ash	S2
Lycopene	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Thiamin	S2
Riboflavin	S2
Vitamin B-6	S2
Leucine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Serine	S14, S2
6:0	S2
8:0	S2
20:4 undifferentiated	S2
Protein	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2

NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Iron, Fe	S2
Copper, Cu	S2
Pantothenic acid	S2
Vitamin B-6	S2
Threonine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Proline	S14, S2
18:2 undifferentiated	S2
18:4	S2
Caffeine	S2
Potassium, K	S2
Sodium, Na	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1392 of 3136

NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Methionine	S14, S2
Aspartic acid	S14, S2
12:0	S2
Protein	S2
Total lipid (fat)	S2
Water	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Zinc, Zn	S2
Lutein + zeaxanthin	S2
Tryptophan	S14, S2
Arginine	S14, S2
6:0	S2
8:0	S2
18:0	S2
18:1 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Carotene, beta	S2
Lycopene	S2
Vitamin B-12	S2
Leucine	S14, S2
Lysine	S14, S2
Cholesterol	S2
4:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Manganese, Mn	S2
Retinol	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Riboflavin	S2
Folate, total	S2
Isoleucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1393 of 3136

NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Phenylalanine	S14, S2
Tyrosine	S14, S2
Serine	S14, S2
14:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Calcium, Ca	S2
Cystine	S14, S2
Glycine	S14, S2
10:0	S2
22:1 undifferentiated	S2
Sugars, total	S2
Magnesium, Mg	S2
Selenium, Se	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Alanine	S14, S2
16:0	S2
Ash	S2
Theobromine	S2
Tocopherol, delta	S2
Niacin	S2
Vitamin K (phylloquinone)	S2
Glutamic acid	S14, S2
20:5 n-3	S2

NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Fiber, total dietary	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Lysine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1394 of 3136

NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Cholesterol	S2
18:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Potassium, K	S2
Manganese, Mn	S2
Cystine	S14, S2
Arginine	S14, S2
8:0	S2
18:2 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2
Protein	S2
Ash	S2
Water	S2
Sodium, Na	S2
Zinc, Zn	S2
Selenium, Se	S2
Riboflavin	S2
Pantothenic acid	S2
Leucine	S14, S2
Valine	S14, S2
Magnesium, Mg	S2
Copper, Cu	S2
Alanine	S14, S2
Aspartic acid	S14, S2
10:0	S2
14:0	S2
Caffeine	S2
Phosphorus, P	S2
Retinol	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Methionine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1395 of 3136

NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Phenylalanine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Serine	S14, S2
6:0	S2
12:0	S2
16:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
Sugars, total	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Vitamin B-6	S2
Vitamin B-12	S2
Proline	S14, S2
4:0	S2
18:3 undifferentiated	S2
18:4	S2
Theobromine	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2
Glycine	S14, S2
Iron, Fe	S2
Carotene, beta	S2
Thiamin	S2
Niacin	S2
Glutamic acid	S14, S2
20:1	S2
22:1 undifferentiated	S2

NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Theobromine	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1396 of 3136

NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Pantothenic acid	S2
Vitamin B-12	S2
8:0	S2
22:6 n-3	S2
Phosphorus, P	S2
Leucine	S14, S2
Glycine	S14, S2
12:0	S2
16:0	S2
18:3 undifferentiated	S2
18:4	S2
20:1	S2
Protein	S2
Water	S2
Manganese, Mn	S2
Retinol	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Cholesterol	S2
10:0	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Ash	S2
Niacin	S2
Tryptophan	S14, S2
Cystine	S14, S2
Histidine	S14, S2
20:4 undifferentiated	S2
Fiber, total dietary	S2
Iron, Fe	S2
Sodium, Na	S2
Copper, Cu	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1397 of 3136

NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Lutein + zeaxanthin	S2
Thiamin	S2
Riboflavin	S2
Vitamin B-6	S2
Lysine	S14, S2
Phenylalanine	S14, S2
Proline	S14, S2
4:0	S2
6:0	S2
Total lipid (fat)	S2
Caffeine	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Threonine	S14, S2
Methionine	S14, S2
18:0	S2
Sugars, total	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
14:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
20:5 n-3	S2
Calcium, Ca	S2
Carotene, beta	S2
Carotene, alpha	S2
Arginine	S14, S2
Serine	S14, S2
16:1 undifferentiated	S2

NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Protein	S2
---------	----

Reference Report

JUL-17-2008 02:00 PM

Page 1398 of 3136

NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Caffeine	S2
Magnesium, Mg	S2
Potassium, K	S2
Sodium, Na	S2
Cryptoxanthin, beta	S2
Arginine	S14, S2
Alanine	S14, S2
4:0	S2
20:1	S2
Theobromine	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Niacin	S2
10:0	S2
18:4	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Thiamin	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Lysine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
8:0	S2
16:0	S2
18:2 undifferentiated	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Leucine	S14, S2
Tyrosine	S14, S2
12:0	S2
18:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
20:5 n-3	S2
Water	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1399 of 3136

NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Iron, Fe	S2
Phosphorus, P	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
16:1 undifferentiated	S2
Ash	S2
Copper, Cu	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Folate, total	S2
Methionine	S14, S2
Cystine	S14, S2
18:3 undifferentiated	S2
22:1 undifferentiated	S2
Zinc, Zn	S2
Retinol	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Riboflavin	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
22:5 n-3	S2
Sugars, total	S2
Calcium, Ca	S2
Manganese, Mn	S2
Vitamin K (phylloquinone)	S2
Histidine	S14, S2
Serine	S14, S2
6:0	S2
14:0	S2
20:4 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1400 of 3136

NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Total lipid (fat)	S2
Caffeine	S2
Calcium, Ca	S2
Carotene, beta	S2
Carotene, alpha	S2
Isoleucine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Cholesterol	S2
6:0	S2
8:0	S2
20:4 undifferentiated	S2
18:4	S2
Water	S2
Theobromine	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Retinol	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Leucine	S14, S2
Aspartic acid	S14, S2
18:1 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2
Sodium, Na	S2
Copper, Cu	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Lysine	S14, S2
Methionine	S14, S2
Arginine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1401 of 3136

NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Proline	S14, S2
Serine	S14, S2
18:2 undifferentiated	S2
22:6 n-3	S2
Sugars, total	S2
Zinc, Zn	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Folate, total	S2
18:0	S2
22:1 undifferentiated	S2
Ash	S2
Magnesium, Mg	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Thiamin	S2
Niacin	S2
4:0	S2
10:0	S2
16:1 undifferentiated	S2
Vitamin B-12	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
18:3 undifferentiated	S2
Protein	S2
Potassium, K	S2
Lycopene	S2
Alanine	S14, S2
12:0	S2
20:1	S2
Iron, Fe	S2
Tocopherol, delta	S2
Riboflavin	S2
14:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1402 of 3136

NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

16:0 S2

NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Ash S2

Calcium, Ca S2

Phosphorus, P S2

Carotene, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Niacin S2

Vitamin K (phylloquinone) S2

Lysine S14, S2

Tyrosine S14, S2

Valine S14, S2

Serine S14, S2

14:0 S2

16:0 S2

18:0 S2

18:3 undifferentiated S2

Theobromine S2

Vitamin B-6 S2

Phenylalanine S14, S2

18:1 undifferentiated S2

18:2 undifferentiated S2

16:1 undifferentiated S2

18:4 S2

22:1 undifferentiated S2

Total lipid (fat) S2

Magnesium, Mg S2

Sodium, Na S2

Zinc, Zn S2

Tocopherol, beta S2

Riboflavin S2

Tryptophan S14, S2

Arginine S14, S2

Fiber, total dietary S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1403 of 3136

NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Folate, total	S2
Threonine	S14, S2
Cystine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Cholesterol	S2
8:0	S2
22:6 n-3	S2
20:5 n-3	S2
22:5 n-3	S2
Protein	S2
Caffeine	S2
Potassium, K	S2
Manganese, Mn	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Methionine	S14, S2
6:0	S2
Water	S2
Sugars, total	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
Proline	S14, S2
20:4 undifferentiated	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Leucine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
12:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1404 of 3136

NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

20:1	S2
Iron, Fe	S2
Vitamin B-12	S2
4:0	S2
10:0	S2

NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Selenium, Se	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Tyrosine	S14, S2
10:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Total lipid (fat)	S2
Theobromine	S2
Magnesium, Mg	S2
Riboflavin	S2
Methionine	S14, S2
Glycine	S14, S2
Proline	S14, S2
18:0	S2
20:1	S2
Caffeine	S2
Fiber, total dietary	S2
Sodium, Na	S2
Tocopherol, gamma	S2
Thiamin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Threonine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1405 of 3136

NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Arginine	S14, S2
Cholesterol	S2
8:0	S2
12:0	S2
14:0	S2
18:4	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
Protein	S2
Ash	S2
Iron, Fe	S2
Potassium, K	S2
Copper, Cu	S2
Manganese, Mn	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Isoleucine	S14, S2
Lysine	S14, S2
Alanine	S14, S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:5 n-3	S2
Sugars, total	S2
Phosphorus, P	S2
Zinc, Zn	S2
Vitamin B-12	S2
Glutamic acid	S14, S2
4:0	S2
6:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1406 of 3136

NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Water	S2
Carotene, alpha	S2
Cystine	S14, S2
Histidine	S14, S2
Calcium, Ca	S2
Retinol	S2
Cryptoxanthin, beta	S2
16:0	S2
20:4 undifferentiated	S2

NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Water	S2
Copper, Cu	S2
Tryptophan	S14, S2
Leucine	S14, S2
Arginine	S14, S2
4:0	S2
16:0	S2
22:1 undifferentiated	S2
Caffeine	S2
Calcium, Ca	S2
Riboflavin	S2
Aspartic acid	S14, S2
10:0	S2
12:0	S2
18:1 undifferentiated	S2
20:1	S2
Tocopherol, delta	S2
Thiamin	S2
Vitamin B-6	S2
Histidine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
16:1 undifferentiated	S2
18:4	S2
20:5 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1407 of 3136

NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Protein	S2
Phosphorus, P	S2
Retinol	S2
Carotene, beta	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Cholesterol	S2
6:0	S2
8:0	S2
18:0	S2
Theobromine	S2
Magnesium, Mg	S2
Sodium, Na	S2
Zinc, Zn	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Isoleucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Proline	S14, S2
18:3 undifferentiated	S2
22:5 n-3	S2
Ash	S2
Fiber, total dietary	S2
Lycopene	S2
Tocopherol, beta	S2
Phenylalanine	S14, S2
Alanine	S14, S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
Total lipid (fat)	S2
Iron, Fe	S2
Potassium, K	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1408 of 3136

NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Tocopherol, gamma	S2
Threonine	S14, S2
Valine	S14, S2
14:0	S2
Sugars, total	S2
Carotene, alpha	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Serine	S14, S2
22:6 n-3	S2

NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Caffeine	S2
Iron, Fe	S2
Copper, Cu	S2
Carotene, beta	S2
Lycopene	S2
Tocopherol, gamma	S2
Riboflavin	S2
Leucine	S14, S2
Glutamic acid	S14, S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2
Theobromine	S2
Selenium, Se	S2
Tocopherol, beta	S2
Niacin	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Aspartic acid	S14, S2
4:0	S2
14:0	S2
18:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1409 of 3136

NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

18:3 undifferentiated	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Potassium, K	S2
Sodium, Na	S2
Retinol	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Histidine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Serine	S14, S2
16:0	S2
20:4 undifferentiated	S2
18:4	S2
Protein	S2
Total lipid (fat)	S2
Water	S2
Zinc, Zn	S2
Carotene, alpha	S2
Vitamin B-12	S2
Methionine	S14, S2
Cystine	S14, S2
Cholesterol	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Sugars, total	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
22:6 n-3	S2
20:5 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1410 of 3136

NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

22:5 n-3	S2
Phosphorus, P	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Pantothenic acid	S2
Threonine	S14, S2
8:0	S2
12:0	S2
18:2 undifferentiated	S2
20:1	S2
Ash	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Proline	S14, S2
6:0	S2
10:0	S2
16:1 undifferentiated	S2

NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Sugars, total	S2
Iron, Fe	S2
Potassium, K	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Arginine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
8:0	S2
Total lipid (fat)	S2
Caffeine	S2
Sodium, Na	S2
Cholesterol	S2
18:1 undifferentiated	S2
Phosphorus, P	S2
Manganese, Mn	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1411 of 3136

NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
18:2 undifferentiated	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Isoleucine	S14, S2
Histidine	S14, S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
20:1	S2
Water	S2
Theobromine	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Valine	S14, S2
Glycine	S14, S2
4:0	S2
20:5 n-3	S2
Calcium, Ca	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Threonine	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
20:4 undifferentiated	S2
22:6 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1412 of 3136

NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

22:1 undifferentiated	S2
Protein	S2
Ash	S2
Fiber, total dietary	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Cystine	S14, S2
Serine	S14, S2
18:3 undifferentiated	S2
18:4	S2
Magnesium, Mg	S2
Retinol	S2
Carotene, beta	S2
Tocopherol, delta	S2
Thiamin	S2
Folate, total	S2
Tryptophan	S14, S2
Methionine	S14, S2
6:0	S2
16:1 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

Total lipid (fat)	S2
Iron, Fe	S2
Potassium, K	S2
Copper, Cu	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Folate, total	S2
Isoleucine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
22:1 undifferentiated	S2
Theobromine	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1413 of 3136

NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Fiber, total dietary	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-6	S2
Threonine	S14, S2
Leucine	S14, S2
4:0	S2
16:0	S2
16:1 undifferentiated	S2
Water	S2
Magnesium, Mg	S2
Carotene, beta	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
14:0	S2
Ash	S2
Sugars, total	S2
Sodium, Na	S2
Manganese, Mn	S2
Niacin	S2
Vitamin K (phylloquinone)	S2
12:0	S2
20:5 n-3	S2
Zinc, Zn	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Valine	S14, S2
8:0	S2
10:0	S2
20:1	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1414 of 3136

NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

22:5 n-3	S2
Protein	S2
Calcium, Ca	S2
Selenium, Se	S2
Vitamin B-12	S2
Lysine	S14, S2
Phenylalanine	S14, S2
Proline	S14, S2
20:4 undifferentiated	S2
Caffeine	S2
Phosphorus, P	S2
Carotene, alpha	S2
Lycopene	S2
Methionine	S14, S2
Tyrosine	S14, S2
Cholesterol	S2
6:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Histidine	S14, S2
Alanine	S14, S2
18:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
18:4	S2

NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Manganese, Mn	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Cystine	S14, S2
Proline	S14, S2
4:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1415 of 3136

NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Ash	S2
Water	S2
Theobromine	S2
Calcium, Ca	S2
Selenium, Se	S2
Isoleucine	S14, S2
Lysine	S14, S2
Alanine	S14, S2
Cholesterol	S2
8:0	S2
16:1 undifferentiated	S2
Potassium, K	S2
Copper, Cu	S2
Lycopene	S2
Thiamin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Aspartic acid	S14, S2
14:0	S2
18:0	S2
Protein	S2
Sugars, total	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Histidine	S14, S2
10:0	S2
16:0	S2
18:2 undifferentiated	S2
Total lipid (fat)	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Methionine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1416 of 3136

NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Glutamic acid	S14, S2
12:0	S2
22:6 n-3	S2
Caffeine	S2
Sodium, Na	S2
Retinol	S2
Riboflavin	S2
Leucine	S14, S2
Valine	S14, S2
Arginine	S14, S2
18:1 undifferentiated	S2
20:5 n-3	S2
Phosphorus, P	S2
Zinc, Zn	S2
Carotene, alpha	S2
Vitamin B-12	S2
Serine	S14, S2
6:0	S2
20:4 undifferentiated	S2
22:5 n-3	S2
Fiber, total dietary	S2
Iron, Fe	S2
Magnesium, Mg	S2
Tocopherol, beta	S2
Glycine	S14, S2
18:3 undifferentiated	S2
18:4	S2
20:1	S2
22:1 undifferentiated	S2

NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Total lipid (fat)	S2
Manganese, Mn	S2
Tocopherol, beta	S2
Niacin	S2
6:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1417 of 3136

NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Ash	S2
Theobromine	S2
Fiber, total dietary	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Cholesterol	S2
Protein	S2
Water	S2
Copper, Cu	S2
Tocopherol, gamma	S2
18:2 undifferentiated	S2
18:4	S2
20:1	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Vitamin B-12	S2
16:0	S2
18:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Iron, Fe	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Sodium, Na	S2
Zinc, Zn	S2
Selenium, Se	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
4:0	S2
8:0	S2
14:0	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
Sugars, total	S2
Magnesium, Mg	S2
Retinol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1418 of 3136

NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Carotene, alpha	S2
Thiamin	S2
Pantothenic acid	S2
Vitamin B-6	S2
10:0	S2
12:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Caffeine	S2
Calcium, Ca	S2
Phosphorus, P	S2
Potassium, K	S2
Folate, total	S2

NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Total lipid (fat)	S2
Potassium, K	S2
Riboflavin	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Cholesterol	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Ash	S2
Lutein + zeaxanthin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
18:2 undifferentiated	S2
Fiber, total dietary	S2
Zinc, Zn	S2
Manganese, Mn	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1419 of 3136

NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Isoleucine	S14, S2
Serine	S14, S2
6:0	S2
18:3 undifferentiated	S2
Water	S2
Sugars, total	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Tocopherol, beta	S2
Niacin	S2
Lysine	S14, S2
Glutamic acid	S14, S2
4:0	S2
8:0	S2
12:0	S2
18:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Theobromine	S2
Sodium, Na	S2
Pantothenic acid	S2
Cystine	S14, S2
Alanine	S14, S2
18:1 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Caffeine	S2
Retinol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1420 of 3136

NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Carotene, beta	S2
Carotene, alpha	S2
Leucine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
10:0	S2
14:0	S2
16:0	S2
20:1	S2
Protein	S2
Copper, Cu	S2
Lycopene	S2
Thiamin	S2
Folate, total	S2
Tryptophan	S14, S2
Methionine	S14, S2
Histidine	S14, S2
22:5 n-3	S2

NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Ash	S2
Sodium, Na	S2
Manganese, Mn	S2
Carotene, alpha	S2
Riboflavin	S2
Folate, total	S2
Tryptophan	S14, S2
18:2 undifferentiated	S2
Water	S2
Caffeine	S2
Iron, Fe	S2
Potassium, K	S2
Copper, Cu	S2
Tocopherol, gamma	S2
Pantothenic acid	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1421 of 3136

NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Methionine	S14, S2
Arginine	S14, S2
6:0	S2
Calcium, Ca	S2
Vitamin B-6	S2
Threonine	S14, S2
Isoleucine	S14, S2
Histidine	S14, S2
18:4	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Selenium, Se	S2
8:0	S2
12:0	S2
14:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2
Carotene, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Lysine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
4:0	S2
10:0	S2
Theobromine	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Leucine	S14, S2
16:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Protein	S2
Sugars, total	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1422 of 3136

NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
20:5 n-3	S2
Fiber, total dietary	S2
Zinc, Zn	S2
Retinol	S2
Niacin	S2
Glutamic acid	S14, S2
18:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
20:1	S2

NDB No. 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Vitamin E (alpha-tocopherol)	S2
Tryptophan	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
10:0	S2
12:0	S2
16:0	S2
Total lipid (fat)	S2
Ash	S2
Iron, Fe	S2
Zinc, Zn	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1423 of 3136

NDB No. 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Folate, total	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Tyrosine	S14, S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:5 n-3	S2
Copper, Cu	S2
Manganese, Mn	S2
Phenylalanine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
14:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
Protein	S2
Retinol	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Lysine	S14, S2
Alanine	S14, S2
18:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
Water	S2
Phosphorus, P	S2
Potassium, K	S2
Selenium, Se	S2
Tocopherol, beta	S2
Threonine	S14, S2
Isoleucine	S14, S2
Arginine	S14, S2
18:0	S2
Calcium, Ca	S2
Thiamin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1424 of 3136

NDB No. 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Niacin	S2
Valine	S14, S2
Cholesterol	S2
Sodium, Na	S2
Pantothenic acid	S2
Glycine	S14, S2
Proline	S14, S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Riboflavin	S2
Vitamin B-6	S2
Methionine	S14, S2
Cystine	S14, S2

NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Protein	S2
Caffeine	S2
Retinol	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Phenylalanine	S14, S2
Aspartic acid	S14, S2
12:0	S2
18:0	S2
Sugars, total	S2
Magnesium, Mg	S2
Potassium, K	S2
Sodium, Na	S2
Riboflavin	S2
Folate, total	S2
Cystine	S14, S2
Proline	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1425 of 3136

NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Cholesterol	S2
20:4 undifferentiated	S2
Fiber, total dietary	S2
Iron, Fe	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Valine	S14, S2
20:1	S2
Water	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Pantothenic acid	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
14:0	S2
16:0	S2
16:1 undifferentiated	S2
18:4	S2
Calcium, Ca	S2
Phosphorus, P	S2
Thiamin	S2
Isoleucine	S14, S2
Glutamic acid	S14, S2
18:3 undifferentiated	S2
22:5 n-3	S2
Theobromine	S2
Carotene, beta	S2
Tryptophan	S14, S2
Methionine	S14, S2
Arginine	S14, S2
6:0	S2
18:2 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1426 of 3136

NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Ash	S2
Zinc, Zn	S2
Copper, Cu	S2
Niacin	S2
Leucine	S14, S2
Alanine	S14, S2
18:1 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Carotene, alpha	S2
Threonine	S14, S2
Tyrosine	S14, S2
Serine	S14, S2
4:0	S2
8:0	S2
10:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2

NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Caffeine	S2
Theobromine	S2
Iron, Fe	S2
Copper, Cu	S2
Folate, total	S2
Threonine	S14, S2
Arginine	S14, S2
Proline	S14, S2
12:0	S2
18:2 undifferentiated	S2
20:1	S2
Water	S2
Phosphorus, P	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1427 of 3136

NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

16:0	S2
18:1 undifferentiated	S2
20:5 n-3	S2
Sodium, Na	S2
Manganese, Mn	S2
Retinol	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Histidine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
18:3 undifferentiated	S2
Protein	S2
Fiber, total dietary	S2
Zinc, Zn	S2
Lycopene	S2
Thiamin	S2
Vitamin B-12	S2
Leucine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
4:0	S2
18:0	S2
22:6 n-3	S2
18:4	S2
Total lipid (fat)	S2
Ash	S2
Calcium, Ca	S2
Potassium, K	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Isoleucine	S14, S2
14:0	S2
Carotene, alpha	S2
Riboflavin	S2
Pantothenic acid	S2
Lysine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1428 of 3136

NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Tyrosine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
8:0	S2
22:5 n-3	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Tryptophan	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
6:0	S2
10:0	S2
22:1 undifferentiated	S2
Sugars, total	S2
Magnesium, Mg	S2
Cryptoxanthin, beta	S2
Niacin	S2
Vitamin B-6	S2
Methionine	S14, S2
Serine	S14, S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2

NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Phosphorus, P	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Thiamin	S2
Vitamin B-6	S2
Folate, total	S2
Tryptophan	S14, S2
Leucine	S14, S2
Lysine	S14, S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1429 of 3136

NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

18:2 undifferentiated	S2
Fatty acids, total monounsaturated	S2
Sugars, total	S2
Tocopherol, beta	S2
Isoleucine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
12:0	S2
Protein	S2
Theobromine	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Alanine	S14, S2
22:1 undifferentiated	S2
Potassium, K	S2
Riboflavin	S2
Arginine	S14, S2
Fatty acids, total saturated	S2
10:0	S2
16:0	S2
18:0	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Total lipid (fat)	S2
Water	S2
Magnesium, Mg	S2
Sodium, Na	S2
Zinc, Zn	S2
Carotene, beta	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Histidine	S14, S2
4:0	S2
16:1 undifferentiated	S2
18:4	S2
Caffeine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1430 of 3136

NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Fiber, total dietary	S2
Iron, Fe	S2
Manganese, Mn	S2
Lutein + zeaxanthin	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
22:5 n-3	S2
Calcium, Ca	S2
Copper, Cu	S2
Retinol	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Niacin	S2
Pantothenic acid	S2
Methionine	S14, S2
8:0	S2
14:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
20:1	S2
Fatty acids, total polyunsaturated	S2
Ash	S2
Carotene, alpha	S2
Phenylalanine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
6:0	S2

NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Ash	S2
Fiber, total dietary	S2
Selenium, Se	S2
Niacin	S2
Vitamin B-6	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1431 of 3136

NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Valine	S14, S2
Glycine	S14, S2
12:0	S2
Zinc, Zn	S2
Thiamin	S2
Lysine	S14, S2
Aspartic acid	S14, S2
8:0	S2
Total lipid (fat)	S2
Sugars, total	S2
Iron, Fe	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Threonine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Cholesterol	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
Methionine	S14, S2
Alanine	S14, S2
18:3 undifferentiated	S2
18:4	S2
22:5 n-3	S2
Protein	S2
Magnesium, Mg	S2
Riboflavin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
10:0	S2
20:1	S2
Theobromine	S2
Sodium, Na	S2
Lycopene	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1432 of 3136

NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2
Folate, total	S2
Leucine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2
6:0	S2
16:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Caffeine	S2
Copper, Cu	S2
Tryptophan	S14, S2
Serine	S14, S2
18:0	S2
20:4 undifferentiated	S2
Water	S2
Calcium, Ca	S2
Phosphorus, P	S2
Manganese, Mn	S2
Retinol	S2
Carotene, alpha	S2
Glutamic acid	S14, S2
4:0	S2
14:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:5 n-3	S2

NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Sodium, Na	S2
------------	----

Reference Report

JUL-17-2008 02:00 PM

Page 1433 of 3136

NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Selenium, Se	S2
Vitamin B-6	S2
Alanine	S14, S2
Proline	S14, S2
12:0	S2
18:2 undifferentiated	S2
Ash	S2
Water	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
10:0	S2
Calcium, Ca	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Aspartic acid	S14, S2
Serine	S14, S2
4:0	S2
18:4	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Sugars, total	S2
Zinc, Zn	S2
Threonine	S14, S2
Leucine	S14, S2
Cholesterol	S2
6:0	S2
18:1 undifferentiated	S2
Caffeine	S2
Iron, Fe	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1434 of 3136

NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Magnesium, Mg	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Riboflavin	S2
Pantothenic acid	S2
Histidine	S14, S2
8:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Phosphorus, P	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Cystine	S14, S2
Arginine	S14, S2
18:0	S2
20:1	S2
Protein	S2
Total lipid (fat)	S2
Theobromine	S2
Fiber, total dietary	S2
Copper, Cu	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tocopherol, beta	S2
Niacin	S2
Lysine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
14:0	S2
16:0	S2
Retinol	S2
Carotene, alpha	S2
Isoleucine	S14, S2
Methionine	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1435 of 3136

NDB No. 13428 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Tryptophan	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Proline	S14, S2
Alanine	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Methionine	S14, S2
Histidine	S14, S2

NDB No. 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Isoleucine	S14, S2
Leucine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Cystine	S14, S2
Threonine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Methionine	S14, S2
Lysine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1436 of 3136

NDB No. 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Aspartic acid	S14, S2
Serine	S14, S2

NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Retinol	S2
Tryptophan	S14, S2
Valine	S14, S2
18:1 undifferentiated	S2
18:4	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Ash	S2
Potassium, K	S2
Sodium, Na	S2
Manganese, Mn	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
16:1 undifferentiated	S2
Protein	S2
Sugars, total	S2
Iron, Fe	S2
Phosphorus, P	S2
Aspartic acid	S14, S2
Glycine	S14, S2
8:0	S2
18:0	S2
Water	S2
Calcium, Ca	S2
Copper, Cu	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1437 of 3136

NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Lycopene	S2
Lutein + zeaxanthin	S2
Tyrosine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
6:0	S2
Theobromine	S2
Selenium, Se	S2
Carotene, alpha	S2
Riboflavin	S2
Folate, total	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
22:5 n-3	S2
Magnesium, Mg	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Niacin	S2
Threonine	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Arginine	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2
20:1	S2
Caffeine	S2
Zinc, Zn	S2
Thiamin	S2
Vitamin B-6	S2
Vitamin B-12	S2
Methionine	S14, S2
4:0	S2
10:0	S2
16:0	S2
Total lipid (fat)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1438 of 3136

NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Fiber, total dietary	S2
Histidine	S14, S2
Proline	S14, S2
Serine	S14, S2
12:0	S2
14:0	S2

NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Theobromine	S2
Carotene, alpha	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
18:2 undifferentiated	S2
22:5 n-3	S2
Phosphorus, P	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
10:0	S2
16:0	S2
16:1 undifferentiated	S2
18:4	S2
Total lipid (fat)	S2
Sugars, total	S2
Fiber, total dietary	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Glycine	S14, S2
8:0	S2
Calcium, Ca	S2
Tocopherol, beta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1439 of 3136

NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Isoleucine	S14, S2
Leucine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
Potassium, K	S2
Manganese, Mn	S2
Carotene, beta	S2
Niacin	S2
Vitamin B-12	S2
Alanine	S14, S2
Proline	S14, S2
18:0	S2
20:1	S2
Ash	S2
Iron, Fe	S2
Retinol	S2
Lycopene	S2
Vitamin B-6	S2
Cystine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
6:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Water	S2
Caffeine	S2
Sodium, Na	S2
Selenium, Se	S2
Tocopherol, delta	S2
Folate, total	S2
Lysine	S14, S2
Methionine	S14, S2
14:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1440 of 3136

NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

18:1 undifferentiated	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Pantothenic acid	S2
4:0	S2
12:0	S2
22:6 n-3	S2

NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Water	S2
Iron, Fe	S2
Tocopherol, delta	S2
Riboflavin	S2
Lysine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
6:0	S2
14:0	S2
18:0	S2
18:3 undifferentiated	S2
Caffeine	S2
Calcium, Ca	S2
Phosphorus, P	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Isoleucine	S14, S2
Valine	S14, S2
Glycine	S14, S2
4:0	S2
10:0	S2
20:1	S2
Zinc, Zn	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1441 of 3136

NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Selenium, Se	S2
Carotene, beta	S2
Vitamin B-6	S2
Folate, total	S2
Threonine	S14, S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
22:5 n-3	S2
Ash	S2
Theobromine	S2
Sugars, total	S2
Carotene, alpha	S2
Thiamin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Arginine	S14, S2
Alanine	S14, S2
Proline	S14, S2
Cholesterol	S2
16:0	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Retinol	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Tryptophan	S14, S2
8:0	S2
Total lipid (fat)	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Vitamin B-12	S2
Aspartic acid	S14, S2
22:1 undifferentiated	S2
Tyrosine	S14, S2
12:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1442 of 3136

NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:1 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:5 n-3	S2
Protein	S2
Potassium, K	S2
Copper, Cu	S2
Manganese, Mn	S2
Niacin	S2
Leucine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2

NDB No. 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Theobromine	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Vitamin B-12	S2
16:0	S2
Caffeine	S2
Magnesium, Mg	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Ash	S2
Water	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
4:0	S2
8:0	S2
12:0	S2
14:0	S2
20:1	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1443 of 3136

NDB No. 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Total lipid (fat)	S2
Phosphorus, P	S2
Sodium, Na	S2
Vitamin B-6	S2
Cholesterol	S2
6:0	S2
18:0	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Sugars, total	S2
Fiber, total dietary	S2
Retinol	S2
Carotene, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Pantothenic acid	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Iron, Fe	S2
Manganese, Mn	S2
18:2 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:5 n-3	S2
22:5 n-3	S2
Protein	S2
Zinc, Zn	S2
Copper, Cu	S2
Carotene, alpha	S2
10:0	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1444 of 3136

NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Caffeine	S2
Sodium, Na	S2
Copper, Cu	S2
Carotene, alpha	S2
Lycopene	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Valine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
10:0	S2
14:0	S2
18:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Ash	S2
Calcium, Ca	S2
Potassium, K	S2
Tocopherol, delta	S2
Niacin	S2
Arginine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
22:6 n-3	S2
Protein	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Lysine	S14, S2
Phenylalanine	S14, S2
6:0	S2
Carotene, beta	S2
Threonine	S14, S2
Cholesterol	S2
4:0	S2
Total lipid (fat)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1445 of 3136

NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Leucine	S14, S2
Methionine	S14, S2
8:0	S2
16:1 undifferentiated	S2
20:1	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Riboflavin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
18:3 undifferentiated	S2
22:5 n-3	S2
Water	S2
Theobromine	S2
Sugars, total	S2
Iron, Fe	S2
Zinc, Zn	S2
Retinol	S2
Thiamin	S2
Vitamin B-6	S2
Cystine	S14, S2
Serine	S14, S2
12:0	S2
18:4	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Manganese, Mn	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Tyrosine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
16:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1446 of 3136

NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

18:1 undifferentiated S2

NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Tocopherol, gamma S2
Riboflavin S2
Niacin S2
Isoleucine S14, S2
12:0 S2
Carotene, alpha S2
Lycopene S2
Tryptophan S14, S2
Lysine S14, S2
Cystine S14, S2
Tyrosine S14, S2
Histidine S14, S2
Serine S14, S2
Cholesterol S2
Total lipid (fat) S2
Carotene, beta S2
Tocopherol, beta S2
Vitamin B-12 S2
Vitamin K (phylloquinone) S2
Phenylalanine S14, S2
Valine S14, S2
Arginine S14, S2
Glutamic acid S14, S2
18:3 undifferentiated S2
20:5 n-3 S2
Theobromine S2
Fiber, total dietary S2
Phosphorus, P S2
Manganese, Mn S2
Retinol S2
Folate, total S2
Alanine S14, S2
18:0 S2

Reference Report

JUL-17-2008 02:00 PM

Page 1447 of 3136

NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

18:2 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
Iron, Fe	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Threonine	S14, S2
Methionine	S14, S2
4:0	S2
Protein	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Aspartic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
6:0	S2
8:0	S2
10:0	S2
16:0	S2
18:4	S2
Sugars, total	S2
Calcium, Ca	S2
Sodium, Na	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
18:1 undifferentiated	S2
Ash	S2
Water	S2
Caffeine	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Tocopherol, delta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1448 of 3136

NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Pantothenic acid	S2
Leucine	S14, S2
14:0	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

Iron, Fe	S2
Zinc, Zn	S2
Lycopene	S2
Vitamin B-6	S2
Histidine	S14, S2
22:5 n-3	S2
Ash	S2
Sugars, total	S2
Folate, total	S2
Phenylalanine	S14, S2
4:0	S2
12:0	S2
22:1 undifferentiated	S2
Threonine	S14, S2
Isoleucine	S14, S2
Lysine	S14, S2
Valine	S14, S2
16:0	S2
18:3 undifferentiated	S2
20:1	S2
Phosphorus, P	S2
Manganese, Mn	S2
Retinol	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Alanine	S14, S2
Serine	S14, S2
6:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1449 of 3136

NDB No. 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

18:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Protein	S2
Water	S2
Potassium, K	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
8:0	S2
14:0	S2
18:2 undifferentiated	S2
Magnesium, Mg	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Thiamin	S2
Niacin	S2
Aspartic acid	S14, S2
Cholesterol	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Sodium, Na	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Riboflavin	S2
Pantothenic acid	S2
Vitamin B-12	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1450 of 3136

NDB No. 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Cystine	S14, S2
Tyrosine	S14, S2
10:0	S2
22:6 n-3	S2
Caffeine	S2
Theobromine	S2
Calcium, Ca	S2
Copper, Cu	S2
18:1 undifferentiated	S2

NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Magnesium, Mg	S2
Phosphorus, P	S2
Copper, Cu	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin C, total ascorbic acid	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Serine	S14, S2
20:4 undifferentiated	S2
Caffeine	S2
Potassium, K	S2
Retinol	S2
Lycopene	S2
Methionine	S14, S2
Glutamic acid	S14, S2
18:0	S2
18:1 undifferentiated	S2
20:5 n-3	S2
Fiber, total dietary	S2
Arginine	S14, S2
Proline	S14, S2
4:0	S2
6:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1451 of 3136

NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

12:0	S2
14:0	S2
16:0	S2
22:6 n-3	S2
Total lipid (fat)	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Alanine	S14, S2
10:0	S2
Water	S2
Zinc, Zn	S2
Manganese, Mn	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Vitamin B-12	S2
Cystine	S14, S2
16:1 undifferentiated	S2
20:1	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Protein	S2
Ash	S2
Theobromine	S2
Tocopherol, beta	S2
Tryptophan	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Thiamin	S2
Pantothenic acid	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1452 of 3136

NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Vitamin B-6	S2
Leucine	S14, S2
Histidine	S14, S2
Sugars, total	S2
Iron, Fe	S2
Sodium, Na	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Niacin	S2
Valine	S14, S2
Cholesterol	S2
8:0	S2
18:4	S2

NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Water	S2
Caffeine	S2
Sodium, Na	S2
Copper, Cu	S2
Selenium, Se	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
10:0	S2
12:0	S2
18:0	S2
18:3 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-12	S2
Threonine	S14, S2
Lysine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1453 of 3136

NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Methionine	S14, S2
Histidine	S14, S2
8:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Cryptoxanthin, beta	S2
Cystine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
4:0	S2
Protein	S2
Fiber, total dietary	S2
Retinol	S2
Carotene, alpha	S2
Riboflavin	S2
Tryptophan	S14, S2
Serine	S14, S2
16:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Sugars, total	S2
Iron, Fe	S2
Potassium, K	S2
Folate, total	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Manganese, Mn	S2
Carotene, beta	S2
Phenylalanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Cholesterol	S2
22:6 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1454 of 3136

NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Phosphorus, P	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Vitamin B-6	S2
Arginine	S14, S2
Alanine	S14, S2
6:0	S2
14:0	S2
Theobromine	S2
Magnesium, Mg	S2
Leucine	S14, S2
18:4	S2
20:1	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
Iron, Fe	S2
Carotene, alpha	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
8:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Caffeine	S2
Sugars, total	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1455 of 3136

NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Cryptoxanthin, beta	S2
Riboflavin	S2
Niacin	S2
Histidine	S14, S2
Water	S2
Theobromine	S2
Sodium, Na	S2
Manganese, Mn	S2
Retinol	S2
Carotene, beta	S2
Tocopherol, beta	S2
Methionine	S14, S2
Glycine	S14, S2
18:0	S2
18:1 undifferentiated	S2
20:1	S2
Copper, Cu	S2
Tocopherol, delta	S2
Folate, total	S2
Lysine	S14, S2
Aspartic acid	S14, S2
4:0	S2
14:0	S2
Ash	S2
Calcium, Ca	S2
Phosphorus, P	S2
Potassium, K	S2
Selenium, Se	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Proline	S14, S2
Cholesterol	S2
16:1 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Fiber, total dietary	S2
Magnesium, Mg	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1456 of 3136

NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Zinc, Zn	S2
Threonine	S14, S2
Valine	S14, S2
Alanine	S14, S2
6:0	S2
10:0	S2
16:0	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
12:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:5 n-3	S2
Tyrosine	S14, S2
Arginine	S14, S2
Serine	S14, S2

NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Water	S2
Threonine	S14, S2
Proline	S14, S2
Caffeine	S2
Potassium, K	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
6:0	S2
10:0	S2
18:4	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1457 of 3136

NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Calcium, Ca	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Thiamin	S2
Niacin	S2
Pantothenic acid	S2
Lysine	S14, S2
18:1 undifferentiated	S2
Total lipid (fat)	S2
Sugars, total	S2
Fiber, total dietary	S2
Sodium, Na	S2
Zinc, Zn	S2
Selenium, Se	S2
Carotene, beta	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Vitamin B-12	S2
Cystine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
22:1 undifferentiated	S2
Protein	S2
Phosphorus, P	S2
Tocopherol, gamma	S2
Folate, total	S2
Methionine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
Cholesterol	S2
4:0	S2
8:0	S2
18:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1458 of 3136

NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

20:4 undifferentiated	S2
22:6 n-3	S2
20:1	S2
22:5 n-3	S2
Theobromine	S2
Magnesium, Mg	S2
Manganese, Mn	S2
Carotene, alpha	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
16:1 undifferentiated	S2
20:5 n-3	S2
Retinol	S2
Tyrosine	S14, S2
Ash	S2
Iron, Fe	S2
Lutein + zeaxanthin	S2
Tryptophan	S14, S2
Leucine	S14, S2
Valine	S14, S2
Alanine	S14, S2
12:0	S2
14:0	S2
16:0	S2

NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Manganese, Mn	S2
Tocopherol, delta	S2
6:0	S2
10:0	S2
16:0	S2
Protein	S2
Water	S2
Caffeine	S2
Theobromine	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1459 of 3136

NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Calcium, Ca	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Threonine	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Ash	S2
Phosphorus, P	S2
Sodium, Na	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Arginine	S14, S2
Sugars, total	S2
Iron, Fe	S2
Magnesium, Mg	S2
Riboflavin	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Aspartic acid	S14, S2
18:4	S2
Selenium, Se	S2
Carotene, beta	S2
Carotene, alpha	S2
Lycopene	S2
Tocopherol, beta	S2
Vitamin B-6	S2
Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
12:0	S2
18:0	S2
Zinc, Zn	S2
Cryptoxanthin, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1460 of 3136

NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Thiamin	S2
Methionine	S14, S2
20:4 undifferentiated	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Fiber, total dietary	S2
Copper, Cu	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Valine	S14, S2
Histidine	S14, S2
4:0	S2
18:2 undifferentiated	S2
22:6 n-3	S2
20:1	S2
Total lipid (fat)	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
8:0	S2
14:0	S2

NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Alanine	S14, S2
4:0	S2
8:0	S2
22:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1461 of 3136

NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Theobromine	S2
Magnesium, Mg	S2
Tocopherol, delta	S2
Lysine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Serine	S14, S2
12:0	S2
16:0	S2
18:4	S2
Total lipid (fat)	S2
Water	S2
Caffeine	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Aspartic acid	S14, S2
Glycine	S14, S2
16:1 undifferentiated	S2
22:5 n-3	S2
Protein	S2
Calcium, Ca	S2
Phosphorus, P	S2
Zinc, Zn	S2
Riboflavin	S2
Niacin	S2
Isoleucine	S14, S2
Leucine	S14, S2
18:3 undifferentiated	S2
Fiber, total dietary	S2
Sodium, Na	S2
Copper, Cu	S2
Carotene, alpha	S2
Thiamin	S2
Vitamin B-12	S2
Tyrosine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1462 of 3136

NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Valine	S14, S2
Glutamic acid	S14, S2
20:5 n-3	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Arginine	S14, S2
6:0	S2
10:0	S2
18:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
20:1	S2
Ash	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Methionine	S14, S2
14:0	S2
Sugars, total	S2
Iron, Fe	S2
Potassium, K	S2
Selenium, Se	S2
Retinol	S2
Tocopherol, beta	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Proline	S14, S2
Cholesterol	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2

NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Caffeine	S2
----------	----

Reference Report

JUL-17-2008 02:00 PM

Page 1463 of 3136

NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calcium, Ca	S2
Copper, Cu	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
Total lipid (fat)	S2
Cryptoxanthin, beta	S2
Valine	S14, S2
12:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
18:4	S2
Theobromine	S2
Magnesium, Mg	S2
Manganese, Mn	S2
Carotene, beta	S2
Lycopene	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Cystine	S14, S2
14:0	S2
18:0	S2
20:5 n-3	S2
Selenium, Se	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2
Lysine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
4:0	S2
18:2 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1464 of 3136

NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Water	S2
Sugars, total	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Sodium, Na	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
20:1	S2
Ash	S2
Iron, Fe	S2
Riboflavin	S2
Niacin	S2
Arginine	S14, S2
Alanine	S14, S2
16:0	S2
Zinc, Zn	S2
Thiamin	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Glutamic acid	S14, S2
10:0	S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2
Protein	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Methionine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Cholesterol	S2
6:0	S2
8:0	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1465 of 3136

NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Sugars, total	S2
Phosphorus, P	S2
Zinc, Zn	S2
Selenium, Se	S2
Carotene, beta	S2
Pantothenic acid	S2
Proline	S14, S2
18:1 undifferentiated	S2
22:6 n-3	S2
Protein	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Leucine	S14, S2
Alanine	S14, S2
Serine	S14, S2
16:0	S2
18:0	S2
22:1 undifferentiated	S2
Ash	S2
Potassium, K	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Cholesterol	S2
10:0	S2
20:4 undifferentiated	S2
Total lipid (fat)	S2
Theobromine	S2
Magnesium, Mg	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Threonine	S14, S2
Glycine	S14, S2
Copper, Cu	S2
Manganese, Mn	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1466 of 3136

NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Vitamin C, total ascorbic acid	S2
Niacin	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
14:0	S2
20:1	S2
Retinol	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Vitamin B-12	S2
Lysine	S14, S2
Methionine	S14, S2
Glutamic acid	S14, S2
4:0	S2
20:5 n-3	S2
22:5 n-3	S2
Caffeine	S2
Calcium, Ca	S2
Iron, Fe	S2
Folate, total	S2
Tryptophan	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
6:0	S2
12:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
Water	S2
Fiber, total dietary	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Tocopherol, gamma	S2
Cystine	S14, S2
8:0	S2
18:3 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1467 of 3136

NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:4 S2

NDB No. 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Magnesium, Mg	S2
Phosphorus, P	S2
Selenium, Se	S2
Retinol	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Riboflavin	S2
Phenylalanine	S14, S2
Alanine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Pantothenic acid	S2
Threonine	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
14:0	S2
Ash	S2
Water	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Leucine	S14, S2
Glutamic acid	S14, S2
18:4	S2
Total lipid (fat)	S2
Sodium, Na	S2
Niacin	S2
Valine	S14, S2
Histidine	S14, S2
Glycine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1468 of 3136

NDB No. 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

12:0	S2
18:2 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Folate, total	S2
Methionine	S14, S2
10:0	S2
22:1 undifferentiated	S2
Iron, Fe	S2
Copper, Cu	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Tyrosine	S14, S2
Arginine	S14, S2
16:0	S2
Vitamin B-6	S2
20:1	S2
20:5 n-3	S2
Protein	S2
Potassium, K	S2
Zinc, Zn	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Cholesterol	S2
18:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2

NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Zinc, Zn	S2
Manganese, Mn	S2
Retinol	S2
Carotene, beta	S2
Niacin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1469 of 3136

NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Leucine	S14, S2
Serine	S14, S2
Total lipid (fat)	S2
Ash	S2
Theobromine	S2
Thiamin	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
18:0	S2
Caffeine	S2
Magnesium, Mg	S2
Copper, Cu	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
10:0	S2
12:0	S2
14:0	S2
Sugars, total	S2
Fiber, total dietary	S2
Arginine	S14, S2
18:2 undifferentiated	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Phosphorus, P	S2
Potassium, K	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Cystine	S14, S2
Aspartic acid	S14, S2
4:0	S2
6:0	S2
18:3 undifferentiated	S2
20:5 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1470 of 3136

NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Tocopherol, delta	S2
Riboflavin	S2
Folate, total	S2
Tryptophan	S14, S2
18:4	S2
20:1	S2
Protein	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Vitamin B-12	S2
Lysine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
8:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Sodium, Na	S2
Carotene, alpha	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Methionine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Cholesterol	S2
16:0	S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2

NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Ash	S2
-----	----

Reference Report

JUL-17-2008 02:00 PM

Page 1471 of 3136

NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Sugars, total	S2
Iron, Fe	S2
Zinc, Zn	S2
Selenium, Se	S2
Isoleucine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Proline	S14, S2
16:0	S2
18:2 undifferentiated	S2
22:6 n-3	S2
Calcium, Ca	S2
Lycopene	S2
Tocopherol, delta	S2
Phenylalanine	S14, S2
Histidine	S14, S2
6:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
Magnesium, Mg	S2
Thiamin	S2
Vitamin B-12	S2
Lysine	S14, S2
Cystine	S14, S2
Total lipid (fat)	S2
Water	S2
Caffeine	S2
Sodium, Na	S2
Riboflavin	S2
Folate, total	S2
Leucine	S14, S2
Methionine	S14, S2
Protein	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Retinol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1472 of 3136

NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Carotene, alpha	S2
Cryptoxanthin, beta	S2
Niacin	S2
Pantothenic acid	S2
Tryptophan	S14, S2
8:0	S2
10:0	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Potassium, K	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Aspartic acid	S14, S2
4:0	S2
18:0	S2
20:1	S2
20:5 n-3	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
14:0	S2
16:1 undifferentiated	S2
Theobromine	S2
Manganese, Mn	S2
Carotene, beta	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Alanine	S14, S2
Serine	S14, S2
Cholesterol	S2
12:0	S2
18:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1473 of 3136

NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Magnesium, Mg	S221
Threonine	S2
Glycine	S2
16:0	S221
18:1 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
Selenium, Se	S221
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Proline	S2
Serine	S2
18:2 undifferentiated	S221
16:1 undifferentiated	S221
Water	S221
Zinc, Zn	S221
Cystine	S2
Arginine	S2
Histidine	S2
Cholesterol	S221
12:0	S221
14:0	S221
20:0	S221
14:1	S221
Protein	S221
Iron, Fe	S221
Phenylalanine	S2
Calcium, Ca	S221
Tyrosine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Total lipid (fat)	S221
Tryptophan	S2
Valine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1474 of 3136

NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

18:0	S221
Ash	S221
Potassium, K	S221

NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Magnesium, Mg	S221
Lysine	S2
Phenylalanine	S2
Glycine	S2
Threonine	S2
Serine	S2
14:1	S221
Protein	S221
Selenium, Se	S221
Arginine	S2
Aspartic acid	S2
16:0	S221
18:2 undifferentiated	S221
Calcium, Ca	S221
Tryptophan	S2
Leucine	S2
Water	S221
Iron, Fe	S221
Isoleucine	S2
Tyrosine	S2
Histidine	S2
20:0	S221
18:1 undifferentiated	S221
16:1 undifferentiated	S221
Proline	S2
14:0	S221
Total lipid (fat)	S221
Methionine	S2
Alanine	S2
Glutamic acid	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1475 of 3136

NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

20:4 undifferentiated	S221
Ash	S221
Zinc, Zn	S221
Cystine	S2
Valine	S2
Cholesterol	S221
12:0	S221
18:0	S221
18:3 undifferentiated	S221

NDB No. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Total lipid (fat)	S221
18:3 undifferentiated	S221
Tyrosine	S2
Alanine	S2
16:0	S221
Calcium, Ca	S221
Magnesium, Mg	S221
Lysine	S2
Methionine	S2
12:0	S221
Water	S221
Tryptophan	S2
Phenylalanine	S2
Glycine	S2
Proline	S2
14:1	S221
Zinc, Zn	S221
Valine	S2
Aspartic acid	S2
14:0	S221
Ash	S221
Iron, Fe	S221
Potassium, K	S221
Leucine	S2
Histidine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1476 of 3136

NDB No. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Serine	S2
18:1 undifferentiated	S221
Protein	S221
Cholesterol	S221
16:1 undifferentiated	S221
Selenium, Se	S221
Threonine	S2
Isoleucine	S2
Cystine	S2
Arginine	S2
Glutamic acid	S2
18:0	S221
20:0	S221
18:2 undifferentiated	S221
20:4 undifferentiated	S221

NDB No. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Aspartic acid	S2
12:0	S221
Ash	S221
Alanine	S2
Water	S221
Magnesium, Mg	S221
Cystine	S2
Tyrosine	S2
Serine	S2
14:0	S221
16:0	S221
18:3 undifferentiated	S221
Iron, Fe	S221
Glycine	S2
Proline	S2
Protein	S221

Reference Report

JUL-17-2008 02:00 PM

Page 1477 of 3136

NDB No. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Methionine	S2
Phenylalanine	S2
20:0	S221
14:1	S221
Total lipid (fat)	S221
Threonine	S2
Leucine	S2
Arginine	S2
Histidine	S2
Glutamic acid	S2
18:0	S221
16:1 undifferentiated	S221
Calcium, Ca	S221
Valine	S2
Cholesterol	S221
Tryptophan	S2
Isoleucine	S2
Lysine	S2
18:1 undifferentiated	S221
18:2 undifferentiated	S221
20:4 undifferentiated	S221

NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Protein	S2
Water	S2
Magnesium, Mg	S2
Sodium, Na	S2
Pantothenic acid	S2
Aspartic acid	S14, S2
18:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:1	S2
Calcium, Ca	S2
Lycopene	S2
Thiamin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1478 of 3136

NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Niacin	S2
Leucine	S14, S2
Cystine	S14, S2
Glycine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
Iron, Fe	S2
Tocopherol, beta	S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
16:0	S2
22:6 n-3	S2
22:5 n-3	S2
Fiber, total dietary	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
Ash	S2
Caffeine	S2
Phosphorus, P	S2
Potassium, K	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
8:0	S2
14:0	S2
20:5 n-3	S2
Zinc, Zn	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1479 of 3136

NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Histidine	S14, S2
12:0	S2
20:4 undifferentiated	S2
Theobromine	S2
Sugars, total	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Proline	S14, S2
18:4	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Carotene, beta	S2
Lutein + zeaxanthin	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Serine	S14, S2
10:0	S2

NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Protein	S2
Caffeine	S2
Selenium, Se	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Phenylalanine	S14, S2
16:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1480 of 3136

NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

20:4 undifferentiated	S2
20:1	S2
Water	S2
Calcium, Ca	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Arginine	S14, S2
Alanine	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
16:1 undifferentiated	S2
18:4	S2
Iron, Fe	S2
Magnesium, Mg	S2
Potassium, K	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Lysine	S14, S2
Aspartic acid	S14, S2
22:6 n-3	S2
Tocopherol, beta	S2
Niacin	S2
Vitamin B-12	S2
Threonine	S14, S2
Leucine	S14, S2
Glutamic acid	S14, S2
6:0	S2
12:0	S2
18:3 undifferentiated	S2
Theobromine	S2
Fiber, total dietary	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1481 of 3136

NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Thiamin	S2
Riboflavin	S2
Tyrosine	S14, S2
Proline	S14, S2
8:0	S2
14:0	S2
Total lipid (fat)	S2
Phosphorus, P	S2
Zinc, Zn	S2
Carotene, alpha	S2
Isoleucine	S14, S2
Histidine	S14, S2
10:0	S2
18:2 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2
Manganese, Mn	S2
Retinol	S2
Tocopherol, delta	S2
Cystine	S14, S2
Glycine	S14, S2
18:0	S2
22:1 undifferentiated	S2
Ash	S2
Sugars, total	S2
Sodium, Na	S2
Tocopherol, gamma	S2
Tryptophan	S14, S2
Valine	S14, S2

NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Total lipid (fat)	S2
Water	S2
Potassium, K	S2
Selenium, Se	S2
Tocopherol, beta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1482 of 3136

NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Thiamin	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
18:3 undifferentiated	S2
20:1	S2
Caffeine	S2
Sugars, total	S2
Zinc, Zn	S2
Manganese, Mn	S2
Carotene, alpha	S2
Riboflavin	S2
Lysine	S14, S2
Glutamic acid	S14, S2
16:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
Protein	S2
Ash	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Niacin	S2
Histidine	S14, S2
4:0	S2
6:0	S2
18:0	S2
Copper, Cu	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Arginine	S14, S2
10:0	S2
18:4	S2
Theobromine	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Sodium, Na	S2
Folate, total	S2
Methionine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1483 of 3136

NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Alanine	S14, S2
Proline	S14, S2
14:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2
Fiber, total dietary	S2
Iron, Fe	S2
Cryptoxanthin, beta	S2
Vitamin B-6	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Valine	S14, S2
Glycine	S14, S2
8:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Retinol	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Threonine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
12:0	S2
20:5 n-3	S2
Calcium, Ca	S2
Carotene, beta	S2
Lycopene	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
20:4 undifferentiated	S2

NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Theobromine	S2
-------------	----

Reference Report

JUL-17-2008 02:00 PM

Page 1484 of 3136

NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Glycine	S14, S2
14:0	S2
18:4	S2
22:5 n-3	S2
Sugars, total	S2
Sodium, Na	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Riboflavin	S2
Isoleucine	S14, S2
Histidine	S14, S2
18:3 undifferentiated	S2
20:5 n-3	S2
Iron, Fe	S2
Potassium, K	S2
Tryptophan	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
Cholesterol	S2
18:0	S2
16:1 undifferentiated	S2
Retinol	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Tyrosine	S14, S2
Valine	S14, S2
18:2 undifferentiated	S2
20:1	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1485 of 3136

NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Calcium, Ca	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Alanine	S14, S2
Aspartic acid	S14, S2
10:0	S2
12:0	S2
Caffeine	S2
Phosphorus, P	S2
Copper, Cu	S2
Manganese, Mn	S2
Methionine	S14, S2
Arginine	S14, S2
6:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Fiber, total dietary	S2
Selenium, Se	S2
Lycopene	S2
Threonine	S14, S2
Proline	S14, S2
4:0	S2
16:0	S2
Protein	S2
Carotene, alpha	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Folate, total	S2
Leucine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
8:0	S2
20:4 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1486 of 3136

NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Ash	S2
Manganese, Mn	S2
Lycopene	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2
Serine	S14, S2
Cholesterol	S2
Total lipid (fat)	S2
Potassium, K	S2
Selenium, Se	S2
Niacin	S2
Cystine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
4:0	S2
16:1 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Sugars, total	S2
Pantothenic acid	S2
Alanine	S14, S2
Glutamic acid	S14, S2
20:5 n-3	S2
Iron, Fe	S2
Thiamin	S2
Riboflavin	S2
6:0	S2
12:0	S2
14:0	S2
18:3 undifferentiated	S2
Theobromine	S2
Fiber, total dietary	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1487 of 3136

NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Calcium, Ca	S2
Zinc, Zn	S2
Copper, Cu	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Isoleucine	S14, S2
10:0	S2
20:4 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Methionine	S14, S2
8:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Water	S2
Magnesium, Mg	S2
Retinol	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Threonine	S14, S2
Lysine	S14, S2
Valine	S14, S2
Proline	S14, S2
22:6 n-3	S2
Caffeine	S2
Phosphorus, P	S2
Sodium, Na	S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
16:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1488 of 3136

NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

18:0 S2

NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Ash S2

Fiber, total dietary S2

Carotene, beta S2

Tocopherol, gamma S2

10:0 S2

18:3 undifferentiated S2

16:1 undifferentiated S2

Sodium, Na S2

Zinc, Zn S2

Pantothenic acid S2

Lysine S14, S2

Methionine S14, S2

Phenylalanine S14, S2

4:0 S2

18:0 S2

20:4 undifferentiated S2

Caffeine S2

Sugars, total S2

Copper, Cu S2

Manganese, Mn S2

Cryptoxanthin, beta S2

Tocopherol, beta S2

Thiamin S2

Vitamin B-6 S2

Isoleucine S14, S2

Aspartic acid S14, S2

Cholesterol S2

6:0 S2

16:0 S2

20:1 S2

Total lipid (fat) S2

Lycopene S2

Tryptophan S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1489 of 3136

NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Leucine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
12:0	S2
Protein	S2
Calcium, Ca	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
Proline	S14, S2
20:5 n-3	S2
22:5 n-3	S2
Water	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
14:0	S2
18:1 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2
Folate, total	S2
Vitamin B-12	S2
Glutamic acid	S14, S2
Serine	S14, S2
8:0	S2
22:6 n-3	S2
Theobromine	S2
Selenium, Se	S2
Retinol	S2
Niacin	S2
Threonine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1490 of 3136

NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Cystine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
18:2 undifferentiated	S2

NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Iron, Fe	S2
Magnesium, Mg	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
6:0	S2
18:4	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Zinc, Zn	S2
Tocopherol, delta	S2
Riboflavin	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Histidine	S14, S2
Cholesterol	S2
18:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Sugars, total	S2
Phosphorus, P	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1491 of 3136

NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Cryptoxanthin, beta	S2
Lycopene	S2
Methionine	S14, S2
Proline	S14, S2
12:0	S2
22:5 n-3	S2
Lutein + zeaxanthin	S2
Glycine	S14, S2
22:6 n-3	S2
20:1	S2
20:5 n-3	S2
Caffeine	S2
Theobromine	S2
Sodium, Na	S2
Manganese, Mn	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Lysine	S14, S2
Tyrosine	S14, S2
4:0	S2
Protein	S2
Potassium, K	S2
Retinol	S2
Vitamin B-12	S2
8:0	S2
18:3 undifferentiated	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Niacin	S2
Folate, total	S2
Cystine	S14, S2
Arginine	S14, S2
14:0	S2
16:0	S2
18:1 undifferentiated	S2
Fiber, total dietary	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1492 of 3136

NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Copper, Cu	S2
Tocopherol, beta	S2
Pantothenic acid	S2
Alanine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
10:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2

NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Ash	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Threonine	S14, S2
Histidine	S14, S2
20:4 undifferentiated	S2
20:1	S2
Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2
Vitamin B-6	S2
Methionine	S14, S2
Valine	S14, S2
Alanine	S14, S2
4:0	S2
18:3 undifferentiated	S2
Sugars, total	S2
Fiber, total dietary	S2
Sodium, Na	S2
Copper, Cu	S2
Retinol	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Niacin	S2
Vitamin K (phylloquinone)	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1493 of 3136

NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Lysine	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Phosphorus, P	S2
Folate, total	S2
Vitamin B-12	S2
Aspartic acid	S14, S2
Serine	S14, S2
10:0	S2
Leucine	S14, S2
Cystine	S14, S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Theobromine	S2
Lycopene	S2
Tocopherol, beta	S2
Isoleucine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
12:0	S2
16:0	S2
Protein	S2
Caffeine	S2
Iron, Fe	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Selenium, Se	S2
Carotene, beta	S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1494 of 3136

NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

18:0	S2
Water	S2
Potassium, K	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Pantothenic acid	S2
Tyrosine	S14, S2
6:0	S2
8:0	S2
14:0	S2
18:2 undifferentiated	S2

NDB No. 13494 Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Thiamin	S14
Isoleucine	S14
Methionine	S14
Valine	S14
Alanine	S14
Proline	S14
Iron, Fe	S14
Niacin	S14
Vitamin B-12	S14
Glutamic acid	S14
Water	S14
Potassium, K	S14
Fluoride, F	D5001, D5002, D5007, D5021
Selenium, Se	S14
Tyrosine	S14
Histidine	S14
22:6 n-3	S14
Ash	S14
Calcium, Ca	S14
Riboflavin	S14
Leucine	S14

Reference Report

JUL-17-2008 02:00 PM

Page 1495 of 3136

NDB No. 13494 Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Glycine	S14
Serine	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Magnesium, Mg	S14
Sodium, Na	S14
Manganese, Mn	S14
Pantothenic acid	S14
Vitamin B-6	S14
Threonine	S14
Aspartic acid	S14
Cholesterol	S14
Protein	S14
Total lipid (fat)	S14
Zinc, Zn	S14
Retinol	S14
Folate, total	S14
Tryptophan	S14
Lysine	S14
Phosphorus, P	S14
Copper, Cu	S14
Cystine	S14
Phenylalanine	S14
Arginine	S14
20:5 n-3	S14

NDB No. 13495 Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Tyrosine	S14
Alanine	S14
Proline	S14
Cholesterol	S14
Ash	S14
Magnesium, Mg	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021

Reference Report

JUL-17-2008 02:00 PM

Page 1496 of 3136

NDB No. 13495 Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Riboflavin	S14
Vitamin B-12	S14
22:5 n-3	S14
Water	S14
Potassium, K	S14
Manganese, Mn	S14
Niacin	S14
Cystine	S14
Phenylalanine	S14
22:6 n-3	S14
Protein	S14
Phosphorus, P	S14
Selenium, Se	S14
Pantothenic acid	S14
Lysine	S14
Valine	S14
Calcium, Ca	S14
Thiamin	S14
Methionine	S14
Glutamic acid	S14
Glycine	S14
Retinol	S14
Folate, total	S14
Tryptophan	S14
Isoleucine	S14
20:5 n-3	S14
22:1 undifferentiated	S14
Iron, Fe	S14
Sodium, Na	S14
Threonine	S14
Arginine	S14
Histidine	S14
Aspartic acid	S14
Serine	S14
Total lipid (fat)	S14
Vitamin B-6	S14
Leucine	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1497 of 3136

NDB No. 13495 Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

18:4 S14

NDB No. 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Ash	S14
Sodium, Na	S14
Manganese, Mn	S14
Threonine	S14
Tyrosine	S14
Proline	S14
Cholesterol	S14
Total lipid (fat)	S14
Iron, Fe	S14
Magnesium, Mg	S14
Isoleucine	S14
Cystine	S14
Arginine	S14
22:5 n-3	S14
Retinol	S14
Riboflavin	S14
Glutamic acid	S14
Zinc, Zn	S14
Selenium, Se	S14
Thiamin	S14
Valine	S14
Histidine	S14
22:6 n-3	S14
Vitamin B-12	S14
Tryptophan	S14
Leucine	S14
Lysine	S14
Alanine	S14
Glycine	S14
Calcium, Ca	S14
Phosphorus, P	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021

Reference Report

JUL-17-2008 02:00 PM

Page 1498 of 3136

NDB No. 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Vitamin B-6	S14
Phenylalanine	S14
Aspartic acid	S14
Serine	S14
22:1 undifferentiated	S14
Protein	S14
Water	S14
Potassium, K	S14
Niacin	S14
Methionine	S14
20:5 n-3	S14

NDB No. 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

Magnesium, Mg	S14
Copper, Cu	S14
Vitamin B-6	S14
Leucine	S14
Valine	S14
Arginine	S14
Cholesterol	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
20:5 n-3	S14
17:0	S14
20:2 n-6 c,c	S14
Manganese, Mn	S14
Riboflavin	S14
Choline, total	S14
16:0	S14
20:0	S14
15:0	S14
20:3 undifferentiated	S14
Total lipid (fat)	S14
Iron, Fe	S14
Tryptophan	S14
16:1 undifferentiated	S14

Reference Report

JUL-17-2008 02:00 PM

Page 1499 of 3136

NDB No. 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

20:1	S14
22:1 undifferentiated	S14
Fatty acids, total trans-monoenoic	S14
Potassium, K	S14
Zinc, Zn	S14
Retinol	S14
Threonine	S14
22:0	S14
18:1 t	S14
Sodium, Na	S14
Tyrosine	S14
Histidine	S14
Alanine	S14
Fatty acids, total polyunsaturated	S14
17:1	S14
Ash	S14
Thiamin	S14
Vitamin K (phylloquinone)	S14
Betaine	S14
Isoleucine	S14
Phenylalanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Serine	S14
Fatty acids, total saturated	S14
8:0	S14
18:2 undifferentiated	S14
22:6 n-3	S14
Fatty acids, total monounsaturated	S14
Calcium, Ca	S14
Fluoride, F	D5001, D5002, D5007, D5021
Niacin	S14
Folate, total	S14
Lysine	S14
Proline	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1500 of 3136

NDB No. 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

12:0	S14
18:1 undifferentiated	S14
14:1	S14
22:5 n-3	S14
15:1	S14
Protein	S14
Water	S14
Phosphorus, P	S14
Selenium, Se	S14
Pantothenic acid	S14
Vitamin B-12	S14
Methionine	S14
Cystine	S14
Fatty acids, total trans	S14
10:0	S14
14:0	S14
18:0	S14
18:4	S14
18:3 n-6 c,c,c	S14
18:3 n-3 c,c,c	S14

NDB No. 13498 Beef, ground, 70% lean meat / 30% fat, raw

Iron, Fe	S14
Vitamin B-6	S14
Isoleucine	S14
Phenylalanine	S14
Glycine	S14
17:1	S14
Phosphorus, P	S14
Sodium, Na	S14
Vitamin B-12	S14
Methionine	S14
Alanine	S14
Glutamic acid	S14
Cholesterol	S14
Fatty acids, total saturated	S14

NDB No. 13498 Beef, ground, 70% lean meat / 30% fat, raw

8:0	S14
14:0	S14
18:2 undifferentiated	S14
Magnesium, Mg	S14
Retinol	S14
Niacin	S14
Vitamin K (phylloquinone)	S14
Tryptophan	S14
Tyrosine	S14
Aspartic acid	S14
Fatty acids, total trans	S14
18:3 undifferentiated	S14
22:0	S14
Fatty acids, total polyunsaturated	S14
18:3 n-6 c,c,c	S14
15:1	S14
Total lipid (fat)	S14
Ash	S14
Valine	S14
Proline	S14
Hydroxyproline	S14
16:0	S14
20:4 undifferentiated	S14
18:4	S14
20:5 n-3	S14
17:0	S14
20:3 undifferentiated	S14
Water	S14
Calcium, Ca	S14
Copper, Cu	S14
Thiamin	S14
Pantothenic acid	S14
Threonine	S14
Histidine	S14
18:1 undifferentiated	S14
16:1 undifferentiated	S14
22:5 n-3	S14

Reference Report

JUL-17-2008 02:00 PM

Page 1502 of 3136

NDB No. 13498 Beef, ground, 70% lean meat / 30% fat, raw

Fatty acids, total monounsaturated	S14
15:0	S14
18:3 n-3 c,c,c	S14
Potassium, K	S14
Manganese, Mn	S14
Riboflavin	S14
Choline, total	S14
18:0	S14
22:6 n-3	S14
20:1	S14
Zinc, Zn	S14
Fluoride, F	D5001, D5002, D5007, D5021
Selenium, Se	S14
Betaine	S14
Leucine	S14
Lysine	S14
Arginine	S14
12:0	S14
20:0	S14
14:1	S14
22:1 undifferentiated	S14
18:1 t	S14
20:2 n-6 c,c	S14
Protein	S14
Folate, total	S14
Cystine	S14
Serine	S14
10:0	S14

NDB No. 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked

Fluoride, F D5001, D5002, D5007, D5021

Reference Report

JUL-17-2008 02:00 PM

Page 1503 of 3136

NDB No. 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13798 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13799 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13800 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13801 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13802 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked

Fluoride, F D5001, D5002, D5007, D5021

NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein S2

Copper, Cu S2

Carotene, beta S2

Cryptoxanthin, beta S2

Lycopene S2

Tocopherol, beta S2

Tocopherol, delta S2

4:0 S2

18:3 undifferentiated S2

16:1 undifferentiated S2

18:4 S2

Phosphorus, P S2

Potassium, K S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1504 of 3136

NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Vitamin C, total ascorbic acid	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
Water	S2
Theobromine	S2
Fiber, total dietary	S2
Sodium, Na	S2
Threonine	S14, S2
Leucine	S14, S2
Methionine	S14, S2
14:0	S2
22:6 n-3	S2
20:1	S2
Sugars, total	S2
Zinc, Zn	S2
Isoleucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
22:5 n-3	S2
Iron, Fe	S2
Lutein + zeaxanthin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Histidine	S14, S2
16:0	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Thiamin	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1505 of 3136

NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Phenylalanine	S14, S2
Valine	S14, S2
Alanine	S14, S2
12:0	S2
Magnesium, Mg	S2
Selenium, Se	S2
Retinol	S2
Tocopherol, gamma	S2
Riboflavin	S2
Tyrosine	S14, S2
Glycine	S14, S2
Cholesterol	S2
8:0	S2
18:0	S2
18:2 undifferentiated	S2
Ash	S2
Caffeine	S2
Calcium, Ca	S2
Manganese, Mn	S2
Serine	S14, S2
6:0	S2
10:0	S2
20:5 n-3	S2

NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Caffeine	S2
Fiber, total dietary	S2
Sodium, Na	S2
Copper, Cu	S2
Carotene, beta	S2
Niacin	S2
Vitamin B-6	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Cystine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1506 of 3136

NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Alanine	S14, S2
Aspartic acid	S14, S2
12:0	S2
22:5 n-3	S2
Zinc, Zn	S2
Thiamin	S2
Glutamic acid	S14, S2
10:0	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
16:0	S2
20:4 undifferentiated	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Methionine	S14, S2
4:0	S2
14:0	S2
16:1 undifferentiated	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Leucine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Proline	S14, S2
Cholesterol	S2
18:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:5 n-3	S2
Protein	S2
Ash	S2
Theobromine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1507 of 3136

NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Manganese, Mn	S2
Retinol	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Folate, total	S2
Lysine	S14, S2
Tyrosine	S14, S2
18:4	S2
Water	S2
Sugars, total	S2
Iron, Fe	S2
Magnesium, Mg	S2
Potassium, K	S2
Phenylalanine	S14, S2
Valine	S14, S2
Serine	S14, S2
6:0	S2
8:0	S2
18:1 undifferentiated	S2
20:1	S2
22:1 undifferentiated	S2
Carotene, alpha	S2
Lycopene	S2
Tocopherol, beta	S2
Vitamin K (phylloquinone)	S2
Glycine	S14, S2
22:6 n-3	S2

NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Sugars, total	S2
Iron, Fe	S2
Phosphorus, P	S2
Selenium, Se	S2
Niacin	S2
Tryptophan	S14, S2
Leucine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1508 of 3136

NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Tyrosine	S14, S2
Alanine	S14, S2
6:0	S2
8:0	S2
16:0	S2
Total lipid (fat)	S2
Ash	S2
Sodium, Na	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Serine	S14, S2
4:0	S2
20:5 n-3	S2
Caffeine	S2
Calcium, Ca	S2
Manganese, Mn	S2
Carotene, beta	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
22:6 n-3	S2
Riboflavin	S2
Lysine	S14, S2
Cystine	S14, S2
Glycine	S14, S2
20:4 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Theobromine	S2
Tocopherol, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1509 of 3136

NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Methionine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
18:4	S2
Protein	S2
Water	S2
Zinc, Zn	S2
Copper, Cu	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
14:0	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Potassium, K	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin B-12	S2
10:0	S2
12:0	S2
18:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Pantothenic acid	S2
Threonine	S14, S2
Histidine	S14, S2
18:3 undifferentiated	S2

NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Iron, Fe	S2
Manganese, Mn	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1510 of 3136

NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Leucine	S14, S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
Calcium, Ca	S2
Potassium, K	S2
Niacin	S2
Methionine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
22:1 undifferentiated	S2
Protein	S2
Water	S2
Copper, Cu	S2
Retinol	S2
Tocopherol, beta	S2
Folate, total	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
Ash	S2
Tocopherol, delta	S2
Arginine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
10:0	S2
12:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Sodium, Na	S2
Fluoride, F	D5001, D5002, D5007, D5021
Riboflavin	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Threonine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1511 of 3136

NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Valine	S14, S2
Cholesterol	S2
16:0	S2
20:1	S2
20:5 n-3	S2
22:5 n-3	S2
Selenium, Se	S2
Tocopherol, gamma	S2
18:0	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Thiamin	S2
Pantothenic acid	S2
Vitamin B-12	S2
Glycine	S14, S2
14:0	S2
Total lipid (fat)	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Lysine	S14, S2
Proline	S14, S2
16:1 undifferentiated	S2
18:4	S2

NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Water	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Lysine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Proline	S14, S2
12:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1512 of 3136

NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

18:1 undifferentiated	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
4:0	S2
20:4 undifferentiated	S2
Sugars, total	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Alanine	S14, S2
Aspartic acid	S14, S2
6:0	S2
18:0	S2
18:4	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Copper, Cu	S2
Manganese, Mn	S2
Retinol	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Glutamic acid	S14, S2
16:1 undifferentiated	S2
Protein	S2
Theobromine	S2
Iron, Fe	S2
Selenium, Se	S2
Lycopene	S2
Cholesterol	S2
14:0	S2
16:0	S2
20:1	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1513 of 3136

NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Sodium, Na	S2
Tocopherol, gamma	S2
Niacin	S2
Vitamin B-12	S2
Phenylalanine	S14, S2
Serine	S14, S2
8:0	S2
10:0	S2
22:6 n-3	S2
Ash	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Carotene, beta	S2
Carotene, alpha	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:5 n-3	S2
Caffeine	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Valine	S14, S2
Glycine	S14, 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
Calcium, Ca	S2
Magnesium, Mg	S2
Copper, Cu	S2
12:0	S2
14:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1514 of 3136

NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

18:1 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2
Fluoride, F	D5001, D5002, D5007, D5021
Tocopherol, beta	S2
Thiamin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
22:6 n-3	S2
Selenium, Se	S2
Riboflavin	S2
Methionine	S14, S2
Proline	S14, S2
Cholesterol	S2
16:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Retinol	S2
Folate, total	S2
Ash	S2
Manganese, Mn	S2
Tocopherol, gamma	S2
Tyrosine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
10:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Zinc, Zn	S2
Pantothenic acid	S2
Histidine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1515 of 3136

NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

18:0	S2
18:4	S2
Water	S2
Iron, Fe	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
Cystine	S14, S2
20:1	S2
Potassium, K	S2
Sodium, Na	S2
Tocopherol, delta	S2
Niacin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
18:3 undifferentiated	S2

NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Caffeine	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
8:0	S2
10:0	S2
16:0	S2
20:1	S2
22:5 n-3	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
18:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1516 of 3136

NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

18:1 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
Ash	S2
Copper, Cu	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Histidine	S14, S2
Water	S2
Riboflavin	S2
Methionine	S14, S2
Proline	S14, S2
4:0	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Iron, Fe	S2
Phosphorus, P	S2
Folate, total	S2
Tyrosine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
12:0	S2
14:0	S2
18:2 undifferentiated	S2
Sodium, Na	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Thiamin	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1517 of 3136

NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

18:4	S2
20:5 n-3	S2
Theobromine	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Potassium, K	S2
Niacin	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Alanine	S14, S2
Protein	S2
Total lipid (fat)	S2
Sugars, total	S2
Calcium, Ca	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Vitamin B-12	S2
Leucine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
6:0	S2

NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Ash	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
10:0	S2
12:0	S2
18:0	S2
22:1 undifferentiated	S2
Selenium, Se	S2
Thiamin	S2
Riboflavin	S2
Pantothenic acid	S2
Tryptophan	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1518 of 3136

NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Methionine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
20:4 undifferentiated	S2
20:1	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Cholesterol	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Iron, Fe	S2
Sodium, Na	S2
Zinc, Zn	S2
Retinol	S2
Tocopherol, delta	S2
Glutamic acid	S14, S2
16:0	S2
Water	S2
Tocopherol, beta	S2
Vitamin B-12	S2
Lysine	S14, S2
Alanine	S14, S2
Protein	S2
Calcium, Ca	S2
Phosphorus, P	S2
Copper, Cu	S2
Serine	S14, S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1519 of 3136

NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Niacin	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Arginine	S14, S2
14:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
18:4	S2
20:5 n-3	S2
Vitamin B-6	S2
Threonine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2

NDB No. 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Fluoride, F	D5001, D5002, D5007, D5021
-------------	----------------------------

NDB No. 13840 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Fluoride, F	D5001, D5002, D5007, D5021
-------------	----------------------------

NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Selenium, Se	S2
Carotene, alpha	S2
Riboflavin	S2
Folate, total	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
10:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Potassium, K	S2
Cryptoxanthin, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1520 of 3136

NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Vitamin C, total ascorbic acid	S2
16:0	S2
20:5 n-3	S2
22:5 n-3	S2
Caffeine	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Thiamin	S2
Threonine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Proline	S14, S2
12:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Sodium, Na	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Lysine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
4:0	S2
6:0	S2
18:3 undifferentiated	S2
Total lipid (fat)	S2
Ash	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Niacin	S2
Isoleucine	S14, S2
Arginine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1521 of 3136

NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Serine	S14, S2
8:0	S2
18:4	S2
Sugars, total	S2
Calcium, Ca	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Aspartic acid	S14, S2
Water	S2
Manganese, Mn	S2
Carotene, beta	S2
Glutamic acid	S14, S2
Cholesterol	S2
20:1	S2
Protein	S2
Theobromine	S2
Fiber, total dietary	S2
Zinc, Zn	S2
Copper, Cu	S2
Lycopene	S2
Vitamin B-6	S2
14:0	S2
18:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2

NDB No. 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Magnesium, Mg	S2
Copper, Cu	S2
Lysine	S14, S2
Cystine	S14, S2
Glutamic acid	S14, S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Protein	S2
Fluoride, F	D5001, D5002, D5007, D5021

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1522 of 3136

NDB No. 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Thiamin	S2
Niacin	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
20:1	S2
22:1 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
10:0	S2
12:0	S2
Iron, Fe	S2
Phosphorus, P	S2
Potassium, K	S2
Folate, total	S2
Tyrosine	S14, S2
Proline	S14, S2
20:4 undifferentiated	S2
18:4	S2
Total lipid (fat)	S2
Zinc, Zn	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Vitamin B-12	S2
20:5 n-3	S2
Sodium, Na	S2
Manganese, Mn	S2
Leucine	S14, S2
Alanine	S14, S2
Serine	S14, S2
14:0	S2
16:0	S2
Water	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1523 of 3136

NDB No. 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Retinol	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Cholesterol	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Riboflavin	S2
Tryptophan	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Glycine	S14, S2
18:0	S2
22:6 n-3	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

Lycopene	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Cholesterol	S2
12:0	S2
18:3 undifferentiated	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Niacin	S2
Pantothenic acid	S2
22:6 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1524 of 3136

NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Water	S2
Iron, Fe	S2
Potassium, K	S2
Sodium, Na	S2
Riboflavin	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Leucine	S14, S2
Valine	S14, S2
18:0	S2
18:2 undifferentiated	S2
Theobromine	S2
Sugars, total	S2
Copper, Cu	S2
Selenium, Se	S2
Folate, total	S2
Proline	S14, S2
16:1 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Magnesium, Mg	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin B-6	S2
Methionine	S14, S2
Arginine	S14, S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
14:0	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Protein	S2
Total lipid (fat)	S2
Ash	S2
Calcium, Ca	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1525 of 3136

NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Phosphorus, P	S2
Zinc, Zn	S2
Retinol	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Phenylalanine	S14, S2
Caffeine	S2
Lutein + zeaxanthin	S2
Lysine	S14, S2
Cystine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Serine	S14, S2
20:4 undifferentiated	S2
Fiber, total dietary	S2
Threonine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
16:0	S2
18:1 undifferentiated	S2
20:1	S2

NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Iron, Fe	S2
Leucine	S14, S2
Alanine	S14, S2
14:0	S2
18:0	S2
20:1	S2
22:1 undifferentiated	S2
Theobromine	S2
Sodium, Na	S2
Copper, Cu	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Riboflavin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1526 of 3136

NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Arginine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
4:0	S2
12:0	S2
Total lipid (fat)	S2
Ash	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Proline	S14, S2
16:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Calcium, Ca	S2
Potassium, K	S2
Retinol	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2
Serine	S14, S2
16:1 undifferentiated	S2
Water	S2
Sugars, total	S2
Fiber, total dietary	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Lysine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
8:0	S2
10:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1527 of 3136

NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

18:2 undifferentiated	S2
18:4	S2
Protein	S2
Niacin	S2
Pantothenic acid	S2
Isoleucine	S14, S2
18:3 undifferentiated	S2
Caffeine	S2
Phosphorus, P	S2
Manganese, Mn	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Histidine	S14, S2
Carotene, beta	S2
Lycopene	S2
Tocopherol, beta	S2
Threonine	S14, S2
6:0	S2
22:6 n-3	S2
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

Calcium, Ca	S2
Sodium, Na	S2
Selenium, Se	S2
Lycopene	S2
Vitamin B-12	S2
Threonine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
Proline	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1528 of 3136

NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

12:0	S2
16:0	S2
20:1	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
18:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Water	S2
Folate, total	S2
Tyrosine	S14, S2
Histidine	S14, S2
4:0	S2
16:1 undifferentiated	S2
Caffeine	S2
Magnesium, Mg	S2
Retinol	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Carotene, beta	S2
Vitamin B-6	S2
18:3 undifferentiated	S2
18:4	S2
Copper, Cu	S2
Riboflavin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Serine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1529 of 3136

NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Cholesterol	S2
6:0	S2
8:0	S2
10:0	S2
22:5 n-3	S2
Protein	S2
Ash	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Leucine	S14, S2
Methionine	S14, S2
Valine	S14, S2
Alanine	S14, S2
14:0	S2
20:4 undifferentiated	S2
Total lipid (fat)	S2
Iron, Fe	S2
Potassium, K	S2
Zinc, Zn	S2
Manganese, Mn	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Thiamin	S2
Niacin	S2
Tryptophan	S14, S2
Cystine	S14, S2
18:1 undifferentiated	S2
22:6 n-3	S2
20:5 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

Iron, Fe	S2
Retinol	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1530 of 3136

NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Lutein + zeaxanthin	S2
Thiamin	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Glycine	S14, S2
6:0	S2
14:0	S2
18:4	S2
Ash	S2
Theobromine	S2
Zinc, Zn	S2
Lycopene	S2
Tocopherol, delta	S2
Arginine	S14, S2
Proline	S14, S2
Cholesterol	S2
16:0	S2
Caffeine	S2
Phosphorus, P	S2
Sodium, Na	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Lysine	S14, S2
Methionine	S14, S2
4:0	S2
Protein	S2
Fiber, total dietary	S2
Vitamin B-12	S2
Leucine	S14, S2
Total lipid (fat)	S2
Water	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Isoleucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1531 of 3136

NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Valine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Serine	S14, S2
8:0	S2
18:2 undifferentiated	S2
Magnesium, Mg	S2
Riboflavin	S2
Glutamic acid	S14, S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Potassium, K	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Pantothenic acid	S2
Threonine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
10:0	S2
22:5 n-3	S2
Sugars, total	S2
Copper, Cu	S2
Manganese, Mn	S2
Phenylalanine	S14, S2
12:0	S2
18:0	S2
18:1 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

NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Caffeine	S2
----------	----

Reference Report

JUL-17-2008 02:00 PM

Page 1532 of 3136

NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Theobromine	S2
Sodium, Na	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Leucine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
22:6 n-3	S2
18:4	S2
Ash	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Cystine	S14, S2
4:0	S2
8:0	S2
Iron, Fe	S2
Copper, Cu	S2
Niacin	S2
Vitamin B-6	S2
Folate, total	S2
Lysine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
12:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Manganese, Mn	S2
Carotene, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Cholesterol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1533 of 3136

NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

10:0	S2
Protein	S2
Water	S2
Calcium, Ca	S2
Phosphorus, P	S2
Potassium, K	S2
Threonine	S14, S2
Isoleucine	S14, S2
16:0	S2
18:2 undifferentiated	S2
Sugars, total	S2
Fiber, total dietary	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Riboflavin	S2
Valine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Proline	S14, S2
6:0	S2
18:3 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Retinol	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Arginine	S14, S2
18:0	S2
22:5 n-3	S2
Selenium, Se	S2
Thiamin	S2
Glycine	S14, S2
14:0	S2
18:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1534 of 3136

NDB No. 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Selenium, Se	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Folate, total	S2
Lysine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
16:0	S2
18:0	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Total lipid (fat)	S2
Water	S2
Zinc, Zn	S2
Fluoride, F	D5001, D5002, D5007, D5021
Thiamin	S2
Alanine	S14, S2
16:1 undifferentiated	S2
Ash	S2
Pantothenic acid	S2
Vitamin B-12	S2
Isoleucine	S14, S2
12:0	S2
22:6 n-3	S2
Calcium, Ca	S2
Sodium, Na	S2
Glycine	S14, S2
Serine	S14, S2
Protein	S2
Iron, Fe	S2
Phosphorus, P	S2
Manganese, Mn	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
20:1	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1535 of 3136

NDB No. 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Niacin	S2
Threonine	S14, S2
Leucine	S14, S2
Valine	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Copper, Cu	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tryptophan	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
14:0	S2
18:2 undifferentiated	S2
22:5 n-3	S2
Potassium, K	S2
Riboflavin	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Proline	S14, S2
10:0	S2

NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Ash	S2
Iron, Fe	S2
Phosphorus, P	S2
Potassium, K	S2
Riboflavin	S2
Pantothenic acid	S2
Isoleucine	S14, S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1536 of 3136

NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

16:1 undifferentiated	S2
18:4	S2
Total lipid (fat)	S2
Sodium, Na	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Threonine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Arginine	S14, S2
Serine	S14, S2
Calcium, Ca	S2
Retinol	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
4:0	S2
18:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Caffeine	S2
Sugars, total	S2
Zinc, Zn	S2
Thiamin	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Histidine	S14, S2
6:0	S2
10:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1537 of 3136

NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

20:4 undifferentiated	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Vitamin B-6	S2
Leucine	S14, S2
Cholesterol	S2
12:0	S2
16:0	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Water	S2
Theobromine	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Copper, Cu	S2
Carotene, beta	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
22:5 n-3	S2
Protein	S2
Niacin	S2
Lysine	S14, S2
Glycine	S14, S2
Proline	S14, S2
8:0	S2
18:2 undifferentiated	S2
Glutamic acid	S14, S2
14:0	S2

NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Total lipid (fat)	S2
Selenium, Se	S2
Carotene, beta	S2
Lutein + zeaxanthin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1538 of 3136

NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Tocopherol, gamma	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
Protein	S2
Sodium, Na	S2
Copper, Cu	S2
Riboflavin	S2
Tryptophan	S14, S2
Cystine	S14, S2
Arginine	S14, S2
Water	S2
Sugars, total	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Methionine	S14, S2
Glutamic acid	S14, S2
10:0	S2
16:0	S2
Lycopene	S2
18:0	S2
20:5 n-3	S2
22:5 n-3	S2
Theobromine	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2
Isoleucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1539 of 3136

NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Leucine	S14, S2
Valine	S14, S2
Histidine	S14, S2
8:0	S2
12:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Alanine	S14, S2
4:0	S2
18:2 undifferentiated	S2
Caffeine	S2
Calcium, Ca	S2
Zinc, Zn	S2
Retinol	S2
Tocopherol, delta	S2
Niacin	S2
Folate, total	S2
Glycine	S14, S2
14:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
20:1	S2
Ash	S2
Potassium, K	S2
Vitamin B-12	S2
Lysine	S14, S2
6:0	S2
18:4	S2

NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1540 of 3136

NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Sodium, Na	S2
Copper, Cu	S2
Thiamin	S2
16:0	S2
18:0	S2
22:5 n-3	S2
Protein	S2
Water	S2
Vitamin E (alpha-tocopherol)	S2
Phenylalanine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
18:4	S2
Phosphorus, P	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
Proline	S14, S2
16:1 undifferentiated	S2
Potassium, K	S2
Isoleucine	S14, S2
Methionine	S14, S2
Glutamic acid	S14, S2
12:0	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Selenium, Se	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Lysine	S14, S2
Cystine	S14, S2
14:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1541 of 3136

NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

20:4 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
18:2 undifferentiated	S2
20:1	S2
Total lipid (fat)	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Alanine	S14, S2
Serine	S14, S2
10:0	S2
Iron, Fe	S2
Manganese, Mn	S2
Retinol	S2
Vitamin B-12	S2
Leucine	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
22:6 n-3	S2
20:5 n-3	S2

NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Sugars, total	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Vitamin B-6	S2
18:0	S2
18:1 undifferentiated	S2
Protein	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1542 of 3136

NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Isoleucine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
6:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Theobromine	S2
Iron, Fe	S2
Manganese, Mn	S2
Folate, total	S2
Threonine	S14, S2
Lysine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
10:0	S2
16:1 undifferentiated	S2
Fiber, total dietary	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Glycine	S14, S2
4:0	S2
Total lipid (fat)	S2
Water	S2
Caffeine	S2
Potassium, K	S2
Sodium, Na	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1543 of 3136

NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

14:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
20:1	S2
Ash	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Cholesterol	S2
18:3 undifferentiated	S2
Zinc, Zn	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Niacin	S2
Vitamin B-12	S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
12:0	S2
16:0	S2
22:6 n-3	S2
18:4	S2
22:5 n-3	S2
Copper, Cu	S2
Lycopene	S2
Tocopherol, delta	S2
Leucine	S14, S2
Methionine	S14, S2
Serine	S14, S2
8:0	S2

NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Water	S2
Caffeine	S2
Theobromine	S2
Folate, total	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1544 of 3136

NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Vitamin K (phylloquinone)	S2
22:6 n-3	S2
20:1	S2
Potassium, K	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
Leucine	S14, S2
Valine	S14, S2
Cholesterol	S2
4:0	S2
20:5 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Sugars, total	S2
Tocopherol, delta	S2
14:0	S2
18:0	S2
18:1 undifferentiated	S2
Protein	S2
Phosphorus, P	S2
Retinol	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Alanine	S14, S2
8:0	S2
16:1 undifferentiated	S2
Iron, Fe	S2
Sodium, Na	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Glycine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1545 of 3136

NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

18:2 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Selenium, Se	S2
Carotene, alpha	S2
Lycopene	S2
Riboflavin	S2
Niacin	S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
10:0	S2
12:0	S2
16:0	S2
18:3 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Copper, Cu	S2
Lysine	S14, S2
Phenylalanine	S14, S2
6:0	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Cystine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
22:1 undifferentiated	S2

NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1546 of 3136

NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Total lipid (fat)	S2
Water	S2
Theobromine	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Methionine	S14, S2
Aspartic acid	S14, S2
18:1 undifferentiated	S2
20:1	S2
Protein	S2
Ash	S2
Sodium, Na	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Pantothenic acid	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Cholesterol	S2
10:0	S2
20:5 n-3	S2
22:5 n-3	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
Cystine	S14, S2
18:0	S2
Retinol	S2
Thiamin	S2
Niacin	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Histidine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1547 of 3136

NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

14:0	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Calcium, Ca	S2
Carotene, beta	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Leucine	S14, S2
Lysine	S14, S2
Alanine	S14, S2
6:0	S2
12:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Iron, Fe	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Valine	S14, S2
8:0	S2
Sugars, total	S2
Carotene, alpha	S2
Lycopene	S2
Riboflavin	S2
Threonine	S14, S2
16:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Caffeine	S2
Potassium, K	S2
Zinc, Zn	S2
Copper, Cu	S2
Selenium, Se	S2
Tocopherol, delta	S2
Proline	S14, S2
Serine	S14, S2
4:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1548 of 3136

NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

18:4 S2

NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Total lipid (fat) S2
Caffeine S2
Calcium, Ca S2
Selenium, Se S2
Tocopherol, delta S2
Vitamin K (phylloquinone) S2
18:1 undifferentiated S2
22:1 undifferentiated S2
22:5 n-3 S2
Protein S2
Sugars, total S2
Carotene, beta S2
Lutein + zeaxanthin S2
Cystine S14, S2
18:3 undifferentiated S2
Ash S2
Fiber, total dietary S2
Vitamin C, total ascorbic acid S2
Thiamin S2
Isoleucine S14, S2
6:0 S2
Zinc, Zn S2
Valine S14, S2
Cholesterol S2
20:4 undifferentiated S2
16:1 undifferentiated S2
20:5 n-3 S2
Water S2
Theobromine S2
Tocopherol, beta S2
Tocopherol, gamma S2
Threonine S14, S2
Lysine S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1549 of 3136

NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Phenylalanine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
14:0	S2
Iron, Fe	S2
Magnesium, Mg	S2
Potassium, K	S2
Sodium, Na	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2
Tyrosine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
10:0	S2
20:1	S2
Phosphorus, P	S2
Retinol	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Niacin	S2
Vitamin B-6	S2
Leucine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
8:0	S2
12:0	S2
16:0	S2
18:2 undifferentiated	S2
Manganese, Mn	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1550 of 3136

NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Proline	S14, S2
4:0	S2
18:0	S2
22:6 n-3	S2
18:4	S2

NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calcium, Ca	S2
Sodium, Na	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Lysine	S14, S2
Aspartic acid	S14, S2
6:0	S2
18:2 undifferentiated	S2
22:6 n-3	S2
18:4	S2
Total lipid (fat)	S2
Theobromine	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Alanine	S14, S2
22:1 undifferentiated	S2
Sugars, total	S2
Potassium, K	S2
Copper, Cu	S2
Carotene, alpha	S2
Thiamin	S2
Pantothenic acid	S2
Valine	S14, S2
Serine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1551 of 3136

NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Cholesterol	S2
Fiber, total dietary	S2
Tryptophan	S14, S2
Threonine	S14, S2
Cystine	S14, S2
4:0	S2
16:1 undifferentiated	S2
Protein	S2
Caffeine	S2
Phosphorus, P	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Methionine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
20:5 n-3	S2
Water	S2
Zinc, Zn	S2
Manganese, Mn	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Arginine	S14, S2
8:0	S2
10:0	S2
18:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
Magnesium, Mg	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
12:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1552 of 3136

NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

14:0	S2
20:1	S2
Ash	S2
Iron, Fe	S2
Retinol	S2
Tyrosine	S14, S2
16:0	S2
20:4 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

Sodium, Na	S2
Manganese, Mn	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Vitamin B-12	S2
Threonine	S14, S2
Alanine	S14, S2
Cholesterol	S2
10:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Retinol	S2
Thiamin	S2
Tryptophan	S14, S2
Leucine	S14, S2
Methionine	S14, S2
Protein	S2
Magnesium, Mg	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1553 of 3136

NDB No. 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Potassium, K	S2
Copper, Cu	S2
Histidine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
16:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Water	S2
Phosphorus, P	S2
Tocopherol, delta	S2
Isoleucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
12:0	S2
Zinc, Zn	S2
Fluoride, F	D5001, D5002, D5007, D5021
Folate, total	S2
Phenylalanine	S14, S2
Valine	S14, S2
18:4	S2
20:1	S2
22:5 n-3	S2
Iron, Fe	S2
Vitamin K (phylloquinone)	S2
Glycine	S14, S2
Serine	S14, S2
Ash	S2
Niacin	S2
Pantothenic acid	S2
Arginine	S14, S2
Calcium, Ca	S2
Riboflavin	S2
Glutamic acid	S14, S2
14:0	S2
18:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1554 of 3136

NDB No. 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

16:1 undifferentiated S2

NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Caffeine S2
Carotene, beta S2
Vitamin C, total ascorbic acid S2
8:0 S2
Ash S2
Copper, Cu S2
Selenium, Se S2
Lycopene S2
Lutein + zeaxanthin S2
Thiamin S2
Pantothenic acid S2
Histidine S14, S2
Glutamic acid S14, S2
4:0 S2
12:0 S2
22:6 n-3 S2
Protein S2
Iron, Fe S2
Phosphorus, P S2
Vitamin B-6 S2
Folate, total S2
Isoleucine S14, S2
Valine S14, S2
18:0 S2
22:1 undifferentiated S2
Magnesium, Mg S2
Zinc, Zn S2
Vitamin E (alpha-tocopherol) S2
Lysine S14, S2
Methionine S14, S2
Serine S14, S2
Cholesterol S2
10:0 S2

Reference Report

JUL-17-2008 02:00 PM

Page 1555 of 3136

NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

16:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
20:1	S2
Calcium, Ca	S2
Sodium, Na	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2
6:0	S2
14:0	S2
22:5 n-3	S2
Water	S2
Theobromine	S2
Fiber, total dietary	S2
Retinol	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Niacin	S2
Aspartic acid	S14, S2
20:5 n-3	S2
Total lipid (fat)	S2
Sugars, total	S2
Tocopherol, delta	S2
Leucine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
16:1 undifferentiated	S2
Potassium, K	S2
Riboflavin	S2
Vitamin B-12	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1556 of 3136

NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Threonine	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Zinc, Zn	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Iron, Fe	S2
Sodium, Na	S2
Vitamin B-12	S2
Leucine	S14, S2
Lysine	S14, S2
16:1 undifferentiated	S2
Theobromine	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
16:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
Protein	S2
Caffeine	S2
Fiber, total dietary	S2
Carotene, beta	S2
Lycopene	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1557 of 3136

NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Cystine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Serine	S14, S2
6:0	S2
14:0	S2
20:5 n-3	S2
22:5 n-3	S2
Retinol	S2
Cryptoxanthin, beta	S2
Isoleucine	S14, S2
Methionine	S14, S2
12:0	S2
18:3 undifferentiated	S2
Phosphorus, P	S2
Tocopherol, delta	S2
Glycine	S14, S2
Proline	S14, S2
8:0	S2
18:0	S2
Water	S2
Copper, Cu	S2
Manganese, Mn	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Thiamin	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Cholesterol	S2
4:0	S2
22:6 n-3	S2
Total lipid (fat)	S2
Sugars, total	S2
Magnesium, Mg	S2
Potassium, K	S2
Lutein + zeaxanthin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1558 of 3136

NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Riboflavin	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Histidine	S14, S2
Aspartic acid	S14, S2
10:0	S2
18:4	S2
20:1	S2

NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Iron, Fe	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Glutamic acid	S14, S2
Cholesterol	S2
6:0	S2
10:0	S2
Theobromine	S2
Zinc, Zn	S2
Leucine	S14, S2
4:0	S2
20:1	S2
Protein	S2
Sugars, total	S2
Potassium, K	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Riboflavin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
16:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1559 of 3136

NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

22:6 n-3	S2
20:5 n-3	S2
Magnesium, Mg	S2
Copper, Cu	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
18:3 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Sodium, Na	S2
Manganese, Mn	S2
Carotene, alpha	S2
Pantothenic acid	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Serine	S14, S2
8:0	S2
18:2 undifferentiated	S2
22:5 n-3	S2
Ash	S2
Water	S2
Caffeine	S2
Calcium, Ca	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Thiamin	S2
Glycine	S14, S2
14:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1560 of 3136

NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

18:0	S2
16:1 undifferentiated	S2
Phosphorus, P	S2
Niacin	S2
Vitamin B-12	S2
Alanine	S14, S2
Proline	S14, S2
12:0	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Histidine	S14, S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2

NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Glutamic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
12:0	S2
Caffeine	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Lycopene	S2
Phenylalanine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Cholesterol	S2
10:0	S2
18:3 undifferentiated	S2
20:1	S2
Total lipid (fat)	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1561 of 3136

NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Theobromine	S2
Calcium, Ca	S2
Phosphorus, P	S2
Potassium, K	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
6:0	S2
18:2 undifferentiated	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Water	S2
Zinc, Zn	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Niacin	S2
4:0	S2
20:4 undifferentiated	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Leucine	S14, S2
Cystine	S14, S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
18:4	S2
Sugars, total	S2
Magnesium, Mg	S2
Carotene, alpha	S2
Thiamin	S2
Pantothenic acid	S2
Valine	S14, S2
18:0	S2
22:5 n-3	S2
Ash	S2
Iron, Fe	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1562 of 3136

NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Copper, Cu	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Methionine	S14, S2
Tyrosine	S14, S2
16:0	S2
20:5 n-3	S2
Protein	S2
Fiber, total dietary	S2
Sodium, Na	S2
Tocopherol, beta	S2
Tryptophan	S14, S2
Threonine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
8:0	S2
14:0	S2

NDB No. 13884 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Fluoride, F	D5001, D5002, D5007, D5021
-------------	----------------------------

NDB No. 13890 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

Ash	S2
Zinc, Zn	S2
Thiamin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Valine	S14, S2
Histidine	S14, S2
18:2 undifferentiated	S2
Fatty acids, total monounsaturated	S2
Total lipid (fat)	S2
Phosphorus, P	S2
Vitamin B-6	S2
16:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1563 of 3136

NDB No. 13890 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

18:1 undifferentiated	S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Manganese, Mn	S2
Folic acid	S2
Tyrosine	S14, S2
14:0	S2
Selenium, Se	S2
Niacin	S2
Isoleucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Serine	S14, S2
18:0	S2
20:1	S2
Water	S2
Iron, Fe	S2
Riboflavin	S2
Folate, food	S2
Alanine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Copper, Cu	S2
Folate, total	S2
Fatty acids, total saturated	S2
Magnesium, Mg	S2
Pantothenic acid	S2
Vitamin B-12	S2
Cholesterol	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Protein	S2
Potassium, K	S2
Sodium, Na	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1564 of 3136

NDB No. 13890 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

Phenylalanine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
Fatty acids, total polyunsaturated	S2

NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Caffeine	S2
Calcium, Ca	S2
Potassium, K	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Lysine	S14, S2
Alanine	S14, S2
Serine	S14, S2
10:0	S2
Protein	S2
Iron, Fe	S2
Phosphorus, P	S2
Manganese, Mn	S2
Selenium, Se	S2
Niacin	S2
Tryptophan	S14, S2
16:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Vitamin B-12	S2
Proline	S14, S2
14:0	S2
20:1	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Sodium, Na	S2
Retinol	S2
Folate, total	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1565 of 3136

NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Isoleucine	S14, S2
Glutamic acid	S14, S2
12:0	S2
18:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
20:5 n-3	S2
22:5 n-3	S2
Ash	S2
Water	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Thiamin	S2
Tyrosine	S14, S2
Theobromine	S2
Sugars, total	S2
Zinc, Zn	S2
Copper, Cu	S2
Riboflavin	S2
Vitamin B-6	S2
Methionine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
16:1 undifferentiated	S2
18:4	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Valine	S14, S2
Glycine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1566 of 3136

NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Tocopherol, beta	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Threonine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
4:0	S2
6:0	S2
8:0	S2

NDB No. 13892 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Fluoride, F	D5001, D5002, D5007, D5021
-------------	----------------------------

NDB No. 13893 Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Protein	S2
Ash	S2
Calcium, Ca	S2
Fluoride, F	D5001, D5002, D5007, D5021
Tocopherol, beta	S2
Vitamin B-12	S2
Serine	S14, S2
18:0	S2
Iron, Fe	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tryptophan	S14, S2
Cystine	S14, S2
Glycine	S14, S2
Proline	S14, S2
22:6 n-3	S2
18:4	S2
Manganese, Mn	S2
Riboflavin	S2
Niacin	S2
Valine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1567 of 3136

NDB No. 13893 Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

18:2 undifferentiated	S2
Potassium, K	S2
Sodium, Na	S2
Folate, total	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
20:4 undifferentiated	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Copper, Cu	S2
Methionine	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
20:5 n-3	S2
Pantothenic acid	S2
Lysine	S14, S2
Tyrosine	S14, S2
Cholesterol	S2
10:0	S2
16:0	S2
22:5 n-3	S2
Thiamin	S2
Vitamin B-6	S2
Threonine	S14, S2
Aspartic acid	S14, S2
12:0	S2
20:1	S2
Water	S2
Phosphorus, P	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Arginine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1568 of 3136

NDB No. 13893 Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Histidine	S14, S2
Glutamic acid	S14, S2
14:0	S2
22:1 undifferentiated	S2

NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Total lipid (fat)	S2
Manganese, Mn	S2
Vitamin C, total ascorbic acid	S2
Proline	S14, S2
6:0	S2
10:0	S2
Protein	S2
Fiber, total dietary	S2
Iron, Fe	S2
Potassium, K	S2
Retinol	S2
Carotene, beta	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Lysine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
8:0	S2
20:1	S2
Ash	S2
Phosphorus, P	S2
Copper, Cu	S2
Selenium, Se	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Riboflavin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1569 of 3136

NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Niacin	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Water	S2
Caffeine	S2
Magnesium, Mg	S2
Vitamin B-6	S2
Threonine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Glycine	S14, S2
20:4 undifferentiated	S2
20:5 n-3	S2
Sugars, total	S2
Calcium, Ca	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Isoleucine	S14, S2
4:0	S2
12:0	S2
16:0	S2
18:3 undifferentiated	S2
Theobromine	S2
Folate, total	S2
Cholesterol	S2
16:1 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Zinc, Zn	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Arginine	S14, S2
Alanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1570 of 3136

NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

18:1 undifferentiated	S2
18:2 undifferentiated	S2
Carotene, alpha	S2
Cystine	S14, S2
14:0	S2
18:0	S2
22:6 n-3	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

Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Potassium, K	S2
Threonine	S14, S2
18:3 undifferentiated	S2
Copper, Cu	S2
Manganese, Mn	S2
Retinol	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
12:0	S2
Protein	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Lutein + zeaxanthin	S2
Folate, total	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1571 of 3136

NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Cholesterol	S2
6:0	S2
22:5 n-3	S2
Tocopherol, delta	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
4:0	S2
8:0	S2
14:0	S2
20:1	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Serine	S14, S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
Zinc, Zn	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Lysine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Caffeine	S2
Sugars, total	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Phenylalanine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
16:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1572 of 3136

NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

22:6 n-3	S2
Theobromine	S2
Iron, Fe	S2
Phosphorus, P	S2
Sodium, Na	S2
Carotene, beta	S2
Vitamin B-12	S2
Leucine	S14, S2
10:0	S2
18:0	S2
18:1 undifferentiated	S2
20:5 n-3	S2

NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Iron, Fe	S2
Magnesium, Mg	S2
Copper, Cu	S2
Retinol	S2
Cryptoxanthin, beta	S2
Vitamin B-12	S2
Tyrosine	S14, S2
18:4	S2
Potassium, K	S2
Zinc, Zn	S2
Arginine	S14, S2
Aspartic acid	S14, S2
Total lipid (fat)	S2
Water	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Isoleucine	S14, S2
Lysine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
20:1	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1573 of 3136

NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

22:1 undifferentiated	S2
Fiber, total dietary	S2
Sodium, Na	S2
Lycopene	S2
Vitamin B-6	S2
Leucine	S14, S2
Cystine	S14, S2
Cholesterol	S2
4:0	S2
10:0	S2
16:0	S2
18:0	S2
18:3 undifferentiated	S2
22:5 n-3	S2
Protein	S2
Ash	S2
Calcium, Ca	S2
Phosphorus, P	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Niacin	S2
Valine	S14, S2
Proline	S14, S2
20:4 undifferentiated	S2
Riboflavin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Glutamic acid	S14, S2
18:2 undifferentiated	S2
Theobromine	S2
Manganese, Mn	S2
Carotene, beta	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1574 of 3136

NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Methionine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
6:0	S2
8:0	S2
12:0	S2
14:0	S2
20:5 n-3	S2
Caffeine	S2
Sugars, total	S2
Selenium, Se	S2
Folate, total	S2
Alanine	S14, S2
22:6 n-3	S2
16:1 undifferentiated	S2

NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Ash	S2
Water	S2
Theobromine	S2
Magnesium, Mg	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
22:6 n-3	S2
18:4	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Isoleucine	S14, S2
Leucine	S14, S2
12:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1575 of 3136

NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

14:0	S2
16:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Thiamin	S2
Vitamin B-6	S2
Histidine	S14, S2
Serine	S14, S2
4:0	S2
6:0	S2
8:0	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Calcium, Ca	S2
Sodium, Na	S2
Retinol	S2
Tryptophan	S14, S2
Threonine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
18:1 undifferentiated	S2
Protein	S2
Riboflavin	S2
Vitamin B-12	S2
10:0	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Caffeine	S2
Phosphorus, P	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Phenylalanine	S14, S2
Alanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1576 of 3136

NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

18:0	S2
Fiber, total dietary	S2
Iron, Fe	S2
Potassium, K	S2
Copper, Cu	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Niacin	S2
Methionine	S14, S2
Cystine	S14, S2
Glutamic acid	S14, S2
20:1	S2
Sugars, total	S2
Vitamin C, total ascorbic acid	S2
Lysine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Cholesterol	S2

NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Ash	S2
Caffeine	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Carotene, alpha	S2
Thiamin	S2
Valine	S14, S2
Alanine	S14, S2
16:0	S2
18:0	S2
Water	S2
Iron, Fe	S2
Retinol	S2
Tocopherol, beta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1577 of 3136

NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Vitamin B-6	S2
Tryptophan	S14, S2
Arginine	S14, S2
18:3 undifferentiated	S2
Total lipid (fat)	S2
Sugars, total	S2
Potassium, K	S2
Copper, Cu	S2
Selenium, Se	S2
Vitamin B-12	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
4:0	S2
16:1 undifferentiated	S2
Theobromine	S2
Sodium, Na	S2
Manganese, Mn	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Tocopherol, delta	S2
Threonine	S14, S2
6:0	S2
10:0	S2
12:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1578 of 3136

NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

18:2 undifferentiated	S2
Phosphorus, P	S2
Zinc, Zn	S2
Lutein + zeaxanthin	S2
Niacin	S2
Pantothenic acid	S2
Leucine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
8:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
20:1	S2
Protein	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Proline	S14, S2
Cholesterol	S2
Fiber, total dietary	S2
Lysine	S14, S2
Histidine	S14, S2
14:0	S2
22:6 n-3	S2
18:4	S2

NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Retinol	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Thiamin	S2
Pantothenic acid	S2
Threonine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2
20:4 undifferentiated	S2
20:1	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1579 of 3136

NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

22:5 n-3	S2
Total lipid (fat)	S2
Riboflavin	S2
Niacin	S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
18:3 undifferentiated	S2
18:4	S2
Sodium, Na	S2
Vitamin B-12	S2
22:6 n-3	S2
Ash	S2
Lysine	S14, S2
Cystine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
14:0	S2
Water	S2
Phosphorus, P	S2
Potassium, K	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
12:0	S2
16:0	S2
18:2 undifferentiated	S2
Protein	S2
Calcium, Ca	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Arginine	S14, S2
Cholesterol	S2
10:0	S2
18:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1580 of 3136

NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

22:1 undifferentiated	S2
Magnesium, Mg	S2
Fluoride, F	D5001, D5002, D5007, D5021
Selenium, Se	S2
Vitamin B-6	S2
Histidine	S14, S2
Alanine	S14, S2
Proline	S14, S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
Iron, Fe	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Methionine	S14, S2
20:5 n-3	S2

NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Phosphorus, P	S2
Zinc, Zn	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
8:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Water	S2
Caffeine	S2
Potassium, K	S2
Tryptophan	S14, S2
Threonine	S14, S2
Methionine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1581 of 3136

NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Serine	S14, S2
12:0	S2
Ash	S2
Sodium, Na	S2
Retinol	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Thiamin	S2
Vitamin B-12	S2
Arginine	S14, S2
Cholesterol	S2
16:0	S2
18:4	S2
Protein	S2
Folate, total	S2
Leucine	S14, S2
Glutamic acid	S14, S2
20:1	S2
20:5 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Proline	S14, S2
6:0	S2
14:0	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Theobromine	S2
Iron, Fe	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1582 of 3136

NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Glycine	S14, S2
4:0	S2
10:0	S2
18:0	S2
18:2 undifferentiated	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Copper, Cu	S2
Riboflavin	S2
Vitamin B-6	S2
Lysine	S14, S2
Valine	S14, S2
Magnesium, Mg	S2
Selenium, Se	S2
Carotene, beta	S2
Tocopherol, delta	S2
Isoleucine	S14, S2
Alanine	S14, S2
20:4 undifferentiated	S2

NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Ash	S2
Theobromine	S2
Tyrosine	S14, S2
Valine	S14, S2
Serine	S14, S2
4:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Cystine	S14, S2
10:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1583 of 3136

NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

20:4 undifferentiated	S2
20:1	S2
20:5 n-3	S2
Caffeine	S2
Zinc, Zn	S2
Thiamin	S2
Niacin	S2
Phenylalanine	S14, S2
8:0	S2
18:4	S2
22:5 n-3	S2
Protein	S2
Selenium, Se	S2
Methionine	S14, S2
Proline	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Sodium, Na	S2
Copper, Cu	S2
Carotene, beta	S2
Pantothenic acid	S2
Vitamin B-12	S2
Threonine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
12:0	S2
18:2 undifferentiated	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1584 of 3136

NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
6:0	S2
14:0	S2
16:0	S2
Water	S2
Manganese, Mn	S2
Retinol	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
18:0	S2
Sugars, total	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Folate, total	S2
Alanine	S14, S2
22:1 undifferentiated	S2

NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Sugars, total	S2
Fiber, total dietary	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Folate, total	S2
Cystine	S14, S2
Histidine	S14, S2
22:5 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1585 of 3136

NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Theobromine	S2
Iron, Fe	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Isoleucine	S14, S2
Lysine	S14, S2
Glycine	S14, S2
10:0	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Potassium, K	S2
Selenium, Se	S2
Lycopene	S2
Threonine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Proline	S14, S2
14:0	S2
16:0	S2
18:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Protein	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Aspartic acid	S14, S2
4:0	S2
Zinc, Zn	S2
Carotene, beta	S2
Pantothenic acid	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Methionine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1586 of 3136

NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

6:0	S2
18:1 undifferentiated	S2
Water	S2
Caffeine	S2
Manganese, Mn	S2
Tyrosine	S14, S2
Alanine	S14, S2
Cholesterol	S2
8:0	S2
12:0	S2
18:2 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Riboflavin	S2
16:1 undifferentiated	S2
20:1	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Sodium, Na	S2
Copper, Cu	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Leucine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
18:4	S2
20:5 n-3	S2

NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Phosphorus, P	S2
Folate, total	S2
Threonine	S14, S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1587 of 3136

NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Cholesterol	S2
6:0	S2
8:0	S2
18:2 undifferentiated	S2
20:5 n-3	S2
Ash	S2
Sugars, total	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Alanine	S14, S2
4:0	S2
22:1 undifferentiated	S2
Zinc, Zn	S2
Selenium, Se	S2
Lycopene	S2
Niacin	S2
Vitamin B-6	S2
Vitamin B-12	S2
Serine	S14, S2
16:0	S2
Water	S2
Carotene, beta	S2
Lutein + zeaxanthin	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Valine	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
Copper, Cu	S2
Retinol	S2
Tocopherol, beta	S2
Riboflavin	S2
Pantothenic acid	S2
Methionine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1588 of 3136

NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Histidine	S14, S2
Proline	S14, S2
10:0	S2
18:0	S2
Theobromine	S2
Iron, Fe	S2
Magnesium, Mg	S2
Sodium, Na	S2
Manganese, Mn	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Cystine	S14, S2
Arginine	S14, S2
12:0	S2
22:5 n-3	S2
Protein	S2
Total lipid (fat)	S2
Caffeine	S2
Calcium, Ca	S2
Potassium, K	S2
Thiamin	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
16:1 undifferentiated	S2
20:1	S2
Fiber, total dietary	S2
Vitamin E (alpha-tocopherol)	S2
Tryptophan	S14, S2
Glycine	S14, S2
14:0	S2
22:6 n-3	S2

NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Total lipid (fat)	S2
Potassium, K	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1589 of 3136

NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Cryptoxanthin, beta	S2
Cystine	S14, S2
Histidine	S14, S2
Cholesterol	S2
Ash	S2
Sugars, total	S2
Iron, Fe	S2
Zinc, Zn	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Phenylalanine	S14, S2
10:0	S2
18:0	S2
Protein	S2
Lutein + zeaxanthin	S2
Arginine	S14, S2
18:3 undifferentiated	S2
20:1	S2
Manganese, Mn	S2
Retinol	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Lysine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
4:0	S2
12:0	S2
22:6 n-3	S2
20:5 n-3	S2
Water	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1590 of 3136

NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Theobromine	S2
Copper, Cu	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Caffeine	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Carotene, beta	S2
Riboflavin	S2
Aspartic acid	S14, S2
6:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2
Calcium, Ca	S2
Thiamin	S2
Niacin	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Leucine	S14, S2
Valine	S14, S2
Serine	S14, S2
8:0	S2
14:0	S2
16:0	S2
22:1 undifferentiated	S2
Sodium, Na	S2
Lycopene	S2
Glycine	S14, S2
18:4	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1591 of 3136

NDB No. 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Ash	S2
Tryptophan	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
16:0	S2
18:4	S2
22:5 n-3	S2
Total lipid (fat)	S2
Copper, Cu	S2
Manganese, Mn	S2
Vitamin B-6	S2
Threonine	S14, S2
10:0	S2
22:6 n-3	S2
Phosphorus, P	S2
Tocopherol, delta	S2
Niacin	S2
Cystine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
Iron, Fe	S2
Magnesium, Mg	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
12:0	S2
14:0	S2
20:4 undifferentiated	S2
20:1	S2
22:1 undifferentiated	S2
Protein	S2
Sodium, Na	S2
Zinc, Zn	S2
Retinol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1592 of 3136

NDB No. 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Phenylalanine	S14, S2
16:1 undifferentiated	S2
20:5 n-3	S2
Selenium, Se	S2
Thiamin	S2
Aspartic acid	S14, S2
Glycine	S14, S2
Cholesterol	S2
18:0	S2
18:2 undifferentiated	S2
Calcium, Ca	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Arginine	S14, S2
Proline	S14, S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
Water	S2
Potassium, K	S2
Fluoride, F	D5001, D5002, D5007, D5021
Tocopherol, beta	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Tyrosine	S14, S2

NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Ash	S2
Caffeine	S2
Sugars, total	S2
Iron, Fe	S2
Thiamin	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Proline	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1593 of 3136

NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Cholesterol	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Fiber, total dietary	S2
Alanine	S14, S2
14:0	S2
18:4	S2
Protein	S2
Manganese, Mn	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Isoleucine	S14, S2
16:1 undifferentiated	S2
Calcium, Ca	S2
Phosphorus, P	S2
Copper, Cu	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Niacin	S2
Folate, total	S2
Methionine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
16:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
Total lipid (fat)	S2
Water	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Lysine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1594 of 3136

NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

18:0	S2
Zinc, Zn	S2
Carotene, beta	S2
Lycopene	S2
Valine	S14, S2
6:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Potassium, K	S2
Retinol	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Arginine	S14, S2
12:0	S2
Theobromine	S2
Sodium, Na	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Tryptophan	S14, S2
Threonine	S14, S2
Aspartic acid	S14, S2
4:0	S2
8:0	S2
10:0	S2
20:1	S2

NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Tryptophan	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1595 of 3136

NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Cholesterol	S2
4:0	S2
8:0	S2
14:0	S2
20:4 undifferentiated	S2
22:5 n-3	S2
Caffeine	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Retinol	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Methionine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
6:0	S2
10:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:4	S2
Copper, Cu	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
16:0	S2
20:1	S2
Protein	S2
Total lipid (fat)	S2
Water	S2
Cryptoxanthin, beta	S2
Lycopene	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1596 of 3136

NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Tocopherol, gamma	S2
Vitamin B-6	S2
Folate, total	S2
Serine	S14, S2
20:5 n-3	S2
Ash	S2
Sugars, total	S2
Fiber, total dietary	S2
Potassium, K	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Valine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
Theobromine	S2
Calcium, Ca	S2
Sodium, Na	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Glycine	S14, S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Zinc, Zn	S2
Carotene, beta	S2
Carotene, alpha	S2
Leucine	S14, S2
Cystine	S14, S2
12:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2

NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1597 of 3136

NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Caffeine	S2
Carotene, beta	S2
Lycopene	S2
Tocopherol, gamma	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
22:5 n-3	S2
Sugars, total	S2
Zinc, Zn	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Phenylalanine	S14, S2
18:3 undifferentiated	S2
20:1	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Leucine	S14, S2
18:2 undifferentiated	S2
Water	S2
Calcium, Ca	S2
Phosphorus, P	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Lysine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
6:0	S2
12:0	S2
14:0	S2
18:4	S2
Ash	S2
Iron, Fe	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1598 of 3136

NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Manganese, Mn	S2
Thiamin	S2
Isoleucine	S14, S2
10:0	S2
16:1 undifferentiated	S2
Protein	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Copper, Cu	S2
Retinol	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Niacin	S2
Folate, total	S2
Threonine	S14, S2
Cystine	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2
Theobromine	S2
Potassium, K	S2
Carotene, alpha	S2
Pantothenic acid	S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Serine	S14, S2
8:0	S2
16:0	S2
20:4 undifferentiated	S2
Cryptoxanthin, beta	S2
Vitamin B-6	S2
Proline	S14, S2
4:0	S2
18:0	S2
22:6 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1599 of 3136

NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

20:5 n-3 S2

NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Fiber, total dietary S2
Phosphorus, P S2
Potassium, K S2
Copper, Cu S2
Selenium, Se S2
Folate, total S2
Valine S14, S2
Alanine S14, S2
18:0 S2
18:1 undifferentiated S2
22:1 undifferentiated S2
Zinc, Zn S2
Vitamin E (alpha-tocopherol) S2
Lycopene S2
Arginine S14, S2
Glycine S14, S2
Proline S14, S2
8:0 S2
18:3 undifferentiated S2
16:1 undifferentiated S2
Water S2
Carotene, beta S2
Lutein + zeaxanthin S2
Vitamin B-6 S2
Phenylalanine S14, S2
Serine S14, S2
Theobromine S2
Calcium, Ca S2
Iron, Fe S2
Retinol S2
Carotene, alpha S2
Cryptoxanthin, beta S2
Thiamin S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1600 of 3136

NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Riboflavin	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
4:0	S2
12:0	S2
16:0	S2
18:2 undifferentiated	S2
20:1	S2
Ash	S2
Sugars, total	S2
Magnesium, Mg	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Cystine	S14, S2
14:0	S2
22:6 n-3	S2
22:5 n-3	S2
Protein	S2
Caffeine	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Lysine	S14, S2
6:0	S2
20:4 undifferentiated	S2
Manganese, Mn	S2
Tocopherol, beta	S2
Pantothenic acid	S2
Threonine	S14, S2
10:0	S2
Total lipid (fat)	S2
Sodium, Na	S2
Tocopherol, delta	S2
Leucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1601 of 3136

NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
18:4	S2
20:5 n-3	S2

NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Iron, Fe	S2
Cryptoxanthin, beta	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Sugars, total	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Threonine	S14, S2
Leucine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Cholesterol	S2
8:0	S2
20:1	S2
20:5 n-3	S2
Theobromine	S2
Calcium, Ca	S2
Manganese, Mn	S2
Folate, total	S2
Histidine	S14, S2
Aspartic acid	S14, S2
10:0	S2
14:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1602 of 3136

NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Phosphorus, P	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Vitamin B-12	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
4:0	S2
22:5 n-3	S2
Water	S2
Potassium, K	S2
Sodium, Na	S2
Selenium, Se	S2
Thiamin	S2
Arginine	S14, S2
12:0	S2
18:3 undifferentiated	S2
Carotene, beta	S2
Riboflavin	S2
Tryptophan	S14, S2
Cystine	S14, S2
Valine	S14, S2
Serine	S14, S2
16:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Ash	S2
Caffeine	S2
Fiber, total dietary	S2
Copper, Cu	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Lysine	S14, S2
Alanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1603 of 3136

NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Glutamic acid	S14, S2
20:4 undifferentiated	S2
18:4	S2
Lycopene	S2
Isoleucine	S14, S2
Methionine	S14, S2
6:0	S2
18:0	S2
22:6 n-3	S2

NDB No. 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Phosphorus, P	S2
Thiamin	S2
Glutamic acid	S14, S2
Glycine	S14, S2
Serine	S14, S2
18:2 undifferentiated	S2
Water	S2
Retinol	S2
Niacin	S2
Vitamin B-12	S2
Histidine	S14, S2
Cholesterol	S2
20:1	S2
22:5 n-3	S2
Ash	S2
Manganese, Mn	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Riboflavin	S2
Threonine	S14, S2
Valine	S14, S2
10:0	S2
18:0	S2
18:1 undifferentiated	S2
Protein	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1604 of 3136

NDB No. 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Sodium, Na	S2
Copper, Cu	S2
Tocopherol, beta	S2
Arginine	S14, S2
Alanine	S14, S2
16:0	S2
Total lipid (fat)	S2
Fluoride, F	D5001, D5002, D5007, D5021
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
12:0	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
Calcium, Ca	S2
Iron, Fe	S2
Zinc, Zn	S2
Pantothenic acid	S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
22:6 n-3	S2
18:4	S2
20:5 n-3	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
20:4 undifferentiated	S2
Magnesium, Mg	S2
Potassium, K	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
14:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1605 of 3136

NDB No. 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

22:1 undifferentiated S2

NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Caffeine	S2
Magnesium, Mg	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Lysine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
18:0	S2
Sodium, Na	S2
Copper, Cu	S2
Lycopene	S2
Tocopherol, beta	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Arginine	S14, S2
14:0	S2
Protein	S2
Phosphorus, P	S2
Folate, total	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Proline	S14, S2
4:0	S2
8:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Fiber, total dietary	S2
Tocopherol, delta	S2
Niacin	S2
Threonine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1606 of 3136

NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Alanine	S14, S2
6:0	S2
16:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Retinol	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Glycine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
Water	S2
Theobromine	S2
Iron, Fe	S2
Manganese, Mn	S2
Thiamin	S2
Riboflavin	S2
Phenylalanine	S14, S2
Valine	S14, S2
12:0	S2
18:4	S2
Sugars, total	S2
Zinc, Zn	S2
Lutein + zeaxanthin	S2
Methionine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
20:1	S2
Total lipid (fat)	S2
Ash	S2
Calcium, Ca	S2
Potassium, K	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1607 of 3136

NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Vitamin B-6	S2
Leucine	S14, S2
10:0	S2
18:3 undifferentiated	S2
20:5 n-3	S2

NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Potassium, K	S2
Sodium, Na	S2
Retinol	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
20:1	S2
Water	S2
Sugars, total	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Cystine	S14, S2
18:4	S2
22:1 undifferentiated	S2
Fiber, total dietary	S2
Zinc, Zn	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Methionine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
22:5 n-3	S2
Cryptoxanthin, beta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1608 of 3136

NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Lutein + zeaxanthin	S2
Phenylalanine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
6:0	S2
18:2 undifferentiated	S2
Phosphorus, P	S2
Lycopene	S2
Riboflavin	S2
Niacin	S2
Leucine	S14, S2
Arginine	S14, S2
8:0	S2
14:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
Total lipid (fat)	S2
Caffeine	S2
Theobromine	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Proline	S14, S2
12:0	S2
18:0	S2
Iron, Fe	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Pantothenic acid	S2
Threonine	S14, S2
Isoleucine	S14, S2
Lysine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1609 of 3136

NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Cholesterol	S2
16:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Ash	S2
4:0	S2
10:0	S2
20:4 undifferentiated	S2
20:5 n-3	S2

NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Water	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
22:5 n-3	S2
Copper, Cu	S2
Manganese, Mn	S2
Carotene, beta	S2
Threonine	S14, S2
Methionine	S14, S2
Valine	S14, S2
Serine	S14, S2
18:0	S2
16:1 undifferentiated	S2
Iron, Fe	S2
Tocopherol, gamma	S2
Niacin	S2
Arginine	S14, S2
Histidine	S14, S2
Proline	S14, S2
10:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1610 of 3136

NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

18:3 undifferentiated	S2
22:6 n-3	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Tryptophan	S14, S2
4:0	S2
16:0	S2
22:1 undifferentiated	S2
Sugars, total	S2
Retinol	S2
Carotene, alpha	S2
Lycopene	S2
Tocopherol, delta	S2
Thiamin	S2
Cystine	S14, S2
6:0	S2
18:1 undifferentiated	S2
Protein	S2
Ash	S2
Caffeine	S2
Potassium, K	S2
Pantothenic acid	S2
Leucine	S14, S2
Alanine	S14, S2
14:0	S2
18:2 undifferentiated	S2
Calcium, Ca	S2
Sodium, Na	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Lysine	S14, S2
Glutamic acid	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1611 of 3136

NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Glycine	S14, S2
8:0	S2
20:4 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
Total lipid (fat)	S2
Theobromine	S2
Riboflavin	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Cholesterol	S2
12:0	S2

NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Water	S2
Iron, Fe	S2
Phosphorus, P	S2
Selenium, Se	S2
Retinol	S2
Thiamin	S2
Riboflavin	S2
Pantothenic acid	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
18:4	S2
Caffeine	S2
Fiber, total dietary	S2
Zinc, Zn	S2
Carotene, beta	S2
Folate, total	S2
Leucine	S14, S2
Lysine	S14, S2
Alanine	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1612 of 3136

NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

20:4 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Manganese, Mn	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Methionine	S14, S2
Arginine	S14, S2
16:0	S2
20:5 n-3	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Cystine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Sugars, total	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Histidine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Serine	S14, S2
14:0	S2
18:0	S2
18:2 undifferentiated	S2
Protein	S2
Total lipid (fat)	S2
Theobromine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1613 of 3136

NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Potassium, K	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Valine	S14, S2
6:0	S2
8:0	S2
10:0	S2
Magnesium, Mg	S2
Sodium, Na	S2
Vitamin B-12	S2
4:0	S2
20:1	S2
22:1 undifferentiated	S2
Carotene, alpha	S2
Isoleucine	S14, S2
12:0	S2
22:5 n-3	S2

NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted

Total lipid (fat)	S221
Selenium, Se	S221
Tyrosine	S2
Glycine	S2
Cholesterol	S221
20:0	S221
Isoleucine	S2
Glutamic acid	S2
18:2 undifferentiated	S221
Methionine	S2
Phenylalanine	S2
Valine	S2
14:0	S221
Copper, Cu	S221
Proline	S2
16:0	S221
18:0	S221

Reference Report

JUL-17-2008 02:00 PM

Page 1614 of 3136

NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted

18:3 undifferentiated	S221
20:4 undifferentiated	S221
Tryptophan	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Serine	S2
18:1 undifferentiated	S221
Zinc, Zn	S221
Threonine	S2
14:1	S221
Magnesium, Mg	S221
Cystine	S2
16:1 undifferentiated	S221
Protein	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Leucine	S2
Lysine	S2
12:0	S221

NDB No. 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted

Carbohydrate, by difference	S221
Water	S221
Leucine	S2
Cystine	S2
Valine	S2
Glutamic acid	S2
Proline	S2
14:0	S221
18:3 undifferentiated	S221
Ash	S221
Threonine	S2
Histidine	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1615 of 3136

NDB No. 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted

Aspartic acid	S2
Selenium, Se	S221
Tyrosine	S2
12:0	S221
20:0	S221
18:2 undifferentiated	S221
Arginine	S2
Glycine	S2
Serine	S2
Methionine	S2
Phenylalanine	S2
Cholesterol	S221
20:4 undifferentiated	S221
Magnesium, Mg	S221
18:0	S221
18:1 undifferentiated	S221
Zinc, Zn	S221
Copper, Cu	S221
Isoleucine	S2
16:1 undifferentiated	S221
Protein	S221
Total lipid (fat)	S221
Tryptophan	S2
Lysine	S2
Alanine	S2
16:0	S221
14:1	S221

NDB No. 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

Protein	S221
Lysine	S2
Aspartic acid	S2
Serine	S2
18:3 undifferentiated	S221
Tryptophan	S2
Threonine	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1616 of 3136

NDB No. 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

Isoleucine	S2
Phenylalanine	S2
Tyrosine	S2
16:0	S221
18:1 undifferentiated	S221
Cystine	S2
Glutamic acid	S2
Glycine	S2
20:4 undifferentiated	S221
16:1 undifferentiated	S221
Total lipid (fat)	S221
Magnesium, Mg	S221
Leucine	S2
Proline	S2
20:0	S221
Water	S221
Iron, Fe	S221
Histidine	S2
14:0	S221
Carbohydrate, by difference	S221
Selenium, Se	S221
Arginine	S2
12:0	S221
18:0	S221
18:2 undifferentiated	S221
14:1	S221
Ash	S221
Methionine	S2
Valine	S2
Alanine	S2

NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Total lipid (fat)	S221
Ash	S221
Water	S221
Magnesium, Mg	S221

Reference Report

JUL-17-2008 02:00 PM

Page 1617 of 3136

NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Threonine	S2
Tyrosine	S2
Glutamic acid	S2
16:0	S221
18:3 undifferentiated	S221
18:1 undifferentiated	S221
Alanine	S2
Aspartic acid	S2
Tryptophan	S2
Phenylalanine	S2
Arginine	S2
Glycine	S2
Protein	S221
Carbohydrate, by difference	S221
Isoleucine	S2
Leucine	S2
Cystine	S2
Valine	S2
14:0	S221
20:0	S221
Selenium, Se	S221
Histidine	S2
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221
Iron, Fe	S221
Lysine	S2
Methionine	S2
Proline	S2
Serine	S2
12:0	S221
18:0	S221
18:2 undifferentiated	S221

NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Total lipid (fat)	S2
-------------------	----

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1618 of 3136

NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Water	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Vitamin B-6	S2
Folate, total	S2
Tyrosine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
4:0	S2
20:1	S2
Iron, Fe	S2
Zinc, Zn	S2
Lutein + zeaxanthin	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
12:0	S2
16:0	S2
18:2 undifferentiated	S2
Protein	S2
Caffeine	S2
Calcium, Ca	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Niacin	S2
18:3 undifferentiated	S2
Sugars, total	S2
Pantothenic acid	S2
Vitamin B-12	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1619 of 3136

NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

16:1 undifferentiated	S2
22:5 n-3	S2
Carotene, beta	S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
8:0	S2
10:0	S2
20:4 undifferentiated	S2
Ash	S2
Fiber, total dietary	S2
Potassium, K	S2
Sodium, Na	S2
Retinol	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Riboflavin	S2
Isoleucine	S14, S2
6:0	S2
14:0	S2
22:1 undifferentiated	S2
Tocopherol, gamma	S2
Methionine	S14, S2
Valine	S14, S2
22:6 n-3	S2
20:5 n-3	S2
Theobromine	S2
Selenium, Se	S2
Lycopene	S2
Threonine	S14, S2
Leucine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Cholesterol	S2
18:0	S2
18:1 undifferentiated	S2
18:4	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1620 of 3136

NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Fiber, total dietary	S2
Potassium, K	S2
Retinol	S2
Methionine	S14, S2
Proline	S14, S2
12:0	S2
18:3 undifferentiated	S2
18:4	S2
20:1	S2
Ash	S2
Theobromine	S2
Carotene, beta	S2
Lycopene	S2
Niacin	S2
Pantothenic acid	S2
Arginine	S14, S2
Aspartic acid	S14, S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Caffeine	S2
Sugars, total	S2
Calcium, Ca	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Serine	S14, S2
16:0	S2
Protein	S2
Riboflavin	S2
Lysine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
14:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1621 of 3136

NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:1 undifferentiated	S2
16:1 undifferentiated	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Cystine	S14, S2
Valine	S14, S2
Cholesterol	S2
8:0	S2
10:0	S2
Iron, Fe	S2
Magnesium, Mg	S2
Sodium, Na	S2
Copper, Cu	S2
Selenium, Se	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Alanine	S14, S2
6:0	S2
18:0	S2
22:5 n-3	S2
Total lipid (fat)	S2
Water	S2
Phosphorus, P	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Glycine	S14, S2
18:2 undifferentiated	S2
20:5 n-3	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Folate, total	S2
Leucine	S14, S2
4:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1622 of 3136

NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

22:6 n-3 S2

NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Sugars, total S2
Magnesium, Mg S2
Carotene, alpha S2
Thiamin S2
Isoleucine S14, S2
12:0 S2
18:3 undifferentiated S2
22:1 undifferentiated S2
Tocopherol, delta S2
Threonine S14, S2
Phenylalanine S14, S2
Tyrosine S14, S2
Glycine S14, S2
20:4 undifferentiated S2
18:4 S2
20:1 S2
Fiber, total dietary S2
Riboflavin S2
Vitamin K (phylloquinone) S2
Aspartic acid S14, S2
Glutamic acid S14, S2
22:6 n-3 S2
16:1 undifferentiated S2
Phosphorus, P S2
Tocopherol, beta S2
Niacin S2
Leucine S14, S2
Valine S14, S2
Proline S14, S2
6:0 S2
18:1 undifferentiated S2
20:5 n-3 S2
22:5 n-3 S2

Reference Report

JUL-17-2008 02:00 PM

Page 1623 of 3136

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
Calcium, Ca	S2
Manganese, Mn	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Methionine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
4:0	S2
16:0	S2
18:0	S2
Theobromine	S2
Cryptoxanthin, beta	S2
Serine	S14, S2
Cholesterol	S2
8:0	S2
14:0	S2
Potassium, K	S2
Selenium, Se	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Alanine	S14, S2
10:0	S2
18:2 undifferentiated	S2
Iron, Fe	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1624 of 3136

NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Retinol	S2
Lycopene	S2
Tryptophan	S14, S2
Lysine	S14, S2
Cystine	S14, S2

NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Fiber, total dietary	S2
Iron, Fe	S2
Carotene, alpha	S2
Lycopene	S2
Vitamin B-6	S2
Lysine	S14, S2
Cholesterol	S2
22:5 n-3	S2
Phosphorus, P	S2
Retinol	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Valine	S14, S2
Glycine	S14, S2
Proline	S14, S2
10:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Theobromine	S2
Magnesium, Mg	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Folate, total	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1625 of 3136

NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Threonine	S14, S2
Methionine	S14, S2
4:0	S2
12:0	S2
18:1 undifferentiated	S2
18:4	S2
Water	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
6:0	S2
8:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Protein	S2
Ash	S2
Caffeine	S2
Sugars, total	S2
Tocopherol, beta	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
14:0	S2
16:0	S2
Zinc, Zn	S2
Serine	S14, S2
18:0	S2
20:1	S2
Copper, Cu	S2
Manganese, Mn	S2
Riboflavin	S2
Niacin	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Alanine	S14, S2
18:3 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1626 of 3136

NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

20:4 undifferentiated	S2
Calcium, Ca	S2
Potassium, K	S2
Sodium, Na	S2
Selenium, Se	S2
Isoleucine	S14, S2
Cystine	S14, S2
Glutamic acid	S14, S2
22:6 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

Potassium, K	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Isoleucine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
6:0	S2
12:0	S2
22:6 n-3	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Sugars, total	S2
Iron, Fe	S2
Sodium, Na	S2
Carotene, beta	S2
Folate, total	S2
Tryptophan	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
4:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1627 of 3136

NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

8:0	S2
14:0	S2
Protein	S2
Total lipid (fat)	S2
Water	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
10:0	S2
16:0	S2
16:1 undifferentiated	S2
Ash	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Niacin	S2
Vitamin B-12	S2
18:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2
Theobromine	S2
Lycopene	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Cystine	S14, S2
18:4	S2
Caffeine	S2
Magnesium, Mg	S2
Copper, Cu	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Lysine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Fiber, total dietary	S2
Phosphorus, P	S2
Manganese, Mn	S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1628 of 3136

NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Valine	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Retinol	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Serine	S14, S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2

NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Ash	S2
Water	S2
Theobromine	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Niacin	S2
Isoleucine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
6:0	S2
8:0	S2
10:0	S2
18:0	S2
16:1 undifferentiated	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Tocopherol, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1629 of 3136

NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Aspartic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
4:0	S2
Total lipid (fat)	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Threonine	S14, S2
20:1	S2
Iron, Fe	S2
Potassium, K	S2
Lycopene	S2
Tocopherol, gamma	S2
Thiamin	S2
Riboflavin	S2
Cystine	S14, S2
16:0	S2
18:4	S2
22:5 n-3	S2
Fiber, total dietary	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Folate, total	S2
Leucine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
12:0	S2
14:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Protein	S2
Sugars, total	S2
Phosphorus, P	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1630 of 3136

NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Sodium, Na	S2
Zinc, Zn	S2
Phenylalanine	S14, S2
Valine	S14, S2
Cholesterol	S2
20:4 undifferentiated	S2
Manganese, Mn	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
22:6 n-3	S2
Caffeine	S2
Retinol	S2
Carotene, beta	S2
Tyrosine	S14, S2

NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Thiamin	S2
Niacin	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
18:0	S2
18:3 undifferentiated	S2
Calcium, Ca	S2
Iron, Fe	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1631 of 3136

NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Selenium, Se	S2
Cryptoxanthin, beta	S2
Tryptophan	S14, S2
4:0	S2
10:0	S2
20:5 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Ash	S2
Sugars, total	S2
Phosphorus, P	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Alanine	S14, S2
6:0	S2
12:0	S2
Caffeine	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Isoleucine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Cholesterol	S2
8:0	S2
22:6 n-3	S2
18:4	S2
Tocopherol, beta	S2
Riboflavin	S2
Vitamin B-6	S2
Lysine	S14, S2
Histidine	S14, S2
14:0	S2
16:0	S2
18:2 undifferentiated	S2
Lycopene	S2
Tocopherol, gamma	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1632 of 3136

NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

20:4 undifferentiated	S2
16:1 undifferentiated	S2
Protein	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Retinol	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Threonine	S14, S2
Leucine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
18:1 undifferentiated	S2
Water	S2
Theobromine	S2
Magnesium, Mg	S2
Copper, Cu	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
20:1	S2
22:1 undifferentiated	S2

NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Total lipid (fat)	S2
Water	S2
Caffeine	S2
Fiber, total dietary	S2
Selenium, Se	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Isoleucine	S14, S2
16:0	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1633 of 3136

NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

18:4	S2
Ash	S2
Phosphorus, P	S2
Leucine	S14, S2
8:0	S2
12:0	S2
18:0	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Theobromine	S2
Sugars, total	S2
Iron, Fe	S2
Potassium, K	S2
Folate, total	S2
Histidine	S14, S2
4:0	S2
10:0	S2
Protein	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Niacin	S2
Cystine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
18:2 undifferentiated	S2
Carotene, beta	S2
Tocopherol, beta	S2
Lysine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Cholesterol	S2
6:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Calcium, Ca	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1634 of 3136

NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Magnesium, Mg	S2
Tocopherol, gamma	S2
Thiamin	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
20:1	S2
22:5 n-3	S2
Sodium, Na	S2
Zinc, Zn	S2
Retinol	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Methionine	S14, S2
Serine	S14, S2
Copper, Cu	S2
Manganese, Mn	S2
Carotene, alpha	S2
Lycopene	S2
Pantothenic acid	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
14:0	S2

NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Total lipid (fat)	S2
Theobromine	S2
Magnesium, Mg	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1635 of 3136

NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Leucine	S14, S2
Cystine	S14, S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Glycine	S14, S2
4:0	S2
18:0	S2
16:1 undifferentiated	S2
Lycopene	S2
Methionine	S14, S2
Cholesterol	S2
Zinc, Zn	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Lysine	S14, S2
Proline	S14, S2
12:0	S2
18:2 undifferentiated	S2
Protein	S2
Sugars, total	S2
Phosphorus, P	S2
Sodium, Na	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Thiamin	S2
Folate, total	S2
Alanine	S14, S2
8:0	S2
10:0	S2
16:0	S2
18:3 undifferentiated	S2
18:4	S2
Iron, Fe	S2
Copper, Cu	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1636 of 3136

NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Glutamic acid	S14, S2
6:0	S2
22:5 n-3	S2
Ash	S2
Manganese, Mn	S2
Carotene, beta	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Threonine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
14:0	S2
22:6 n-3	S2
20:1	S2
Water	S2
Caffeine	S2
Potassium, K	S2
Tocopherol, gamma	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Serine	S14, S2
20:4 undifferentiated	S2
20:5 n-3	S2

NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Sugars, total	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1637 of 3136

NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Pantothenic acid	S2
Vitamin B-6	S2
Methionine	S14, S2
22:5 n-3	S2
Theobromine	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Vitamin B-12	S2
Serine	S14, S2
Cholesterol	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Protein	S2
Ash	S2
Water	S2
Fiber, total dietary	S2
Histidine	S14, S2
12:0	S2
Caffeine	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Threonine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2
6:0	S2
16:0	S2
18:4	S2
20:1	S2
Zinc, Zn	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Thiamin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1638 of 3136

NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Folate, total	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Cystine	S14, S2
Proline	S14, S2
8:0	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Phenylalanine	S14, S2
Glycine	S14, S2
4:0	S2
14:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Iron, Fe	S2
Potassium, K	S2
Tryptophan	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
20:5 n-3	S2
Sodium, Na	S2
Manganese, Mn	S2
Retinol	S2
Lycopene	S2
Valine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
10:0	S2
18:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1639 of 3136

NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
4:0	S2
8:0	S2
18:4	S2
20:5 n-3	S2
22:5 n-3	S2
Caffeine	S2
Theobromine	S2
Potassium, K	S2
Niacin	S2
Folate, total	S2
Arginine	S14, S2
6:0	S2
14:0	S2
16:0	S2
18:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Total lipid (fat)	S2
Sugars, total	S2
Lutein + zeaxanthin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Ash	S2
Water	S2
Calcium, Ca	S2
Manganese, Mn	S2
Selenium, Se	S2
Tocopherol, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1640 of 3136

NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Lysine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
20:1	S2
Protein	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Tocopherol, gamma	S2
Riboflavin	S2
Vitamin B-6	S2
Serine	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
Zinc, Zn	S2
Retinol	S2
Phenylalanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
22:1 undifferentiated	S2
Copper, Cu	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
12:0	S2
16:1 undifferentiated	S2
Fiber, total dietary	S2
Iron, Fe	S2
Sodium, Na	S2
Carotene, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Pantothenic acid	S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
10:0	S2
18:2 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1641 of 3136

NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

22:6 n-3 S2

NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Iron, Fe	S2
Riboflavin	S2
Leucine	S14, S2
Cystine	S14, S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tocopherol, gamma	S2
Niacin	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Valine	S14, S2
6:0	S2
8:0	S2
12:0	S2
18:0	S2
20:4 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Total lipid (fat)	S2
Sugars, total	S2
Potassium, K	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1642 of 3136

NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

16:1 undifferentiated	S2
Retinol	S2
Threonine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Water	S2
Caffeine	S2
Sodium, Na	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Lysine	S14, S2
Glutamic acid	S14, S2
14:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
18:4	S2
20:5 n-3	S2
Fiber, total dietary	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Cholesterol	S2
Protein	S2
Ash	S2
Theobromine	S2
Calcium, Ca	S2
Copper, Cu	S2
Carotene, beta	S2
Vitamin B-12	S2
Proline	S14, S2
10:0	S2
Magnesium, Mg	S2
Selenium, Se	S2
Carotene, alpha	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1643 of 3136

NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Tocopherol, delta	S2
Thiamin	S2
Folate, total	S2
4:0	S2
16:0	S2

NDB No. 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Serine	S2
12:0	S221
16:0	S221
20:0	S221
14:1	S221
Ash	S221
Zinc, Zn	S221
Leucine	S2
Lysine	S2
Cystine	S2
Valine	S2
Cholesterol	S221
14:0	S221
Histidine	S2
Glycine	S2
16:1 undifferentiated	S221
Protein	S221
Potassium, K	S221
Tryptophan	S2
Methionine	S2
18:0	S221
20:4 undifferentiated	S221
Total lipid (fat)	S221
Water	S221
Threonine	S2
Aspartic acid	S2
Isoleucine	S2
Phenylalanine	S2
Arginine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1644 of 3136

NDB No. 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Proline	S2
18:2 undifferentiated	S221
Carbohydrate, by difference	S221
Tyrosine	S2
Glutamic acid	S2
18:1 undifferentiated	S221
Magnesium, Mg	S221
Alanine	S2
18:3 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
Lysine	S2
Alanine	S2
Cholesterol	S221
Carbohydrate, by difference	S221
Zinc, Zn	S221
Threonine	S2
Glutamic acid	S2
Cystine	S2
18:3 undifferentiated	S221
Isoleucine	S2
Aspartic acid	S2
Glycine	S2
12:0	S221
18:0	S221
Potassium, K	S221
Phenylalanine	S2
Valine	S2
Proline	S2
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
Magnesium, Mg	S221

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1645 of 3136

NDB No. 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Leucine	S2
Histidine	S2
Serine	S2
14:0	S221
20:4 undifferentiated	S221
16:1 undifferentiated	S221
Ash	S221
Tryptophan	S2
Methionine	S2
Water	S221
Tyrosine	S2
Arginine	S2
16:0	S221
14:1	S221

NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Water	S221
Lysine	S2
Cystine	S2
Glutamic acid	S2
Proline	S2
Serine	S2
18:0	S221
18:1 undifferentiated	S221
20:4 undifferentiated	S221
Protein	S221
Ash	S221
12:0	S221
16:0	S221
20:0	S221
16:1 undifferentiated	S221
Carbohydrate, by difference	S221
Tryptophan	S2
Threonine	S2
Tyrosine	S2
14:0	S221

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1646 of 3136

NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Zinc, Zn	S221
Histidine	S2
Cholesterol	S221
18:2 undifferentiated	S221
Magnesium, Mg	S221
Potassium, K	S221
Methionine	S2
Valine	S2
Arginine	S2
Alanine	S2
Glycine	S2
Total lipid (fat)	S221
Selenium, Se	S221
Leucine	S2
Phenylalanine	S2
Aspartic acid	S2
18:3 undifferentiated	S221
14:1	S221
Isoleucine	S2

NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Arginine	S2
Alanine	S2
18:2 undifferentiated	S221
Protein	S221
Water	S221
Potassium, K	S221
Phenylalanine	S2
Valine	S2
Glutamic acid	S2
20:0	S221
Magnesium, Mg	S221
Selenium, Se	S221
Glycine	S2
18:1 undifferentiated	S221
Carbohydrate, by difference	S221

Reference Report

JUL-17-2008 02:00 PM

Page 1647 of 3136

NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Histidine	S2
20:4 undifferentiated	S221
16:1 undifferentiated	S221
Total lipid (fat)	S221
Lysine	S2
Proline	S2
Ash	S221
Threonine	S2
Tyrosine	S2
Cholesterol	S221
12:0	S221
14:0	S221
Zinc, Zn	S221
Cystine	S2
Aspartic acid	S2
Serine	S2
16:0	S221
14:1	S221
Tryptophan	S2
Isoleucine	S2
Leucine	S2
Methionine	S2
18:0	S221
18:3 undifferentiated	S221

NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Total lipid (fat)	S2
Fiber, total dietary	S2
Copper, Cu	S2
Carotene, beta	S2
Thiamin	S2
Cholesterol	S2
Caffeine	S2
Selenium, Se	S2
Retinol	S2
Cryptoxanthin, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1648 of 3136

NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Riboflavin	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
Sugars, total	S2
Carotene, alpha	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2
8:0	S2
18:4	S2
Calcium, Ca	S2
Tocopherol, gamma	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Histidine	S14, S2
18:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Ash	S2
Iron, Fe	S2
Lycopene	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Lysine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
6:0	S2
16:0	S2
20:5 n-3	S2
Water	S2
Phosphorus, P	S2
Potassium, K	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1649 of 3136

NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Zinc, Zn	S2
Manganese, Mn	S2
Vitamin B-12	S2
Serine	S14, S2
14:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Protein	S2
Theobromine	S2
Magnesium, Mg	S2
Sodium, Na	S2
Tocopherol, beta	S2
Niacin	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Threonine	S14, S2
Glutamic acid	S14, S2
4:0	S2
10:0	S2
12:0	S2
16:1 undifferentiated	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Alanine	S14, S2
22:6 n-3	S2
20:1	S2
22:5 n-3	S2

NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Caffeine	S2
Manganese, Mn	S2
Vitamin B-12	S2
Valine	S14, S2
Cholesterol	S2
Sugars, total	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1650 of 3136

NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Riboflavin	S2
Leucine	S14, S2
18:0	S2
18:3 undifferentiated	S2
Water	S2
Potassium, K	S2
Selenium, Se	S2
Carotene, beta	S2
Carotene, alpha	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
20:1	S2
Theobromine	S2
Fiber, total dietary	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Vitamin B-6	S2
Folate, total	S2
22:6 n-3	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Ash	S2
Magnesium, Mg	S2
Sodium, Na	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Cystine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
6:0	S2
18:2 undifferentiated	S2
Protein	S2
Iron, Fe	S2
Copper, Cu	S2
Lycopene	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1651 of 3136

NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Tocopherol, beta	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Lysine	S14, S2
Glycine	S14, S2
8:0	S2
20:4 undifferentiated	S2
18:4	S2
20:5 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Zinc, Zn	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Tyrosine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
14:0	S2
16:0	S2
18:1 undifferentiated	S2
Calcium, Ca	S2
Phosphorus, P	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Serine	S14, S2
4:0	S2
10:0	S2
12:0	S2

NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

Ash	S2
Magnesium, Mg	S2

Reference Report

JUL-17-2008 02:00 PM

Page 1652 of 3136

NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

Zinc, Zn	S2
Selenium, Se	S2
Carotene, beta	S2
Vitamin B-6	S2
Vitamin B-12	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
4:0	S2
22:1 undifferentiated	S2
Caffeine	S2
Iron, Fe	S2
Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Lysine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
8:0	S2
10:0	S2
16:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
20:5 n-3	S2
Sugars, total	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Alanine	S14, S2
Cholesterol	S2
6:0	S2
18:2 undifferentiated	S2
Phosphorus, P	S2
Thiamin	S2
18:3 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1653 of 3136

NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

Total lipid (fat)	S2
Theobromine	S2
Manganese, Mn	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Niacin	S2
Isoleucine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Serine	S14, S2
14:0	S2
18:1 undifferentiated	S2
20:1	S2
Protein	S2
Calcium, Ca	S2
Potassium, K	S2
Retinol	S2
Lycopene	S2
12:0	S2
22:5 n-3	S2
Water	S2
Fiber, total dietary	S2
Cryptoxanthin, beta	S2
Cystine	S14, S2
18:0	S2
22:6 n-3	S2
18:4	S2
Sodium, Na	S2
Copper, Cu	S2
Pantothenic acid	S2
Folate, total	S2
Leucine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 1654 of 3136

NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

Theobromine	S2
Magnesium, Mg	S2
Threonine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Water	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Riboflavin	S2
Leucine	S14, S2
Glycine	S14, S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:5 n-3	S2
Protein	S2
Caffeine	S2
Fiber, total dietary	S2
Retinol	S2
Vitamin K (phylloquinone)	S2
Histidine	S14, S2
Proline	S14, S2
Serine	S14, S2
14:0	S2
22:1 undifferentiated	S2
Iron, Fe	S2
Manganese, Mn	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Niacin	S2
Vitamin B-12	S2
Cystine	S14, S2
Arginine	S14, S2
16:0	S2
18:3 undifferentiated	S2
Ash	S2
Sugars, total	S2
Sodium, Na	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1655 of 3136

NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

Selenium, Se	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Aspartic acid	S14, S2
18:4	S2
22:5 n-3	S2
Calcium, Ca	S2
Phosphorus, P	S2
Potassium, K	S2
Zinc, Zn	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Cholesterol	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Vitamin B-6	S2
Methionine	S14, S2
Glutamic acid	S14, S2
4:0	S2
Total lipid (fat)	S2
Lycopene	S2
Tryptophan	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
20:4 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1656 of 3136

NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

20:1 S2

NDB No. 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Glutamic acid S2
Glycine S2
16:0 S221
18:1 undifferentiated S221
18:3 undifferentiated S221
Ash S221
Water S221
Potassium, K S221
Cystine S2
Proline S2
14:0 S221
18:0 S221
16:1 undifferentiated S221
Methionine S2
Phenylalanine S2
Cholesterol S221
18:2 undifferentiated S221
Valine S2
Alanine S2
Aspartic acid S2
Leucine S2
Tryptophan S2
Tyrosine S2
Histidine S2
20:0 S221
14:1 S221
Protein S221
Total lipid (fat) S221
Threonine S2
Isoleucine S2
Lysine S2
Serine S2
12:0 S221

Reference Report

JUL-17-2008 02:00 PM

Page 1657 of 3136

NDB No. 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

20:4 undifferentiated	S221
Carbohydrate, by difference	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Arginine	S2

NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Total lipid (fat)	S221
Ash	S221
Proline	S2
14:1	S221
Threonine	S2
Histidine	S2
Alanine	S2
Serine	S2
12:0	S221
Zinc, Zn	S221
Isoleucine	S2
Aspartic acid	S2
16:0	S221
Water	S221
Leucine	S2
Methionine	S2
Arginine	S2
Cholesterol	S221
14:0	S221
Magnesium, Mg	S221
Sodium, Na	S221
Glycine	S2
18:0	S221
18:1 undifferentiated	S221
18:3 undifferentiated	S221
Valine	S2
18:2 undifferentiated	S221
Protein	S221
Carbohydrate, by difference	S221

Reference Report

JUL-17-2008 02:00 PM

Page 1658 of 3136

NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Phenylalanine	S2
20:0	S221
20:4 undifferentiated	S221
16:1 undifferentiated	S221
Tryptophan	S2
Lysine	S2
Cystine	S2
Tyrosine	S2
Glutamic acid	S2

NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Calcium, Ca	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Methionine	S14, S2
10:0	S2
22:1 undifferentiated	S2
Protein	S2
Water	S2
Copper, Cu	S2
Retinol	S2
Carotene, beta	S2
Tocopherol, beta	S2
Leucine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
6:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Carotene, alpha	S2
Thiamin	S2
Vitamin B-12	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1659 of 3136

NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

12:0	S2
18:1 undifferentiated	S2
Potassium, K	S2
Selenium, Se	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
18:0	S2
20:1	S2
Total lipid (fat)	S2
Caffeine	S2
Iron, Fe	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Lysine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
4:0	S2
8:0	S2
14:0	S2
20:4 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Ash	S2
Phosphorus, P	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Riboflavin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
16:0	S2
22:5 n-3	S2
Fiber, total dietary	S2
Lycopene	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1660 of 3136

NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Theobromine	S2
Sodium, Na	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

NDB No. 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Ash	S221
Water	S221
Alanine	S2
Cholesterol	S221
16:0	S221
18:2 undifferentiated	S221
Threonine	S2
Isoleucine	S2
Proline	S2
14:0	S221
20:4 undifferentiated	S221
Protein	S221
Total lipid (fat)	S221
Selenium, Se	S221
Methionine	S2
Cystine	S2
18:1 undifferentiated	S221
Carbohydrate, by difference	S221
Lysine	S2
Tyrosine	S2
Arginine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1661 of 3136

NDB No. 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Aspartic acid	S2
Glutamic acid	S2
12:0	S221
18:0	S221
Magnesium, Mg	S221
Leucine	S2
20:0	S221
16:1 undifferentiated	S221
Valine	S2
Serine	S2
18:3 undifferentiated	S221
14:1	S221
Tryptophan	S2
Phenylalanine	S2
Histidine	S2
Glycine	S2

NDB No. 14003 Alcoholic beverage, beer, regular, all

Carbohydrate, by difference	S2841
Copper, Cu	S2103
Vitamin C, total ascorbic acid	S2103
Vitamin B-6	S2103
Vitamin K (phylloquinone)	S2103
Tryptophan	S2103
Leucine	S2103
Cystine	S2103
Arginine	S2103
Iron, Fe	S2103
Sodium, Na	S2103
Lysine	S2103
Histidine	S2103
Alanine	S2103
Glycine	S2103
Glucose (dextrose)	S2103
Galactose	S2103
Fiber, total dietary	S2103

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1662 of 3136

NDB No. 14003 Alcoholic beverage, beer, regular, all

Calcium, Ca	S2103
Manganese, Mn	S2103
Pantothenic acid	S2103
Proline	S2103
Tocopherol, beta	S87
Folate, total	S2103
Threonine	S2103
Isoleucine	S2103
Methionine	S2103
Valine	S2103
Aspartic acid	S2103
Sucrose	S2103
Maltose	S2103
Alcohol, ethyl	S2841
Zinc, Zn	S2103
Tocopherol, delta	S87
Phenylalanine	S2103
Ash	S2841
Lactose	S2103
Sugars, total	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Glutamic acid	S2103
Protein	S2841
Total lipid (fat)	S2103
Starch	S2103
Fructose	S2103
Fluoride, F	S2103
Thiamin	S2103
Tyrosine	S2103
Potassium, K	S2103
Selenium, Se	S2103
Vitamin E (alpha-tocopherol)	S87
Tocopherol, gamma	S87
Riboflavin	S2103
Niacin	S2103
Serine	S2103

Reference_Report

NDB No. 14005 Alcoholic beverage, beer, light, BUDWEISER SELECT

Glucose (dextrose)	S3761
Fructose	S3761
Fiber, total dietary	S3761
Manganese, Mn	S3761
Total lipid (fat)	S3761
Maltose	S3761
Zinc, Zn	S3761
Carbohydrate, by difference	S3761
Energy	S3761
Calcium, Ca	S3761
Iron, Fe	S3761
Copper, Cu	S3761
Magnesium, Mg	S3761
Cholesterol	S3761
Ash	S3761
Alcohol, ethyl	S3761
Water	S3761
Protein	S3761
Starch	S3761
Potassium, K	S3761
Sodium, Na	S3761

NDB No. 14006 Alcoholic beverage, beer, light

Magnesium, Mg	S2103
Copper, Cu	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Vitamin B-12	S2103
Leucine	S2103
Histidine	S2103
Protein	S2841
Sucrose	S2103
Lactose	S2103
Sugars, total	S2103
Vitamin C, total ascorbic acid	S2103
Tryptophan	S2103

NDB No. 14006 Alcoholic beverage, beer, light

Threonine	S2103
Riboflavin	S2103
Isoleucine	S2103
Valine	S2103
Glutamic acid	S2103
Total lipid (fat)	S2103
Ash	S2841
Fructose	S2103
Alcohol, ethyl	S2841
Calcium, Ca	S2103
Phosphorus, P	S2103
Sodium, Na	S2103
Fluoride, F	S2103
Niacin	S2103
Folate, total	S2103
Glucose (dextrose)	S2103
Galactose	S2103
Iron, Fe	S2103
Vitamin K (phylloquinone)	S2103
Phenylalanine	S2103
Glycine	S2103
Proline	S2103
Maltose	S2103
Potassium, K	S2103
Manganese, Mn	S2103
Lysine	S2103
Alanine	S2103
Aspartic acid	S2103
Selenium, Se	S2103
Thiamin	S2103
Carbohydrate, by difference	S2841
Starch	S2103
Fiber, total dietary	S2103
Zinc, Zn	S2103
Methionine	S2103
Cystine	S2103
Tyrosine	S2103

NDB No. 14006 Alcoholic beverage, beer, light

Arginine	S2103
Serine	S2103

NDB No. 14052 Alcoholic beverage, distilled, whiskey, 86 proof

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

NDB No. 14057 Alcoholic beverage, wine, dessert, sweet

Vitamin K (phylloquinone)	D4048
---------------------------	-------

NDB No. 14084 Alcoholic beverage, wine, table, all

Total lipid (fat)	S2103
Potassium, K	S2103
Copper, Cu	S2103
Vitamin B-12	S2103
Protein	S2103
Calcium, Ca	S2103
Vitamin B-6	S2103
Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841
Sugars, total	S2103
Fiber, total dietary	S2103
Thiamin	S2103
Magnesium, Mg	S2103
Sodium, Na	S2103
Manganese, Mn	S2103
Niacin	S2103

Reference Report

JUL-17-2008 02:00 PM

Page 1666 of 3136

NDB No. 14084 Alcoholic beverage, wine, table, all

Phosphorus, P	S2103
Zinc, Zn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Folate, total	S2103
Ash	S2841
Iron, Fe	S2103
Fluoride, F	S2103
Riboflavin	S2103
Pantothenic acid	S2103
Vitamin K (phylloquinone)	D4072

NDB No. 14086 CAMPBELL Soup Company, V8 SPLASH Smoothies, Peach Mango

Water	S3921
-------	-------

NDB No. 14087 CAMPBELL Soup Company, V8 SPLASH Smoothies, Strawberry Banana

Water	S3921
-------	-------

NDB No. 14088 CAMPBELL Soup Company, V8 SPLASH Smoothies, Tropical Colada

Water	S3921
-------	-------

NDB No. 14096 Alcoholic beverage, wine, table, red

Alcohol, ethyl	S2841
Vitamin B-12	S2103
Iron, Fe	S2103
Fluoride, F	S2103
Manganese, Mn	S2103
Sugars, total	S2103
Selenium, Se	S2103
Thiamin	S2103
Niacin	S2103
Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841

Reference_Report

NDB No. 14096 Alcoholic beverage, wine, table, red

Calcium, Ca	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Riboflavin	S2103
Folate, total	S2103
Fiber, total dietary	S2103
Magnesium, Mg	S2103
Potassium, K	S2103
Copper, Cu	S2103
Vitamin C, total ascorbic acid	S2103
Ash	S2841
Phosphorus, P	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103

NDB No. 14097 Alcoholic Beverage, wine, table, red, Cabernet Sauvignon

Ash	S2841
Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841

NDB No. 14098 Alcoholic Beverage, wine, table, red, Cabernet Franc

Ash	S2841
Alcohol, ethyl	S2841
Carbohydrate, by difference	S2841

NDB No. 14099 Alcoholic Beverage, wine, table, red, Pinot Noir

Alcohol, ethyl	S2841
Ash	S2841
Carbohydrate, by difference	S2841

NDB No. 14100 Alcoholic Beverage, wine, table, red, Syrah

Ash	S2841
Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841

Reference Report

JUL-17-2008 02:00 PM

Page 1668 of 3136

NDB No. 14101 Alcoholic Beverage, wine, table, red, Barbera

Ash	S2841
Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841

NDB No. 14102 Alcoholic Beverage, wine, table, red, Zinfandel

Alcohol, ethyl	S2841
Carbohydrate, by difference	S2841
Ash	S2841

NDB No. 14103 Alcoholic Beverage, wine, table, red, Petite Sirah

Alcohol, ethyl	S2841
Carbohydrate, by difference	S2841
Ash	S2841

NDB No. 14105 Alcoholic Beverage, wine, table, red, Claret

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

NDB No. 14106 Alcoholic beverage, wine, table, white

Total lipid (fat)	S2103
Calcium, Ca	S2103
Phosphorus, P	S2103
Fluoride, F	S2103
Vitamin C, total ascorbic acid	S2103
Sodium, Na	S2103
Folate, total	S2103
Ash	S2841
Magnesium, Mg	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Carbohydrate, by difference	S2841

NDB No. 14106 Alcoholic beverage, wine, table, white

Alcohol, ethyl	S2841
Fiber, total dietary	S2103
Manganese, Mn	S2103
Protein	S2103
Sugars, total	S2103
Zinc, Zn	S2103
Thiamin	S2103
Vitamin B-12	S2103
Iron, Fe	S2103
Potassium, K	S2103
Copper, Cu	S2103
Selenium, Se	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

Alcohol, ethyl	S2841
Ash	S2841
Carbohydrate, by difference	S2841

NDB No. 14109 Alcoholic Beverage, wine, table, red, Carignane

Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841
Ash	S2841

NDB No. 14113 Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)

Ash	S2841
Alcohol, ethyl	S2841
Carbohydrate, by difference	S2841

NDB No. 14116 Alcoholic beverage, wine, table, white, Chenin Blanc

Reference_Report

NDB No. 14116 Alcoholic beverage, wine, table, white, Chenin Blanc

Ash	S2841
Carbohydrate, by difference	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

Ash	S2841
Alcohol, ethyl	S2841
Carbohydrate, by difference	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
Alcohol, ethyl	S2841
Ash	S2841

NDB No. 14132 Alcoholic beverage, wine, table, white, Riesling

Alcohol, ethyl	S2841
Ash	S2841
Carbohydrate, by difference	S2841

NDB No. 14134 Alcoholic beverage, wine, table, white, Sauvignon Blanc

Ash	S2841
Alcohol, ethyl	S2841
Carbohydrate, by difference	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

Theobromine	S1068
Caffeine	S1068
Magnesium, Mg	S1068
Sodium, Na	S1068
Water	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Fluoride, F	S1068
Iron, Fe	S1068
Potassium, K	S1068
Total lipid (fat)	S1068
Ash	S1068
Phosphorus, P	S1068
Copper, Cu	S1068
Manganese, Mn	S1068
Protein	S1068
Zinc, Zn	S1068

NDB No. 14138 Alcoholic beverage, wine, table, white, Pinot Blanc

Ash	S2841
Carbohydrate, by difference	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

Reference Report

JUL-17-2008 02:00 PM

Page 1672 of 3136

NDB No. 14143 Carbonated beverage, low calorie, other than cola or pepper, without caffeine

Vitamin K (phylloquinone) D4048

NDB No. 14144 Carbonated beverage, lemon-lime soda, contains caffeine

Total lipid (fat) S1068
Manganese, Mn S1068
Glucose (dextrose) S1068
Zinc, Zn S1068
Sucrose S1068
Iron, Fe S1068
Calcium, Ca S1068
Potassium, K S1068
Sodium, Na S1068
Copper, Cu S1068
Water S1068
Phosphorus, P S1068
Fructose S1068
Magnesium, Mg S1068
Ash S1068
Theobromine S1068
Sugars, total S1068
Protein S1068

NDB No. 14145 Carbonated beverage, SPRITE, lemon-lime, without caffeine

Magnesium, Mg S1066, S1122, S1068, S1064
Ash S1066, S1122, S1068, S1064
Caffeine S1122, S1068
Theobromine S1068
Iron, Fe S1066, S1122, S1068, S1064
Total lipid (fat) S1066, S1122, S1068, S1064
Fluoride, F S1066, S1068, S1064
Sugars, total S1068, S1064
Zinc, Zn S1066, S1122, S1068, S1064
Glucose (dextrose) S1066, S1122, S1068, S1064
Fructose S1066, S1122, S1068, S1064
Phosphorus, P S1066, S1122, S1068, S1064
Protein S1066, S1122, S1068, S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1673 of 3136

NDB No. 14145 Carbonated beverage, SPRITE, lemon-lime, without caffeine

Water	S1066, S1122, S1068, S1064
Manganese, Mn	S1066, S1122, S1068, S1064
Sucrose	S1066, S1122, S1068, S1064
Sodium, Na	S1066, S1122, S1068, S1064
Copper, Cu	S1066, S1122, S1068, S1064
Calcium, Ca	S1066, S1122, S1068, S1064
Potassium, K	S1066, S1122, S1068, S1064

NDB No. 14146 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine

Calcium, Ca	S1068
Zinc, Zn	S1068
Ash	S1068
Total lipid (fat)	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Manganese, Mn	S1068
Water	S1068
Sodium, Na	S1068
Copper, Cu	S1068
Theobromine	S1068
Iron, Fe	S1068
Protein	S1068
Fluoride, F	S1068

NDB No. 14147 Carbonated beverage, cola, without caffeine

Protein	S1068
Ash	S1068
Glucose (dextrose)	S1068
Fructose	S1068
Copper, Cu	S1068
Phosphorus, P	S1068
Sodium, Na	S1068
Sugars, total	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068

Reference_Report

NDB No. 14147 Carbonated beverage, cola, without caffeine

Calcium, Ca	S1068
Water	S1068
Theobromine	S1068
Total lipid (fat)	S1068
Sucrose	S1068
Potassium, K	S1068
Zinc, Zn	S1068
Manganese, Mn	S1068

NDB No. 14148 Carbonated beverage, cola, with higher caffeine

Total lipid (fat)	S1068
Water	S1068
Theobromine	S1068
Magnesium, Mg	S1068
Sodium, Na	S1068
Iron, Fe	S1068
Phosphorus, P	S1068
Protein	S1068
Fructose	S1068
Sucrose	S1068
Calcium, Ca	S1068
Zinc, Zn	S1068
Ash	S1068
Caffeine	S1068
Sugars, total	S1068
Copper, Cu	S1068
Manganese, Mn	S1068
Glucose (dextrose)	S1068
Potassium, K	S1068

NDB No. 14149 Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners

Protein	S1068
Potassium, K	S1068
Copper, Cu	S1068
Caffeine	S1068
Iron, Fe	S1068

Reference Report

JUL-17-2008 02:00 PM

Page 1675 of 3136

NDB No. 14149 Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners

Zinc, Zn	S1068
Vitamin K (phylloquinone)	D4048, D4002
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Calcium, Ca	S1068
Phosphorus, P	S1068
Theobromine	S1068
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Sodium, Na	S1068
Magnesium, Mg	S1068
Manganese, Mn	S1068

NDB No. 14150 Carbonated beverage, orange

Betaine	S3461
Fluoride, F	D5004, D5301, D5002, D4981
Choline, total	S3461

NDB No. 14152 Alcoholic Beverage, wine, table, red, Burgundy

Ash	S2841
Alcohol, ethyl	S2841
Carbohydrate, by difference	S2841

NDB No. 14154 Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Water	S2702
Iron, Fe	S2702
Riboflavin	S2702
Vitamin B-12	S2702
Sodium, Na	S2702
Total lipid (fat)	S2702
Calcium, Ca	S2702
Phosphorus, P	S2702
Zinc, Zn	S2702
Niacin	S2702
Pantothenic acid	S2702

Reference Report

JUL-17-2008 02:00 PM

Page 1676 of 3136

NDB No. 14154 Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Sugars, total	S2702
Thiamin	S2702
Magnesium, Mg	S2702
Potassium, K	S2702
Manganese, Mn	S2702
Vitamin B-6	S2702
Caffeine	S2702
Copper, Cu	S2702
Protein	S2702
Ash	S2702

NDB No. 14155 Carbonated beverage, tonic water

Fluoride, F	D4341
-------------	-------

NDB No. 14156 Energy drink, RED BULL, sugar free, with added caffeine, naicin, pantothenic acid, vitamins B6 and B12

Total lipid (fat)	S2702
Calcium, Ca	S2702
Iron, Fe	S2702
Sodium, Na	S2702
Pantothenic acid	S2702
Vitamin B-6	S2702
Riboflavin	S2702
Protein	S2702
Ash	S2702
Copper, Cu	S2702
Manganese, Mn	S2702
Thiamin	S2702
Water	S2702
Zinc, Zn	S2702
Niacin	S2702
Magnesium, Mg	S2702
Phosphorus, P	S2702
Caffeine	S2702
Potassium, K	S2702
Vitamin B-12	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1677 of 3136

NDB No. 14158 Alcoholic Beverage, wine, table, red, Gamay

Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841
Ash	S2841

NDB No. 14159 Alcoholic Beverage, wine, table, red, Mouvedre

Ash	S2841
Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841

NDB No. 14166 Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4048, D4002
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8

NDB No. 14181 Chocolate syrup

Sugars, total	S5
---------------	----

NDB No. 14192 Cocoa mix, powder

Selenium, Se	D3364
--------------	-------

NDB No. 14195 Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Energy	S3770
Calcium, Ca	S3770
Sugars, total	S3770
Sodium, Na	S3770
Fiber, total dietary	S3770
Protein	S3770

NDB No. 14195 Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Vitamin A, IU	S3770
Iron, Fe	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Carbohydrate, by difference	S3770
Total lipid (fat)	S3770
Vitamin C, total ascorbic acid	S3770
Fatty acids, total saturated	S3770

NDB No. 14197 Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix

Protein	S3770
Energy	S3770
Calcium, Ca	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Sugars, total	S3770
Sodium, Na	S3770
Iron, Fe	S3770
Vitamin A, IU	S3770
Fiber, total dietary	S3770
Cholesterol	S3770
Vitamin C, total ascorbic acid	S3770

NDB No. 14209 Coffee, brewed from grounds, prepared with tap water

Ash	S1066, S23, S1122, S1064
Maltose	S23
Caffeine	S1066, S23, S1122, S1064
Sugars, total	S23
Potassium, K	S1066, S23, S1122, S1064
Sodium, Na	S1066, S23, S1122, S1064
4:0	S23, S1064
18:0	S1066, S23, S1122, S1064
16:1 undifferentiated	S1066, S23, S1122, S1064
20:5 n-3	S1066, S23, S1122, S1064

Reference Report

JUL-17-2008 02:00 PM

Page 1679 of 3136

NDB No. 14209 Coffee, brewed from grounds, prepared with tap water

18:1 t	S1064
20:2 n-6 c,c	S1066, S1122, S1064
15:1	S1066, S1122, S1064
Protein	S1066, S23, S1122, S1064
Sucrose	S23
Glucose (dextrose)	S23
Manganese, Mn	S1066, S23, S1122, S1064
Riboflavin	S1066, S23, S1122, S1064
Folate, total	S1066, S23, S1122, S1064
14:1	S1066, S23, S1122, S1064
22:5 n-3	S1066, S23, S1122
15:0	S1066, S23, S1122, S1064
Fatty acids, total trans-monoenoic	S1064
Galactose	S23
Selenium, Se	S1066, S23, S1122, S1064
Tocopherol, beta	S1122, S1064
Tocopherol, delta	S1122, S1064
8:0	S1066, S23, S1122, S1064
14:0	S1066, S23, S1122, S1064
16:0	S1066, S23, S1122, S1064
20:4 undifferentiated	S1066, S23, S1122, S1064
22:1 undifferentiated	S1066, S23, S1122, S1064
17:1	S1066, S1122, S1064
Lactose	S23
Water	S1066, S23, S1122, S1064
Calcium, Ca	S1066, S23, S1122, S1064
Fluoride, F	S1066, S1122, S1064
6:0	S23, S1064
20:3 undifferentiated	S1066, S1122, S1064
Total lipid (fat)	S1066, S23, S1122, S1064
Vitamin E (alpha-tocopherol)	S1122, S1064
Vitamin B-6	S1066, S23, S1122, S1064
Folic acid	S1066, S1064
20:0	S1066, S23, S1122, S1064
18:2 undifferentiated	S1066, S23, S1122, S1064
18:3 n-3 c,c,c	S1064
Copper, Cu	S1066, S1122, S1064

Reference_Report

NDB No. 14209 Coffee, brewed from grounds, prepared with tap water

Tocopherol, gamma	S1122, S1064
Thiamin	S1066, S1122, S1064
Pantothenic acid	S1066, S23, S1122, S1064
Vitamin K (phylloquinone)	D4048, D4002, D4069, D4072
Fatty acids, total trans	S1064
12:0	S1066, S23, S1122, S1064
24:0	S1066, S23, S1122, S1064
Fructose	S23
Zinc, Zn	S1066, S23, S1122, S1064
Vitamin C, total ascorbic acid	S23
Niacin	S1066, S23, S1122, S1064
10:0	S1066, S23, S1122, S1064
18:1 undifferentiated	S1066, S23, S1122, S1064
18:3 undifferentiated	S1066, S23, S1122, S1064
22:6 n-3	S1066, S23, S1122, S1064
18:1 c	S1064
18:3 n-6 c,c,c	S1064
Iron, Fe	S1066, S23, S1122, S1064
Magnesium, Mg	S1066, S23, S1122, S1064
Phosphorus, P	S1066, S23, S1122, S1064
Choline, total	S1066, S1122, S1064
22:0	S1066, S23, S1122, S1064
18:4	S1066, S23, S1122
20:1	S1066, S23, S1122, S1064
17:0	S1066, S23, S1122, S1064
13:0	S1064

NDB No. 14218 Coffee, instant, decaffeinated, powder

Choline, total	S3461
----------------	-------

NDB No. 14238 Cranberry-apple juice drink, bottled

Water	S2104
Calcium, Ca	S2104
Selenium, Se	S2104
Thiamin	S2104
Sugars, total	S2104

NDB No. 14238 Cranberry-apple juice drink, bottled

Magnesium, Mg	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Vitamin C, total ascorbic acid	S2104
Ash	S2104
Protein	S2104
Potassium, K	S2104
Niacin	S2104
Vitamin B-6	S2104
Fiber, total dietary	S2104
Iron, Fe	S2104
Phosphorus, P	S2104
Pantothenic acid	S2104
Total lipid (fat)	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Riboflavin	S2104

NDB No. 14242 Cranberry juice cocktail, bottled

Phosphorus, P	S2104
Vitamin C, total ascorbic acid	S2104
Pantothenic acid	S2104
Protein	S2104
Sucrose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Iron, Fe	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Vitamin B-6	S2104
Lactose	S2104
Calcium, Ca	S2104
Lycopene	S2104
Betaine	S3461

NDB No. 14242 Cranberry juice cocktail, bottled

Total lipid (fat)	S2104
Glucose (dextrose)	S2104
Maltose	S2104
Potassium, K	S2104
Copper, Cu	S2104
Thiamin	S2104
Ash	S2104
Fluoride, F	D5008, D5201, D5001, S3241, D5005
Manganese, Mn	S2104
Cryptoxanthin, beta	S2104
Niacin	S2104
Carotene, alpha	S2104
Riboflavin	S2104
Fructose	S2104
Magnesium, Mg	S2104
Choline, total	S3461

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
Copper, Cu	D614
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4002
Sugars, total	D657
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8

Reference Report

JUL-17-2008 02:00 PM

Page 1683 of 3136

NDB No. 14277 Grape drink, canned

Potassium, K	D673, D672
Ash	D673, D672

NDB No. 14282 Grape juice drink, canned

Ash	D672
Potassium, K	D672

NDB No. 14287 Lemonade, powder

Betaine	S2661
Choline, total	S2661

NDB No. 14292 Lemonade, frozen concentrate, white

Betaine	S2661
Choline, total	S2661

NDB No. 14323 Orange drink, canned, with added vitamin C

Sugars, total	S1067
Magnesium, Mg	S1067
Manganese, Mn	S1067
Niacin	S1067
Water	S1067
Iron, Fe	S1067
Zinc, Zn	S1067
Vitamin C, total ascorbic acid	S1067
Thiamin	S1067
Copper, Cu	S1067
Vitamin B-6	S1067
Protein	S1067
Ash	S1067
Calcium, Ca	S1067
Riboflavin	S1067
Total lipid (fat)	S1067
Phosphorus, P	S1067
Sodium, Na	S1067

NDB No. 14347 Shake, fast food, vanilla

Sugars, total	S1064
Isoleucine	S1122, S1064
Cystine	S1122, S1064
Alanine	S1122, S1064
8:0	S1122, S1064
22:1 undifferentiated	S1122, S1064
22:5 n-3	S1122, S1064
24:0	S1122, S1064
Calcium, Ca	S1122, S1064
Magnesium, Mg	S1122, S1064
Selenium, Se	S1064
Thiamin	S1122, S1064
Choline, total	S1064
Folic acid	S1122
Methionine	S1122, S1064
Valine	S1122, S1064
Glycine	S1122, S1064
6:0	S1064
20:0	S1122, S1064
15:0	S1122, S1064
15:1	S1122, S1064
Betaine	S1064
10:0	S1122, S1064
16:0	S1122, S1064
20:3 undifferentiated	S1122, S1064
Fiber, total dietary	S1122, S1064
Phosphorus, P	S1122, S1064
Potassium, K	S1122, S1064
Sodium, Na	S1122, S1064
Riboflavin	S1122, S1064
Tryptophan	S1122, S1064
Phenylalanine	S1122, S1064
Tyrosine	S1122, S1064
Arginine	S1122, S1064
Serine	S1122, S1064
4:0	S1064
20:4 undifferentiated	S1122, S1064

NDB No. 14347 Shake, fast food, vanilla

20:1	S1122, S1064
20:5 n-3	S1122, S1064
17:1	S1122, S1064
Protein	S1122, S1064
Iron, Fe	S1122, S1064
Copper, Cu	S1122, S1064
Vitamin B-6	S1122, S1064
Vitamin K (phylloquinone)	S1122
Threonine	S1122, S1064
Lysine	S1122, S1064
Glutamic acid	S1122, S1064
14:1	S1122, S1064
Water	S1122, S1064
Vitamin C, total ascorbic acid	S1122, S1064
Niacin	S1122, S1064
Folate, food	S1122
Leucine	S1122, S1064
Aspartic acid	S1122, S1064
Proline	S1122, S1064
14:0	S1122, S1064
18:0	S1122, S1064
18:1 undifferentiated	S1122, S1064
22:6 n-3	S1122, S1064
22:0	S1122, S1064
18:4	S1122, S1064
Total lipid (fat)	S1122, S1064
Pantothenic acid	S1122, S1064
Folate, total	S1122
Cholesterol	S1122, S1064
12:0	S1122, S1064
18:2 undifferentiated	S1122, S1064
16:1 undifferentiated	S1122, S1064
Ash	S1122, S1064
Zinc, Zn	S1122, S1064
Fluoride, F	D5007
Manganese, Mn	S1122, S1064
Vitamin B-12	S1122, S1064

NDB No. 14347 Shake, fast food, vanilla

Histidine	S1122, S1064
18:3 undifferentiated	S1122, S1064
17:0	S1122, S1064

NDB No. 14355 Tea, brewed, prepared with tap water

Fluoride, F	S2107
Vitamin E (alpha-tocopherol)	S81
Vitamin K (phylloquinone)	D4069
Tocopherol, delta	S81
Tocopherol, gamma	S81
Choline, total	S1066

NDB No. 14366 Tea, instant, unsweetened, powder

Theobromine	S2104
Ash	S2104
Zinc, Zn	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Sugars, total	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Magnesium, Mg	S2104
Protein	S2104
Total lipid (fat)	S2104
Water	S2104
Iron, Fe	S2104
Manganese, Mn	S2104
Niacin	S2104
Phosphorus, P	S2104
Sodium, Na	S2104
Copper, Cu	S2104
Starch	S2104
Riboflavin	S2104
Caffeine	S2104

Reference Report

JUL-17-2008 02:00 PM

Page 1687 of 3136

NDB No. 14366 Tea, instant, unsweetened, powder

Potassium, K S2104

NDB No. 14370 Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Theobromine S2104

Fiber, total dietary S2104

Zinc, Zn S2104

Total lipid (fat) S2104

Copper, Cu S2104

Fluoride, F S2104

Vitamin C, total ascorbic acid S2104

Pantothenic acid S2104

Iron, Fe S2104

Phosphorus, P S2104

Potassium, K S2104

Water S2104

Caffeine S2104

Sugars, total S2104

Riboflavin S2104

Niacin S2104

Protein S2104

Magnesium, Mg S2104

Thiamin S2104

Starch S2104

Sodium, Na S2104

Manganese, Mn S2104

Vitamin B-6 S2104

Ash S2104

Calcium, Ca S2104

NDB No. 14384 Water, bottled, PERRIER

Fluoride, F D5162

NDB No. 14385 Water, bottled, POLAND SPRING

Fluoride, F D5162

NDB No. 14400 Carbonated beverage, cola, contains caffeine

Total lipid (fat)	S1066, S1122, S1068, S1064
Caffeine	S1066, S1122, S1068, S1064
Calcium, Ca	S1066, S1122, S1068, S1064
Manganese, Mn	S1066, S1122, S1068, S1064
Choline, total	S1068, S3461
Vitamin K (phylloquinone)	D4048, D4002
Betaine	S1068, S3461
Zinc, Zn	S1066, S1122, S1068
Protein	S1066, S1122, S1068
Iron, Fe	S1066, S1122, S1068, S1064
Magnesium, Mg	S1066, S1122, S1068, S1064
Phosphorus, P	S1066, S1122, S1068, S1064
Copper, Cu	S1066, S1122, S1068, S1064
Potassium, K	S1066, S1122, S1068, S1064
Ash	S1066, S1122, S1068, S1064
Water	S1066, S1122, S1068, S1064
Theobromine	S1068
Fluoride, F	S1066, S1068, S1064
Sodium, Na	S1066, S1122, S1068, S1064
Selenium, Se	S7, S10, S6, S11, S9, S12, S8

NDB No. 14407 Orange-flavor drink, breakfast type, powder

Calcium, Ca	D739
-------------	------

NDB No. 14411 Water, tap, drinking

Iron, Fe	S2106
Sodium, Na	S2106
Zinc, Zn	S2106
Potassium, K	S2106
Calcium, Ca	S2106
Magnesium, Mg	S2106
Manganese, Mn	S2106
Copper, Cu	S2106
Fluoride, F	S2106
Phosphorus, P	S2106

Reference Report

JUL-17-2008 02:00 PM

Page 1689 of 3136

NDB No. 14412 Water, tap, well

Copper, Cu	S2106
Iron, Fe	S2106
Sodium, Na	S2106
Fluoride, F	S2106
Magnesium, Mg	S2106
Calcium, Ca	S2106
Phosphorus, P	S2106
Zinc, Zn	S2106
Manganese, Mn	S2106
Potassium, K	S2106

NDB No. 14416 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine

Fluoride, F	S1066, S1068, S1064
Vitamin K (phylloquinone)	D4048, D4002
Iron, Fe	S1066, S1122, S1068
Magnesium, Mg	S1066, S1122, S1068, S1064
Manganese, Mn	S1066, S1122, S1068
Selenium, Se	S7, S10, S6, S11, S9, S12, S8
Choline, total	S1068, S3461
Protein	S1066, S1122, S1068, S1064
Ash	S1066, S1122, S1068, S1064
Sucrose	S1066, S1122, S1064
Water	S1066, S1122, S1068, S1064
Potassium, K	S1066, S1122, S1068
Sodium, Na	S1066, S1122, S1068, S1064
Total lipid (fat)	S1066, S1122, S1068, S1064
Sugars, total	S1064
Calcium, Ca	S1066, S1122, S1068
Copper, Cu	S1066, S1122, S1068
Caffeine	S1066, S1122, S1068, S1064
Phosphorus, P	S1066, S1122, S1068, S1064
Theobromine	S1068
Zinc, Zn	S1066, S1122, S1068

NDB No. 14424 Orange-flavor drink, breakfast type, with pulp, frozen concentrate

Calcium, Ca	D739
-------------	------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1690 of 3136

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, tap, municipal

Potassium, K	S2106
Magnesium, Mg	S2106
Sodium, Na	S2106
Fluoride, F	S2106
Manganese, Mn	S2106
Iron, Fe	S2106
Phosphorus, P	S2106
Copper, Cu	S2106
Zinc, Zn	S2106
Calcium, Ca	S2106

NDB No. 14432 Water, bottled, non-carbonated, DANNON

Sodium, Na	S1068
Magnesium, Mg	S1068
Zinc, Zn	S1068
Water	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Copper, Cu	S1068
Ash	S1068
Fluoride, F	S1068
Manganese, Mn	S1068
Phosphorus, P	S1068
Potassium, K	S1068

NDB No. 14433 Water, bottled, non-carbonated, PEPSI, AQUAFINA

Iron, Fe	S1068
Manganese, Mn	S1068
Water	S1068
Potassium, K	S1068
Magnesium, Mg	S1068

Reference_Report

NDB No. 14433 Water, bottled, non-carbonated, PEPSI, AQUAFINA

Sodium, Na	S1068
Fluoride, F	S1068
Calcium, Ca	S1068
Phosphorus, P	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Ash	S1068

NDB No. 14434 Water, bottled, non-carbonated, DASANI

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Phosphorus, P	S1068
Copper, Cu	S1068
Magnesium, Mg	S1068
Water	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Potassium, K	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

NDB No. 14437 Water, bottled, non-carbonated, CALISTOGA

Calcium, Ca	S27
Fluoride, F	S27
Water	S27
Potassium, K	S27
Magnesium, Mg	S27
Ash	S27
Sodium, Na	S27

NDB No. 14438 Water, bottled, non-carbonated, CRYSTAL GEYSER

Water	S27
-------	-----

NDB No. 14438 Water, bottled, non-carbonated, CRYSTAL GEYSER

Ash	S27
Sodium, Na	S27
Magnesium, Mg	S27
Potassium, K	S27
Fluoride, F	S27
Calcium, Ca	S27

NDB No. 14439 Water, bottled, non-carbonated, NAYA

Ash	S27
Water	S27
Magnesium, Mg	D4541
Potassium, K	D4541
Sodium, Na	D4541
Fluoride, F	D4541
Calcium, Ca	D4541

NDB No. 14440 Water, bottled, non-carbonated, DANNON Fluoride To Go

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

NDB No. 14450 Drink mix, QUAKER OATS, GATORADE, orange flavor, powder

Glucose (dextrose)	S1164
Fructose	S1164
Magnesium, Mg	S1164

NDB No. 14450 Drink mix, QUAKER OATS, GATORADE, orange flavor, powder

Vitamin B-6	S1164
Maltose	S1164
Water	S1164
Potassium, K	S1164
Manganese, Mn	S1164
Pantothenic acid	S1164
Total lipid (fat)	S1164
Sodium, Na	S1164
Lactose	S1164
Calcium, Ca	S1164
Phosphorus, P	S1164
Niacin	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Ash	S1164
Sucrose	S1164
Iron, Fe	S1164
Zinc, Zn	S1164
Copper, Cu	S1164

NDB No. 14460 Sports drink, PEPSICO QUAKER GATORADE, GATORADE, fruit-flavored, ready-to-drink

Sucrose	S1164
Lactose	S1164
Calcium, Ca	S1164
Selenium, Se	S1164
Riboflavin	S1164
Glucose (dextrose)	S1164
Thiamin	S1164
Niacin	S1164
Pantothenic acid	S1164
Ash	S1164
Water	S1164
Iron, Fe	S1164
Potassium, K	S1164
Maltose	S1164

Reference Report

JUL-17-2008 02:00 PM

Page 1694 of 3136

NDB No. 14460 Sports drink, PEPSICO QUAKER GATORADE, GATORADE, fruit-flavored, ready-to-drink

Fructose	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Sodium, Na	S1164
Manganese, Mn	S1164
Vitamin B-6	S1164
Total lipid (fat)	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Vitamin C, total ascorbic acid	S1164
Fluoride, F	S2109

NDB No. 14461 Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink

Potassium, K	S1164
Vitamin B-6	S1164
Iron, Fe	S1164
Copper, Cu	S1164
Pantothenic acid	S1164
Zinc, Zn	S1164
Vitamin B-12	S1164
Niacin	S1164
Thiamin	S1164
Calcium, Ca	S1164
Magnesium, Mg	S1164
Sodium, Na	S1164
Fluoride, F	S2109
Manganese, Mn	S1164
Riboflavin	S1164
Phosphorus, P	S1164

NDB No. 14462 QUAKER OATS, PROPEL Fitness Water, fruit-flavored, non-carbonated

Vitamin E (alpha-tocopherol)	S2109
Vitamin B-6	S2109
Total lipid (fat)	S2109
Iron, Fe	S2109
Protein	S2109

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1695 of 3136

NDB No. 14462 QUAKER OATS, PROPEL Fitness Water, fruit-flavored, non-carbonated

Pantothenic acid	S2109
Fluoride, F	S2109
Water	S2109
Potassium, K	S2109
Phosphorus, P	S2109
Zinc, Zn	S2109
Ash	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Vitamin C, total ascorbic acid	S2109
Niacin	S2109
Calcium, Ca	S2109
Magnesium, Mg	S2109
Sodium, Na	S2109
Vitamin B-12	S2109

NDB No. 14475 Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor

Sodium, Na	S1068
Total lipid (fat)	S1068
Ash	S1068
Iron, Fe	S1068
Potassium, K	S1068
Water	S1068
Sugars, total	S1068
Manganese, Mn	S1068
Protein	S1068
Theobromine	S1068
Fluoride, F	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Copper, Cu	S1068
Caffeine	S1068
Calcium, Ca	S1068
Zinc, Zn	S1068

NDB No. 14476 Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1696 of 3136

NDB No. 14476 Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor

Phosphorus, P	S1068
Manganese, Mn	S1068
Sucrose	S1068
Water	S1068
Iron, Fe	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Theobromine	S1068
Fluoride, F	S1068
Total lipid (fat)	S1068
Ash	S1068
Calcium, Ca	S1068
Potassium, K	S1068
Sodium, Na	S1068
Protein	S1068
Caffeine	S1068
Sugars, total	S1068
Magnesium, Mg	S1068

NDB No. 14542 Lemonade, frozen concentrate, pink

Choline, total	S2661
Betaine	S2661

NDB No. 14555 Water, bottled, generic

Potassium, K	S27, D4541
Ash	S27
Calcium, Ca	S27, D4541
Sodium, Na	S27, D4541
Water	S27
Magnesium, Mg	S27, D4541
Iron, Fe	S1068

NDB No. 14559 Water, bottled, non-carbonated, EVIAN

Calcium, Ca	S27, S1068
Sodium, Na	S27, S1068

Reference_Report

NDB No. 14559 Water, bottled, non-carbonated, EVIAN

Zinc, Zn	S1068
Phosphorus, P	S1068
Fluoride, F	S1068
Water	S27, S1068
Iron, Fe	S1068
Magnesium, Mg	S27, S1068
Potassium, K	S27, S1068
Ash	S27, S1068
Copper, Cu	S1068
Manganese, Mn	S1068

NDB No. 14601 Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Protein	S1066
Copper, Cu	S1066
18:2 undifferentiated	S1066
22:0	S1066
16:1 undifferentiated	S1066
22:1 undifferentiated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
Niacin	S1066
8:0	S1066
12:0	S1066
18:3 undifferentiated	S1066
20:1	S1066
22:5 n-3	S1066
24:0	S1066
20:3 undifferentiated	S1066
Total lipid (fat)	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Zinc, Zn	S1066
Thiamin	S1066
20:5 n-3	S1066
Fatty acids, total monounsaturated	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 1698 of 3136

NDB No. 14601 Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Caffeine	S1066
Sodium, Na	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
16:0	S1066
18:0	S1066
14:1	S1066
18:4	S1066
17:0	S1066
Theobromine	S1066
14:0	S1066
18:1 undifferentiated	S1066
17:1	S1066
Ash	S1066
Water	S1066
Fatty acids, total saturated	S1066
10:0	S1066
20:0	S1066
22:6 n-3	S1066
20:2 n-6 c,c	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Riboflavin	S1066
20:4 undifferentiated	S1066
15:1	S1066

NDB No. 14602 Alcoholic Beverage, wine, table, red, Merlot

Vitamin B-6	S2103
Copper, Cu	S2103
Selenium, Se	S2103
Protein	S2103
Niacin	S2103
Vitamin B-12	S2103
Total lipid (fat)	S2103

Reference Report

JUL-17-2008 02:00 PM

Page 1699 of 3136

NDB No. 14602 Alcoholic Beverage, wine, table, red, Merlot

Zinc, Zn	S2103
Thiamin	S2103
Ash	S2841
Calcium, Ca	S2103
Fluoride, F	S2103
Carbohydrate, by difference	S2841
Alcohol, ethyl	S2841
Iron, Fe	S2103
Manganese, Mn	S2103
Folate, total	S2103
Water	S2103
Fiber, total dietary	S2103
Magnesium, Mg	S2103
Vitamin C, total ascorbic acid	S2103
Pantothenic acid	S2103
Sugars, total	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Riboflavin	S2103

NDB No. 14604 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener

Sodium, Na	S2109
Iron, Fe	S2109
Calcium, Ca	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Fluoride, F	D5201
Ash	S2109
Potassium, K	S2109
Total lipid (fat)	S2109
Water	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Protein	S2109
Zinc, Zn	S2109

Reference Report

JUL-17-2008 02:00 PM

Page 1700 of 3136

NDB No. 14605 Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors

Niacin S3381

NDB No. 14607 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Berry Blend

Water S3921

NDB No. 14608 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Fruit Medley

Water S3921

NDB No. 14609 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi

Water S3921

NDB No. 14610 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Tropical Blend

Water S3921

NDB No. 14611 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Berry Blend

Water S3921

NDB No. 14612 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Fruit Medley

Total lipid (fat) S3921

Carbohydrate, by difference S3921

Water S3921

Potassium, K S3921

Vitamin A, IU S3921

Energy S3921

Vitamin C, total ascorbic acid S3921

Sugars, total S3921

Sodium, Na S3921

Protein S3921

Vitamin E (alpha-tocopherol) S3921

NDB No. 14613 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Guava Passion Fruit

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 1701 of 3136

NDB No. 14614 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Mango Peach

Water S3921

NDB No. 14615 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orange Pineapple

Water S3921

NDB No. 14616 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orchard Blend

Water S3921

NDB No. 14617 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Banana

Water S3921

NDB No. 14618 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Kiwi

Water S3921

NDB No. 14619 CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Tropical Blend

Water S3921

NDB No. 14620 CAMPBELL Soup Company, V8 V. FUSION Juices, Peach Mango

Water S3921

NDB No. 14621 CAMPBELL Soup Company, V8 V. FUSION Juices, Strawberry Banana

Water S3921

NDB No. 14622 CAMPBELL Soup Company, V8 V. FUSION Juices, Tropical

Water S3921

NDB No. 14623 CAMPBELL Soup Company, V8 V. FUSION Juices, Acai Berry

Water S4541

NDB No. 14624 Coffee substitute, roasted grain beverage, NATURAL TOUCH KAFFREE ROMA, powder

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1702 of 3136

NDB No. 14624 Coffee substitute, roasted grain beverage, NATURAL TOUCH KAFFREE ROMA, powder

Protein	S4662
Sugars, total	S4662
Vitamin C, total ascorbic acid	S4662
Fiber, total dietary	S4662
Potassium, K	S4662
Carbohydrate, by difference	S4662
Fatty acids, total trans	S4662
Ash	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Cholesterol	S4662
Total lipid (fat)	S4662
Energy	S4662
Water	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Sodium, Na	S4662

NDB No. 15015 Fish, cod, Atlantic, raw

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

NDB No. 15016 Fish, cod, Atlantic, cooked, dry heat

Betaine	S3461
Choline, total	S3461

NDB No. 15027 Fish, fish portions and sticks, frozen, preheated

Sucrose	S1163
Lactose	S1163
Potassium, K	S10, S11, S9, S12, S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163

Reference_Report

NDB No. 15027 Fish, fish portions and sticks, frozen, preheated

Cholesterol	S1163
18:2 undifferentiated	S1163
20:4 undifferentiated	S1163
20:1	S1163
20:5 n-3	S1163
24:0	S1163
24:1 c	S1163
18:1 c	S1163
17:1	S1163
Galactose	S1163
Iron, Fe	S10, S11, S9, S12, S1163
Magnesium, Mg	S10, S11, S9, S12, S1163
Selenium, Se	S10, S11, S9, S12, S1163
Niacin	S1163
Choline, total	S1163, S3461
Folate, food	S1163
6:0	S1163
22:1 undifferentiated	S1163
17:0	S1163
18:1 t	S1163
Starch	S1163
Phosphorus, P	S10, S11, S9, S12, S1163
Zinc, Zn	S10, S11, S9, S12, S1163
Vitamin E (alpha-tocopherol)	S1163
Pantothenic acid	S1163
22:0	S1163
Water	S1163
Sodium, Na	S10, S11, S9, S12, S1163
Tocopherol, beta	S1163
Riboflavin	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Betaine	S1163, S3461
4:0	S1163
18:0	S1163
16:1 undifferentiated	S1163

Reference Report

JUL-17-2008 02:00 PM

Page 1704 of 3136

NDB No. 15027 Fish, fish portions and sticks, frozen, preheated

15:0	S1163
Total lipid (fat)	S1163
Calcium, Ca	S10, S11, S9, S12, S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
12:0	S1163
14:1	S1163
13:0	S1163
Maltose	S1163
Copper, Cu	S10, S11, S9, S12, S1163
Vitamin K (phylloquinone)	S1163
Folic acid	S1163
10:0	S1163
22:6 n-3	S1163
20:2 n-6 c,c	S1163
Fructose	S1163
Manganese, Mn	S10, S11, S9, S12, S1163
14:0	S1163
16:0	S1163
20:0	S1163
20:3 undifferentiated	S1163
15:1	S1163
Ash	S1163
Glucose (dextrose)	S1163
Fluoride, F	D5007
8:0	S1163
18:3 n-6 c,c,c	S1163
18:3 n-3 c,c,c	S1163

NDB No. 15028 Fish, flatfish (flounder and sole species), raw

Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, beta	S84, S87

NDB No. 15066 Fish, pollock, walleye, raw

Reference_Report

NDB No. 15066 Fish, pollock, walleye, raw

Vitamin K (phylloquinone)	D4072
Vitamin E (alpha-tocopherol)	S84

NDB No. 15073 Fish, roughy, orange, raw

Selenium, Se	S1163
Niacin	S1163
Vitamin B-6	S1163
Glycine	S1163
10:0	S1163
16:1 undifferentiated	S1163
18:4	S1163
15:0	S1163
24:0	S1163
20:3 undifferentiated	S1163
Ash	S1163
Sodium, Na	S1163
Tryptophan	S1163
Isoleucine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Fatty acids, total saturated	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
15:1	S1163
Water	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Vitamin C, total ascorbic acid	S1163
Riboflavin	S1163
Vitamin B-12	S1163
Tyrosine	S1163
18:2 undifferentiated	S1163
Iron, Fe	S1163
Valine	S1163

NDB No. 15073 Fish, roughy, orange, raw

18:0	S1163
17:1	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Phenylalanine	S1163
Proline	S1163
18:1 undifferentiated	S1163
22:6 n-3	S1163
14:1	S1163
20:5 n-3	S1163
Calcium, Ca	S1163
Threonine	S1163
Arginine	S1163
Serine	S1163
8:0	S1163
14:0	S1163
20:4 undifferentiated	S1163
20:2 n-6 c,c	S1163
18:3 n-3 c,c,c	S1163
Copper, Cu	S1163
Folate, total	S1163
Vitamin K (phylloquinone)	S1163
Leucine	S1163
Lysine	S1163
Cystine	S1163
Histidine	S1163
12:0	S1163
16:0	S1163
22:0	S1163
Fatty acids, total polyunsaturated	S1163
17:0	S1163
Protein	S1163
Magnesium, Mg	S1163
Zinc, Zn	S1163
Manganese, Mn	S1163
Tocopherol, delta	S1163
Thiamin	S1163

NDB No. 15073 Fish, roughy, orange, raw

Pantothenic acid	S1163
Methionine	S1163
Cholesterol	S1163
20:0	S1163
18:3 undifferentiated	S1163
20:1	S1163
Fatty acids, total monounsaturated	S1163

NDB No. 15078 Fish, salmon, chinook, raw

Thiamin	D2793, D1066
Vitamin B-12	S2621
16:0	S2621, D964
18:0	S2621, D964
16:1 undifferentiated	S2621, D964
20:5 n-3	S2621, D964
Protein	D1107, S2621, D2793, D1066
Ash	D1107, S2621, D2793, D1066
Niacin	D2793
14:0	S2621, D964
20:0	S2621
18:1 undifferentiated	S2621, D964
18:2 undifferentiated	S2621, D964
Iron, Fe	S2621
Sodium, Na	D1073, S2621
22:1 undifferentiated	S2621, D964
Water	D3410, D1107, S2621, D2793, D1066
Riboflavin	D2793, D1066
18:3 undifferentiated	S2621, D964
20:1	S2621, D964
22:5 n-3	S2621, D964
Total lipid (fat)	D1107, D1191, S2621, D964, D2793, D1066
22:6 n-3	S2621, D964
Potassium, K	D1073
Vitamin C, total ascorbic acid	D1066
20:4 undifferentiated	S2621, D964
Calcium, Ca	S2621, D1066

NDB No. 15078 Fish, salmon, chinook, raw

Cholesterol	S2621
18:4	D964

NDB No. 15083 Fish, salmon, pink, raw

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

NDB No. 15084 Fish, salmon, pink, canned, solids with bone and liquid

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

NDB No. 15086 Fish, salmon, sockeye, cooked, dry heat

Betaine	S3461
Choline, total	S3461

NDB No. 15087 Fish, salmon, sockeye, canned, drained solids with bone

Protein	S2109
Phosphorus, P	S2109
Vitamin C, total ascorbic acid	S2109
Tryptophan	S2109
Arginine	S2109
Aspartic acid	S2109
10:0	S2109
14:0	S2109
20:4 undifferentiated	S2109
Fatty acids, total monounsaturated	S2109
18:3 n-6 c,c,c	S2109
Tocopherol, beta	S2109
Pantothenic acid	S2109
Vitamin B-12	S2109

Reference Report

JUL-17-2008 02:00 PM

Page 1709 of 3136

NDB No. 15087 Fish, salmon, sockeye, canned, drained solids with bone

Choline, total	S2109
Betaine	S2109
Lysine	S2109
Serine	S2109
8:0	S2109
22:5 n-3	S2109
15:0	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109
Ash	S2109
Water	S2109
Calcium, Ca	S2109
Potassium, K	S2109
Zinc, Zn	S2109
Vitamin E (alpha-tocopherol)	S2109
Tocopherol, gamma	S2109
Thiamin	S2109
18:2 undifferentiated	S2109
Fatty acids, total polyunsaturated	S2109
24:0	S2109
20:2 n-6 c,c	S2109
17:1	S2109
Starch	S2109
Fructose	S2109
Retinol	S2109
Vitamin K (phylloquinone)	S2109
Tyrosine	S2109
Histidine	S2109
22:1 undifferentiated	S2109
17:0	S2109
Sucrose	S2109
Maltose	S2109
Copper, Cu	S2109
Vitamin B-6	S2109
12:0	S2109
22:6 n-3	S2109
20:1	S2109

Reference Report

JUL-17-2008 02:00 PM

Page 1710 of 3136

NDB No. 15087 Fish, salmon, sockeye, canned, drained solids with bone

Manganese, Mn	S2109
Selenium, Se	S2109
Vitamin D	S2109
Tocopherol, delta	S2109
Niacin	S2109
Folate, total	S2109
Cystine	S2109
Valine	S2109
Alanine	S2109
Fatty acids, total saturated	S2109
18:0	S2109
20:0	S2109
16:1 undifferentiated	S2109
20:5 n-3	S2109
Threonine	S2109
Isoleucine	S2109
Leucine	S2109
Methionine	S2109
Phenylalanine	S2109
Glycine	S2109
Proline	S2109
18:1 undifferentiated	S2109
22:0	S2109
Lactose	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Sodium, Na	S2109
Riboflavin	S2109
Glutamic acid	S2109
16:0	S2109
18:3 undifferentiated	S2109
14:1	S2109
22:1 c	S2109
20:3 undifferentiated	S2109

NDB No. 15119 Fish, tuna, light, canned in oil, drained solids

Reference_Report

NDB No. 15119 Fish, tuna, light, canned in oil, drained solids

Fluoride, F	D5007
Tocopherol, gamma	S81, S121
Tocopherol, delta	S81, S121
Vitamin E (alpha-tocopherol)	S81, S121
Vitamin K (phylloquinone)	D4002, D4072
Tocopherol, beta	S81, S121

NDB No. 15121 Fish, tuna, light, canned in water, drained solids

Betaine	S27
Vitamin E (alpha-tocopherol)	S27, S87
Choline, total	S27
Tocopherol, delta	S27, S87
Tocopherol, beta	S27, S87
Vitamin K (phylloquinone)	S27
Fluoride, F	S27
Tocopherol, gamma	S27, S87

NDB No. 15124 Fish, tuna, white, canned in oil, drained solids

Fluoride, F	D5007
-------------	-------

NDB No. 15126 Fish, tuna, white, canned in water, drained solids

Tocopherol, beta	S121
Vitamin E (alpha-tocopherol)	S121
Tocopherol, delta	S121
Vitamin K (phylloquinone)	D4072
Tocopherol, gamma	S121

NDB No. 15138 Crustaceans, crab, alaska king, imitation, made from surimi

Protein	S2661
Maltose	S2661
Thiamin	S2661
Tryptophan	S2661
Threonine	S2661
Leucine	S2661

Reference Report

JUL-17-2008 02:00 PM

Page 1712 of 3136

NDB No. 15138 Crustaceans, crab, alaska king, imitation, made from surimi

Methionine	S2661
Arginine	S2661
14:0	S2661
20:0	S2661
18:1 t	S2661
20:2 n-6 c,c	S2661
20:3 n-3	S2661
Sugars, total	S2661
Tyrosine	S2661
18:0	S2661
22:0	S2661
14:1	S2661
22:5 n-3	S2661
24:0	S2661
18:2 CLAs	S2661
24:1 c	S2661
15:1	S2661
18:3 n-3 c,c,c	S2661
20:3 n-6	S2661
Total lipid (fat)	S2661
Lactose	S2661
Tocopherol, beta	S2661
Pantothenic acid	S2661
Betaine	S2661
Lysine	S2661
Cystine	S2661
Serine	S2661
12:0	S2661
17:0	S2661
17:1	S2661
Galactose	S2661
Fiber, total dietary	S2661
Vitamin B-6	S2661
Isoleucine	S2661
Aspartic acid	S2661
22:6 n-3	S2661
18:1 c	S2661

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1713 of 3136

NDB No. 15138 Crustaceans, crab, alaska king, imitation, made from surimi

18:2 n-6 c,c	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Riboflavin	S2661
Folate, total	S2661
Vitamin B-12	S2661
Folate, food	S2661
8:0	S2661
10:0	S2661
18:4	S2661
15:0	S2661
16:1 t	S2661
18:2 t not further defined	S2661
22:1 c	S2661
18:3 n-6 c,c,c	S2661
22:4	S2661
Choline, total	S2661
Vitamin K (phylloquinone)	S2661
Phenylalanine	S2661
Glycine	S2661
4:0	S2661
Water	S2661
Vitamin E (alpha-tocopherol)	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Niacin	S2661
Valine	S2661
Proline	S2661
20:5 n-3	S2661
Vitamin C, total ascorbic acid	S2661
Folic acid	S2661
Histidine	S2661
Alanine	S2661
Glutamic acid	S2661

Reference_Report

NDB No. 15138 Crustaceans, crab, alaska king, imitation, made from surimi

6:0	S2661
16:0	S2661
20:1	S2661
22:1 t	S2661
16:1 c	S2661

NDB No. 15140 Crustaceans, crab, blue, cooked, moist heat

Tocopherol, delta	S121
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121

NDB No. 15141 Crustaceans, crab, blue, canned

Tocopherol, delta	S121
Tocopherol, beta	S121
Choline, total	S2104
Tocopherol, gamma	S121
Vitamin E (alpha-tocopherol)	S121
Betaine	S2104
Fluoride, F	S2104

NDB No. 15149 Crustaceans, shrimp, mixed species, raw

Tocopherol, beta	S84, S87
Vitamin K (phylloquinone)	D4002
Tocopherol, delta	S84, S87
Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, gamma	S84, S87

NDB No. 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried

Fluoride, F	D5007
-------------	-------

NDB No. 15152 Crustaceans, shrimp, mixed species, canned

Water	S2104
Potassium, K	S2104

NDB No. 15152 Crustaceans, shrimp, mixed species, canned

Zinc, Zn	S2104
Vitamin E (alpha-tocopherol)	S84, S87
Vitamin K (phylloquinone)	D4002
Tryptophan	S2104
Lysine	S2104
Glycine	S2104
18:0	S2104
20:0	S2104
15:0	S2104
Tocopherol, gamma	S84, S87
Thiamin	S2104
Folate, total	S2104
Choline, total	S2104, S3461
Threonine	S2104
22:0	S2104
17:0	S2104
Iron, Fe	S2104
Fluoride, F	S2104
Vitamin B-6	S2104
Vitamin B-12	S2104
Alanine	S2104
8:0	S2104
10:0	S2104
12:0	S2104
18:3 n-6 c,c,c	S2104
20:3 undifferentiated	S2104
Calcium, Ca	S2104
Sodium, Na	S2104
Tocopherol, delta	S84, S87
Methionine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Glutamic acid	S2104
16:0	S2104
20:2 n-6 c,c	S2104
Manganese, Mn	S2104

NDB No. 15152 Crustaceans, shrimp, mixed species, canned

Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Pantothenic acid	S2104
Leucine	S2104
Histidine	S2104
18:3 n-3 c,c,c	S2104
Total lipid (fat)	S2104
Ash	S2104
Isoleucine	S2104
Arginine	S2104
Aspartic acid	S2104
Serine	S2104
14:0	S2104
18:2 undifferentiated	S2104
20:1	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Copper, Cu	S2104
Tocopherol, beta	S84, S87
Riboflavin	S2104
Niacin	S2104
Cystine	S2104
Proline	S2104
20:4 undifferentiated	S2104
14:1	S2104
17:1	S2104
15:1	S2104
Protein	S2104
Cholesterol	S2104
18:1 undifferentiated	S2104
18:3 undifferentiated	S2104
16:1 undifferentiated	S2104

NDB No. 15157 Mollusks, clam, mixed species, raw

Tocopherol, beta	S121
Tocopherol, gamma	S121

Reference Report

JUL-17-2008 02:00 PM

Page 1717 of 3136

NDB No. 15157 Mollusks, clam, mixed species, raw

Tocopherol, delta	S121
Vitamin E (alpha-tocopherol)	S121

NDB No. 15162 Mollusks, clam, mixed species, canned, liquid

Tocopherol, beta	S121
Tocopherol, gamma	S121
Vitamin E (alpha-tocopherol)	S121
Tocopherol, delta	S121

NDB No. 15164 Mollusks, mussel, blue, raw

Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin E (alpha-tocopherol)	S121

NDB No. 15172 Mollusks, scallop, mixed species, raw

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

NDB No. 15183 Fish, tuna, light, canned in oil, without salt, drained solids

Fluoride, F	D5007
-------------	-------

NDB No. 15184 Fish, tuna, light, canned in water, without salt, drained solids

Fluoride, F	S27
-------------	-----

NDB No. 15185 Fish, tuna, white, canned in oil, without salt, drained solids

Fluoride, F	D5007
-------------	-------

NDB No. 15232 Fish, roughy, orange, cooked, dry heat

Magnesium, Mg	S1163
---------------	-------

NDB No. 15232 Fish, roughy, orange, cooked, dry heat

Folate, total	S1163
Phenylalanine	S1163
10:0	S1163
14:0	S1163
18:2 undifferentiated	S1163
22:5 n-3	S1163
Proline	S1163
22:6 n-3	S1163
16:1 undifferentiated	S1163
24:0	S1163
20:3 undifferentiated	S1163
Niacin	S1163
Vitamin B-12	S1163
Lysine	S1163
Tyrosine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
18:3 undifferentiated	S1163
22:0	S1163
Potassium, K	S1163
Copper, Cu	S1163
Selenium, Se	S1163
Tocopherol, delta	S1163
Thiamin	S1163
Riboflavin	S1163
Methionine	S1163
8:0	S1163
16:0	S1163
20:0	S1163
17:0	S1163
17:1	S1163
Ash	S1163
Manganese, Mn	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Leucine	S1163
Histidine	S1163

NDB No. 15232 Fish, roughy, orange, cooked, dry heat

Alanine	S1163
Serine	S1163
12:0	S1163
20:4 undifferentiated	S1163
20:2 n-6 c,c	S1163
Phosphorus, P	S1163
Pantothenic acid	S1163
Vitamin K (phylloquinone)	S1163
Threonine	S1163
Isoleucine	S1163
Cystine	S1163
Valine	S1163
Glycine	S1163
Cholesterol	S1163
18:4	S1163
22:1 undifferentiated	S1163
Water	S1163
Sodium, Na	S1163
Tocopherol, gamma	S1163
Vitamin B-6	S1163
Tryptophan	S1163
Fatty acids, total saturated	S1163
18:0	S1163
18:1 undifferentiated	S1163
Fatty acids, total monounsaturated	S1163
15:0	S1163
15:1	S1163
Protein	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Zinc, Zn	S1163
Arginine	S1163
14:1	S1163
20:1	S1163
20:5 n-3	S1163
Fatty acids, total polyunsaturated	S1163
18:3 n-3 c,c,c	S1163

Reference_Report

NDB No. 15236 Fish, salmon, Atlantic, farmed, raw

Protein	S3548
Thiamin	S3548
Isoleucine	S3548
Cystine	S3548
14:1	S3548
Total lipid (fat)	S3548
Phosphorus, P	S3548
Manganese, Mn	S3548
Hydroxyproline	S3548
18:1 undifferentiated	S3548
20:4 undifferentiated	S3548
20:2 n-6 c,c	S3548
15:1	S3548
Magnesium, Mg	S3548
Tocopherol, delta	S3548
Pantothenic acid	S3548
Tryptophan	S3548
Alanine	S3548
Glutamic acid	S3548
Proline	S3548
18:0	S3548
18:3 n-6 c,c,c	S3548
Potassium, K	S3548
Vitamin E (alpha-tocopherol)	S3548
Vitamin B-12	S3548
Threonine	S3548
Leucine	S3548
Tyrosine	S3548
Aspartic acid	S3548
18:2 undifferentiated	S3548
20:1	S3548
17:1	S3548
Calcium, Ca	S3548
Sodium, Na	S3548
Vitamin B-6	S3548
Glycine	S3548
20:0	S3548

Reference Report

JUL-17-2008 02:00 PM

Page 1721 of 3136

NDB No. 15236 Fish, salmon, Atlantic, farmed, raw

22:6 n-3	S3548
22:1 undifferentiated	S3548
Iron, Fe	S3548
Copper, Cu	S3548
Selenium, Se	S3548
Tocopherol, beta	S3548
Niacin	S3548
Choline, total	S3548
Vitamin K (phylloquinone)	S3548
Betaine	S3548
Lysine	S3548
Methionine	S3548
Phenylalanine	S3548
Serine	S3548
20:5 n-3	S3548
17:0	S3548
Water	S3548
Zinc, Zn	S3548
Tocopherol, gamma	S3548
Arginine	S3548
10:0	S3548
12:0	S3548
14:0	S3548
18:3 undifferentiated	S3548
22:0	S3548
22:5 n-3	S3548
24:0	S3548
Ash	S3548
Riboflavin	S3548
Valine	S3548
Histidine	S3548
Cholesterol	S3548
8:0	S3548
16:0	S3548
16:1 undifferentiated	S3548
18:4	S3548
15:0	S3548

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1722 of 3136

NDB No. 15236 Fish, salmon, Atlantic, farmed, raw

20:3 undifferentiated	S3548
18:3 n-3 c,c,c	S3548

NDB No. 15260 Fish, salmon, pink, canned, drained solids with bone

Potassium, K	S2109
Vitamin B-6	S2109
Threonine	S2109
12:0	S2109
18:2 undifferentiated	S2109
22:0	S2109
17:0	S2109
22:1 c	S2109
18:3 n-6 c,c,c	S2109
18:3 n-3 c,c,c	S2109
Ash	S2109
Glucose (dextrose)	S2109
Retinol	S2109
Choline, total	S2109
Tryptophan	S2109
Alanine	S2109
Aspartic acid	S2109
Glycine	S2109
15:1	S2109
Sucrose	S2109
Magnesium, Mg	S2109
Manganese, Mn	S2109
Thiamin	S2109
Folate, total	S2109
Tyrosine	S2109
Fatty acids, total monounsaturated	S2109
Total lipid (fat)	S2109
Water	S2109
Iron, Fe	S2109
Zinc, Zn	S2109
Vitamin E (alpha-tocopherol)	S2109
Vitamin D	S2109

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1723 of 3136

NDB No. 15260 Fish, salmon, pink, canned, drained solids with bone

Tocopherol, beta	S2109
Pantothenic acid	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:4 undifferentiated	S2109
20:5 n-3	S2109
22:1 undifferentiated	S2109
Fatty acids, total polyunsaturated	S2109
Protein	S2109
Lactose	S2109
Maltose	S2109
Sodium, Na	S2109
Tocopherol, delta	S2109
Niacin	S2109
Phenylalanine	S2109
22:5 n-3	S2109
15:0	S2109
Calcium, Ca	S2109
Selenium, Se	S2109
Betaine	S2109
Isoleucine	S2109
Methionine	S2109
Histidine	S2109
Proline	S2109
8:0	S2109
18:1 undifferentiated	S2109
18:3 undifferentiated	S2109
22:6 n-3	S2109
20:1	S2109
24:0	S2109
Starch	S2109
Fructose	S2109
Phosphorus, P	S2109
Vitamin C, total ascorbic acid	S2109
Leucine	S2109
Cystine	S2109

Reference_Report

NDB No. 15260 Fish, salmon, pink, canned, drained solids with bone

Valine	S2109
Serine	S2109
Cholesterol	S2109
10:0	S2109
20:2 n-6 c,c	S2109
Copper, Cu	S2109
Tocopherol, gamma	S2109
Riboflavin	S2109
Vitamin B-12	S2109
Vitamin K (phylloquinone)	S2109
Lysine	S2109
Arginine	S2109
Glutamic acid	S2109
Fatty acids, total saturated	S2109
20:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
17:1	S2109
20:3 undifferentiated	S2109

NDB No. 15261 Fish, tilapia, raw

Tryptophan	S1163
Phenylalanine	S1163
Arginine	S1163
Fatty acids, total saturated	S1163
8:0	S1163
12:0	S1163
22:0	S1163
22:5 n-3	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163
Sodium, Na	S1163
Tocopherol, gamma	S1163
Vitamin B-12	S1163
Glutamic acid	S1163
10:0	S1163

Reference Report

JUL-17-2008 02:00 PM

Page 1725 of 3136

NDB No. 15261 Fish, tilapia, raw

14:1	S1163
20:5 n-3	S1163
24:0	S1163
20:3 undifferentiated	S1163
Iron, Fe	S1163
Phosphorus, P	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Choline, total	S1163
Isoleucine	S1163
Tyrosine	S1163
Glycine	S1163
16:0	S1163
18:1 undifferentiated	S1163
22:1 undifferentiated	S1163
Calcium, Ca	S1163
Zinc, Zn	S1163
Tocopherol, delta	S1163
Vitamin B-6	S1163
Vitamin K (phylloquinone)	S1163
Histidine	S1163
14:0	S1163
18:0	S1163
20:4 undifferentiated	S1163
16:1 undifferentiated	S1163
20:2 n-6 c,c	S1163
Ash	S1163
Potassium, K	S1163
Thiamin	S1163
Riboflavin	S1163
Pantothenic acid	S1163
Leucine	S1163
Methionine	S1163
Proline	S1163
Fatty acids, total polyunsaturated	S1163
17:1	S1163
Protein	S1163

Reference_Report

NDB No. 15261 Fish, tilapia, raw

Total lipid (fat)	S1163
Threonine	S1163
Aspartic acid	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:1	S1163
17:0	S1163
Magnesium, Mg	S1163
Niacin	S1163
Folate, total	S1163
Betaine	S1163
Cystine	S1163
Valine	S1163
18:4	S1163
Fatty acids, total monounsaturated	S1163
15:0	S1163
Water	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Lysine	S1163
Alanine	S1163
Serine	S1163
Cholesterol	S1163
20:0	S1163
22:6 n-3	S1163

NDB No. 15262 Fish, tilapia, cooked, dry heat

Calcium, Ca	S1163
Potassium, K	S1163
Tocopherol, beta	S1163
Tocopherol, delta	S1163
Threonine	S1163
Leucine	S1163
14:0	S1163
20:0	S1163

Reference Report

JUL-17-2008 02:00 PM

Page 1727 of 3136

NDB No. 15262 Fish, tilapia, cooked, dry heat

20:1	S1163
20:5 n-3	S1163
22:5 n-3	S1163
Copper, Cu	S1163
Tocopherol, gamma	S1163
Lysine	S1163
Phenylalanine	S1163
Arginine	S1163
Histidine	S1163
Glycine	S1163
Proline	S1163
18:2 undifferentiated	S1163
14:1	S1163
22:1 undifferentiated	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
17:0	S1163
17:1	S1163
15:1	S1163
Methionine	S1163
10:0	S1163
18:3 undifferentiated	S1163
20:3 undifferentiated	S1163
Phosphorus, P	S1163
Zinc, Zn	S1163
Niacin	S1163
Vitamin B-6	S1163
16:1 undifferentiated	S1163
18:4	S1163
Total lipid (fat)	S1163
Water	S1163
Vitamin E (alpha-tocopherol)	S1163
Thiamin	S1163
Pantothenic acid	S1163
Serine	S1163
Fatty acids, total saturated	S1163
16:0	S1163

Reference_Report

NDB No. 15262 Fish, tilapia, cooked, dry heat

18:1 undifferentiated	S1163
20:4 undifferentiated	S1163
24:0	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Riboflavin	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Cystine	S1163
Alanine	S1163
Cholesterol	S1163
15:0	S1163
20:2 n-6 c,c	S1163
Protein	S1163
Ash	S1163
Folate, total	S1163
Vitamin B-12	S1163
Valine	S1163
Aspartic acid	S1163
18:0	S1163
22:6 n-3	S1163
Sodium, Na	S1163
Isoleucine	S1163
Tyrosine	S1163
Glutamic acid	S1163
8:0	S1163
12:0	S1163
22:0	S1163
18:3 n-3 c,c,c	S1163

NDB No. 16006 Beans, baked, canned, plain or vegetarian

Protein	S1164
Sucrose	S1164
Fructose	S1164

NDB No. 16006 Beans, baked, canned, plain or vegetarian

Potassium, K	S1164
Tocopherol, gamma	S1164
Leucine	S1164
Hydroxyproline	S1164
20:0	S1164
22:1 undifferentiated	S1164
17:0	S1164
Glucose (dextrose)	S1164
Tocopherol, delta	S1164
Vitamin B-6	S1164
Betaine	S1164
Arginine	S1164
Glycine	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
6:0	S1164
16:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
15:0	S1164
18:3 n-6 c,c,c	S1164
Fatty acids, total trans-monoenoic	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164
Water	S1164, S1401
Magnesium, Mg	S1164
Manganese, Mn	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Riboflavin	S1164
Niacin	S1164
Folate, total	S1164
Methionine	S1164
Histidine	S1164
Glutamic acid	S1164
4:0	S1164
10:0	S1164

NDB No. 16006 Beans, baked, canned, plain or vegetarian

18:2 undifferentiated	S1164
Total lipid (fat)	S1164
Galactose	S1164
Fiber, total dietary	S1164, S1401
Vitamin E (alpha-tocopherol)	S1164
Tryptophan	S1164
Phenylalanine	S1164
Tyrosine	S1164
Serine	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:3 undifferentiated	S1164
Ash	S1164
Starch	S1164
Lactose	S1164
Calcium, Ca	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Carotene, beta	S1164
Vitamin C, total ascorbic acid	S1164
Vitamin K (phylloquinone)	S1164
Alanine	S1164
8:0	S1164
24:0	S1164
17:1	S1164
Iron, Fe	S1164
Selenium, Se	S1164
Carotene, alpha	S1164
Pantothenic acid	S1164
Cystine	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
20:5 n-3	S1164
Fatty acids, total polyunsaturated	S1164

NDB No. 16006 Beans, baked, canned, plain or vegetarian

18:1 c	S1164
13:0	S1164
Maltose	S1164
Choline, total	S1164
Isoleucine	S1164
18:1 undifferentiated	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
Sugars, total	S1164
Phosphorus, P	S1164
Sodium, Na	S1164
Cryptoxanthin, beta	S1164
Thiamin	S1164
Threonine	S1164
Lysine	S1164
Valine	S1164
Aspartic acid	S1164
Proline	S1164
22:6 n-3	S1164
14:1	S1164
20:1	S1164

NDB No. 16009 Beans, baked, canned, with pork

Fluoride, F	D5007, D5021
-------------	--------------

NDB No. 16010 Beans, baked, canned, with pork and sweet sauce

Total lipid (fat)	S1164
Ash	S1164
Niacin	S1164
Vitamin B-12	S1164
Fatty acids, total saturated	S1164
10:0	S1164
16:0	S1164
22:0	S1164
24:0	S1164
Fatty acids, total trans-	S1164

NDB No. 16010 Beans, baked, canned, with pork and sweet sauce

monoenoic

Lycopene	S1164
6:0	S1164
16:1 undifferentiated	S1164
22:1 undifferentiated	S1164
Cryptoxanthin, beta	S1164
Riboflavin	S1164
Fatty acids, total trans	S1164
18:0	S1164
20:4 undifferentiated	S1164
14:1	S1164
18:1 t	S1164
Fiber, total dietary	S1164, S2581
Magnesium, Mg	S1164
Potassium, K	S1164
Vitamin B-6	S1164
Vitamin K (phylloquinone)	S1164
Betaine	S1164
4:0	S1164
17:0	S1164
13:0	S1164
Sucrose	S1164, S606, S604
Copper, Cu	S1164
Manganese, Mn	S1164
Carotene, beta	S1164
Vitamin C, total ascorbic acid	S1164
12:0	S1164
18:1 c	S1164
Fructose	S1164, S606, S604
Lactose	S1164
Tocopherol, beta	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Pantothenic acid	S1164
Folate, total	S1164
Hydroxyproline	S1164
8:0	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1733 of 3136

NDB No. 16010 Beans, baked, canned, with pork and sweet sauce

20:0	S1164
18:3 undifferentiated	S1164
22:6 n-3	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
15:0	S1164
17:1	S1164
20:3 undifferentiated	S1164
18:3 n-3 c,c,c	S1164
Protein	S1164
Glucose (dextrose)	S1164, S606, S604
Maltose	S1164, S606
Calcium, Ca	S1164
Phosphorus, P	S1164
Sodium, Na	S1164
Selenium, Se	S1164
Carotene, alpha	S1164
Tocopherol, gamma	S1164
18:2 undifferentiated	S1164
20:5 n-3	S1164
Fatty acids, total polyunsaturated	S1164
20:2 n-6 c,c	S1164
Starch	S1164
Water	S1164, S606, S2581, S604
Sugars, total	S1164, S606
Galactose	S1164
Iron, Fe	S1164
Zinc, Zn	S1164
Vitamin E (alpha-tocopherol)	S1164
Choline, total	S1164
14:0	S1164
18:1 undifferentiated	S1164
18:3 n-6 c,c,c	S1164
15:1	S1164

NDB No. 16011 Beans, baked, canned, with pork and tomato sauce

Reference_Report

NDB No. 16011 Beans, baked, canned, with pork and tomato sauce

Phosphorus, P	S1164
Zinc, Zn	S1164
Tocopherol, beta	S1164, S87
Tocopherol, gamma	S1164, S87
Vitamin B-6	S1164
Histidine	S1164
Proline	S1164
6:0	S1164
20:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
18:3 n-3 c,c,c	S1164
Calcium, Ca	S1164
Magnesium, Mg	S1164
Vitamin C, total ascorbic acid	S1164
Pantothenic acid	S1164
Tryptophan	S1164
Isoleucine	S1164
Lysine	S1164
Tyrosine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
16:1 undifferentiated	S1164
Sucrose	S1164, S606, S604
Fiber, total dietary	S1164, S2581
Iron, Fe	S1164
Cryptoxanthin, beta	S1164
Riboflavin	S1164
Alanine	S1164
Glycine	S1164
10:0	S1164
18:2 undifferentiated	S1164
20:1	S1164
15:1	S1164
Starch	S1164
Glucose (dextrose)	S1164, S606, S604
Potassium, K	S1164

NDB No. 16011 Beans, baked, canned, with pork and tomato sauce

Methionine	S1164
Valine	S1164
Arginine	S1164
12:0	S1164
15:0	S1164
Sodium, Na	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Lycopene	S1164
Vitamin B-12	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
8:0	S1164
14:0	S1164
22:6 n-3	S1164
18:1 c	S1164
Maltose	S1164, S604
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164, S87
Niacin	S1164
Betaine	S1164
Threonine	S1164
Leucine	S1164
Phenylalanine	S1164
Serine	S1164
18:0	S1164
20:4 undifferentiated	S1164
20:3 undifferentiated	S1164
13:0	S1164
Protein	S1164
Water	S1164, S606, S2581, S604
Sugars, total	S1164, S606
Galactose	S1164
Manganese, Mn	S1164
Thiamin	S1164
Folate, total	S1164
Hydroxyproline	S1164

NDB No. 16011 Beans, baked, canned, with pork and tomato sauce

14:1	S1164
22:1 undifferentiated	S1164
17:0	S1164
18:1 t	S1164
Total lipid (fat)	S1164, S87
Ash	S1164
Fructose	S1164, S606, S604
Lactose	S1164
Copper, Cu	S1164
Tocopherol, delta	S1164, S87
Cystine	S1164
4:0	S1164
16:0	S1164
22:0	S1164
20:5 n-3	S1164
24:0	S1164
17:1	S1164

NDB No. 16026 Beans, great northern, mature seeds, canned

Methionine	S1065, S1164
Tyrosine	S1065, S1164
Alanine	S1065, S1164
Lysine	S1065, S1164
Phenylalanine	S1065, S1164
Proline	S1065, S1164
Leucine	S1065, S1164
Glycine	S1065, S1164
Cystine	S1065, S1164
Valine	S1065, S1164
Isoleucine	S1065, S1164
Histidine	S1065, S1164
Glutamic acid	S1065, S1164
Threonine	S1065, S1164
Arginine	S1065, S1164
Aspartic acid	S1065, S1164
Tryptophan	S1065, S1164

Reference Report

JUL-17-2008 02:00 PM

Page 1737 of 3136

NDB No. 16026 Beans, great northern, mature seeds, canned

Serine S1065, S1164

NDB No. 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Magnesium, Mg S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Vitamin K (phylloquinone) D4002

Phosphorus, P S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Isoleucine S1065, S1164

Alanine S1065, S1164

Serine S1065, S1164

Sodium, Na S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Copper, Cu S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Vitamin E (alpha-tocopherol) S84

Tocopherol, delta S84

Threonine S1065, S1164

Histidine S1065, S1164

Glutamic acid S1065, S1164

Glycine S1065, S1164

Manganese, Mn S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Tyrosine S1065, S1164

Zinc, Zn S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Leucine S1065, S1164

Lysine S1065, S1164

Aspartic acid S1065, S1164

Calcium, Ca S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Selenium, Se S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Tocopherol, gamma S84

Arginine S1065, S1164

Potassium, K S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Choline, total S1164

Betaine S1164

Cystine S1065, S1164

Phenylalanine S1065, S1164

Proline S1065, S1164

Iron, Fe S7, S10, S6, S183, S203, S11, S9, S12, S8, S182

Tocopherol, beta S84

Tryptophan S1065, S1164

Reference Report

JUL-17-2008 02:00 PM

Page 1738 of 3136

NDB No. 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Methionine	S1065, S1164
Valine	S1065, S1164

NDB No. 16029 Beans, kidney, all types, mature seeds, canned

Total lipid (fat)	S1164
Maltose	S1164
Water	S1164
Potassium, K	S1164
Vitamin E (alpha-tocopherol)	S1164
Folate, total	S1164
Phenylalanine	S1065, S1164
Aspartic acid	S1065, S1164
Proline	S1065, S1164
Hydroxyproline	S1164
22:6 n-3	S1164
18:3 n-3 c,c,c	S1164
Protein	S1164
Galactose	S1164
Phosphorus, P	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
18:3 undifferentiated	S1164
Ash	S1164
Sucrose	S1164
Sodium, Na	S1164
Copper, Cu	S1164
Tocopherol, gamma	S1164
Methionine	S1065, S1164
10:0	S1164
18:1 undifferentiated	S1164
15:0	S1164
Fructose	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Selenium, Se	S1164
Thiamin	S1164

NDB No. 16029 Beans, kidney, all types, mature seeds, canned

Lysine	S1065, S1164
Alanine	S1065, S1164
Glycine	S1065, S1164
Serine	S1065, S1164
8:0	S1164
18:2 undifferentiated	S1164
22:0	S1164
14:1	S1164
20:2 n-6 c,c	S1164
17:1	S1164
Starch	S1164
Calcium, Ca	S1164
Niacin	S1164
Pantothenic acid	S1164
Betaine	S1164
Tyrosine	S1065, S1164
Histidine	S1065, S1164
Glutamic acid	S1065, S1164
20:4 undifferentiated	S1164
16:1 undifferentiated	S1164
17:0	S1164
24:0	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
Tocopherol, beta	S1164
Tocopherol, delta	S1164
Riboflavin	S1164
Cystine	S1065, S1164
Valine	S1065, S1164
12:0	S1164
14:0	S1164
16:0	S1164
20:1	S1164
22:1 undifferentiated	S1164
Lactose	S1164
Zinc, Zn	S1164

NDB No. 16029 Beans, kidney, all types, mature seeds, canned

Manganese, Mn	S1164
Tryptophan	S1065, S1164
Leucine	S1065, S1164
Arginine	S1065, S1164
4:0	S1164
6:0	S1164
18:0	S1164
20:0	S1164
18:1 t	S1164
13:0	S1164
15:1	S1164
Glucose (dextrose)	S1164
Sugars, total	S1164
Vitamin B-6	S1164
Threonine	S1065, S1164
Isoleucine	S1065, S1164
20:5 n-3	S1164

NDB No. 16032 Beans, kidney, red, mature seeds, raw

Fluoride, F	D5007
-------------	-------

NDB No. 16034 Beans, kidney, red, mature seeds, canned

Zinc, Zn	S1164
Copper, Cu	S1164
Tocopherol, delta	S1164
Vitamin B-6	S1164
20:0	S1164
22:6 n-3	S1164
20:1	S1164
Maltose	S1164
Galactose	S1164
Sodium, Na	S1164
Riboflavin	S1164
18:0	S1164
18:1 t	S1164
18:1 c	S1164

NDB No. 16034 Beans, kidney, red, mature seeds, canned

20:3 undifferentiated	S1164
15:1	S1164
Sucrose	S1164
Water	S1164
Iron, Fe	S1164
Manganese, Mn	S1164
Vitamin E (alpha-tocopherol)	S1164
Niacin	S1164
Vitamin K (phylloquinone)	S1164
Hydroxyproline	S1164
8:0	S1164
16:0	S1164
18:2 undifferentiated	S1164
22:0	S1164
20:5 n-3	S1164
24:0	S1164
20:2 n-6 c,c	S1164
Protein	S1164
Sugars, total	S1164
Potassium, K	S1164
Thiamin	S1164
Folate, total	S1164
10:0	S1164
Starch	S1164
Magnesium, Mg	S1164
Selenium, Se	S1164
14:0	S1164
15:0	S1164
18:3 n-3 c,c,c	S1164
Glucose (dextrose)	S1164
Lactose	S1164
Calcium, Ca	S1164
Tocopherol, beta	S1164
Pantothenic acid	S1164
6:0	S1164
18:3 n-6 c,c,c	S1164
Total lipid (fat)	S1164

NDB No. 16034 Beans, kidney, red, mature seeds, canned

Fructose	S1164
Phosphorus, P	S1164
Choline, total	S1164
4:0	S1164
12:0	S1164
20:4 undifferentiated	S1164
16:1 undifferentiated	S1164
22:1 undifferentiated	S1164
17:0	S1164
13:0	S1164
Ash	S1164
Fiber, total dietary	S1164
Tocopherol, gamma	S1164
Betaine	S1164
14:1	S1164
17:1	S1164

NDB No. 16037 Beans, navy, mature seeds, raw

Maltose	S1164
Tocopherol, delta	S1164
Vitamin B-6	S1164, S2202
Lysine	S1164
Cystine	S1164
8:0	S1164
14:0	S1164
16:0	S1164
Fatty acids, total polyunsaturated	S1164
17:1	S1164
Water	S1164, S2202
Magnesium, Mg	S1164, S2202
Potassium, K	S1164, S2202
Riboflavin	S1164, S2202
Vitamin K (phylloquinone)	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164

NDB No. 16037 Beans, navy, mature seeds, raw

20:0	S1164
20:5 n-3	S1164
18:1 c	S1164
Iron, Fe	S1164, S2202
Serine	S1164
20:1	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
Sucrose	S1164
Sodium, Na	S1164, S2202
Zinc, Zn	S1164, S2202
Choline, total	S1164
Tyrosine	S1164
4:0	S1164
6:0	S1164
18:1 undifferentiated	S1164
22:0	S1164
14:1	S1164
15:0	S1164
24:0	S1164
13:0	S1164
Phosphorus, P	S1164, S2202
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Thiamin	S1164, S2202
Folate, total	S1164, S2202
Phenylalanine	S1164
Valine	S1164
Alanine	S1164
Hydroxyproline	S1164
18:0	S1164
18:2 undifferentiated	S1164
22:1 undifferentiated	S1164
20:2 n-6 c,c	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164
Fructose	S1164

NDB No. 16037 Beans, navy, mature seeds, raw

Galactose	S1164
Vitamin E (alpha-tocopherol)	S1164
Fatty acids, total saturated	S1164
22:6 n-3	S1164
16:1 undifferentiated	S1164
17:0	S1164
Ash	S1164, S2202
Starch	S1164
Glucose (dextrose)	S1164
Lactose	S1164
Sugars, total	S1164
Copper, Cu	S1164, S2202
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202
Leucine	S1164
Histidine	S1164
Fatty acids, total trans	S1164
10:0	S1164
18:3 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
18:1 t	S1164
Fatty acids, total trans-monoenoic	S1164
Total lipid (fat)	S1164, S2202
Calcium, Ca	S1164, S2202
Manganese, Mn	S1164, S2202
Betaine	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Methionine	S1164
Arginine	S1164
Aspartic acid	S1164
12:0	S1164
20:4 undifferentiated	S1164

Reference Report

JUL-17-2008 02:00 PM

Page 1745 of 3136

NDB No. 16038 Beans, navy, mature seeds, cooked, boiled, without salt

Sucrose	S1164
Zinc, Zn	S1164, S2202, S183, S203, S182
4:0	S1164
18:2 undifferentiated	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
24:0	S1164
17:1	S1164
20:3 undifferentiated	S1164
Total lipid (fat)	S1164, S2202
Calcium, Ca	S1164, S2202, S183, S203, S182
Vitamin E (alpha-tocopherol)	S1164
Riboflavin	S1164, S2202
Aspartic acid	S1164
12:0	S1164
14:0	S1164
18:0	S1164
22:6 n-3	S1164
20:5 n-3	S1164
13:0	S1164
Lactose	S1164
Fluoride, F	D5007
Tocopherol, delta	S1164
Histidine	S1164
Glycine	S1164
6:0	S1164
15:0	S1164
20:2 n-6 c,c	S1164
Protein	S1164, S2202
Maltose	S1164
Thiamin	S1164, S2202
Vitamin K (phylloquinone)	S1164
Isoleucine	S1164
Leucine	S1164
Tyrosine	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1746 of 3136

NDB No. 16038 Beans, navy, mature seeds, cooked, boiled, without salt

Fatty acids, total trans	S1164
8:0	S1164
Fatty acids, total polyunsaturated	S1164
18:3 n-6 c,c,c	S1164
Iron, Fe	S1164, S2202, S183, S203, S182
Magnesium, Mg	S1164, S2202, S183, S203, S182
Sodium, Na	S1164, S2202, S183, S203, S182
Selenium, Se	S1164, S203
Vitamin B-6	S1164, S2202
Lysine	S1164
10:0	S1164
18:1 t	S1164
Fatty acids, total trans-monoenoic	S1164
Glucose (dextrose)	S1164
Water	S1164, S2202
Copper, Cu	S1164, S2202, S183, S203, S182
Manganese, Mn	S1164, S2202, S183, S203, S182
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Folate, total	S2202
Choline, total	S1164
Betaine	S1164
Tryptophan	S1164
Threonine	S1164
Cystine	S1164
Alanine	S1164
Fatty acids, total saturated	S1164
20:0	S1164
20:4 undifferentiated	S1164
22:0	S1164
18:3 n-3 c,c,c	S1164
Starch	S1164
Sugars, total	S1164
Fiber, total dietary	S1164
Phosphorus, P	S1164, S2202, S183, S203, S182
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202

Reference_Report

NDB No. 16038 Beans, navy, mature seeds, cooked, boiled, without salt

Valine	S1164
Serine	S1164
Hydroxyproline	S1164
16:0	S1164
18:1 undifferentiated	S1164
22:1 undifferentiated	S1164
17:0	S1164
18:1 c	S1164
15:1	S1164
Ash	S1164, S2202
Fructose	S1164
Galactose	S1164
Potassium, K	S1164, S2202, S183, S203, S182
Methionine	S1164
Phenylalanine	S1164
Arginine	S1164
Glutamic acid	S1164
Proline	S1164
18:3 undifferentiated	S1164

NDB No. 16039 Beans, navy, mature seeds, canned

Phenylalanine	S1065, S1164
Aspartic acid	S1065, S1164
Choline, total	S3461
Tyrosine	S1065, S1164
Tryptophan	S1065, S1164
Threonine	S1065, S1164
Arginine	S1065, S1164
Lysine	S1065, S1164
Histidine	S1065, S1164
Glutamic acid	S1065, S1164
Proline	S1065, S1164
Betaine	S3461
Leucine	S1065, S1164
Cystine	S1065, S1164
Alanine	S1065, S1164

NDB No. 16039 Beans, navy, mature seeds, canned

Isoleucine	S1065, S1164
Methionine	S1065, S1164
Valine	S1065, S1164
Glycine	S1065, S1164
Serine	S1065, S1164

NDB No. 16042 Beans, pinto, mature seeds, raw

Protein	S1065, S2202
Ash	S1065, S2202
Fructose	S1065
Vitamin B-6	S1065, S2202
Iron, Fe	S1065, S2202
Magnesium, Mg	S1065, S2202
Tyrosine	S1065
Starch	S1065
Glucose (dextrose)	S1065
Lactose	S1065
Zinc, Zn	S1065, S2202
Lysine	S1065
Arginine	S1065
Histidine	S1065
Water	S1065, S2202
Fiber, total dietary	S1065
Phosphorus, P	S1065, S2202
Carotene, beta	S1065
Carotene, alpha	S1065
Thiamin	S1065, S2202
Pantothenic acid	S1065, S2202
Isoleucine	S1065
Leucine	S1065
Cystine	S1065
Valine	S1065
Alanine	S1065
Choline, total	S1065
Threonine	S1065
Total lipid (fat)	S1065, S2202

NDB No. 16042 Beans, pinto, mature seeds, raw

Potassium, K	S1065, S2202
Selenium, Se	S1065
Folate, total	S2202
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Methionine	S1065
Aspartic acid	S1065
Maltose	S1065
Calcium, Ca	S1065, S2202
Copper, Cu	S1065, S2202
Manganese, Mn	S1065, S2202
Niacin	S1065, S2202
Betaine	S1065
Phenylalanine	S1065
Glycine	S1065
Serine	S1065
Sucrose	S1065
Sodium, Na	S1065, S2202
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Riboflavin	S1065, S2202
Glutamic acid	S1065
Proline	S1065

NDB No. 16043 Beans, pinto, mature seeds, cooked, boiled, without salt

Glucose (dextrose)	S1065
Fructose	S1065
Fiber, total dietary	S1065
Calcium, Ca	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Potassium, K	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Carotene, alpha	S1065
Thiamin	S1065, S2202
Vitamin B-6	S1065, S2202
Folate, total	S2202
Choline, total	S1065

NDB No. 16043 Beans, pinto, mature seeds, cooked, boiled, without salt

Valine	S1065, S1164
Total lipid (fat)	S1065, S2202
Water	S1065, S2202
Phosphorus, P	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Carotene, beta	S1065
Threonine	S1065, S1164
Cystine	S1065, S1164
Phenylalanine	S1065, S1164
Tyrosine	S1065, S1164
Arginine	S1065, S1164
Serine	S1065, S1164
Ash	S1065, S2202
Zinc, Zn	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Isoleucine	S1065, S1164
Leucine	S1065, S1164
Methionine	S1065, S1164
Glutamic acid	S1065, S1164
Sucrose	S1065
Magnesium, Mg	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Aspartic acid	S1065, S1164
Proline	S1065, S1164
Protein	S1065, S2202
Starch	S1065
Fluoride, F	D5007
Riboflavin	S1065, S2202
Glycine	S1065, S1164
Iron, Fe	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Pantothenic acid	S1065, S2202
Tryptophan	S1065, S1164
Maltose	S1065
Copper, Cu	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Manganese, Mn	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Niacin	S1065, S2202
Vitamin K (phylloquinone)	S1065, D4002

NDB No. 16043 Beans, pinto, mature seeds, cooked, boiled, without salt

Lysine	S1065, S1164
Histidine	S1065, S1164
Alanine	S1065, S1164
Lactose	S1065
Sodium, Na	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Selenium, Se	S7, S10, S1065, S6, S183, S203, S11, S9, S12, S8, S182
Betaine	S1065

NDB No. 16069 Lentils, raw

Vitamin E (alpha-tocopherol)	S84
Zinc, Zn	S2202, D5083
Thiamin	S2202
Niacin	S2202
Protein	S2202
Potassium, K	S2202
Copper, Cu	S2202, D5083
Tocopherol, gamma	S84
Water	S2202, S84, S604
Magnesium, Mg	S2202
Sodium, Na	S2202
Tocopherol, delta	S84
Fiber, total dietary	S604
Pantothenic acid	S2202
Vitamin B-6	S2202
Total lipid (fat)	S2202, S84
Iron, Fe	S2202, D5083
Phosphorus, P	S2202
Tocopherol, beta	S84
Folate, total	S2202
Ash	S2202
Calcium, Ca	S2202
Manganese, Mn	S2202
Riboflavin	S2202

NDB No. 16072 Lima beans, large, mature seeds, cooked, boiled, without salt

Fluoride, F	D5007
-------------	-------

Reference Report

JUL-17-2008 02:00 PM

Page 1752 of 3136

NDB No. 16087 Peanuts, all types, raw

Betaine	S563
Choline, total	S563

NDB No. 16089 Peanuts, all types, oil-roasted, with salt

Fructose	S563
Vitamin C, total ascorbic acid	S563
Vitamin K (phylloquinone)	S563
Threonine	S563
Aspartic acid	S563
8:0	S563
10:0	S563
15:0	S563
20:3 undifferentiated	S563
Protein	S563
Water	S563
Galactose	S563
Calcium, Ca	S563
Phosphorus, P	S563
Histidine	S563
Glutamic acid	S563
18:1 undifferentiated	S563
22:0	S563
20:2 n-6 c,c	S563
Maltose	S563
Sugars, total	S563
Iron, Fe	S563
Vitamin B-6	S563
Methionine	S563
Valine	S563
Proline	S563
18:0	S563
20:4 undifferentiated	S563
14:1	S563
18:3 n-6 c,c,c	S563
Glucose (dextrose)	S563
Potassium, K	S563

NDB No. 16089 Peanuts, all types, oil-roasted, with salt

Manganese, Mn	S563
Carotene, alpha	S563
Thiamin	S563
Leucine	S563
Glycine	S563
18:2 undifferentiated	S563
Ash	S563
Selenium, Se	S563
Pantothenic acid	S563
Folate, total	S563
Serine	S563
17:0	S563
17:1	S563
Total lipid (fat)	S563
Sucrose	S563
Fiber, total dietary	S563
Cryptoxanthin, beta	S563
Lycopene	S563
Lutein + zeaxanthin	S563
Riboflavin	S563
Isoleucine	S563
Arginine	S563
12:0	S563
18:3 undifferentiated	S563
15:1	S563
Zinc, Zn	S563
Carotene, beta	S563
Tryptophan	S563
Tyrosine	S563
20:0	S563
16:1 undifferentiated	S563
20:1	S563
Lactose	S563
Magnesium, Mg	S563
Sodium, Na	S563
Copper, Cu	S563
Niacin	S563

NDB No. 16089 Peanuts, all types, oil-roasted, with salt

Lysine	S563
Cystine	S563
Phenylalanine	S563
Alanine	S563
14:0	S563
16:0	S563

NDB No. 16090 Peanuts, all types, dry-roasted, with salt

Fluoride, F	D5007
-------------	-------

NDB No. 16097 Peanut butter, chunk style, with salt

Glucose (dextrose)	S22
Galactose	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, gamma	S22
Tryptophan	S22
Leucine	S22
Methionine	S22
Glycine	S22
Sugars, total	S22
Calcium, Ca	S22
Manganese, Mn	S22
Selenium, Se	S22
Arginine	S22
Aspartic acid	S22
16:0	S22
Total lipid (fat)	S22
Sucrose	S22
Tyrosine	S22
20:1	S22
Lactose	S22
Maltose	S22
Fiber, total dietary	D3765, S22
Magnesium, Mg	S22
Vitamin K (phylloquinone)	S22
Betaine	S22

Reference Report

JUL-17-2008 02:00 PM

Page 1755 of 3136

NDB No. 16097 Peanut butter, chunk style, with salt

Threonine	S22
Phenylalanine	S22
Serine	S22
18:1 undifferentiated	S22
Potassium, K	S22
Copper, Cu	S22
Riboflavin	S22
Choline, total	S22
Lysine	S22
Histidine	S22
Glutamic acid	S22
Sodium, Na	S22
Isoleucine	S22
Valine	S22
Alanine	S22
Proline	S22
12:0	S22
18:0	S22
Protein	S22
Starch	S22
Iron, Fe	S22
Tocopherol, beta	S22
Tocopherol, delta	S22
18:2 undifferentiated	S22
Ash	S22
Fructose	S22
Water	D3765, S22
Phosphorus, P	S22
Zinc, Zn	S22
Thiamin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Cystine	S22
20:0	S22

Reference Report

JUL-17-2008 02:00 PM

Page 1756 of 3136

NDB No. 16098 Peanut butter, smooth style, with salt

Starch	S22
Phosphorus, P	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Fluoride, F	S22
Selenium, Se	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Tocopherol, delta	S84, S22, S87
Phenylalanine	S22
Tyrosine	S22
Arginine	S22
20:0	S22
18:1 undifferentiated	S22
Fiber, total dietary	S837, S22
Calcium, Ca	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Iron, Fe	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Magnesium, Mg	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Leucine	S22
Valine	S22
12:0	S22
16:0	S22
Protein	S22
Total lipid (fat)	S84, S22, S87
Fructose	S837, S22
Maltose	S837, S22
Tocopherol, gamma	S84, S22, S87
Thiamin	S22
Choline, total	S22
Vitamin K (phylloquinone)	D4002, S22
Tryptophan	S22
Alanine	S22
18:0	S22
Sugars, total	S837, S22
Copper, Cu	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Threonine	S22
Fatty acids, total saturated	S22
18:2 undifferentiated	S22
Fatty acids, total monounsaturated	S22
Ash	S22
Lactose	S837, S22

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1757 of 3136

NDB No. 16098 Peanut butter, smooth style, with salt

Sodium, Na	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Vitamin E (alpha-tocopherol)	S84, S22, S87
Lysine	S22
Glutamic acid	S22
Glycine	S22
20:1	S22
Sucrose	S837, S404, S22
Glucose (dextrose)	S837, S404, S22
Galactose	S22
Tocopherol, beta	S84, S22, S87
Vitamin B-6	S22
Histidine	S22
Serine	S22
Water	S837, S84, S404, S22, S87
Zinc, Zn	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Manganese, Mn	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Isoleucine	S22
Cystine	S22
Aspartic acid	S22
Fatty acids, total polyunsaturated	S22
Potassium, K	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Pantothenic acid	S22
Betaine	S22
Methionine	S22
Proline	S22

NDB No. 16103 Refried beans, canned, traditional style (includes USDA commodity)

Lactose	S3549
Potassium, K	S3549
12:0	S3549
18:1 undifferentiated	S3549
20:4 undifferentiated	S3549
24:0	S3549
18:2 CLAs	S3549
24:1 c	S3549
20:2 n-6 c,c	S3549

Reference Report

JUL-17-2008 02:00 PM

Page 1758 of 3136

NDB No. 16103 Refried beans, canned, traditional style (includes USDA commodity)

Sugars, total	S3549
Fatty acids, total trans	S3549
14:1	S3549
16:1 undifferentiated	S3549
Fatty acids, total monounsaturated	S3549
18:1 t	S3549
22:1 t	S3549
20:3 undifferentiated	S3549
Starch	S3549
Sodium, Na	S3549
Manganese, Mn	S3549
Riboflavin	S3549
Niacin	S3549
Vitamin B-6	S3549
18:2 undifferentiated	S3549
18:3 undifferentiated	S3549
22:1 undifferentiated	S3549
15:1	S3549
20:3 n-3	S3549
20:3 n-6	S3549
Glucose (dextrose)	S3549
Water	S3549
Magnesium, Mg	S3549
Fatty acids, total saturated	S3549
22:5 n-3	S3549
17:0	S3549
18:1 c	S3549
17:1	S3549
Protein	S3549
Total lipid (fat)	S3549
Galactose	S3549
Copper, Cu	S3549
Vitamin E (alpha-tocopherol)	S3549
Tocopherol, gamma	S3549
Pantothenic acid	S3549
4:0	S3549
6:0	S3549

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1759 of 3136

NDB No. 16103 Refried beans, canned, traditional style (includes USDA commodity)

14:0	S3549
18:4	S3549
15:0	S3549
18:3 n-6 c,c,c	S3549
Fiber, total dietary	S3549
Calcium, Ca	S3549
Tocopherol, delta	S3549
8:0	S3549
20:0	S3549
22:6 n-3	S3549
18:2 t not further defined	S3549
18:2 n-6 c,c	S3549
Fatty acids, total trans-monoenoic	S3549
22:4	S3549
Sucrose	S3549
Fructose	S3549
Zinc, Zn	S3549
Thiamin	S3549
10:0	S3549
18:0	S3549
20:5 n-3	S3549
16:1 c	S3549
Ash	S3549
Maltose	S3549
Iron, Fe	S3549
Phosphorus, P	S3549
Selenium, Se	S3549
Tocopherol, beta	S3549
Vitamin B-12	S3549
Cholesterol	S3549
16:0	S3549
22:0	S3549
20:1	S3549
Fatty acids, total polyunsaturated	S3549
16:1 t	S3549
22:1 c	S3549
Fatty acids, total trans-polyenoic	S3549

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1760 of 3136

NDB No. 16103 Refried beans, canned, traditional style (includes USDA commodity)

18:3 n-3 c,c,c S3549

NDB No. 16108 Soybeans, mature seeds, raw

Betaine S3461

Choline, total S3461

NDB No. 16112 Miso

Glucose (dextrose) S604

Fructose S604

Copper, Cu S39

Isoleucine S39

Methionine S39

8:0 S39

16:0 S39

18:0 S39

20:2 n-6 c,c S39

15:1 S39

Protein S39

Sucrose S604

Threonine S39

Cystine S39

Alanine S39

Aspartic acid S39

18:3 undifferentiated S39

Total lipid (fat) S39

Ash S39

Phosphorus, P S39

Zinc, Zn S39

Riboflavin S39

Pantothenic acid S39

Folate, total S39

Valine S39

Arginine S39

16:1 undifferentiated S39

24:0 S39

Maltose S604

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1761 of 3136

NDB No. 16112 Miso

Magnesium, Mg	S39
Selenium, Se	S39
Niacin	S39
Proline	S39
10:0	S39
22:1 undifferentiated	S39
Potassium, K	S39
Vitamin B-12	S39
Tryptophan	S39
Lysine	S39
Phenylalanine	S39
Histidine	S39
Glutamic acid	S39
12:0	S39
14:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
15:0	S39
17:0	S39
Fiber, total dietary	S81
Manganese, Mn	S39
Thiamin	S39
Vitamin B-6	S39
Leucine	S39
Tyrosine	S39
20:0	S39
14:1	S39
Water	S39, S81, S604
Calcium, Ca	S39
Iron, Fe	S39
20:4 undifferentiated	S39
17:1	S39
13:0	S39
Sodium, Na	S39
Glycine	S39
Serine	S39
22:0	S39

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1762 of 3136

NDB No. 16112 Miso

20:1	S39
20:3 undifferentiated	S39

NDB No. 16114 Tempeh

Calcium, Ca	S39
Zinc, Zn	S39
Manganese, Mn	S39
Vitamin A, IU	S39
Cystine	S39
Tyrosine	S39
Arginine	S39
Histidine	S39
12:0	S39
Thiamin	S39
Threonine	S39
Aspartic acid	S39
Glutamic acid	S39
Proline	S39
Fatty acids, total polyunsaturated	S39
Magnesium, Mg	S39
10:0	S39
16:0	S39
18:1 undifferentiated	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
20:3 undifferentiated	S39
Energy	S39
Iron, Fe	S39
Niacin	S39
Tryptophan	S39
Valine	S39
Cholesterol	S39
8:0	S39
18:0	S39
20:0	S39

Reference Report

JUL-17-2008 02:00 PM

Page 1763 of 3136

NDB No. 16114 Tempeh

18:3 undifferentiated	S39
Protein	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Riboflavin	S39
Vitamin B-12	S39
Isoleucine	S39
Phenylalanine	S39
Alanine	S39
Fatty acids, total saturated	S39
20:4 undifferentiated	S39
14:1	S39
17:0	S39
24:0	S39
Pantothenic acid	S39
Folate, total	S39
Lysine	S39
14:0	S39
15:0	S39
Ash	S39
Water	S39
Glycine	S39
Serine	S39
Fatty acids, total monounsaturated	S39
17:1	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Copper, Cu	S39
Selenium, Se	S39
Vitamin B-6	S39
Leucine	S39
Methionine	S39
18:2 undifferentiated	S39
22:0	S39

NDB No. 16118 Soy flour, low-fat

Phosphorus, P	S3553
Sodium, Na	S3553
Zinc, Zn	S3553
Copper, Cu	S3553
Vitamin E (alpha-tocopherol)	S3553
Tocopherol, gamma	S3553
Betaine	S3553
22:0	S3553
17:1	S3553
21:5	S3553
Riboflavin	S3553
Fatty acids, total saturated	S3553
16:0	S3553
20:0	S3553
20:1	S3553
22:1 undifferentiated	S3553
17:0	S3553
24:1 c	S3553
Ash	S3553
Water	S3553
Magnesium, Mg	S3553
18:1 undifferentiated	S3553
18:3 undifferentiated	S3553
Fatty acids, total monounsaturated	S3553
20:2 n-6 c,c	S3553
22:4	S3553
Starch	S3553
Manganese, Mn	S3553
Pantothenic acid	S3553
Vitamin B-6	S3553
24:0	S3553
15:1	S3553
Iron, Fe	S3553
Tocopherol, beta	S3553
12:0	S3553
20:4 undifferentiated	S3553
14:1	S3553

Reference_Report

NDB No. 16118 Soy flour, low-fat

15:0	S3553
Protein	S3553
Fiber, total dietary	S3553
Calcium, Ca	S3553
Potassium, K	S3553
Selenium, Se	S3553
14:0	S3553
18:2 undifferentiated	S3553
20:5 n-3	S3553
20:3 undifferentiated	S3553
Total lipid (fat)	S3553
Tocopherol, delta	S3553
Niacin	S3553
8:0	S3553
10:0	S3553
18:4	S3553
Thiamin	S3553
Choline, total	S3553
18:0	S3553
22:6 n-3	S3553
16:1 undifferentiated	S3553
22:5 n-3	S3553
Fatty acids, total polyunsaturated	S3553

NDB No. 16120 Soymilk, original and vanilla, unfortified

Energy	S4261
Copper, Cu	S39, S4261
Vitamin B-6	S39, S4261
Vitamin B-12	S4261
Threonine	S39
Lysine	S39
Fatty acids, total saturated	S39, S4261
14:0	S39
Fatty acids, total monounsaturated	S39, S4261
Ash	S39
Fiber, total dietary	S4261

NDB No. 16120 Soy milk, original and vanilla, unfortified

Vitamin A, IU	S4261
Riboflavin	S39, S4261
Tryptophan	S39
Isoleucine	S39
Tyrosine	S39
18:0	S39
20:3 undifferentiated	S39
Total lipid (fat)	S39, S4261
Phenylalanine	S39
Valine	S39
Aspartic acid	S39
16:0	S39
18:1 undifferentiated	S39
15:1	S39
Carbohydrate, by difference	S39, S4261
Sugars, total	S4261
Magnesium, Mg	S39, S4261
Sodium, Na	S39, S4261
Niacin	S39, S4261
Methionine	S39
Glycine	S39
Cholesterol	S4261
20:0	S39
Fatty acids, total polyunsaturated	S39, S4261
Water	S39
Vitamin D	S4261
Proline	S39
8:0	S39
10:0	S39
20:1	S39
17:0	S39
20:2 n-6 c,c	S39
Protein	S39, S4261
Calcium, Ca	S39, S4261
Phosphorus, P	S39, S4261
Potassium, K	S39, S4261
Zinc, Zn	S39, S4261

NDB No. 16120 Soy milk, original and vanilla, unfortified

Vitamin C, total ascorbic acid	S4261
Thiamin	S39, S4261
Choline, total	S3461
Arginine	S39
Serine	S39
Fatty acids, total trans	S4261
18:3 undifferentiated	S39
22:0	S39
24:0	S39
Iron, Fe	S39, S4261
Manganese, Mn	S39
Pantothenic acid	S39, S4261
Folate, total	S39, S4261
Betaine	S3461
Leucine	S39
Cystine	S39
Histidine	S39
Alanine	S39
Glutamic acid	S39
12:0	S39
18:2 undifferentiated	S39
20:4 undifferentiated	S39
16:1 undifferentiated	S39
22:1 undifferentiated	S39
Selenium, Se	S39
14:1	S39
15:0	S39
17:1	S39
13:0	S39

NDB No. 16123 Soy sauce made from soy and wheat (shoyu)

Protein	S39
Fiber, total dietary	S1401
Selenium, Se	S2122, D3359, S39
Pantothenic acid	S39
Folate, total	S39

Reference Report

JUL-17-2008 02:00 PM

Page 1768 of 3136

NDB No. 16123 Soy sauce made from soy and wheat (shoyu)

Phosphorus, P	S39
Water	S39, S1401
Iron, Fe	S39
Potassium, K	S39
Total lipid (fat)	S39
Magnesium, Mg	S39
Vitamin B-12	S39
Choline, total	S3461
Cholesterol	S39
Calcium, Ca	S39
Copper, Cu	S39
Riboflavin	S39
Niacin	S39
Vitamin B-6	S39
Sodium, Na	S39
Ash	S39
Zinc, Zn	S39
Thiamin	S39
Betaine	S3461

NDB No. 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

Protein	S39
Phosphorus, P	S39
Zinc, Zn	S39
Choline, total	S3461
Cystine	S39
Tyrosine	S39
Valine	S39
12:0	S39
Copper, Cu	S39
Carotene, alpha	S1202
Methionine	S39
Glutamic acid	S39
8:0	S39
14:1	S39
17:0	S39

Reference Report

JUL-17-2008 02:00 PM

Page 1769 of 3136

NDB No. 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

Total lipid (fat)	S39
Water	S1202, S39, S1401
Iron, Fe	S39
Magnesium, Mg	S39
Potassium, K	S39
Thiamin	S39
Pantothenic acid	S39
Lysine	S39
Aspartic acid	S39
Proline	S39
Serine	S39
15:0	S39
Betaine	S3461
Glycine	S39
18:3 undifferentiated	S39
17:1	S39
Ash	S39
Fiber, total dietary	S1202, S1401
Calcium, Ca	S39
Selenium, Se	S39
Carotene, beta	S1202
Folate, total	S39
Tryptophan	S39
20:0	S39
18:2 undifferentiated	S39
22:1 undifferentiated	S39
Sodium, Na	S39
Manganese, Mn	S39
Arginine	S39
10:0	S39
20:4 undifferentiated	S39
20:1	S39
24:0	S39
20:2 n-6 c,c	S39
Carbohydrate, by difference	S39
Riboflavin	S39
Leucine	S39

Reference Report

JUL-17-2008 02:00 PM

Page 1770 of 3136

NDB No. 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

Phenylalanine	S39
Alanine	S39
16:0	S39
18:0	S39
22:0	S39
16:1 undifferentiated	S39
20:3 undifferentiated	S39
Cryptoxanthin, beta	S1202
Niacin	S39
Vitamin B-6	S39
Threonine	S39
Isoleucine	S39
Histidine	S39
14:0	S39
18:1 undifferentiated	S39
13:0	S39
15:1	S39

NDB No. 16127 Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)

Betaine	S3461
Choline, total	S3461

NDB No. 16139 Soymilk, original and vanilla, with added calcium, vitamins A and D

Potassium, K	S4261
Manganese, Mn	S4261
Isoleucine	S39
Cholesterol	S4261
Energy	S4261
Riboflavin	S4261
Vitamin B-6	S4261
Choline, total	S3461
Lysine	S39
Arginine	S39
Thiamin	S4261
Niacin	S4261
Tryptophan	S39

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1771 of 3136

NDB No. 16139 Soy milk, original and vanilla, with added calcium, vitamins A and D

Threonine	S39
Leucine	S39
Tyrosine	S39
Valine	S39
Histidine	S39
Fatty acids, total trans	S4261
Fiber, total dietary	S4261
Sodium, Na	S4261
Pantothenic acid	S4261
Fatty acids, total polyunsaturated	S4261
Protein	S4261
Total lipid (fat)	S4261
Iron, Fe	S4261
Copper, Cu	S4261
Methionine	S39
Glycine	S39
Fatty acids, total monounsaturated	S4261
Sugars, total	S4261
Phenylalanine	S39
Glutamic acid	S39
Proline	S39
Fatty acids, total saturated	S4261
Calcium, Ca	S4261
Phosphorus, P	S4261
Vitamin A, IU	S4261
Vitamin D	S4261
Vitamin C, total ascorbic acid	S4261
Vitamin B-12	S4261
Betaine	S3461
Alanine	S39
Aspartic acid	S39
Carbohydrate, by difference	S4261
Magnesium, Mg	S4261
Zinc, Zn	S4261
Selenium, Se	S4261
Folate, total	S4261
Cystine	S39

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1772 of 3136

NDB No. 16139 Soy milk, original and vanilla, with added calcium, vitamins A and D

Serine S39

NDB No. 16144 Lentils, pink, raw

Carotene, beta S1202

Cryptoxanthin, beta S1202

Carotene, alpha S1202

NDB No. 16147 Veggie burgers or soyburgers, unprepared

Total lipid (fat) S2104

Maltose S2104

Sugars, total S2104

Niacin S2104

Vitamin B-6 S2104

Tryptophan S2104

Proline S2104

15:0 S2104

18:3 n-6 c,c,c S2104

20:3 undifferentiated S2104

Isoleucine S2104

Leucine S2104

Histidine S2104

Cholesterol S2104

20:0 S2104

18:1 undifferentiated S2104

20:1 S2104

17:1 S2104

Pantothenic acid S2104

Betaine S2104

Tyrosine S2104

Valine S2104

Alanine S2104

Aspartic acid S2104

Serine S2104

18:2 undifferentiated S2104

16:1 undifferentiated S2104

20:2 n-6 c,c S2104

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1773 of 3136

NDB No. 16147 Veggie burgers or soyburgers, unprepared

Starch	S2104
Fructose	S2104
Water	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Manganese, Mn	S2104
Thiamin	S2104
Choline, total	S2104
Threonine	S2104
16:0	S2104
Lactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Selenium, Se	S2104
Riboflavin	S2104
Glycine	S2104
18:0	S2104
22:0	S2104
15:1	S2104
Sodium, Na	S2104
Vitamin B-12	S2104
Methionine	S2104
Cystine	S2104
8:0	S2104
14:0	S2104
17:0	S2104
Ash	S2104
Sucrose	S2104
Vitamin C, total ascorbic acid	S2104
Lysine	S2104
Phenylalanine	S2104
Arginine	S2104
20:4 undifferentiated	S2104
Protein	S2104
Glucose (dextrose)	S2104

Reference_Report

NDB No. 16147 Veggie burgers or soyburgers, unprepared

Galactose	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Vitamin K (phylloquinone)	S2104
Glutamic acid	S2104
10:0	S2104
12:0	S2104
14:1	S2104
18:3 n-3 c,c,c	S2104

NDB No. 16149 Peanut spread, reduced sugar

Protein	S3683
Fiber, total dietary	S3683
Calcium, Ca	S3683
Sodium, Na	S3683
Cholesterol	S3683
Carbohydrate, by difference	S3683
Water	S3683
Iron, Fe	S3683
Magnesium, Mg	S3683
Vitamin E (alpha-tocopherol)	S3683
Sugars, total	S3683
Copper, Cu	S3683
Folate, total	S3683
Total lipid (fat)	S3683
Zinc, Zn	S3683
Vitamin C, total ascorbic acid	S3683
Fatty acids, total trans	S3683
Ash	S3683
Vitamin A, IU	S3683
Niacin	S3683
Vitamin B-6	S3683
Fatty acids, total saturated	S3683

NDB No. 16159 Tofu, extra firm, prepared with nigari

Sodium, Na	S39, D342
------------	-----------

Reference Report

JUL-17-2008 02:00 PM

Page 1775 of 3136

NDB No. 16159 Tofu, extra firm, prepared with nigari

Pantothenic acid	S39, D342
Vitamin B-6	S39, D342
22:1 undifferentiated	S39
13:0	S39
Copper, Cu	S39, D342
Manganese, Mn	S39, D342
Niacin	S39, D342
8:0	S39
17:1	S39
20:3 undifferentiated	S39
Total lipid (fat)	S39, D342
Iron, Fe	S39, D342
Zinc, Zn	S39, D342
Calcium, Ca	S39, D342
20:0	S39
17:0	S39
Folate, total	S39, D342
15:0	S39
Potassium, K	S39, D342
Selenium, Se	S39, D342
20:4 undifferentiated	S39
22:0	S39
14:1	S39
20:2 n-6 c,c	S39
Ash	S39, D342
Water	S39, D342
Thiamin	S39, D342
10:0	S39
24:0	S39
15:1	S39
Protein	S39, D342
Magnesium, Mg	S39, D342
Phosphorus, P	S39, D342
Riboflavin	S39, D342
12:0	S39
20:1	S39

NDB No. 16166 Soymilk, chocolate, unfortified

Leucine	S39
Alanine	S39
Phenylalanine	S39
Tyrosine	S39
Cholesterol	S4261
Protein	S4261
Energy	S4261
Aspartic acid	S39
Serine	S39
Sugars, total	S4261
Iron, Fe	S4261
Magnesium, Mg	S4261
Potassium, K	S4261
Copper, Cu	S4261
Thiamin	S4261
Riboflavin	S4261
Pantothenic acid	S4261
Threonine	S39
Lysine	S39
Proline	S39
Phosphorus, P	S4261
Sodium, Na	S4261
Zinc, Zn	S4261
Vitamin C, total ascorbic acid	S4261
Folate, total	S4261
Arginine	S39
Glutamic acid	S39
Fiber, total dietary	S4261
Vitamin B-12	S4261
Tryptophan	S39
Histidine	S39
Glycine	S39
Carbohydrate, by difference	S4261
Methionine	S39
Cystine	S39
Valine	S39
Fatty acids, total trans	S4261

NDB No. 16166 Soymilk, chocolate, unfortified

Fatty acids, total polyunsaturated	S4261
Total lipid (fat)	S4261
Isoleucine	S39
Fatty acids, total saturated	S4261
Fatty acids, total monounsaturated	S4261

NDB No. 16167 USDA Commodity, Peanut Butter, smooth

Fiber, total dietary	S2203
Vitamin E (alpha-tocopherol)	S2203
8:0	S2203
18:4	S2203
24:0	S2203
Folate, total	S2203
18:0	S2203
18:3 undifferentiated	S2203
20:1	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
15:0	S2203
15:1	S2203
Protein	S2203
Sucrose	S2203
Phosphorus, P	S2203
Tocopherol, beta	S2203
Thiamin	S2203
20:4 undifferentiated	S2203
22:0	S2203
20:3 undifferentiated	S2203
Ash	S2203
Maltose	S2203
Potassium, K	S2203
Copper, Cu	S2203
Tocopherol, delta	S2203
14:0	S2203
20:2 n-6 c,c	S2203
Total lipid (fat)	S2203

Reference Report

JUL-17-2008 02:00 PM

Page 1778 of 3136

NDB No. 16167 USDA Commodity, Peanut Butter, smooth

Lactose	S2203
Magnesium, Mg	S2203
Sodium, Na	S2203
Vitamin B-6	S2203
Betaine	S22
10:0	S2203
14:1	S2203
Fructose	S2203
Iron, Fe	S2203
Vitamin K (phylloquinone)	S2203
16:0	S2203
18:1 undifferentiated	S2203
17:0	S2203
Starch	S2203
Glucose (dextrose)	S2203
Selenium, Se	S2203
Tocopherol, gamma	S2203
Niacin	S2203
Pantothenic acid	S2203
Choline, total	S22
12:0	S2203
20:0	S2203
18:2 undifferentiated	S2203
16:1 undifferentiated	S2203
20:5 n-3	S2203
Water	S2203
Calcium, Ca	S2203
Zinc, Zn	S2203
Manganese, Mn	S2203
Vitamin C, total ascorbic acid	S2203
22:6 n-3	S2203
17:1	S2203

NDB No. 16168 Soymilk, chocolate, with added calcium, vitamins A and D

Potassium, K	S4261
Vitamin B-12	S4261

Reference Report

JUL-17-2008 02:00 PM

Page 1779 of 3136

NDB No. 16168 Soy milk, chocolate, with added calcium, vitamins A and D

Isoleucine	S39
Fatty acids, total saturated	S4261
Carbohydrate, by difference	S4261
Zinc, Zn	S4261
Vitamin D	S4261
Thiamin	S4261
Folate, total	S4261
Glycine	S39
Proline	S39
Cholesterol	S4261
Sugars, total	S4261
Fiber, total dietary	S4261
Valine	S39
Iron, Fe	S4261
Methionine	S39
Cystine	S39
Tyrosine	S39
Fatty acids, total monounsaturated	S4261
Energy	S4261
Aspartic acid	S39
Serine	S39
Magnesium, Mg	S4261
Copper, Cu	S4261
Tryptophan	S39
Lysine	S39
Arginine	S39
Alanine	S39
Protein	S4261
Total lipid (fat)	S4261
Calcium, Ca	S4261
Phosphorus, P	S4261
Sodium, Na	S4261
Vitamin C, total ascorbic acid	S4261
Riboflavin	S4261
Pantothenic acid	S4261
Threonine	S39
Leucine	S39

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1780 of 3136

NDB No. 16168 Soy milk, chocolate, with added calcium, vitamins A and D

Phenylalanine	S39
Histidine	S39
Glutamic acid	S39
Fatty acids, total trans	S4261
Fatty acids, total polyunsaturated	S4261

NDB No. 16171 Refried beans, canned, vegetarian

Ash	S3549
Sugars, total	S3549
Iron, Fe	S3549
Vitamin E (alpha-tocopherol)	S3549
Tocopherol, gamma	S3549
6:0	S3549
8:0	S3549
18:3 undifferentiated	S3549
22:1 undifferentiated	S3549
17:0	S3549
16:1 t	S3549
15:1	S3549
Water	S3549
Copper, Cu	S3549
Fatty acids, total saturated	S3549
18:0	S3549
20:4 undifferentiated	S3549
20:5 n-3	S3549
20:2 n-6 c,c	S3549
16:1 c	S3549
18:1 c	S3549
20:3 undifferentiated	S3549
20:3 n-3	S3549
Protein	S3549
Glucose (dextrose)	S3549
Maltose	S3549
Galactose	S3549
Calcium, Ca	S3549
Magnesium, Mg	S3549

Reference Report

JUL-17-2008 02:00 PM

Page 1781 of 3136

NDB No. 16171 Refried beans, canned, vegetarian

Sodium, Na	S3549
Riboflavin	S3549
14:0	S3549
24:1 c	S3549
Fatty acids, total trans-monoenoic	S3549
18:3 n-3 c,c,c	S3549
Manganese, Mn	S3549
Selenium, Se	S3549
Tocopherol, delta	S3549
Thiamin	S3549
Vitamin B-6	S3549
12:0	S3549
22:0	S3549
16:1 undifferentiated	S3549
18:4	S3549
22:5 n-3	S3549
18:2 CLAs	S3549
Fructose	S3549
Potassium, K	S3549
Zinc, Zn	S3549
Tocopherol, beta	S3549
Niacin	S3549
4:0	S3549
10:0	S3549
20:0	S3549
20:1	S3549
15:0	S3549
24:0	S3549
18:1 t	S3549
Fiber, total dietary	S3549
Phosphorus, P	S3549
18:1 undifferentiated	S3549
Fatty acids, total monounsaturated	S3549
17:1	S3549
22:4	S3549
Total lipid (fat)	S3549

Reference_Report

NDB No. 16171 Refried beans, canned, vegetarian

Lactose	S3549
Fatty acids, total trans	S3549
16:0	S3549
18:2 undifferentiated	S3549
14:1	S3549
18:2 t not further defined	S3549
18:2 n-6 c,c	S3549
18:3 n-6 c,c,c	S3549
Fatty acids, total trans-polyenoic	S3549
Starch	S3549
Sucrose	S3549
Pantothenic acid	S3549
22:6 n-3	S3549
Fatty acids, total polyunsaturated	S3549
22:1 t	S3549
22:1 c	S3549
20:3 n-6	S3549

NDB No. 16172 Refried beans, canned, fat-free

Glucose (dextrose)	S3549
Galactose	S3549
Thiamin	S3549
Niacin	S3549
6:0	S3549
10:0	S3549
16:1 undifferentiated	S3549
18:4	S3549
20:1	S3549
Phosphorus, P	S3549
Tocopherol, beta	S3549
Vitamin B-6	S3549
22:0	S3549
18:1 t	S3549
Fatty acids, total trans-monoenoic	S3549
Protein	S3549
Ash	S3549

NDB No. 16172 Refried beans, canned, fat-free

Starch	S3549
Fructose	S3549
Selenium, Se	S3549
Pantothenic acid	S3549
12:0	S3549
18:2 undifferentiated	S3549
22:1 undifferentiated	S3549
22:5 n-3	S3549
17:0	S3549
22:1 t	S3549
24:1 c	S3549
18:2 n-6 c,c	S3549
15:1	S3549
Water	S3549
Fiber, total dietary	S3549
Potassium, K	S3549
Copper, Cu	S3549
Riboflavin	S3549
24:0	S3549
20:3 n-3	S3549
Iron, Fe	S3549
Vitamin E (alpha-tocopherol)	S3549
Fatty acids, total saturated	S3549
15:0	S3549
16:1 c	S3549
22:1 c	S3549
18:3 n-6 c,c,c	S3549
Sucrose	S3549
Sugars, total	S3549
Magnesium, Mg	S3549
Zinc, Zn	S3549
Tocopherol, gamma	S3549
Tocopherol, delta	S3549
4:0	S3549
20:0	S3549
18:1 undifferentiated	S3549
22:6 n-3	S3549

NDB No. 16172 Refried beans, canned, fat-free

18:1 c	S3549
18:3 n-3 c,c,c	S3549
20:3 n-6	S3549
Total lipid (fat)	S3549
Calcium, Ca	S3549
Sodium, Na	S3549
Fatty acids, total trans	S3549
8:0	S3549
14:0	S3549
18:0	S3549
20:3 undifferentiated	S3549
22:4	S3549
Lactose	S3549
Maltose	S3549
Manganese, Mn	S3549
16:0	S3549
18:3 undifferentiated	S3549
20:4 undifferentiated	S3549
14:1	S3549
20:5 n-3	S3549
Fatty acids, total monounsaturated	S3549
Fatty acids, total polyunsaturated	S3549
16:1 t	S3549
18:2 t not further defined	S3549
18:2 CLAs	S3549
20:2 n-6 c,c	S3549
17:1	S3549
Fatty acids, total trans-polyenoic	S3549

NDB No. 16173 Frijoles rojos volteados (Refried beans, red, canned)

Sodium, Na	S3550
Copper, Cu	S3550
Vitamin E (alpha-tocopherol)	S3550
Tocopherol, delta	S3550
Pantothenic acid	S3550
Folate, total	S3550

NDB No. 16173 Frijoles rojos volteados (Refried beans, red, canned)

Phenylalanine	S3550
Arginine	S3550
Aspartic acid	S3550
Glutamic acid	S3550
Serine	S3550
18:1 undifferentiated	S3550
18:2 undifferentiated	S3550
14:1	S3550
22:1 undifferentiated	S3550
22:5 n-3	S3550
Starch	S3550
Fiber, total dietary	S3550
Tocopherol, gamma	S3550
Folate, food	S3550
Isoleucine	S3550
Leucine	S3550
Tyrosine	S3550
16:1 undifferentiated	S3550
20:5 n-3	S3550
17:0	S3550
18:2 t not further defined	S3550
20:2 n-6 c,c	S3550
16:1 c	S3550
20:3 undifferentiated	S3550
Fatty acids, total trans-polyenoic	S3550
15:1	S3550
18:3 n-3 c,c,c	S3550
Potassium, K	S3550
Tocopherol, beta	S3550
Thiamin	S3550
Riboflavin	S3550
Niacin	S3550
Tryptophan	S3550
Threonine	S3550
Lysine	S3550
Valine	S3550
Histidine	S3550

NDB No. 16173 Frijoles rojos volteados (Refried beans, red, canned)

Hydroxyproline	S3550
18:0	S3550
22:0	S3550
18:4	S3550
24:0	S3550
18:3 n-6 c,c,c	S3550
Ash	S3550
Water	S3550
Magnesium, Mg	S3550
Cystine	S3550
4:0	S3550
8:0	S3550
10:0	S3550
16:0	S3550
20:0	S3550
20:3 n-3	S3550
22:4	S3550
Alanine	S3550
Proline	S3550
6:0	S3550
20:1	S3550
22:1 t	S3550
Calcium, Ca	S3550
Zinc, Zn	S3550
Vitamin B-6	S3550
20:4 undifferentiated	S3550
15:0	S3550
18:2 CLAs	S3550
18:1 c	S3550
Fatty acids, total trans-monoenoic	S3550
Iron, Fe	S3550
Fatty acids, total saturated	S3550
12:0	S3550
14:0	S3550
22:6 n-3	S3550
24:1 c	S3550
18:2 n-6 c,c	S3550

NDB No. 16173 Frijoles rojos volteados (Refried beans, red, canned)

17:1	S3550
Protein	S3550
Total lipid (fat)	S3550
Phosphorus, P	S3550
Manganese, Mn	S3550
Selenium, Se	S3550
Methionine	S3550
Glycine	S3550
Fatty acids, total trans	S3550
18:3 undifferentiated	S3550
Fatty acids, total monounsaturated	S3550
Fatty acids, total polyunsaturated	S3550
16:1 t	S3550
18:1 t	S3550
22:1 c	S3550
20:3 n-6	S3550

NDB No. 16174 Tempeh, cooked

Water	S18
Manganese, Mn	S18
Folate, total	S18
Vitamin B-12	S18
8:0	S18
20:3 undifferentiated	S18
Copper, Cu	S18
10:0	S18
16:0	S18
20:0	S18
18:1 undifferentiated	S18
20:1	S18
15:0	S18
Potassium, K	S18
14:1	S18
Protein	S18
Calcium, Ca	S18
17:1	S18

Reference Report

JUL-17-2008 02:00 PM

Page 1788 of 3136

NDB No. 16174 Tempeh, cooked

Selenium, Se	S18
Vitamin B-6	S18
18:0	S18
22:0	S18
16:1 undifferentiated	S18
17:0	S18
Total lipid (fat)	S18
Ash	S18
Iron, Fe	S18
Riboflavin	S18
Niacin	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Thiamin	S18
14:0	S18
Sodium, Na	S18
Zinc, Zn	S18
Pantothenic acid	S18
12:0	S18
20:4 undifferentiated	S18
22:1 undifferentiated	S18
24:0	S18

NDB No. 16200 CAMPBELL Soup Company, Campbell's Brown Sugar And Bacon Flavored Baked Beans

Water S3921

NDB No. 16201 CAMPBELL Soup Company, Campbell's Pork and Beans

Water S3921

NDB No. 16202 CAMPBELL Soup Company, PACE, Traditional Refried Beans

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 1789 of 3136

NDB No. 16203 CAMPBELL Soup Company, PACE, Salsa Refried Beans

Water S3921

NDB No. 16204 CAMPBELL Soup Company, PACE, Spicy Jalapeno Refried Beans

Water S3921

NDB No. 16210 Vitasoy USA, Nasoya Lite Firm Tofu

Vitamin A, IU S4021

Vitamin B-12 S4021

Protein S4021

Energy S4021

Sugars, total S4021

Fiber, total dietary S4021

Sodium, Na S4021

Cholesterol S4021

Total lipid (fat) S4021

Calcium, Ca S4021

Iron, Fe S4021

Fatty acids, total saturated S4021

Vitamin D S4021

Fatty acids, total polyunsaturated S4021

Fatty acids, total monounsaturated S4021

Carbohydrate, by difference S4021

Phosphorus, P S4021

Vitamin E (alpha-tocopherol) S4021

NDB No. 16211 Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu

Carbohydrate, by difference S4021

Fatty acids, total monounsaturated S4021

Fatty acids, total saturated S4021

Fiber, total dietary S4021

Calcium, Ca S4021

Sugars, total S4021

Iron, Fe S4021

Protein S4021

Reference_Report

NDB No. 16211 Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu

Cholesterol	S4021
Total lipid (fat)	S4021
Energy	S4021
Sodium, Na	S4021
Fatty acids, total polyunsaturated	S4021

NDB No. 16212 Vitasoy USA, Organic Nasoya Extra Firm Tofu

Protein	S4021
Sugars, total	S4021
Iron, Fe	S4021
Vitamin A, IU	S4021
Fatty acids, total polyunsaturated	S4021
Total lipid (fat)	S4021
Carbohydrate, by difference	S4021
Sodium, Na	S4021
Fatty acids, total saturated	S4021
Energy	S4021
Fiber, total dietary	S4021
Calcium, Ca	S4021
Cholesterol	S4021
Fatty acids, total monounsaturated	S4021

NDB No. 16213 Vitasoy USA, Organic Nasoya Firm Tofu

Carbohydrate, by difference	S4021
Sugars, total	S4021
Fiber, total dietary	S4021
Fatty acids, total saturated	S4021
Protein	S4021
Iron, Fe	S4021
Sodium, Na	S4021
Cholesterol	S4021
Fatty acids, total monounsaturated	S4021
Fatty acids, total polyunsaturated	S4021
Total lipid (fat)	S4021

Reference Report

JUL-17-2008 02:00 PM

Page 1791 of 3136

NDB No. 16213 Vitasoy USA, Organic Nasoya Firm Tofu

Energy	S4021
Calcium, Ca	S4021

NDB No. 16215 Vitasoy USA, Vitasoy Organic Creamy Original Soymilk

Calcium, Ca	S4021
Iron, Fe	S4021
Sodium, Na	S4021
Folate, total	S4021
Fatty acids, total monounsaturated	S4021
Total lipid (fat)	S4021
Energy	S4021
Potassium, K	S4021
Thiamin	S4021
Sugars, total	S4021
Riboflavin	S4021
Vitamin B-12	S4021
Cholesterol	S4021
Protein	S4021
Magnesium, Mg	S4021
Carbohydrate, by difference	S4021
Fatty acids, total saturated	S4021
Fatty acids, total polyunsaturated	S4021
Fiber, total dietary	S4021
Zinc, Zn	S4021
Vitamin A, IU	S4021
Vitamin D	S4021

NDB No. 16216 Vitasoy USA, Vitasoy Orgnaic Classic Original Soymilk

Total lipid (fat)	S4021
Sugars, total	S4021
Carbohydrate, by difference	S4021
Energy	S4021
Fatty acids, total monounsaturated	S4021
Potassium, K	S4021

Reference Report

JUL-17-2008 02:00 PM

Page 1792 of 3136

NDB No. 16216 Vitasoy USA, Vitasoy Orgnaic Classic Original Soymilk

Cholesterol	S4021
Fatty acids, total saturated	S4021
Fiber, total dietary	S4021
Calcium, Ca	S4021
Iron, Fe	S4021
Protein	S4021
Folate, total	S4021
Sodium, Na	S4021
Fatty acids, total polyunsaturated	S4021

NDB No. 16219 Vitasoy USA, Vitasoy Light Vanilla Soymilk

Folate, total	S4021
Energy	S4021
Sodium, Na	S4021
Carbohydrate, by difference	S4021
Magnesium, Mg	S4021
Vitamin D	S4021
Thiamin	S4021
Vitamin B-12	S4021
Fiber, total dietary	S4021
Calcium, Ca	S4021
Potassium, K	S4021
Vitamin A, IU	S4021
Fatty acids, total polyunsaturated	S4021
Total lipid (fat)	S4021
Cholesterol	S4021
Fatty acids, total saturated	S4021
Protein	S4021
Sugars, total	S4021
Iron, Fe	S4021
Zinc, Zn	S4021
Riboflavin	S4021
Fatty acids, total monounsaturated	S4021

NDB No. 16222 Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1793 of 3136

NDB No. 16222 Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D

Total lipid (fat)	S4261
Carbohydrate, by difference	S4261
Magnesium, Mg	S4261
Fatty acids, total saturated	S4261
Energy	S4261
Sodium, Na	S4261
Vitamin B-12	S4261
Pantothenic acid	S4261
Potassium, K	S4261
Fatty acids, total trans	S4261
Protein	S4261
Sugars, total	S4261
Calcium, Ca	S4261
Vitamin A, IU	S4261
Vitamin D	S4261
Niacin	S4261
Vitamin B-6	S4261
Iron, Fe	S4261
Phosphorus, P	S4261
Copper, Cu	S4261
Vitamin C, total ascorbic acid	S4261
Thiamin	S4261
Riboflavin	S4261
Fatty acids, total monounsaturated	S4261
Fatty acids, total polyunsaturated	S4261
Fiber, total dietary	S4261
Cholesterol	S4261

NDB No. 16223 Soymilk (All flavors), enhanced

Iron, Fe	S4261
Vitamin E (alpha-tocopherol)	S4261
Niacin	S4261
Potassium, K	S4261
Fatty acids, total trans	S4261
Zinc, Zn	S4261
Vitamin B-6	S4261

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1794 of 3136

NDB No. 16223 Soy milk (All flavors), enhanced

Fatty acids, total monounsaturated	S4261
Sodium, Na	S4261
Selenium, Se	S4261
Vitamin C, total ascorbic acid	S4261
Thiamin	S4261
Riboflavin	S4261
Sugars, total	S4261
Fiber, total dietary	S4261
Folate, total	S4261
Total lipid (fat)	S4261
Energy	S4261
Calcium, Ca	S4261
Copper, Cu	S4261
Vitamin A, IU	S4261
Vitamin B-12	S4261
Fatty acids, total saturated	S4261
Fatty acids, total polyunsaturated	S4261
Protein	S4261
Carbohydrate, by difference	S4261
Vitamin D	S4261
Cholesterol	S4261

NDB No. 16225 Soy milk, original and vanilla, light, with added calcium, vitamins A and D

Phosphorus, P	S4261
Zinc, Zn	S4261
Sodium, Na	S4261
Selenium, Se	S4261
Protein	S4261
Sugars, total	S4261
Iron, Fe	S4261
Vitamin D	S4261
Calcium, Ca	S4261
Fatty acids, total monounsaturated	S4261
Energy	S4261
Folate, total	S4261

Reference Report

JUL-17-2008 02:00 PM

Page 1795 of 3136

NDB No. 16225 Soymilk, original and vanilla, light, with added calcium, vitamins A and D

Cholesterol	S4261
Fatty acids, total trans	S4261
Fatty acids, total polyunsaturated	S4261
Thiamin	S4261
Vitamin B-12	S4261
Fatty acids, total saturated	S4261
Total lipid (fat)	S4261
Carbohydrate, by difference	S4261
Fiber, total dietary	S4261
Magnesium, Mg	S4261
Vitamin C, total ascorbic acid	S4261
Riboflavin	S4261
Potassium, K	S4261
Vitamin A, IU	S4261

NDB No. 16227 Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D

Sugars, total	S4261
Selenium, Se	S4261
Vitamin B-12	S4261
Iron, Fe	S4261
Phosphorus, P	S4261
Zinc, Zn	S4261
Protein	S4261
Carbohydrate, by difference	S4261
Energy	S4261
Vitamin C, total ascorbic acid	S4261
Fatty acids, total polyunsaturated	S4261
Magnesium, Mg	S4261
Vitamin D	S4261
Thiamin	S4261
Fatty acids, total saturated	S4261
Fatty acids, total monounsaturated	S4261
Sodium, Na	S4261
Vitamin A, IU	S4261
Fatty acids, total trans	S4261
Total lipid (fat)	S4261

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1796 of 3136

NDB No. 16227 Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D

Fiber, total dietary	S4261
Calcium, Ca	S4261
Potassium, K	S4261
Riboflavin	S4261
Folate, total	S4261
Cholesterol	S4261

NDB No. 16228 Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D

Magnesium, Mg	S4261
Riboflavin	S4261
Vitamin B-12	S4261
Protein	S4261
Carbohydrate, by difference	S4261
Fatty acids, total polyunsaturated	S4261
Phosphorus, P	S4261
Potassium, K	S4261
Vitamin C, total ascorbic acid	S4261
Fatty acids, total saturated	S4261
Fiber, total dietary	S4261
Calcium, Ca	S4261
Zinc, Zn	S4261
Vitamin D	S4261
Energy	S4261
Cholesterol	S4261
Fatty acids, total trans	S4261
Total lipid (fat)	S4261
Sugars, total	S4261
Vitamin A, IU	S4261
Fatty acids, total monounsaturated	S4261
Iron, Fe	S4261
Sodium, Na	S4261

NDB No. 16229 Soymilk (All flavors), lowfat, with added calcium, vitamins A and D

Carbohydrate, by difference	S4261
Sugars, total	S4261

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1797 of 3136

NDB No. 16229 Soymilk (All flavors), lowfat, with added calcium, vitamins A and D

Vitamin C, total ascorbic acid	S4261
Fatty acids, total saturated	S4261
Fatty acids, total polyunsaturated	S4261
Phosphorus, P	S4261
Calcium, Ca	S4261
Potassium, K	S4261
Vitamin A, IU	S4261
Cholesterol	S4261
Protein	S4261
Energy	S4261
Fiber, total dietary	S4261
Fatty acids, total monounsaturated	S4261
Vitamin D	S4261
Vitamin B-12	S4261
Fatty acids, total trans	S4261
Iron, Fe	S4261
Total lipid (fat)	S4261
Sodium, Na	S4261

NDB No. 16230 Soymilk (all flavors), nonfat, with added calcium, vitamins A and D

Cholesterol	S4261
Iron, Fe	S4261
Zinc, Zn	S4261
Fatty acids, total polyunsaturated	S4261
Protein	S4261
Energy	S4261
Magnesium, Mg	S4261
Vitamin C, total ascorbic acid	S4261
Fatty acids, total monounsaturated	S4261
Carbohydrate, by difference	S4261
Sugars, total	S4261
Fiber, total dietary	S4261
Vitamin D	S4261
Riboflavin	S4261
Fatty acids, total saturated	S4261

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1798 of 3136

NDB No. 16230 Soy milk (all flavors), nonfat, with added calcium, vitamins A and D

Phosphorus, P	S4261
Total lipid (fat)	S4261
Potassium, K	S4261
Sodium, Na	S4261
Vitamin A, IU	S4261
Vitamin B-12	S4261
Calcium, Ca	S4261
Fatty acids, total trans	S4261

NDB No. 16338 Beans, navy, mature seeds, cooked, boiled, with salt

Sucrose	S1164
Galactose	S1164
Calcium, Ca	S1164, S2202, S183, S203, S182
Betaine	S1164
Hydroxyproline	S1164
14:0	S1164
20:0	S1164
22:0	S1164
14:1	S1164
20:2 n-6 c,c	S1164
Zinc, Zn	S1164, S2202, S183, S203, S182
Copper, Cu	S1164, S2202, S183, S203, S182
Histidine	S1164
Glutamic acid	S1164
6:0	S1164
16:0	S1164
18:2 undifferentiated	S1164
18:3 n-6 c,c,c	S1164
15:1	S1164
Total lipid (fat)	S1164, S2202
Sugars, total	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S2202
Folate, total	S2202
Aspartic acid	S1164
8:0	S1164

NDB No. 16338 Beans, navy, mature seeds, cooked, boiled, with salt

18:0	S1164
15:0	S1164
17:0	S1164
20:3 undifferentiated	S1164
Protein	S1164, S2202
Lactose	S1164
Phosphorus, P	S1164, S2202, S183, S203, S182
Leucine	S1164
Arginine	S1164
12:0	S1164
18:1 undifferentiated	S1164
22:1 undifferentiated	S1164
18:1 t	S1164
Glucose (dextrose)	S1164
Maltose	S1164
Phenylalanine	S1164
Fatty acids, total saturated	S1164
10:0	S1164
Fatty acids, total monounsaturated	S1164
18:1 c	S1164
17:1	S1164
Fatty acids, total trans-monoenoic	S1164
18:3 n-3 c,c,c	S1164
Starch	S1164
Fructose	S1164
Water	S1164, S2202
Potassium, K	S1164, S2202, S183, S203, S182
Selenium, Se	S1164, S203
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, gamma	S1164
Isoleucine	S1164
Methionine	S1164
Cystine	S1164
Tyrosine	S1164
Alanine	S1164
Proline	S1164

Reference Report

JUL-17-2008 02:00 PM

Page 1800 of 3136

NDB No. 16338 Beans, navy, mature seeds, cooked, boiled, with salt

18:3 undifferentiated	S1164
Fatty acids, total polyunsaturated	S1164
24:0	S1164
Fiber, total dietary	S1164
Iron, Fe	S1164, S2202, S183, S203, S182
Manganese, Mn	S1164, S2202, S183, S203, S182
Tocopherol, beta	S1164
Riboflavin	S1164, S2202
Pantothenic acid	S1164, S2202
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Valine	S1164
Glycine	S1164
Fatty acids, total trans	S1164
4:0	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
16:1 undifferentiated	S1164
Ash	S1164, S2202
Magnesium, Mg	S1164, S2202, S183, S203, S182
Niacin	S1164, S2202
Vitamin B-6	S1164, S2202
Choline, total	S1164
Threonine	S1164
Lysine	S1164
Serine	S1164
20:1	S1164
20:5 n-3	S1164
13:0	S1164

NDB No. 16343 Beans, pinto, mature seeds, cooked, boiled, with salt

Carotene, alpha	S1065
Vitamin C, total ascorbic acid	S1065
Pantothenic acid	S1065, S2202
Sucrose	S1065
Lactose	S1065

Reference Report

JUL-17-2008 02:00 PM

Page 1801 of 3136

NDB No. 16343 Beans, pinto, mature seeds, cooked, boiled, with salt

Phosphorus, P	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Cryptoxanthin, beta	S1065
Thiamin	S1065, S2202
Starch	S1065
Fructose	S1065
Iron, Fe	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Potassium, K	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Copper, Cu	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Niacin	S1065, S2202
Vitamin K (phylloquinone)	S1065, D4002
Water	S1065, S2202
Zinc, Zn	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Selenium, Se	S7, S10, S1065, S6, S183, S203, S11, S9, S12, S8, S182
Protein	S1065, S2202
Lycopene	S1065
Glucose (dextrose)	S1065
Calcium, Ca	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Magnesium, Mg	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Total lipid (fat)	S1065, S2202
Fiber, total dietary	S1065
Vitamin B-6	S1065, S2202
Ash	S1065, S2202
Maltose	S1065
Manganese, Mn	S7, S10, S1065, S2202, S6, S183, S203, S11, S9, S12, S8, S182
Carotene, beta	S1065
Riboflavin	S1065, S2202
Folate, total	S2202

NDB No. 16363 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt

Fluoride, F	D5007
-------------	-------

NDB No. 16397 Peanut butter, chunk style, without salt

Vitamin K (phylloquinone)	S22
Betaine	S22
Proline	S22
12:0	S22

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1802 of 3136

NDB No. 16397 Peanut butter, chunk style, without salt

Lactose	S22
Magnesium, Mg	S22
Pantothenic acid	S22
Leucine	S22
Alanine	S22
Total lipid (fat)	S22
Starch	S22
Sucrose	S22
Fructose	S22
Potassium, K	S22
Selenium, Se	S22
Riboflavin	S22
Choline, total	S22
Lysine	S22
Cystine	S22
20:0	S22
18:2 undifferentiated	S22
20:1	S22
Glucose (dextrose)	S22
Water	D3765, S22
Fiber, total dietary	D3765, S22
Tocopherol, gamma	S22
Niacin	S22
Isoleucine	S22
Aspartic acid	S22
18:1 undifferentiated	S22
Sugars, total	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Tocopherol, delta	S22
Vitamin B-6	S22
Arginine	S22
Histidine	S22
Glutamic acid	S22
16:0	S22
18:0	S22

Reference_Report

NDB No. 16397 Peanut butter, chunk style, without salt

Protein	S22
Iron, Fe	S22
Phenylalanine	S22
Valine	S22
Glycine	S22
Ash	S22
Maltose	S22
Phosphorus, P	S22
Thiamin	S22
Threonine	S22
Methionine	S22
Tyrosine	S22
Serine	S22
Hydroxyproline	S22
Galactose	S22
Calcium, Ca	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tryptophan	S22

NDB No. 16398 Peanut butter, smooth style, without salt

Lactose	S837, S22
Tryptophan	S22
Selenium, Se	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Vitamin E (alpha-tocopherol)	S84, S22, S87
Pantothenic acid	S22
Cystine	S22
Aspartic acid	S22
Glycine	S22
Total lipid (fat)	S84, S22, S87
Starch	S22
Sucrose	S837, S404, S22
Glucose (dextrose)	S837, S404, S22
Maltose	S837, S22
Water	S837, S84, S404, S22, S87
Galactose	S22

Reference Report

JUL-17-2008 02:00 PM

Page 1804 of 3136

NDB No. 16398 Peanut butter, smooth style, without salt

Calcium, Ca	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Iron, Fe	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Magnesium, Mg	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Zinc, Zn	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Vitamin B-6	S22
Choline, total	S22
Threonine	S22
Glutamic acid	S22
Fatty acids, total saturated	S22
18:2 undifferentiated	S22
20:1	S22
Protein	S22
Sugars, total	S837, S22
Tocopherol, gamma	S84, S22, S87
Tocopherol, delta	S84, S22, S87
Histidine	S22
Fructose	S837, S22
Vitamin K (phylloquinone)	D4002, S22
Isoleucine	S22
Alanine	S22
Fiber, total dietary	S837, S22
Potassium, K	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Copper, Cu	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Tocopherol, beta	S84, S22, S87
Methionine	S22
Tyrosine	S22
Valine	S22
Proline	S22
16:0	S22
18:1 undifferentiated	S22
Fatty acids, total monounsaturated	S22
Phosphorus, P	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Manganese, Mn	S7, S10, S6, S183, S203, S11, S9, S12, S8, S182, S22
Betaine	S22
Phenylalanine	S22
Arginine	S22
12:0	S22

Reference_Report

NDB No. 16398 Peanut butter, smooth style, without salt

20:0	S22
Fatty acids, total polyunsaturated	S22
Ash	S22
Thiamin	S22
Leucine	S22
Lysine	S22
Serine	S22
18:0	S22

NDB No. 16399 Peanut butter with omega-3, creamy

Protein	S3559
Maltose	S3559
Sodium, Na	S3559
14:0	S3559
16:0	S3559
22:1 t	S3559
20:2 n-6 c,c	S3559
Starch	S3559
Glucose (dextrose)	S3559
Calcium, Ca	S3559
Iron, Fe	S3559
Potassium, K	S3559
Thiamin	S3559
Vitamin B-6	S3559
4:0	S3559
18:4	S3559
16:1 t	S3559
18:1 t	S3559
18:2 CLAs	S3559
20:3 n-6	S3559
Ash	S3559
Water	S3559
Galactose	S3559
Copper, Cu	S3559
Vitamin E (alpha-tocopherol)	S3559
Tocopherol, gamma	S3559

NDB No. 16399 Peanut butter with omega-3, creamy

Tocopherol, delta	S3559
12:0	S3559
22:0	S3559
22:5 n-3	S3559
15:0	S3559
18:2 n-6 c,c	S3559
Fatty acids, total trans-monoenoic	S3559
15:1	S3559
20:3 n-3	S3559
Total lipid (fat)	S3559
Sucrose	S3559
Lactose	S3559
Manganese, Mn	S3559
16:1 undifferentiated	S3559
20:1	S3559
20:3 undifferentiated	S3559
Fatty acids, total trans-polyenoic	S3559
Fiber, total dietary	S3559
Zinc, Zn	S3559
Pantothenic acid	S3559
Choline, total	S3559
8:0	S3559
10:0	S3559
Fatty acids, total monounsaturated	S3559
18:3 n-3 c,c,c	S3559
Fructose	S3559
Phosphorus, P	S3559
Betaine	S3559
Fatty acids, total saturated	S3559
6:0	S3559
20:4 undifferentiated	S3559
22:1 undifferentiated	S3559
18:2 t not further defined	S3559
16:1 c	S3559
18:1 c	S3559
22:4	S3559

NDB No. 16399 Peanut butter with omega-3, creamy

Magnesium, Mg	S3559
Fatty acids, total trans	S3559
18:1 undifferentiated	S3559
18:3 undifferentiated	S3559
14:1	S3559
Fatty acids, total polyunsaturated	S3559
18:3 n-6 c,c,c	S3559
Sugars, total	S3559
Tocopherol, beta	S3559
Riboflavin	S3559
Niacin	S3559
18:0	S3559
20:0	S3559
18:2 undifferentiated	S3559
22:6 n-3	S3559
20:5 n-3	S3559
17:0	S3559
24:0	S3559
24:1 c	S3559
22:1 c	S3559
17:1	S3559

NDB No. 16417 Soy flour, defatted, crude protein basis (N x 6.25)

Ash	S3553
Potassium, K	S3553
Zinc, Zn	S3553
Manganese, Mn	S3553
Tocopherol, delta	S3553
Niacin	S3553
Pantothenic acid	S3553
Betaine	S3553
Fatty acids, total saturated	S3553
22:0	S3553
22:1 undifferentiated	S3553
Fatty acids, total polyunsaturated	S3553
17:0	S3553

NDB No. 16417 Soy flour, defatted, crude protein basis (N x 6.25)

17:1	S3553
15:1	S3553
22:4	S3553
Sodium, Na	S3553
Tocopherol, beta	S3553
14:0	S3553
20:0	S3553
18:2 undifferentiated	S3553
Total lipid (fat)	S3553
Tocopherol, gamma	S3553
12:0	S3553
14:1	S3553
22:5 n-3	S3553
Protein	S3553
Fiber, total dietary	S3553
Iron, Fe	S3553
Selenium, Se	S3553
Riboflavin	S3553
22:6 n-3	S3553
Fatty acids, total monounsaturated	S3553
Phosphorus, P	S3553
Vitamin B-6	S3553
Choline, total	S3553
8:0	S3553
18:4	S3553
20:5 n-3	S3553
21:5	S3553
18:0	S3553
18:3 undifferentiated	S3553
16:1 undifferentiated	S3553
20:1	S3553
24:1 c	S3553
Water	S3553
Calcium, Ca	S3553
Magnesium, Mg	S3553
Copper, Cu	S3553
Thiamin	S3553

Reference Report

JUL-17-2008 02:00 PM

Page 1809 of 3136

NDB No. 16417 Soy flour, defatted, crude protein basis (N x 6.25)

18:1 undifferentiated	S3553
24:0	S3553
20:2 n-6 c,c	S3553
20:3 undifferentiated	S3553
Vitamin E (alpha-tocopherol)	S3553
10:0	S3553
16:0	S3553
20:4 undifferentiated	S3553
15:0	S3553

NDB No. 16500 LOMA LINDA Little Links, canned, unprepared

Ash	S4662
Water	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Vitamin C, total ascorbic acid	S4662
Total lipid (fat)	S4662
Zinc, Zn	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Thiamin	S4662
Energy	S4662
Vitamin A, IU	S4662
Fatty acids, total polyunsaturated	S4662
Carbohydrate, by difference	S4662
Cholesterol	S4662
Iron, Fe	S4662
Potassium, K	S4662
Niacin	S4662
Protein	S4662
Phosphorus, P	S4662
Riboflavin	S4662
Fatty acids, total saturated	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1810 of 3136

NDB No. 16501 LOMA LINDA Fried Chik'n with Gravy, canned, unprepared

Total lipid (fat)	S4662
Calcium, Ca	S4662
Fiber, total dietary	S4662
Vitamin C, total ascorbic acid	S4662
Cholesterol	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Sugars, total	S4662
Vitamin A, IU	S4662
Protein	S4662
Ash	S4662
Potassium, K	S4662
Vitamin B-6	S4662
Phosphorus, P	S4662
Sodium, Na	S4662
Niacin	S4662
Vitamin B-12	S4662
Energy	S4662
Zinc, Zn	S4662
Thiamin	S4662
Fatty acids, total trans	S4662
Water	S4662
Iron, Fe	S4662
Riboflavin	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 16502 LOMA LINDA Low Fat Big Franks, canned, unprepared

Fiber, total dietary	S4662
Potassium, K	S4662
Niacin	S4662
Energy	S4662
Calcium, Ca	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Vitamin B-6	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1811 of 3136

NDB No. 16502 LOMA LINDA Low Fat Big Franks, canned, unprepared

Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Water	S4662
Vitamin A, IU	S4662
Phosphorus, P	S4662
Carotene, beta	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Iron, Fe	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Riboflavin	S4662
Fatty acids, total trans	S4662
Protein	S4662
Vitamin B-12	S4662
Cholesterol	S4662
Ash	S4662

NDB No. 16503 LOMA LINDA Dinner Cuts, canned, unprepared

Niacin	S4662
Carbohydrate, by difference	S4662
Calcium, Ca	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Fatty acids, total polyunsaturated	S4662
Sodium, Na	S4662
Water	S4662
Ash	S4662
Carotene, beta	S4662
Fatty acids, total saturated	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Riboflavin	S4662
Fatty acids, total trans	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1812 of 3136

NDB No. 16503 LOMA LINDA Dinner Cuts, canned, unprepared

Protein	S4662
Energy	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Total lipid (fat)	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Cholesterol	S4662
Fatty acids, total monounsaturated	S4662

NDB No. 16504 LOMA LINDA Tender Rounds with Gravy, canned, unprepared

Ash	S4662
Energy	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Carotene, beta	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Protein	S4662
Water	S4662
Thiamin	S4662
Fatty acids, total monounsaturated	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Niacin	S4662
Vitamin B-12	S4662
Total lipid (fat)	S4662
Cholesterol	S4662
Carbohydrate, by difference	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Sodium, Na	S4662
Riboflavin	S4662
Vitamin B-6	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1813 of 3136

NDB No. 16504 LOMA LINDA Tender Rounds with Gravy, canned, unprepared

Fiber, total dietary	S4662
Potassium, K	S4662
Zinc, Zn	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared

Carbohydrate, by difference	S4662
Phosphorus, P	S4662
Vitamin B-12	S4662
Vitamin C, total ascorbic acid	S4662
Water	S4662
Vitamin B-6	S4662
Thiamin	S4662
Protein	S4662
Ash	S4662
Sugars, total	S4662
Potassium, K	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Energy	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Vitamin A, IU	S4662
Fatty acids, total polyunsaturated	S4662
Total lipid (fat)	S4662
Iron, Fe	S4662
Niacin	S4662
Fiber, total dietary	S4662
Zinc, Zn	S4662
Riboflavin	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662

NDB No. 16506 LOMA LINDA Vege-Burger, canned, unprepared

Vitamin A, IU	S4662
---------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1814 of 3136

NDB No. 16506 LOMA LINDA Vege-Burger, canned, unprepared

Sugars, total	S4662
Pantothenic acid	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Energy	S4662
Phosphorus, P	S4662
Thiamin	S4662
Ash	S4662
Iron, Fe	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Zinc, Zn	S4662
Vitamin B-6	S4662
Riboflavin	S4662
Protein	S4662
Water	S4662
Calcium, Ca	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662
Niacin	S4662
Vitamin B-12	S4662
Fatty acids, total trans	S4662
Fiber, total dietary	S4662
Sodium, Na	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 16507 LOMA LINDA Redi-Burger, canned, unprepared

Carbohydrate, by difference	S4662
Sugars, total	S4662
Vitamin B-12	S4662
Ash	S4662
Potassium, K	S4662
Fatty acids, total trans	S4662
Water	S4662
Sodium, Na	S4662

Reference_Report

NDB No. 16507 LOMA LINDA Redi-Burger, canned, unprepared

Vitamin C, total ascorbic acid	S4662
Fatty acids, total monounsaturated	S4662
Fiber, total dietary	S4662
Vitamin A, IU	S4662
Thiamin	S4662
Riboflavin	S4662
Cholesterol	S4662
Zinc, Zn	S4662
Vitamin B-6	S4662
Protein	S4662
Energy	S4662
Niacin	S4662
Fatty acids, total saturated	S4662
Calcium, Ca	S4662
Phosphorus, P	S4662
Total lipid (fat)	S4662
Iron, Fe	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 16508 LOMA LINDA Tender Bits, canned, unprepared

Ash	S4662
Vitamin A, IU	S4662
Thiamin	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Fatty acids, total monounsaturated	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Potassium, K	S4662
Sodium, Na	S4662
Vitamin B-6	S4662
Protein	S4662
Energy	S4662
Riboflavin	S4662
Phosphorus, P	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1816 of 3136

NDB No. 16508 LOMA LINDA Tender Bits, canned, unprepared

Total lipid (fat)	S4662
Iron, Fe	S4662
Fatty acids, total polyunsaturated	S4662
Carbohydrate, by difference	S4662
Water	S4662
Zinc, Zn	S4662
Vitamin C, total ascorbic acid	S4662
Niacin	S4662
Sugars, total	S4662
Vitamin B-12	S4662
Cholesterol	S4662

NDB No. 16509 LOMA LINDA Linketts, canned, unprepared

Vitamin A, IU	S4662
Total lipid (fat)	S4662
Thiamin	S4662
Ash	S4662
Sugars, total	S4662
Niacin	S4662
Vitamin B-6	S4662
Vitamin B-12	S4662
Fiber, total dietary	S4662
Zinc, Zn	S4662
Vitamin C, total ascorbic acid	S4662
Riboflavin	S4662
Fatty acids, total polyunsaturated	S4662
Water	S4662
Fatty acids, total monounsaturated	S4662
Energy	S4662
Carbohydrate, by difference	S4662
Phosphorus, P	S4662
Sodium, Na	S4662
Pantothenic acid	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Protein	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1817 of 3136

NDB No. 16509 LOMA LINDA Linketts, canned, unprepared

Calcium, Ca	S4662
Iron, Fe	S4662
Potassium, K	S4662
Fatty acids, total saturated	S4662

NDB No. 16510 WORTHINGTON Chili, canned, unprepared

Protein	S4662
Carbohydrate, by difference	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Potassium, K	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Riboflavin	S4662
Pantothenic acid	S4662
Vitamin B-6	S4662
Calcium, Ca	S4662
Thiamin	S4662
Niacin	S4662
Fatty acids, total polyunsaturated	S4662
Energy	S4662
Water	S4662
Sodium, Na	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Vitamin B-12	S4662
Zinc, Zn	S4662
Carotene, beta	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Ash	S4662
Vitamin C, total ascorbic acid	S4662

NDB No. 16511 WORTHINGTON Choplets, canned, unprepared

Reference_Report

NDB No. 16511 WORTHINGTON Choplets, canned, unprepared

Protein	S4662
Water	S4662
Iron, Fe	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Fiber, total dietary	S4662
Phosphorus, P	S4662
Carotene, beta	S4662
Riboflavin	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Sodium, Na	S4662
Potassium, K	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Fatty acids, total monounsaturated	S4662
Calcium, Ca	S4662
Niacin	S4662
Ash	S4662
Sugars, total	S4662
Vitamin B-6	S4662
Vitamin B-12	S4662
Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 16512 WORTHINGTON Diced Chik, canned, unprepared

Protein	S4662
Zinc, Zn	S4662
Niacin	S4662
Cholesterol	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Phosphorus, P	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1819 of 3136

NDB No. 16512 WORTHINGTON Diced Chik, canned, unprepared

Vitamin A, IU	S4662
Carotene, beta	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total saturated	S4662
Fatty acids, total monounsaturated	S4662
Fatty acids, total polyunsaturated	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Energy	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Sodium, Na	S4662
Vitamin B-6	S4662
Thiamin	S4662
Total lipid (fat)	S4662
Water	S4662
Riboflavin	S4662
Fatty acids, total trans	S4662
Potassium, K	S4662
Vitamin B-12	S4662

NDB No. 16513 WORTHINGTON FriChik, canned, unprepared

Carbohydrate, by difference	S4662
Energy	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total polyunsaturated	S4662
Total lipid (fat)	S4662
Phosphorus, P	S4662
Vitamin B-6	S4662
Fatty acids, total saturated	S4662
Protein	S4662
Ash	S4662
Vitamin A, IU	S4662
Carotene, beta	S4662
Thiamin	S4662
Niacin	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1820 of 3136

NDB No. 16513 WORTHINGTON FriChik, canned, unprepared

Iron, Fe	S4662
Riboflavin	S4662
Potassium, K	S4662
Zinc, Zn	S4662
Water	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Fatty acids, total monounsaturated	S4662
Vitamin B-12	S4662

NDB No. 16514 WORTHINGTON Low Fat Fri Chik, canned, unprepared

Calcium, Ca	S4662
Fatty acids, total monounsaturated	S4662
Ash	S4662
Energy	S4662
Water	S4662
Vitamin C, total ascorbic acid	S4662
Riboflavin	S4662
Vitamin B-6	S4662
Potassium, K	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Sugars, total	S4662
Iron, Fe	S4662
Zinc, Zn	S4662
Carotene, beta	S4662
Vitamin B-12	S4662
Cholesterol	S4662
Total lipid (fat)	S4662
Phosphorus, P	S4662
Fatty acids, total saturated	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1821 of 3136

NDB No. 16514 WORTHINGTON Low Fat Fri Chik, canned, unprepared

Fiber, total dietary	S4662
Vitamin A, IU	S4662
Niacin	S4662
Carbohydrate, by difference	S4662
Thiamin	S4662
Fatty acids, total trans	S4662
Sodium, Na	S4662

NDB No. 16515 WORTHINGTON Low Fat Veja-Links, canned, unprepared

Water	S4662
Calcium, Ca	S4662
Phosphorus, P	S4662
Zinc, Zn	S4662
Thiamin	S4662
Niacin	S4662
Vitamin B-6	S4662
Vitamin B-12	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Fatty acids, total polyunsaturated	S4662
Carbohydrate, by difference	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total monounsaturated	S4662
Iron, Fe	S4662
Sodium, Na	S4662
Sugars, total	S4662
Potassium, K	S4662
Fatty acids, total saturated	S4662
Protein	S4662
Total lipid (fat)	S4662
Energy	S4662
Vitamin A, IU	S4662
Carotene, beta	S4662
Ash	S4662
Fiber, total dietary	S4662
Riboflavin	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1822 of 3136

NDB No. 16516 WORTHINGTON Multigrain Cutlets, canned, unprepared

Vitamin A, IU	S4662
Carotene, beta	S4662
Fatty acids, total trans	S4662
Water	S4662
Sugars, total	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Calcium, Ca	S4662
Ash	S4662
Sodium, Na	S4662
Fatty acids, total polyunsaturated	S4662
Phosphorus, P	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Fiber, total dietary	S4662
Zinc, Zn	S4662
Cholesterol	S4662
Fatty acids, total monounsaturated	S4662
Protein	S4662
Iron, Fe	S4662

NDB No. 16517 WORTHINGTON Prime Steaks, canned, unprepared

Thiamin	S4662
Niacin	S4662
Vitamin B-6	S4662
Vitamin B-12	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Phosphorus, P	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Protein	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1823 of 3136

NDB No. 16517 WORTHINGTON Prime Stakes, canned, unprepared

Water	S4662
Potassium, K	S4662
Zinc, Zn	S4662
Carotene, beta	S4662
Riboflavin	S4662
Fatty acids, total monounsaturated	S4662
Energy	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Cholesterol	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Iron, Fe	S4662
Sodium, Na	S4662

NDB No. 16518 WORTHINGTON Saucettes, canned, unprepared

Carotene, beta	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total trans	S4662
Energy	S4662
Phosphorus, P	S4662
Niacin	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Potassium, K	S4662
Vitamin B-6	S4662
Cholesterol	S4662
Water	S4662
Calcium, Ca	S4662
Riboflavin	S4662
Fatty acids, total monounsaturated	S4662
Fatty acids, total polyunsaturated	S4662
Sodium, Na	S4662

NDB No. 16518 WORTHINGTON Saucettes, canned, unprepared

Thiamin	S4662
Fatty acids, total saturated	S4662
Protein	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Vitamin A, IU	S4662
Vitamin B-12	S4662
Zinc, Zn	S4662

NDB No. 16519 WORTHINGTON Super Links, canned, unprepared

Protein	S4662
Ash	S4662
Zinc, Zn	S4662
Thiamin	S4662
Vitamin B-6	S4662
Fatty acids, total trans	S4662
Water	S4662
Niacin	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Vitamin A, IU	S4662
Iron, Fe	S4662
Phosphorus, P	S4662
Potassium, K	S4662
Cholesterol	S4662
Energy	S4662
Fiber, total dietary	S4662
Carotene, beta	S4662
Riboflavin	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total saturated	S4662
Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Sodium, Na	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1825 of 3136

NDB No. 16519 WORTHINGTON Super Links, canned, unprepared

Vitamin B-12	S4662
Calcium, Ca	S4662

NDB No. 16520 WORTHINGTON Turkee Slices, canned, unprepared

Carotene, beta	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Thiamin	S4662
Energy	S4662
Water	S4662
Vitamin C, total ascorbic acid	S4662
Vitamin B-12	S4662
Fatty acids, total monounsaturated	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Iron, Fe	S4662
Sodium, Na	S4662
Potassium, K	S4662
Vitamin A, IU	S4662
Zinc, Zn	S4662
Fatty acids, total trans	S4662
Ash	S4662
Riboflavin	S4662
Niacin	S4662
Vitamin B-6	S4662

NDB No. 16521 WORTHINGTON Vegetable Skallops, canned, unprepared

Protein	S4662
Iron, Fe	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1826 of 3136

NDB No. 16521 WORTHINGTON Vegetable Skallops, canned, unprepared

Sodium, Na	S4662
Energy	S4662
Calcium, Ca	S4662
Vitamin A, IU	S4662
Zinc, Zn	S4662
Niacin	S4662
Vitamin B-6	S4662
Cholesterol	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Water	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662
Vitamin B-12	S4662
Fatty acids, total polyunsaturated	S4662
Ash	S4662
Thiamin	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Phosphorus, P	S4662
Carotene, beta	S4662
Riboflavin	S4662

NDB No. 16522 WORTHINGTON Vegetable Steaks, canned, unprepared

Phosphorus, P	S4662
Zinc, Zn	S4662
Vitamin B-6	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Iron, Fe	S4662
Vitamin B-12	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1827 of 3136

NDB No. 16522 WORTHINGTON Vegetable Steaks, canned, unprepared

Energy	S4662
Niacin	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Sugars, total	S4662
Calcium, Ca	S4662
Cholesterol	S4662
Fiber, total dietary	S4662
Potassium, K	S4662
Sodium, Na	S4662
Vitamin A, IU	S4662
Riboflavin	S4662
Total lipid (fat)	S4662
Ash	S4662
Water	S4662
Carotene, beta	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662

NDB No. 16523 WORTHINGTON Vegetarian Burger, canned, unprepared

Sugars, total	S4662
Fiber, total dietary	S4662
Riboflavin	S4662
Cholesterol	S4662
Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Ash	S4662
Water	S4662
Phosphorus, P	S4662
Sodium, Na	S4662
Vitamin A, IU	S4662
Carbohydrate, by difference	S4662
Niacin	S4662
Vitamin B-6	S4662
Fatty acids, total saturated	S4662

Reference_Report

NDB No. 16523 WORTHINGTON Vegetarian Burger, canned, unprepared

Protein	S4662
Zinc, Zn	S4662
Thiamin	S4662
Vitamin B-12	S4662
Fatty acids, total polyunsaturated	S4662
Energy	S4662
Iron, Fe	S4662
Potassium, K	S4662
Calcium, Ca	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total trans	S4662

NDB No. 16524 WORTHINGTON Veja-Links, canned, unprepared

Total lipid (fat)	S4662
Energy	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Vitamin C, total ascorbic acid	S4662
Protein	S4662
Phosphorus, P	S4662
Carotene, beta	S4662
Niacin	S4662
Vitamin B-12	S4662
Sugars, total	S4662
Carbohydrate, by difference	S4662
Iron, Fe	S4662
Riboflavin	S4662
Thiamin	S4662
Vitamin B-6	S4662
Cholesterol	S4662
Fatty acids, total monounsaturated	S4662
Ash	S4662
Potassium, K	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Fatty acids, total trans	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1829 of 3136

NDB No. 16524 WORTHINGTON Veja-Links, canned, unprepared

Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Water	S4662
Fiber, total dietary	S4662

NDB No. 16525 WORTHINGTON Chic-Ketts, frozen, unprepared

Vitamin A, IU	S4662
Fatty acids, total polyunsaturated	S4662
Iron, Fe	S4662
Phosphorus, P	S4662
Vitamin C, total ascorbic acid	S4662
Sugars, total	S4662
Potassium, K	S4662
Riboflavin	S4662
Fiber, total dietary	S4662
Vitamin B-6	S4662
Vitamin B-12	S4662
Cholesterol	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Fatty acids, total trans	S4662
Protein	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Fatty acids, total saturated	S4662
Ash	S4662
Water	S4662
Carotene, beta	S4662
Thiamin	S4662
Total lipid (fat)	S4662
Calcium, Ca	S4662
Niacin	S4662
Fatty acids, total monounsaturated	S4662

NDB No. 16526 WORTHINGTON Meatless Chicken, frozen, unprepared

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1830 of 3136

NDB No. 16526 WORTHINGTON Meatless Chicken, frozen, unprepared

Ash	S4662
Energy	S4662
Vitamin B-6	S4662
Iron, Fe	S4662
Phosphorus, P	S4662
Zinc, Zn	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Sugars, total	S4662
Calcium, Ca	S4662
Cholesterol	S4662
Carbohydrate, by difference	S4662
Fiber, total dietary	S4662
Potassium, K	S4662
Carotene, beta	S4662
Niacin	S4662
Sodium, Na	S4662
Riboflavin	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Water	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Vitamin B-12	S4662

NDB No. 16527 WORTHINGTON Meatless Corned Beef, frozen, unprepared

Carbohydrate, by difference	S4662
Riboflavin	S4662
Vitamin B-6	S4662
Fatty acids, total monounsaturated	S4662
Fiber, total dietary	S4662
Potassium, K	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1831 of 3136

NDB No. 16527 WORTHINGTON Meatless Corned Beef, frozen, unprepared

Zinc, Zn	S4662
Carotene, beta	S4662
Niacin	S4662
Cholesterol	S4662
Thiamin	S4662
Energy	S4662
Phosphorus, P	S4662
Fatty acids, total polyunsaturated	S4662
Ash	S4662
Water	S4662
Vitamin A, IU	S4662
Fatty acids, total trans	S4662
Iron, Fe	S4662
Total lipid (fat)	S4662
Sugars, total	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Vitamin C, total ascorbic acid	S4662
Vitamin B-12	S4662
Protein	S4662
Fatty acids, total saturated	S4662

NDB No. 16528 WORTHINGTON Dinner Roast, frozen, unprepared

Total lipid (fat)	S4662
Energy	S4662
Sodium, Na	S4662
Thiamin	S4662
Protein	S4662
Iron, Fe	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Vitamin B-12	S4662
Fatty acids, total saturated	S4662
Water	S4662
Calcium, Ca	S4662
Phosphorus, P	S4662

NDB No. 16528 WORTHINGTON Dinner Roast, frozen, unprepared

Niacin	S4662
Fatty acids, total polyunsaturated	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Sugars, total	S4662
Riboflavin	S4662
Vitamin B-6	S4662
Fiber, total dietary	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662

NDB No. 16529 WORTHINGTON FriPats, frozen, unprepared

Ash	S4662
Calcium, Ca	S4662
Carotene, beta	S4662
Vitamin B-12	S4662
Fatty acids, total trans	S4662
Potassium, K	S4662
Fatty acids, total polyunsaturated	S4662
Carbohydrate, by difference	S4662
Water	S4662
Zinc, Zn	S4662
Vitamin C, total ascorbic acid	S4662
Cholesterol	S4662
Vitamin B-6	S4662
Energy	S4662
Thiamin	S4662
Niacin	S4662
Fatty acids, total saturated	S4662
Fatty acids, total monounsaturated	S4662
Protein	S4662
Total lipid (fat)	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1833 of 3136

NDB No. 16529 WORTHINGTON FriPats, frozen, unprepared

Vitamin A, IU	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Sodium, Na	S4662
Riboflavin	S4662
Sugars, total	S4662
Phosphorus, P	S4662

NDB No. 16530 WORTHINGTON Dinner Roast, frozen, unprepared

Energy	S4662
Carbohydrate, by difference	S4662
Protein	S4662
Total lipid (fat)	S4662
Iron, Fe	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Sodium, Na	S4662
Riboflavin	S4662
Potassium, K	S4662
Vitamin B-6	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Calcium, Ca	S4662
Thiamin	S4662
Vitamin B-12	S4662
Water	S4662
Sugars, total	S4662
Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662
Ash	S4662
Fiber, total dietary	S4662
Phosphorus, P	S4662
Niacin	S4662
Fatty acids, total monounsaturated	S4662

NDB No. 16531 WORTHINGTON Prosage Links, frozen, unprepared

Potassium, K	S4662
Vitamin B-6	S4662
Fatty acids, total polyunsaturated	S4662
Energy	S4662
Fiber, total dietary	S4662
Sodium, Na	S4662
Carotene, beta	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Niacin	S4662
Carbohydrate, by difference	S4662
Iron, Fe	S4662
Zinc, Zn	S4662
Riboflavin	S4662
Fatty acids, total monounsaturated	S4662
Ash	S4662
Calcium, Ca	S4662
Fatty acids, total trans	S4662
Protein	S4662
Vitamin B-12	S4662
Cholesterol	S4662
Total lipid (fat)	S4662
Water	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Vitamin A, IU	S4662
Fatty acids, total saturated	S4662

NDB No. 16532 WORTHINGTON Prosage Roll, frozen, unprepared

Sodium, Na	S4662
Vitamin B-6	S4662
Fatty acids, total saturated	S4662
Potassium, K	S4662
Sugars, total	S4662
Calcium, Ca	S4662
Thiamin	S4662

NDB No. 16532 WORTHINGTON Prosage Roll, frozen, unprepared

Vitamin B-12	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Energy	S4662
Water	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Protein	S4662
Total lipid (fat)	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Riboflavin	S4662
Niacin	S4662
Fatty acids, total polyunsaturated	S4662
Ash	S4662
Phosphorus, P	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Zinc, Zn	S4662

NDB No. 16533 WORTHINGTON Smoked Turkey, frozen, unprepared

Riboflavin	S4662
Fatty acids, total monounsaturated	S4662
Phosphorus, P	S4662
Vitamin B-6	S4662
Protein	S4662
Vitamin C, total ascorbic acid	S4662
Potassium, K	S4662
Zinc, Zn	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Water	S4662
Sodium, Na	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1836 of 3136

NDB No. 16533 WORTHINGTON Smoked Turkey, frozen, unprepared

Niacin	S4662
Fatty acids, total saturated	S4662
Ash	S4662
Energy	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Vitamin A, IU	S4662
Vitamin B-12	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Calcium, Ca	S4662
Thiamin	S4662

NDB No. 16534 WORTHINGTON Stakelets, frozen, unprepared

Carbohydrate, by difference	S4662
Energy	S4662
Niacin	S4662
Fatty acids, total monounsaturated	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Fatty acids, total polyunsaturated	S4662
Zinc, Zn	S4662
Water	S4662
Fiber, total dietary	S4662
Phosphorus, P	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Riboflavin	S4662
Sugars, total	S4662
Vitamin B-12	S4662
Fatty acids, total trans	S4662
Protein	S4662
Total lipid (fat)	S4662
Ash	S4662
Iron, Fe	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1837 of 3136

NDB No. 16534 WORTHINGTON Stakelets, frozen, unprepared

Fatty acids, total saturated	S4662
Vitamin B-6	S4662
Vitamin A, IU	S4662
Cholesterol	S4662

NDB No. 16535 WORTHINGTON Stripples, frozen, unprepared

Total lipid (fat)	S4662
Sugars, total	S4662
Zinc, Zn	S4662
Fatty acids, total polyunsaturated	S4662
Sodium, Na	S4662
Riboflavin	S4662
Vitamin B-6	S4662
Energy	S4662
Vitamin A, IU	S4662
Thiamin	S4662
Niacin	S4662
Protein	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Fiber, total dietary	S4662
Phosphorus, P	S4662
Vitamin B-12	S4662
Calcium, Ca	S4662
Vitamin C, total ascorbic acid	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Potassium, K	S4662
Fatty acids, total monounsaturated	S4662
Water	S4662
Iron, Fe	S4662
Fatty acids, total trans	S4662

NDB No. 16536 WORTHINGTON Wham, frozen, unprepared

Iron, Fe	S4662
----------	-------

NDB No. 16536 WORTHINGTON Wham, frozen, unprepared

Vitamin B-12	S4662
Sugars, total	S4662
Thiamin	S4662
Vitamin B-6	S4662
Water	S4662
Total lipid (fat)	S4662
Zinc, Zn	S4662
Fatty acids, total trans	S4662
Carbohydrate, by difference	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Energy	S4662
Fatty acids, total monounsaturated	S4662
Phosphorus, P	S4662
Riboflavin	S4662
Niacin	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Ash	S4662
Potassium, K	S4662
Sodium, Na	S4662
Carotene, beta	S4662
Cholesterol	S4662

NDB No. 16537 MORNINGSTAR FARMS Veggie Corn Dogs made w/ Natural Ingredients, frozen, unprepared

Carbohydrate, by difference	S4662
Sodium, Na	S4662
Fatty acids, total trans	S4662
Total lipid (fat)	S4662
Calcium, Ca	S4662
Potassium, K	S4662
Fatty acids, total monounsaturated	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1839 of 3136

NDB No. 16537 MORNINGSTAR FARMS Veggie Corn Dogs made w/ Natural Ingredients, frozen, unprepared

Protein	S4662
Energy	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Fatty acids, total polyunsaturated	S4662
Vitamin C, total ascorbic acid	S4662
Cholesterol	S4662
Water	S4662
Iron, Fe	S4662
Ash	S4662
Fatty acids, total saturated	S4662

NDB No. 16538 MORNINGSTAR FARMS Breakfast Pattie made with Organic Soy, frozen, unprepared

Protein	S4662
Fiber, total dietary	S4662
Fatty acids, total monounsaturated	S4662
Iron, Fe	S4662
Fatty acids, total saturated	S4662
Energy	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Carbohydrate, by difference	S4662
Water	S4662
Sugars, total	S4662
Total lipid (fat)	S4662
Ash	S4662
Potassium, K	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Vitamin C, total ascorbic acid	S4662
Vitamin A, IU	S4662
Fatty acids, total polyunsaturated	S4662
Calcium, Ca	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1840 of 3136

NDB No. 16539 MORNINGSTAR FARMS Okara Patties made with Organic Soy, frozen, unprepared

Zinc, Zn	S4662
Fatty acids, total saturated	S4662
Ash	S4662
Sodium, Na	S4662
Vitamin C, total ascorbic acid	S4662
Iron, Fe	S4662
Protein	S4662
Sugars, total	S4662
Potassium, K	S4662
Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Fiber, total dietary	S4662
Water	S4662
Calcium, Ca	S4662
Cholesterol	S4662
Energy	S4662
Vitamin A, IU	S4662
Fatty acids, total trans	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 16540 MORNINGSTAR FARMS Roasted Herb Chik'n made with Organic Soy, frozen, unprepared

Fatty acids, total trans	S4662
Energy	S4662
Zinc, Zn	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Vitamin C, total ascorbic acid	S4662
Protein	S4662
Ash	S4662
Sodium, Na	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Potassium, K	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1841 of 3136

NDB No. 16540 MORNINGSTAR FARMS Roasted Herb Chik'n made with Organic Soy, frozen, unprepared

Fatty acids, total polyunsaturated	S4662
Calcium, Ca	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Vitamin A, IU	S4662
Water	S4662
Cholesterol	S4662

NDB No. 16542 MORNINGSTAR FARMS Veggie Bacon Strips, frozen, unprepared

Vitamin A, IU	S4662
Sodium, Na	S4662
Fatty acids, total saturated	S4662
Protein	S4662
Thiamin	S4662
Riboflavin	S4662
Fatty acids, total trans	S4662
Total lipid (fat)	S4662
Energy	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Zinc, Zn	S4662
Vitamin B-6	S4662
Phosphorus, P	S4662
Niacin	S4662
Carbohydrate, by difference	S4662
Sugars, total	S4662
Potassium, K	S4662
Vitamin B-12	S4662
Cholesterol	S4662
Fatty acids, total monounsaturated	S4662
Fatty acids, total polyunsaturated	S4662
Iron, Fe	S4662
Vitamin C, total ascorbic acid	S4662
Ash	S4662
Water	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1842 of 3136

NDB No. 16544 MORNINGSTAR FARMS Veggie Bites Country Scramble, frozen, unprepared

Carbohydrate, by difference	S4662
Ash	S4662
Vitamin B-6	S4662
Fatty acids, total monounsaturated	S4662
Iron, Fe	S4662
Riboflavin	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Total lipid (fat)	S4662
Energy	S4662
Vitamin B-12	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Niacin	S4662
Vitamin A, IU	S4662
Protein	S4662
Water	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Potassium, K	S4662
Sodium, Na	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Fatty acids, total saturated	S4662

NDB No. 16545 MORNINGSTAR FARMS Veggie Bites Eggs Florentine, frozen, unprepared

Ash	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Water	S4662
Sodium, Na	S4662
Vitamin B-6	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1843 of 3136

NDB No. 16545 MORNINGSTAR FARMS Veggie Bites Eggs Florentine, frozen, unprepared

Fatty acids, total monounsaturated	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Pantothenic acid	S4662
Folate, total	S4662
Calcium, Ca	S4662
Vitamin C, total ascorbic acid	S4662
Riboflavin	S4662
Vitamin B-12	S4662
Magnesium, Mg	S4662
Thiamin	S4662
Cholesterol	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Iron, Fe	S4662
Energy	S4662
Fiber, total dietary	S4662
Potassium, K	S4662
Niacin	S4662
Fatty acids, total trans	S4662

NDB No. 16546 MORNINGSTAR FARMS Veggie Sausage Links, frozen, unprepared

Total lipid (fat)	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Sodium, Na	S4662
Vitamin A, IU	S4662
Calcium, Ca	S4662
Niacin	S4662
Fatty acids, total trans	S4662
Protein	S4662
Ash	S4662
Energy	S4662
Fatty acids, total saturated	S4662
Water	S4662
Potassium, K	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1844 of 3136

NDB No. 16546 MORNINGSTAR FARMS Veggie Sausage Links, frozen, unprepared

Fatty acids, total polyunsaturated	S4662
Iron, Fe	S4662
Thiamin	S4662
Vitamin B-6	S4662
Fatty acids, total monounsaturated	S4662
Cholesterol	S4662
Carbohydrate, by difference	S4662
Vitamin C, total ascorbic acid	S4662
Riboflavin	S4662
Vitamin B-12	S4662

NDB No. 16547 MORNINGSTAR FARMS Cheddar Burger, frozen, unprepared

Protein	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Total lipid (fat)	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total saturated	S4662
Water	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Energy	S4662
Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Vitamin A, IU	S4662
Iron, Fe	S4662

NDB No. 16548 MORNINGSTAR FARMS Grillers Original, frozen, unprepared

Fatty acids, total polyunsaturated	S4662
------------------------------------	-------

Reference Report

JUL-17-2008 02:00 PM

Page 1845 of 3136

NDB No. 16548 MORNINGSTAR FARMS Grillers Original, frozen, unprepared

Ash	S4662
Iron, Fe	S4662
Potassium, K	S4662
Thiamin	S4662
Fiber, total dietary	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total saturated	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Sugars, total	S4662
Energy	S4662
Phosphorus, P	S4662
Riboflavin	S4662
Vitamin B-12	S4662
Total lipid (fat)	S4662
Vitamin B-6	S4662
Protein	S4662
Water	S4662
Calcium, Ca	S4662
Niacin	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662

NDB No. 16549 MORNINGSTAR FARMS Grillers Prime, frozen, unprepared

Protein	S4662
Ash	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total saturated	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1846 of 3136

NDB No. 16549 MORNINGSTAR FARMS Grillers Prime, frozen, unprepared

Sugars, total	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Potassium, K	S4662
Riboflavin	S4662
Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662
Sodium, Na	S4662
Thiamin	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Water	S4662

NDB No. 16550 MORNINGSTAR FARMS Philly Cheesesteak Burger, frozen, unprepared

Fatty acids, total polyunsaturated	S4662
Total lipid (fat)	S4662
Protein	S4662
Calcium, Ca	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Carbohydrate, by difference	S4662
Fiber, total dietary	S4662
Cholesterol	S4662
Ash	S4662
Water	S4662
Vitamin A, IU	S4662
Phosphorus, P	S4662
Zinc, Zn	S4662
Vitamin C, total ascorbic acid	S4662
Energy	S4662
Iron, Fe	S4662
Potassium, K	S4662
Sodium, Na	S4662
Fatty acids, total monounsaturated	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1847 of 3136

NDB No. 16550 MORNINGSTAR FARMS Philly Cheesesteak Burger, frozen, unprepared

Sugars, total S4662

NDB No. 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared

Phosphorus, P S4662

Vitamin A, IU S4662

Vitamin C, total ascorbic acid S4662

Protein S4662

Niacin S4662

Fatty acids, total monounsaturated S4662

Folate, total S4662

Ash S4662

Calcium, Ca S4662

Energy S4662

Sodium, Na S4662

Fatty acids, total polyunsaturated S4662

Carbohydrate, by difference S4662

Sugars, total S4662

Iron, Fe S4662

Thiamin S4662

Riboflavin S4662

Fatty acids, total saturated S4662

Water S4662

Fiber, total dietary S4662

Cholesterol S4662

Fatty acids, total trans S4662

Total lipid (fat) S4662

Potassium, K S4662

Vitamin B-12 S4662

NDB No. 16552 MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared

Protein S4662

Fatty acids, total monounsaturated S4662

Energy S4662

Vitamin A, IU S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1848 of 3136

NDB No. 16552 MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared

Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Fatty acids, total trans	S4662
Fiber, total dietary	S4662
Fatty acids, total saturated	S4662
Sodium, Na	S4662
Carbohydrate, by difference	S4662
Vitamin C, total ascorbic acid	S4662
Water	S4662
Iron, Fe	S4662
Total lipid (fat)	S4662
Ash	S4662
Calcium, Ca	S4662

NDB No. 16554 MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared

Protein	S4662
Carbohydrate, by difference	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Sugars, total	S4662
Phosphorus, P	S4662
Potassium, K	S4662
Vitamin A, IU	S4662
Cholesterol	S4662
Total lipid (fat)	S4662
Iron, Fe	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Water	S4662
Thiamin	S4662
Energy	S4662
Sodium, Na	S4662
Riboflavin	S4662
Ash	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1849 of 3136

NDB No. 16554 MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared

Fatty acids, total monounsaturated	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 16555 MORNINGSTAR FARMS MeatFree Buffalo Wings, frozen, unprepared

Total lipid (fat)	S4662
Vitamin A, IU	S4662
Energy	S4662
Phosphorus, P	S4662
Sodium, Na	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total trans	S4662
Carbohydrate, by difference	S4662
Iron, Fe	S4662
Thiamin	S4662
Niacin	S4662
Vitamin B-6	S4662
Folate, total	S4662
Vitamin B-12	S4662
Fatty acids, total saturated	S4662
Protein	S4662
Calcium, Ca	S4662
Fatty acids, total polyunsaturated	S4662
Potassium, K	S4662
Cholesterol	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Ash	S4662
Water	S4662
Riboflavin	S4662
Fatty acids, total monounsaturated	S4662

NDB No. 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared

Vitamin C, total ascorbic acid	S4662
Protein	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1850 of 3136

NDB No. 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared

Carbohydrate, by difference	S4662
Ash	S4662
Vitamin B-12	S4662
Fatty acids, total polyunsaturated	S4662
Energy	S4662
Sugars, total	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Riboflavin	S4662
Niacin	S4662
Cholesterol	S4662
Water	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Thiamin	S4662
Potassium, K	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Vitamin A, IU	S4662
Vitamin B-6	S4662
Fatty acids, total monounsaturated	S4662
Fiber, total dietary	S4662
Fatty acids, total trans	S4662

NDB No. 16557 MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared

Total lipid (fat)	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Niacin	S4662
Vitamin B-6	S4662
Fatty acids, total polyunsaturated	S4662
Water	S4662
Fiber, total dietary	S4662
Iron, Fe	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1851 of 3136

NDB No. 16557 MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared

Riboflavin	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Phosphorus, P	S4662
Vitamin B-12	S4662
Calcium, Ca	S4662
Vitamin A, IU	S4662
Thiamin	S4662
Folate, total	S4662
Protein	S4662
Ash	S4662
Sugars, total	S4662
Potassium, K	S4662
Vitamin C, total ascorbic acid	S4662

NDB No. 16558 MORNINGSTAR FARMS Italian Herb Chik Patties, frozen, unprepared

Folate, total	S4662
Iron, Fe	S4662
Vitamin A, IU	S4662
Riboflavin	S4662
Niacin	S4662
Water	S4662
Fiber, total dietary	S4662
Vitamin B-6	S4662
Vitamin B-12	S4662
Total lipid (fat)	S4662
Vitamin C, total ascorbic acid	S4662
Carbohydrate, by difference	S4662
Potassium, K	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Energy	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1852 of 3136

NDB No. 16558 MORNINGSTAR FARMS Italian Herb Chik Patties, frozen, unprepared

Thiamin	S4662
Protein	S4662
Ash	S4662
Calcium, Ca	S4662
Phosphorus, P	S4662
Sodium, Na	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662

NDB No. 16559 MORNINGSTAR FARMS Original Chik'n Tenders, frozen, unprepared

Calcium, Ca	S4662
Vitamin C, total ascorbic acid	S4662
Ash	S4662
Protein	S4662
Sugars, total	S4662
Iron, Fe	S4662
Fatty acids, total polyunsaturated	S4662
Fiber, total dietary	S4662
Potassium, K	S4662
Vitamin A, IU	S4662
Cholesterol	S4662
Water	S4662
Fatty acids, total trans	S4662
Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Sodium, Na	S4662
Fatty acids, total saturated	S4662
Fatty acids, total monounsaturated	S4662

NDB No. 16560 MORNINGSTAR FARMS Meatless Corn Dogs, frozen, unprepared

Energy	S4662
Fatty acids, total monounsaturated	S4662
Protein	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1853 of 3136

NDB No. 16560 MORNINGSTAR FARMS Meatless Corn Dogs, frozen, unprepared

Ash	S4662
Zinc, Zn	S4662
Fatty acids, total polyunsaturated	S4662
Carbohydrate, by difference	S4662
Water	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Phosphorus, P	S4662
Potassium, K	S4662
Vitamin B-6	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Sodium, Na	S4662
Vitamin B-12	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Iron, Fe	S4662
Carotene, beta	S4662
Riboflavin	S4662
Niacin	S4662

NDB No. 16561 MORNINGSTAR FARMS Meatless Mini Corn Dogs, frozen, unprepared

Calcium, Ca	S4662
Carotene, beta	S4662
Protein	S4662
Energy	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Sodium, Na	S4662
Riboflavin	S4662
Water	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1854 of 3136

NDB No. 16561 MORNINGSTAR FARMS Meatless Mini Corn Dogs, frozen, unprepared

Thiamin	S4662
Total lipid (fat)	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Iron, Fe	S4662
Phosphorus, P	S4662
Potassium, K	S4662
Fatty acids, total trans	S4662
Fatty acids, total polyunsaturated	S4662
Zinc, Zn	S4662

NDB No. 16563 MORNINGSTAR FARMS Meal Starters Chik'n Strips, frozen, unprepared

Carbohydrate, by difference	S4662
Potassium, K	S4662
Energy	S4662
Water	S4662
Pantothenic acid	S4662
Vitamin B-12	S4662
Protein	S4662
Vitamin C, total ascorbic acid	S4662
Niacin	S4662
Fatty acids, total saturated	S4662
Ash	S4662
Sugars, total	S4662
Sodium, Na	S4662
Riboflavin	S4662
Fatty acids, total polyunsaturated	S4662
Zinc, Zn	S4662
Vitamin B-6	S4662
Fatty acids, total trans	S4662
Total lipid (fat)	S4662
Fiber, total dietary	S4662
Magnesium, Mg	S4662
Fatty acids, total	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1855 of 3136

NDB No. 16563 MORNINGSTAR FARMS Meal Starters Chik'n Strips, frozen, unprepared

monounsaturated

Calcium, Ca	S4662
Iron, Fe	S4662
Vitamin A, IU	S4662
Thiamin	S4662
Cholesterol	S4662

NDB No. 16564 MORNINGSTAR FARMS Meal Starters Steak Strips, frozen, unprepared

Vitamin A, IU	S4662
Total lipid (fat)	S4662
Potassium, K	S4662
Thiamin	S4662
Riboflavin	S4662
Protein	S4662
Ash	S4662
Vitamin C, total ascorbic acid	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Water	S4662
Magnesium, Mg	S4662
Vitamin B-6	S4662
Fatty acids, total saturated	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Niacin	S4662
Fatty acids, total trans	S4662
Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662
Pantothenic acid	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Vitamin B-12	S4662
Fatty acids, total monounsaturated	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1856 of 3136

NDB No. 16565 MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared

Cholesterol	S4662
Energy	S4662
Water	S4662
Iron, Fe	S4662
Potassium, K	S4662
Vitamin A, IU	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Niacin	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Total lipid (fat)	S4662
Sugars, total	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total trans	S4662
Fatty acids, total saturated	S4662
Carbohydrate, by difference	S4662
Phosphorus, P	S4662
Vitamin B-12	S4662
Ash	S4662
Riboflavin	S4662
Vitamin B-6	S4662
Fatty acids, total monounsaturated	S4662
Fiber, total dietary	S4662
Thiamin	S4662

NDB No. 16566 MORNINGSTAR FARMS Veggie Bites Broccoli Cheddar, frozen, unprepared

Iron, Fe	S4662
Protein	S4662
Total lipid (fat)	S4662
Water	S4662
Fatty acids, total trans	S4662
Phosphorus, P	S4662
Thiamin	S4662
Fatty acids, total monounsaturated	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1857 of 3136

NDB No. 16566 MORNINGSTAR FARMS Veggie Bites Broccoli Cheddar, frozen, unprepared

Carbohydrate, by difference	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Vitamin B-12	S4662
Vitamin C, total ascorbic acid	S4662
Riboflavin	S4662
Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662
Sodium, Na	S4662
Vitamin A, IU	S4662
Vitamin B-6	S4662
Ash	S4662
Energy	S4662
Fatty acids, total saturated	S4662
Calcium, Ca	S4662
Potassium, K	S4662
Niacin	S4662

NDB No. 16567 MORNINGSTAR FARMS Veggie Bites Spinach Artichoke, frozen, unprepared

Total lipid (fat)	S4662
Ash	S4662
Vitamin B-6	S4662
Fatty acids, total trans	S4662
Sugars, total	S4662
Cholesterol	S4662
Protein	S4662
Carbohydrate, by difference	S4662
Water	S4662
Fiber, total dietary	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Niacin	S4662
Fatty acids, total monounsaturated	S4662
Energy	S4662
Potassium, K	S4662
Sodium, Na	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1858 of 3136

NDB No. 16567 MORNINGSTAR FARMS Veggie Bites Spinach Artichoke, frozen, unprepared

Riboflavin	S4662
Thiamin	S4662
Fatty acids, total polyunsaturated	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Phosphorus, P	S4662
Vitamin B-12	S4662
Fatty acids, total saturated	S4662

NDB No. 16568 MORNINGSTAR FARMS Veggie Cakes Ginger Teriyaki, frozen, unprepared

Protein	S4662
Zinc, Zn	S4662
Manganese, Mn	S4662
Vitamin C, total ascorbic acid	S4662
Calcium, Ca	S4662
Sodium, Na	S4662
Riboflavin	S4662
Fatty acids, total monounsaturated	S4662
Vitamin A, IU	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Energy	S4662
Phosphorus, P	S4662
Thiamin	S4662
Folate, total	S4662
Carbohydrate, by difference	S4662
Sugars, total	S4662
Vitamin B-12	S4662
Niacin	S4662
Vitamin B-6	S4662
Fatty acids, total trans	S4662
Water	S4662
Fiber, total dietary	S4662
Fatty acids, total polyunsaturated	S4662
Ash	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1859 of 3136

NDB No. 16568 MORNINGSTAR FARMS Veggie Cakes Ginger Teriyaki, frozen, unprepared

Iron, Fe	S4662
Magnesium, Mg	S4662
Potassium, K	S4662

NDB No. 16569 MORNINGSTAR FARMS Veggie Cakes Southwestern Style, frozen, unprepared

Vitamin C, total ascorbic acid	S4662
Fatty acids, total saturated	S4662
Water	S4662
Iron, Fe	S4662
Potassium, K	S4662
Sodium, Na	S4662
Vitamin B-6	S4662
Protein	S4662
Energy	S4662
Zinc, Zn	S4662
Riboflavin	S4662
Fatty acids, total monounsaturated	S4662
Carbohydrate, by difference	S4662
Fiber, total dietary	S4662
Phosphorus, P	S4662
Vitamin A, IU	S4662
Fatty acids, total polyunsaturated	S4662
Total lipid (fat)	S4662
Sugars, total	S4662
Magnesium, Mg	S4662
Manganese, Mn	S4662
Thiamin	S4662
Cholesterol	S4662
Ash	S4662
Niacin	S4662
Vitamin B-12	S4662
Calcium, Ca	S4662
Folate, total	S4662
Fatty acids, total trans	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 1860 of 3136

NDB No. 17096 Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded

Fluoride, F D5001, D5007

NDB No. 17148 Bison, ground, grass-fed, cooked

Total lipid (fat) S4661
Protein S4661
Water S4661
Ash S4661

NDB No. 17149 Bison, ground, grass-fed, raw

Ash S4661
Water S4661
Total lipid (fat) S4661
Protein S4661

NDB No. 17202 Veal, variety meats and by-products, liver, raw

Phosphorus, P S1082
Copper, Cu S1082
Carotene, alpha S1082
Isoleucine S1082
Phenylalanine S1082
Tyrosine S1082
Arginine S1082
Histidine S1082
Cholesterol S1082
14:1 S1082
20:2 n-6 c,c S1082
Sodium, Na S1082
Tocopherol, beta S1166
Vitamin B-12 S1082
Betaine S1082
Tryptophan S1082
Aspartic acid S1082
4:0 S1082
8:0 S1082
15:0 S1082

NDB No. 17202 Veal, variety meats and by-products, liver, raw

Calcium, Ca	S1082
Retinol	S1082
Cryptoxanthin, beta	S1082
Choline, total	S1082
Methionine	S1082
Fatty acids, total trans	S1082
18:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
18:3 n-3 c,c,c	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Manganese, Mn	S1082
Lycopene	S1082
Riboflavin	S1082
Leucine	S1082
Alanine	S1082
Serine	S1082
Hydroxyproline	S1082
10:0	S1082
16:0	S1082
17:1	S1082
Total lipid (fat)	S1082
Ash	S1082
Vitamin C, total ascorbic acid	S1082
Vitamin B-6	S1082
Glutamic acid	S1082
22:0	S1082
18:3 n-6 c,c,c	S1082
Carotene, beta	S1082
Vitamin E (alpha-tocopherol)	S1166
Thiamin	S1082
Pantothenic acid	S1082
Proline	S1082
14:0	S1082
17:0	S1082
20:3 undifferentiated	S1082

NDB No. 17202 Veal, variety meats and by-products, liver, raw

Protein	S1082
Potassium, K	S1082
Selenium, Se	S1082
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin K (phylloquinone)	S1082
Lysine	S1082
Valine	S1082
Glycine	S1082
12:0	S1082
20:0	S1082
16:1 undifferentiated	S1082
20:1	S1082
18:2 n-6 c,c	S1082
15:1	S1082
Water	S1082
Zinc, Zn	S1082
Niacin	S1082
Folate, total	S1166
Threonine	S1082
Cystine	S1082

NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised

Copper, Cu	S1082
Cryptoxanthin, beta	S1082
Niacin	S1082
Folate, total	S1166
Aspartic acid	S1082
Glycine	S1082
18:1 undifferentiated	S1082
22:0	S1082
17:1	S1082
Total lipid (fat)	S1082
Water	S1082
Calcium, Ca	S1082
Zinc, Zn	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 1863 of 3136

NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised

Manganese, Mn	S1082
Carotene, alpha	S1082
16:0	S1082
18:0	S1082
20:4 undifferentiated	S1082
14:1	S1082
15:0	S1082
17:0	S1082
Iron, Fe	S1082
Pantothenic acid	S1082
Isoleucine	S1082
Arginine	S1082
Proline	S1082
8:0	S1082
Sodium, Na	S1082
Tocopherol, beta	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Cystine	S1082
Serine	S1082
Hydroxyproline	S1082
4:0	S1082
15:1	S1082
Ash	S1082
Riboflavin	S1082
Betaine	S1082
Tryptophan	S1082
Methionine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Histidine	S1082
Cholesterol	S1082
16:1 undifferentiated	S1082
18:3 n-3 c,c,c	S1082
Selenium, Se	S1082
Retinol	S1082
Choline, total	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1864 of 3136

NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised

Threonine	S1082
12:0	S1082
14:0	S1082
Potassium, K	S1082
Vitamin E (alpha-tocopherol)	S1166
Vitamin B-6	S1082
Leucine	S1082
Valine	S1082
Alanine	S1082
20:0	S1082
20:1	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
Protein	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Carotene, beta	S1082
Lycopene	S1082
Tocopherol, gamma	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082, D463
Lysine	S1082
Glutamic acid	S1082
Fatty acids, total trans	S1082
10:0	S1082
20:3 undifferentiated	S1082

NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

Protein	S1082
Calcium, Ca	S1082
Potassium, K	S1082
Selenium, Se	S1082
Lycopene	S1082
Vitamin B-12	S1082
Isoleucine	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 1865 of 3136

NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

Cystine	S1082
16:0	S1082
20:1	S1082
15:0	S1082
Phosphorus, P	S1082
Manganese, Mn	S1082
Vitamin B-6	S1082
Folate, total	S1166, S502
Tryptophan	S1082
Tyrosine	S1082
Arginine	S1082
Hydroxyproline	S1082
18:1 undifferentiated	S1082
14:1	S1082
18:2 n-6 c,c	S1082
Iron, Fe	S1082
Lysine	S1082
Valine	S1082
Histidine	S1082
Alanine	S1082
Glycine	S1082
15:1	S1082
Ash	S1082
Water	S1082
Phenylalanine	S1082
Aspartic acid	S1082
Fatty acids, total trans	S1082
18:0	S1082
20:3 undifferentiated	S1082
Total lipid (fat)	S1082
Copper, Cu	S1082
Fluoride, F	D5007
Carotene, beta	S1082
Tocopherol, beta	S1166, S502
Tocopherol, gamma	S1166, S502
Niacin	S1082
Choline, total	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1866 of 3136

NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

Betaine	S1082
Glutamic acid	S1082
10:0	S1082
20:0	S1082
20:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
Retinol	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Cryptoxanthin, beta	S1082
Vitamin K (phylloquinone)	S1082
Leucine	S1082
8:0	S1082
14:0	S1082
22:0	S1082
16:1 undifferentiated	S1082
17:0	S1082
Magnesium, Mg	S1082
Zinc, Zn	S1082
Tocopherol, delta	S1166, S502
Riboflavin	S1082
Pantothenic acid	S1082
4:0	S1082
12:0	S1082
20:4 undifferentiated	S1082
17:1	S1082
18:3 n-3 c,c,c	S1082
Sodium, Na	S1082
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Threonine	S1082
Methionine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082

NDB No. 17218 Veal, variety meats and by-products, thymus, raw

Total lipid (fat)	S1581
Iron, Fe	S1581
Zinc, Zn	S1581
Carotene, beta	S1581
Cholesterol	S1581
20:0	S1581
18:1 undifferentiated	S1581
15:0	S1581
Calcium, Ca	S1581
Copper, Cu	S1581
Retinol	S1581
Tocopherol, delta	S1581
8:0	S1581
20:1	S1581
17:0	S1581
20:3 undifferentiated	S1581
Water	S1581
Lycopene	S1581
Riboflavin	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
Protein	S1581
Carotene, alpha	S1581
18:2 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
Ash	S1581
Phosphorus, P	S1581
Selenium, Se	S1581
Tocopherol, gamma	S1581
Vitamin C, total ascorbic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
22:0	S1581
14:1	S1581
Fatty acids, total monounsaturated	S1581

Reference_Report

NDB No. 17218 Veal, variety meats and by-products, thymus, raw

20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
Manganese, Mn	S1581
Thiamin	S1581
Niacin	S1581
12:0	S1581
15:1	S1581
Magnesium, Mg	S1581
Potassium, K	S1581
Cryptoxanthin, beta	S1581
14:0	S1581
16:0	S1581
20:4 undifferentiated	S1581
Sodium, Na	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Pantothenic acid	S1581
10:0	S1581
18:0	S1581
16:1 undifferentiated	S1581
18:3 n-3 c,c,c	S1581

NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised

Water	S1581
Potassium, K	S1581
Copper, Cu	S1581
Selenium, Se	S1581
Tocopherol, delta	S1581
Fatty acids, total saturated	S1581
8:0	S1581
20:1	S1581
17:0	S1581
Protein	S1581
Zinc, Zn	S1581
Manganese, Mn	S1581
Pantothenic acid	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 1869 of 3136

NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised

20:0	S1581
20:4 undifferentiated	S1581
Fatty acids, total polyunsaturated	S1581
Total lipid (fat)	S1581
Carotene, alpha	S1581
Riboflavin	S1581
Folate, total	S1581
18:0	S1581
20:3 undifferentiated	S1581
Magnesium, Mg	S1581
Lycopene	S1581
Tocopherol, gamma	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
16:0	S1581
14:1	S1581
Fatty acids, total monounsaturated	S1581
20:2 n-6 c,c	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
10:0	S1581
12:0	S1581
14:0	S1581
Retinol	S1581
Niacin	S1581
Cholesterol	S1581
18:3 n-3 c,c,c	S1581
Ash	S1581
Calcium, Ca	S1581
Phosphorus, P	S1581
Sodium, Na	S1581
Carotene, beta	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
22:0	S1581
16:1 undifferentiated	S1581
18:3 n-6 c,c,c	S1581

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1870 of 3136

NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised

Iron, Fe	S1581
Cryptoxanthin, beta	S1581
Vitamin B-6	S1581
Fatty acids, total trans	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
15:0	S1581
15:1	S1581

NDB No. 17227 Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Fluoride, F	D5007
-------------	-------

NDB No. 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled

Total lipid (fat)	S3
Sodium, Na	S3
Ash	S3
Calcium, Ca	S3
Zinc, Zn	S3
Vitamin B-6	S3
Phosphorus, P	S3
Manganese, Mn	S3
Riboflavin	S3
Niacin	S3
Cholesterol	S3
Water	S3
Magnesium, Mg	S3
Potassium, K	S3
Protein	S3
Iron, Fe	S3
Copper, Cu	S3
Thiamin	S3
Vitamin B-12	S3

NDB No. 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1871 of 3136

NDB No. 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

Cholesterol	S3
Ash	S3
Water	S3
Iron, Fe	S3
Magnesium, Mg	S3
Total lipid (fat)	S3
Niacin	S3
Potassium, K	S3
Protein	S3
Sodium, Na	S3
Manganese, Mn	S3
Zinc, Zn	S3
Copper, Cu	S3
Thiamin	S3
Vitamin B-6	S3
Calcium, Ca	S3
Phosphorus, P	S3
Vitamin B-12	S3
Riboflavin	S3

NDB No. 17340 Game meat, elk, loin, separable lean only, cooked, broiled

Zinc, Zn	S3
Copper, Cu	S3
Iron, Fe	S3
Magnesium, Mg	S3
Potassium, K	S3
Manganese, Mn	S3
Vitamin B-12	S3
Total lipid (fat)	S3
Ash	S3
Calcium, Ca	S3
Niacin	S3
Sodium, Na	S3
Riboflavin	S3
Vitamin B-6	S3
Protein	S3

Reference Report

JUL-17-2008 02:00 PM

Page 1872 of 3136

NDB No. 17340 Game meat, elk, loin, separable lean only, cooked, broiled

Phosphorus, P	S3
Thiamin	S3
Cholesterol	S3
Water	S3

NDB No. 17341 Game meat, elk, round, separable lean only, cooked, broiled

Calcium, Ca	S3
Iron, Fe	S3
Potassium, K	S3
Manganese, Mn	S3
Total lipid (fat)	S3
Ash	S3
Sodium, Na	S3
Vitamin B-6	S3
Riboflavin	S3
Niacin	S3
Zinc, Zn	S3
Thiamin	S3
Cholesterol	S3
Protein	S3
Water	S3
Magnesium, Mg	S3
Vitamin B-12	S3
Phosphorus, P	S3
Copper, Cu	S3

NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled

Ash	S3
Copper, Cu	S3
Protein	S3
Water	S3
Phosphorus, P	S3
Potassium, K	S3
Magnesium, Mg	S3
Sodium, Na	S3
Manganese, Mn	S3

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1873 of 3136

NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled

Cholesterol	S3
Calcium, Ca	S3
Zinc, Zn	S3
Total lipid (fat)	S3
Iron, Fe	S3

NDB No. 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled

Iron, Fe	S3
Niacin	S3
Sodium, Na	S3
Copper, Cu	S3
Calcium, Ca	S3
Potassium, K	S3
Manganese, Mn	S3
Riboflavin	S3
Cholesterol	S3
Total lipid (fat)	S3
Phosphorus, P	S3
Zinc, Zn	S3
Vitamin B-6	S3
Magnesium, Mg	S3
Selenium, Se	S3
Thiamin	S3
Vitamin B-12	S3
Ash	S3
Protein	S3
Water	S3

NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Potassium, K	S3
Riboflavin	S3
Vitamin B-6	S3
Cholesterol	S3
Ash	S3
Phosphorus, P	S3
Copper, Cu	S3

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1874 of 3136

NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Niacin	S3
Magnesium, Mg	S3
Thiamin	S3
Vitamin B-12	S3
Total lipid (fat)	S3
Sodium, Na	S3
Manganese, Mn	S3
Iron, Fe	S3
Zinc, Zn	S3
Water	S3
Calcium, Ca	S3
Selenium, Se	S3
Protein	S3

NDB No. 17347 Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled

Protein	S3
Niacin	S3
Ash	S3
Magnesium, Mg	S3
Potassium, K	S3
Manganese, Mn	S3
Water	S3
Calcium, Ca	S3
Sodium, Na	S3
Selenium, Se	S3
Thiamin	S3
Vitamin B-12	S3
Iron, Fe	S3
Copper, Cu	S3
Total lipid (fat)	S3
Phosphorus, P	S3
Zinc, Zn	S3
Riboflavin	S3
Vitamin B-6	S3
Cholesterol	S3

Reference Report

JUL-17-2008 02:00 PM

Page 1875 of 3136

NDB No. 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled

Magnesium, Mg	S3
Riboflavin	S3
Ash	S3
Zinc, Zn	S3
Copper, Cu	S3
Vitamin B-6	S3
Niacin	S3
Sodium, Na	S3
Cholesterol	S3
Protein	S3
Phosphorus, P	S3
Thiamin	S3
Total lipid (fat)	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Potassium, K	S3
Manganese, Mn	S3
Selenium, Se	S3
Vitamin B-12	S3

NDB No. 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Folate, food	S1162
8:0	S1162
12:0	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
15:0	S1162
18:1 t	S1162
Fatty acids, total trans-monoenoic	S1162
Starch	S1162
Sugars, total	S1162
Pantothenic acid	S1162
Folic acid	S1162
20:1	S1162
18:3 n-3 c,c,c	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1876 of 3136

NDB No. 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Phosphorus, P	S1162
Copper, Cu	S1162
Fatty acids, total saturated	S1162
16:0	S1162
22:0	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
15:1	S1162
Water	S1162
Potassium, K	S1162
Manganese, Mn	S1162
Vitamin C, total ascorbic acid	S1162
Vitamin B-6	S1162
4:0	S1162
24:0	S1162
18:1 c	S1162
Magnesium, Mg	S1162
Zinc, Zn	S1162
18:0	S1162
20:0	S1162
22:6 n-3	S1162
14:1	S1162
17:0	S1162
24:1 c	S1162
13:0	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Vitamin E (alpha-tocopherol)	S1162
Riboflavin	S1162
6:0	S1162
14:0	S1162
20:4 undifferentiated	S1162
20:5 n-3	S1162
Fatty acids, total polyunsaturated	S1162
Protein	S1162
Total lipid (fat)	S1162
Sodium, Na	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1877 of 3136

NDB No. 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Selenium, Se	S1162
Fatty acids, total trans	S1162
18:1 undifferentiated	S1162
16:1 undifferentiated	S1162
20:2 n-6 c,c	S1162
Ash	S1162
Iron, Fe	S1162
Thiamin	S1162
Niacin	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
10:0	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
20:3 undifferentiated	S1162

NDB No. 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Protein	S1162
Fiber, total dietary	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Vitamin E (alpha-tocopherol)	S1162
4:0	S1162
10:0	S1162
14:0	S1162
16:0	S1162
22:6 n-3	S1162
Ash	S1162
Folate, food	S1162
Fatty acids, total trans	S1162
14:1	S1162
24:1 c	S1162
15:1	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin B-6	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1878 of 3136

NDB No. 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Folic acid	S1162
20:0	S1162
18:1 undifferentiated	S1162
17:0	S1162
18:1 c	S1162
20:3 undifferentiated	S1162
Total lipid (fat)	S1162
Water	S1162
Sugars, total	S1162
Potassium, K	S1162
6:0	S1162
8:0	S1162
18:3 undifferentiated	S1162
18:1 t	S1162
13:0	S1162
Starch	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Copper, Cu	S1162
18:2 undifferentiated	S1162
22:0	S1162
Fatty acids, total polyunsaturated	S1162
17:1	S1162
Phosphorus, P	S1162
Riboflavin	S1162
Niacin	S1162
Vitamin K (phylloquinone)	S1162
18:0	S1162
16:1 undifferentiated	S1162
20:1	S1162
15:0	S1162
Magnesium, Mg	S1162
Thiamin	S1162
Pantothenic acid	S1162
Folate, total	S1162
Fatty acids, total monounsaturated	S1162
18:3 n-3 c,c,c	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1879 of 3136

NDB No. 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Hydroxyproline	S1162
Fatty acids, total saturated	S1162
12:0	S1162
20:4 undifferentiated	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
24:0	S1162
20:2 n-6 c,c	S1162
18:3 n-6 c,c,c	S1162

NDB No. 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Fluoride, F	D5007
-------------	-------

NDB No. 18014 Biscuits, plain or buttermilk, refrigerated dough, higher fat

Calcium, Ca	S2105
Potassium, K	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
8:0	S2105
22:0	S2105
16:1 undifferentiated	S2105
Ash	S2105
15:0	S2105
20:2 n-6 c,c	S2105
Sodium, Na	S2105
Vitamin E (alpha-tocopherol)	S2105
10:0	S2105
20:1	S2105
Zinc, Zn	S2105
Thiamin	S2105
Riboflavin	S2105
12:0	S2105
20:4 undifferentiated	S2105
18:3 n-3 c,c,c	S2105
Water	S2105
Vitamin K (phylloquinone)	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1880 of 3136

NDB No. 18014 Biscuits, plain or buttermilk, refrigerated dough, higher fat

16:0	S2105
18:0	S2105
18:3 n-6 c,c,c	S2105
Niacin	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
14:1	S2105
15:1	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Vitamin B-6	S2105
14:0	S2105
17:0	S2105
Total lipid (fat)	S2105
Iron, Fe	S2105
Pantothenic acid	S2105
17:1	S2105
20:3 undifferentiated	S2105

NDB No. 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Water	S2105
Calcium, Ca	S2105
20:0	S2105
18:2 undifferentiated	S2105
16:1 undifferentiated	S2105
18:3 n-3 c,c,c	S2105
Magnesium, Mg	S2105
Potassium, K	S2105
Vitamin E (alpha-tocopherol)	S2105
17:1	S2105
15:1	S2105
Total lipid (fat)	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Fluoride, F	D5007

Reference Report

JUL-17-2008 02:00 PM

Page 1881 of 3136

NDB No. 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Vitamin K (phylloquinone)	S2105
14:0	S2105
20:2 n-6 c,c	S2105
Phosphorus, P	S2105
16:0	S2105
Iron, Fe	S2105
22:0	S2105
14:1	S2105
20:3 undifferentiated	S2105
Thiamin	S2105
12:0	S2105
17:0	S2105
Ash	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Riboflavin	S2105
20:4 undifferentiated	S2105
20:1	S2105
18:3 n-6 c,c,c	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
8:0	S2105
10:0	S2105
18:0	S2105
18:1 undifferentiated	S2105
15:0	S2105

NDB No. 18029 Bread, french or vienna (includes sourdough)

Ash	S2105
Riboflavin	S2105
20:1	S2105
17:0	S2105
17:1	S2105
18:3 n-3 c,c,c	S2105
Total lipid (fat)	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1882 of 3136

NDB No. 18029 Bread, french or vienna (includes sourdough)

Phosphorus, P	S2105
Vitamin C, total ascorbic acid	S2105
Vitamin B-6	S2105
8:0	S2105
16:0	S2105
20:4 undifferentiated	S2105
14:1	S2105
Potassium, K	S2105
10:0	S2105
20:0	S2105
18:2 undifferentiated	S2105
16:1 undifferentiated	S2105
15:1	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin K (phylloquinone)	S2105
12:0	S2105
18:1 undifferentiated	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
15:0	S2105
20:3 undifferentiated	S2105
Calcium, Ca	S2105
Thiamin	S2105
18:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
Water	S2105
Vitamin E (alpha-tocopherol)	S2105
Niacin	S2105
Pantothenic acid	S2105
Folate, total	D4901
14:0	S2105
22:0	S2105

Reference_Report

NDB No. 18030 Bread, french or vienna, toasted (includes sourdough)

Potassium, K	S2105
Vitamin E (alpha-tocopherol)	S2105
Vitamin K (phylloquinone)	S2105
16:0	S2105
Thiamin	S2105
Pantothenic acid	S2105
12:0	S2105
15:0	S2105
Ash	S2105
Iron, Fe	S2105
Phosphorus, P	S2105
Selenium, Se	S2105
18:1 undifferentiated	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Total lipid (fat)	S2105
Calcium, Ca	S2105
Sodium, Na	S2105
Manganese, Mn	S2105
22:0	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
Magnesium, Mg	S2105
Riboflavin	S2105
14:0	S2105
18:0	S2105
Copper, Cu	S2105
8:0	S2105
20:2 n-6 c,c	S2105
Water	S2105
Zinc, Zn	S2105
Niacin	S2105
18:2 undifferentiated	S2105
Vitamin C, total ascorbic acid	S2105
Vitamin B-6	S2105

NDB No. 18030 Bread, french or vienna, toasted (includes sourdough)

10:0	S2105
20:0	S2105
20:4 undifferentiated	S2105
17:0	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

NDB No. 18033 Bread, italian

Folate, total	D4901
---------------	-------

NDB No. 18035 Bread, Multi-Grain (includes whole-grain)

Fructose	S3553
Copper, Cu	S3553
Tocopherol, delta	S3553
16:1 undifferentiated	S3553
20:2 n-6 c,c	S3553
Zinc, Zn	S3553
Manganese, Mn	S3553
Tocopherol, beta	S3553
Niacin	S3553
8:0	S3553
20:0	S3553
20:5 n-3	S3553
17:0	S3553
24:1 c	S3553
21:5	S3553
Magnesium, Mg	S3553
Phosphorus, P	S3553
Selenium, Se	S3553
16:0	S3553
24:0	S3553
20:3 undifferentiated	S3553
Sucrose	S3553
Lactose	S3553
Fiber, total dietary	S3553
Pantothenic acid	S3553

NDB No. 18035 Bread, Multi-Grain (includes whole-grain)

18:0	S3553
18:1 undifferentiated	S3553
18:2 undifferentiated	S3553
18:3 undifferentiated	S3553
Ash	S3553
Calcium, Ca	S3553
Sodium, Na	S3553
Vitamin E (alpha-tocopherol)	S3553
Vitamin B-6	S3553
20:4 undifferentiated	S3553
22:0	S3553
14:1	S3553
22:4	S3553
Maltose	S3553
Water	S3553
Potassium, K	S3553
Riboflavin	S3553
10:0	S3553
14:0	S3553
18:4	S3553
20:1	S3553
22:1 undifferentiated	S3553
Total lipid (fat)	S3553
Iron, Fe	S3553
Tocopherol, gamma	S3553
22:6 n-3	S3553
17:1	S3553
Protein	S3553
Glucose (dextrose)	S3553
Thiamin	S3553
12:0	S3553
22:5 n-3	S3553
15:0	S3553
15:1	S3553

NDB No. 18059 Bread, rice bran

NDB No. 18059 Bread, rice bran

Choline, total S2105

NDB No. 18060 Bread, rye

Fluoride, F D5007

NDB No. 18064 Bread, wheat

Niacin S2105

Choline, total S2105

17:1 S2105

20:3 undifferentiated S2105

Ash S2105

Copper, Cu S2105

Manganese, Mn S2105

20:0 S2105

22:0 S2105

20:1 S2105

17:0 S2105

20:2 n-6 c,c S2105

Selenium, Se S2105

8:0 S2105

Calcium, Ca S2105

Iron, Fe S2105

Magnesium, Mg S2105

Zinc, Zn S2105

Vitamin B-6 S2105

18:0 S2105

14:1 S2105

Vitamin C, total ascorbic acid S2105

Vitamin K (phylloquinone) S2105

15:1 S2105

Total lipid (fat) S2105

Vitamin E (alpha-tocopherol) S2105

10:0 S2105

18:3 n-6 c,c,c S2105

18:3 n-3 c,c,c S2105

Water S2105

NDB No. 18064 Bread, wheat

Phosphorus, P	S2105
14:0	S2105
16:0	S2105
20:4 undifferentiated	S2105
16:1 undifferentiated	S2105
Potassium, K	S2105
Sodium, Na	S2105
Thiamin	S2105
Riboflavin	S2105
Pantothenic acid	S2105
12:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
15:0	S2105

NDB No. 18065 Bread, wheat, toasted

20:0	S2105
16:1 undifferentiated	S2105
20:1	S2105
15:0	S2105
17:1	S2105
Potassium, K	S2105
Manganese, Mn	S2105
Vitamin C, total ascorbic acid	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
18:1 undifferentiated	S2105
Phosphorus, P	S2105
Vitamin E (alpha-tocopherol)	S2105
Riboflavin	S2105
12:0	S2105
20:4 undifferentiated	S2105
22:0	S2105
20:2 n-6 c,c	S2105
Total lipid (fat)	S2105
Water	S2105

NDB No. 18065 Bread, wheat, toasted

Niacin	S2105
Vitamin K (phylloquinone)	S2105
8:0	S2105
18:0	S2105
14:1	S2105
18:3 n-3 c,c,c	S2105
Ash	S2105
Calcium, Ca	S2105
Magnesium, Mg	S2105
Zinc, Zn	S2105
14:0	S2105
15:1	S2105
Sodium, Na	S2105
Copper, Cu	S2105
Selenium, Se	S2105
Thiamin	S2105
16:0	S2105
18:3 n-6 c,c,c	S2105
Iron, Fe	S2105
10:0	S2105
18:2 undifferentiated	S2105
17:0	S2105
20:3 undifferentiated	S2105

NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)

Fiber, total dietary	S20
Phosphorus, P	S20
Sodium, Na	S20
Fluoride, F	D5001, D5301, D5002, D5007, D5021
Vitamin C, total ascorbic acid	S20
24:0	S20
Protein	S20
Pantothenic acid	S20
18:0	S20
18:3 undifferentiated	S20
15:0	S20

Reference Report

JUL-17-2008 02:00 PM

Page 1889 of 3136

NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)

Sucrose	S20
Galactose	S20
Magnesium, Mg	S20
Zinc, Zn	S20
Manganese, Mn	S20
Selenium, Se	S20
Thiamin	S20
Vitamin B-12	S20
4:0	S20
18:1 undifferentiated	S20
16:1 undifferentiated	S20
Fructose	S20
Sugars, total	S20
6:0	S20
10:0	S20
16:0	S20
22:0	S20
14:1	S20
22:5 n-3	S20
Starch	S20
Glucose (dextrose)	S20
Lactose	S20
Water	S20
Calcium, Ca	S20
Potassium, K	S20
Copper, Cu	S20
Niacin	S20
Folate, food	S20
Cholesterol	S20
20:0	S20
20:5 n-3	S20
Total lipid (fat)	S20
Iron, Fe	S20
Riboflavin	S20
14:0	S20
22:6 n-3	S20
18:4	S20

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1890 of 3136

NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)

15:1	S20
Ash	S20
Maltose	S20
Folate, total	S20
Vitamin K (phylloquinone)	D4002, D4072
Folic acid	S20
12:0	S20
18:2 undifferentiated	S20
20:4 undifferentiated	S20
17:0	S20
17:1	S20
Vitamin B-6	S20
8:0	S20
20:1	S20
22:1 undifferentiated	S20

NDB No. 18075 Bread, whole-wheat, commercially prepared

Calcium, Ca	S27
Sodium, Na	S27
Protein	S27
Total lipid (fat)	S27
Ash	S27
Zinc, Zn	S27
Niacin	S27
Copper, Cu	S27
Manganese, Mn	S27
Thiamin	S27
Vitamin B-6	S27
Vitamin K (phylloquinone)	S27
Potassium, K	S27
Selenium, Se	S27
Pantothenic acid	S27
Choline, total	S27, S3461
Fiber, total dietary	S27
Iron, Fe	S27
Phosphorus, P	S27

NDB No. 18075 Bread, whole-wheat, commercially prepared

Water	S27
Magnesium, Mg	S27
Riboflavin	S27

NDB No. 18076 Bread, whole-wheat, commercially prepared, toasted

Phosphorus, P	S27
Potassium, K	S27
Zinc, Zn	S27
Pantothenic acid	S27
Iron, Fe	S27
Sodium, Na	S27
Vitamin C, total ascorbic acid	S27
Vitamin B-6	S27
Magnesium, Mg	S27
Selenium, Se	S27
Niacin	S27
Ash	S27
Calcium, Ca	S27
Water	S27
Total lipid (fat)	S27
Fiber, total dietary	S27
Copper, Cu	S27
Manganese, Mn	S27
Thiamin	S27
Riboflavin	S27
Vitamin K (phylloquinone)	S27

NDB No. 18079 Bread crumbs, dry, grated, plain

Galactose	S25
Folate, total	S25
18:3 undifferentiated	S25
24:0	S25
Starch	S25
Iron, Fe	S25
Potassium, K	S25
Copper, Cu	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1892 of 3136

NDB No. 18079 Bread crumbs, dry, grated, plain

Selenium, Se	S25
Cryptoxanthin, beta	S25
Riboflavin	S25
Pantothenic acid	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
18:2 undifferentiated	S25
22:0	S25
14:1	S25
Lactose	S25
Water	S25
Fiber, total dietary	S25
22:6 n-3	S25
16:1 undifferentiated	S25
15:0	S25
17:0	S25
Ash	S25
Glucose (dextrose)	S25
Thiamin	S25
10:0	S25
14:0	S25
18:4	S25
22:5 n-3	S25
Sugars, total	S25
Sodium, Na	S25
Manganese, Mn	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Niacin	S25
Cholesterol	S25
18:0	S25
22:1 undifferentiated	S25
Fructose	S25
Magnesium, Mg	S25
Zinc, Zn	S25

Reference_Report

NDB No. 18079 Bread crumbs, dry, grated, plain

Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Vitamin B-6	S25
Vitamin B-12	S25
16:0	S25
20:0	S25
18:1 undifferentiated	S25
20:5 n-3	S25
Protein	S25
Total lipid (fat)	S25
Sucrose	S25
Calcium, Ca	S25
Carotene, beta	S25
Carotene, alpha	S25
12:0	S25
Maltose	S25
Phosphorus, P	S25
Lycopene	S25
20:4 undifferentiated	S25
20:1	S25

NDB No. 18082 Bread stuffing, bread, dry mix, prepared

Fluoride, F	D5001
-------------	-------

NDB No. 18086 Cake, angelfood, commercially prepared

Phosphorus, P	S3221
---------------	-------

NDB No. 18101 Cake, chocolate, prepared from recipe without frosting

Betaine	S1063
Choline, total	S1063

NDB No. 18127 Cake, snack cakes, creme-filled, chocolate with frosting

Total lipid (fat)	S1162
Riboflavin	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1894 of 3136

NDB No. 18127 Cake, snack cakes, creme-filled, chocolate with frosting

Pantothenic acid	S1162
Hydroxyproline	S1162
6:0	S1162
12:0	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Folate, total	S1162
4:0	S1162
8:0	S1162
20:0	S1162
16:1 undifferentiated	S1162
20:1	S1162
24:1 c	S1162
13:0	S1162
18:3 n-3 c,c,c	S1162
Phosphorus, P	S1162
Vitamin C, total ascorbic acid	S1162
Niacin	S1162
Vitamin B-6	S1162
Folic acid	S1162
20:4 undifferentiated	S1162
22:0	S1162
24:0	S1162
Ash	S1162
Copper, Cu	S1162
14:0	S1162
Protein	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
18:1 undifferentiated	S1162
18:3 undifferentiated	S1162
22:6 n-3	S1162
22:1 undifferentiated	S1162
15:0	S1162

Reference_Report

NDB No. 18127 Cake, snack cakes, creme-filled, chocolate with frosting

Vitamin K (phylloquinone)	S1162
Folate, food	S1162
20:5 n-3	S1162
20:3 undifferentiated	S1162
Magnesium, Mg	S1162
Thiamin	S1162
Fatty acids, total saturated	S1162
10:0	S1162
16:0	S1162
18:0	S1162
14:1	S1162
17:0	S1162
20:2 n-6 c,c	S1162
15:1	S1162
Potassium, K	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
18:2 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162

NDB No. 18128 Cake, snack cakes, creme-filled, sponge

Protein	S2741
Total lipid (fat)	S2741
Zinc, Zn	S2741
Selenium, Se	S2741
Tocopherol, gamma	S2741
Folic acid	S2741
12:0	S2741
16:1 undifferentiated	S2741
20:1	S2741
Fructose	S2741
Phosphorus, P	S2741

NDB No. 18128 Cake, snack cakes, creme-filled, sponge

4:0	S2741
20:4 undifferentiated	S2741
22:1 undifferentiated	S2741
Lactose	S2741
Sodium, Na	S2741
Thiamin	S2741
Betaine	S2741
18:0	S2741
18:4	S2741
20:5 n-3	S2741
17:0	S2741
20:2 n-6 c,c	S2741
Maltose	S2741
Calcium, Ca	S2741
Iron, Fe	S2741
Copper, Cu	S2741
Vitamin E (alpha-tocopherol)	S2741
Vitamin B-6	S2741
Fatty acids, total trans	S2741
6:0	S2741
10:0	S2741
16:0	S2741
Pantothenic acid	S2741
22:6 n-3	S2741
22:5 n-3	S2741
Ash	S2741
Water	S2741
Fiber, total dietary	S2741
Magnesium, Mg	S2741
Tocopherol, beta	S2741
Niacin	S2741
Folate, total	S2741
Choline, total	S2741
8:0	S2741
14:0	S2741
20:0	S2741
18:1 undifferentiated	S2741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1897 of 3136

NDB No. 18128 Cake, snack cakes, creme-filled, sponge

18:2 undifferentiated	S2741
18:3 undifferentiated	S2741
22:0	S2741
15:0	S2741
Sucrose	S2741
Glucose (dextrose)	S2741
Manganese, Mn	S2741
Tocopherol, delta	S2741
Vitamin K (phylloquinone)	S2741
14:1	S2741
Starch	S2741
Potassium, K	S2741
Riboflavin	S2741
Folate, food	S2741

NDB No. 18135 Cake, white, dry mix, pudding-type, enriched

Folate, total	D4901
---------------	-------

NDB No. 18137 Cake, white, dry mix, regular

Folate, total	D4901
---------------	-------

NDB No. 18142 Cake, yellow, dry mix, pudding-type

Folate, total	D4901
---------------	-------

NDB No. 18144 Cake, yellow, dry mix, regular, enriched

Folate, total	D4901
---------------	-------

NDB No. 18159 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Maltose	S21, S3559
Copper, Cu	S21, S3559
Tocopherol, beta	S3559
Pantothenic acid	S21, S3559
Folic acid	S21, S3559

Reference_Report

NDB No. 18159 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Betaine	S21
Leucine	S3559
Alanine	S3559
Glycine	S3559
8:0	S3559
10:0	S3559
12:0	S3559
14:0	S3559
16:1 undifferentiated	S3559
Fatty acids, total monounsaturated	S3559
24:0	S3559
18:2 CLAs	S3559
16:1 c	S3559
18:3 n-6 c,c,c	S3559
Sucrose	S21, S3559
Vitamin K (phylloquinone)	S3559
Tyrosine	S3559
Valine	S3559
Histidine	S3559
14:1	S3559
18:2 n-6 c,c	S3559
18:3 n-3 c,c,c	S3559
Iron, Fe	S21, S3559
Magnesium, Mg	S21, S3559
Vitamin E (alpha-tocopherol)	S3559
Tocopherol, delta	S3559
Riboflavin	S21, S3559
Folate, total	S21, S3559
Vitamin B-12	S3559
Threonine	S3559
20:4 undifferentiated	S3559
22:0	S3559
18:4	S3559
22:1 t	S3559
22:4	S3559
Calcium, Ca	S21, S3559
Zinc, Zn	S21, S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1899 of 3136

NDB No. 18159 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Selenium, Se	S21, S3559
Niacin	S21, S3559
Fatty acids, total saturated	S3559
18:1 undifferentiated	S3559
18:2 t not further defined	S3559
20:3 n-6	S3559
Protein	S21, S3559
Fiber, total dietary	S21, S3559
Sodium, Na	S21, S3559
Tocopherol, gamma	S3559
Folate, food	S21, S3559
Phenylalanine	S3559
16:0	S3559
18:2 undifferentiated	S3559
22:1 undifferentiated	S3559
22:5 n-3	S3559
17:0	S3559
18:1 t	S3559
20:3 n-3	S3559
Ash	S21, S3559
Galactose	S21, S3559
Manganese, Mn	S21, S3559
Thiamin	S21, S3559
Vitamin B-6	S21, S3559
Choline, total	S21
Isoleucine	S3559
Methionine	S3559
Cystine	S3559
Aspartic acid	S3559
Proline	S3559
Fatty acids, total trans	S3559
6:0	S3559
20:1	S3559
20:5 n-3	S3559
24:1 c	S3559
18:1 c	S3559
Total lipid (fat)	S21, S3559

Reference Report

JUL-17-2008 02:00 PM

Page 1900 of 3136

NDB No. 18159 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Starch	S21, S3559
Lactose	S21, S3559
Water	S21, S3559
Sugars, total	S21, S3559
Phosphorus, P	S21, S3559
Potassium, K	S21, S3559
Tryptophan	S3559
Lysine	S3559
18:0	S3559
20:0	S3559
22:6 n-3	S3559
20:3 undifferentiated	S3559
Fatty acids, total trans-polyenoic	S3559
15:1	S3559
Glucose (dextrose)	S21, S3559
Fructose	S21, S3559
Arginine	S3559
Glutamic acid	S3559
Serine	S3559
4:0	S3559
18:3 undifferentiated	S3559
Fatty acids, total polyunsaturated	S3559
15:0	S3559
16:1 t	S3559
20:2 n-6 c,c	S3559
22:1 c	S3559
17:1	S3559
Fatty acids, total trans-monoenoic	S3559

NDB No. 18160 Cookies, chocolate chip, commercially prepared, soft-type

Iron, Fe	S3559
Vitamin B-12	S3559
Folic acid	S3559
6:0	S3559
8:0	S3559
10:0	S3559

Reference_Report

NDB No. 18160 Cookies, chocolate chip, commercially prepared, soft-type

14:0	S3559
14:1	S3559
22:4	S3559
Maltose	S3559
Water	S3559
Sugars, total	S3559
Galactose	S3559
Potassium, K	S3559
Sodium, Na	S3559
Niacin	S3559
16:0	S3559
18:3 undifferentiated	S3559
18:4	S3559
Fatty acids, total monounsaturated	S3559
17:0	S3559
16:1 t	S3559
18:2 t not further defined	S3559
Total lipid (fat)	S3559
Starch	S3559
Calcium, Ca	S3559
Manganese, Mn	S3559
Vitamin K (phylloquinone)	S3559
Folate, food	S3559
4:0	S3559
12:0	S3559
22:6 n-3	S3559
16:1 undifferentiated	S3559
22:1 c	S3559
20:3 n-3	S3559
Protein	S3559
Fiber, total dietary	S3559
18:0	S3559
18:2 undifferentiated	S3559
20:4 undifferentiated	S3559
24:0	S3559
18:1 t	S3559
22:1 t	S3559

NDB No. 18160 Cookies, chocolate chip, commercially prepared, soft-type

24:1 c	S3559
18:2 n-6 c,c	S3559
17:1	S3559
15:1	S3559
Ash	S3559
Glucose (dextrose)	S3559
Phosphorus, P	S3559
Zinc, Zn	S3559
Selenium, Se	S3559
Fatty acids, total saturated	S3559
20:1	S3559
20:5 n-3	S3559
15:0	S3559
18:3 n-6 c,c,c	S3559
Sucrose	S3559
Fructose	S3559
Magnesium, Mg	S3559
Copper, Cu	S3559
Thiamin	S3559
Fatty acids, total trans	S3559
18:1 undifferentiated	S3559
20:2 n-6 c,c	S3559
16:1 c	S3559
18:1 c	S3559
Fatty acids, total trans-polyenoic	S3559
20:3 n-6	S3559
Vitamin E (alpha-tocopherol)	S3559
Tocopherol, gamma	S3559
Riboflavin	S3559
22:0	S3559
22:1 undifferentiated	S3559
Fatty acids, total polyunsaturated	S3559
18:2 CLAs	S3559
20:3 undifferentiated	S3559
18:3 n-3 c,c,c	S3559
Lactose	S3559
Tocopherol, beta	S3559

Reference Report

JUL-17-2008 02:00 PM

Page 1903 of 3136

NDB No. 18160 Cookies, chocolate chip, commercially prepared, soft-type

Tocopherol, delta	S3559
Pantothenic acid	S3559
Vitamin B-6	S3559
Folate, total	S3559
20:0	S3559
22:5 n-3	S3559
Fatty acids, total trans- monoenoic	S3559

NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular

Protein	S3559
Lactose	S3559
Riboflavin	S3559
Threonine	S3559
Cystine	S3559
Histidine	S3559
Serine	S3559
8:0	S3559
10:0	S3559
22:6 n-3	S3559
Fatty acids, total monounsaturated	S3559
20:2 n-6 c,c	S3559
18:3 n-6 c,c,c	S3559
15:1	S3559
Fructose	S3559
Water	S3559
Sodium, Na	S3559
Manganese, Mn	S3559
Tocopherol, beta	S3559
Vitamin B-6	S3559
Folate, total	S3559
Folate, food	S3559
Tryptophan	S3559
Alanine	S3559
4:0	S3559
12:0	S3559

Reference Report

JUL-17-2008 02:00 PM

Page 1904 of 3136

NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular

20:0	S3559
18:2 undifferentiated	S3559
18:2 t not further defined	S3559
24:1 c	S3559
16:1 c	S3559
22:1 c	S3559
20:3 n-3	S3559
Maltose	S3559
Zinc, Zn	S3559
Tocopherol, delta	S3559
Thiamin	S3559
Valine	S3559
18:1 undifferentiated	S3559
20:1	S3559
Ash	S3559
Glucose (dextrose)	S3559
Sugars, total	S3559
Galactose	S3559
Magnesium, Mg	S3559
Vitamin C, total ascorbic acid	S25
Vitamin K (phylloquinone)	S3559
18:3 undifferentiated	S3559
22:1 undifferentiated	S3559
22:5 n-3	S3559
16:1 t	S3559
20:3 undifferentiated	S3559
Starch	S3559
Iron, Fe	S3559
Phosphorus, P	S3559
Selenium, Se	S3559
Folic acid	S3559
Leucine	S3559
Lysine	S3559
Methionine	S3559
Phenylalanine	S3559
Arginine	S3559
6:0	S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1905 of 3136

NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular

14:0	S3559
20:4 undifferentiated	S3559
14:1	S3559
16:1 undifferentiated	S3559
Fatty acids, total polyunsaturated	S3559
Fatty acids, total trans-polyenoic	S3559
Vitamin E (alpha-tocopherol)	S3559
Pantothenic acid	S3559
Isoleucine	S3559
Glycine	S3559
Proline	S3559
Fatty acids, total trans	S3559
22:0	S3559
17:0	S3559
22:4	S3559
Total lipid (fat)	S3559
Copper, Cu	S3559
Niacin	S3559
Aspartic acid	S3559
Glutamic acid	S3559
16:0	S3559
18:0	S3559
18:4	S3559
20:5 n-3	S3559
15:0	S3559
17:1	S3559
18:3 n-3 c,c,c	S3559
Sucrose	S3559
Fiber, total dietary	S3559
Calcium, Ca	S3559
Potassium, K	S3559
Tocopherol, gamma	S3559
Vitamin B-12	S3559
Tyrosine	S3559
Fatty acids, total saturated	S3559
24:0	S3559
22:1 t	S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1906 of 3136

NDB No. 18166 Cookies, chocolate sandwich, with creme filling, regular

Fatty acids, total trans-monoenoic	S3559
20:3 n-6	S3559

NDB No. 18168 Cookies, chocolate sandwich, with extra creme filling

Total lipid (fat)	S25
Lactose	S25
Water	S25
Vitamin B-6	S25
17:0	S25
Fiber, total dietary	S25
Magnesium, Mg	S25
Zinc, Zn	S25
Copper, Cu	S25
Vitamin C, total ascorbic acid	S25
Niacin	S25
Folate, food	S25
10:0	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Manganese, Mn	S25
Riboflavin	S25
Folate, total	S25
8:0	S25
22:5 n-3	S25
Campesterol	S25
17:1	S25
Iron, Fe	S25
Sodium, Na	S25
20:0	S25
18:4	S25
20:1	S25
20:5 n-3	S25
Potassium, K	S25
Thiamin	S25
12:0	S25

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1907 of 3136

NDB No. 18168 Cookies, chocolate sandwich, with extra creme filling

20:4 undifferentiated	S25
Stigmasterol	S25
24:0	S25
24:1 c	S25
16:1 c	S25
22:1 c	S25
Maltose	S25
Sugars, total	S25
Galactose	S25
Phosphorus, P	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
4:0	S25
22:0	S25
14:1	S25
Protein	S25
Starch	S25
Pantothenic acid	S25
6:0	S25
14:0	S25
18:0	S25
Beta-sitosterol	S25
Ash	S25
Calcium, Ca	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, delta	S25
16:0	S25

NDB No. 18214 Crackers, cheese, regular

Folate, total	D4901
---------------	-------

NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling

Ash	S25
Potassium, K	S25
Niacin	S25

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1908 of 3136

NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling

Vitamin K (phylloquinone)	S25
Total lipid (fat)	S25
Selenium, Se	S25
Folate, total	S25
12:0	S25
18:1 undifferentiated	S25
18:3 undifferentiated	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
24:0	S25
4:0	S25
6:0	S25
18:2 undifferentiated	S25
20:4 undifferentiated	S25
Protein	S25
Water	S25
Zinc, Zn	S25
Pantothenic acid	S25
15:0	S25
Magnesium, Mg	S25
Sodium, Na	S25
Manganese, Mn	S25
Vitamin E (alpha-tocopherol)	S25
8:0	S25
10:0	S25
16:0	S25
22:6 n-3	S25
Calcium, Ca	S25
Iron, Fe	S25
Phosphorus, P	S25
18:0	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
Riboflavin	S25
Vitamin B-6	S25

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1909 of 3136

NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling

Copper, Cu	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Vitamin B-12	S25
Cholesterol	S25
14:0	S25
20:0	S25
22:0	S25
14:1	S25
17:0	S25

NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)

Lactose	S3559
Manganese, Mn	S3559
Vitamin E (alpha-tocopherol)	S3559
Folate, food	S3559
Lysine	S3559
Aspartic acid	S3559
Fatty acids, total monounsaturated	S3559
18:1 c	S3559
18:2 n-6 c,c	S3559
Protein	S3559
Total lipid (fat)	S3559
Starch	S3559
Fiber, total dietary	S3559
Pantothenic acid	S3559
Choline, total	S3461
Phenylalanine	S3559
Cholesterol	S23
18:4	S3559
16:1 t	S3559
Fatty acids, total trans	S3559
24:0	S3559
24:1 c	S3559
Maltose	S3559
Magnesium, Mg	S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1910 of 3136

NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)

Potassium, K	S3559
Copper, Cu	S3559
Folate, total	S3559
Vitamin B-12	S3559
Glutamic acid	S3559
Serine	S3559
10:0	S3559
14:0	S3559
18:1 undifferentiated	S3559
22:6 n-3	S3559
22:0	S3559
22:1 undifferentiated	S3559
20:2 n-6 c,c	S3559
20:3 undifferentiated	S3559
Fatty acids, total trans-polyenoic	S3559
Tocopherol, beta	S3559
Tocopherol, delta	S3559
Riboflavin	S3559
Vitamin B-6	S3559
Tryptophan	S3559
Valine	S3559
Arginine	S3559
Proline	S3559
6:0	S3559
18:0	S3559
18:3 undifferentiated	S3559
14:1	S3559
20:5 n-3	S3559
18:1 t	S3559
22:1 t	S3559
17:1	S3559
Sucrose	S3559
Fructose	S3559
Water	S3559
Galactose	S3559
Iron, Fe	S3559
Sodium, Na	S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1911 of 3136

NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)

Zinc, Zn	S3559
Leucine	S3559
Alanine	S3559
16:0	S3559
20:0	S3559
18:2 undifferentiated	S3559
20:1	S3559
22:5 n-3	S3559
18:2 t not further defined	S3559
18:2 CLAs	S3559
18:3 n-6 c,c,c	S3559
15:1	S3559
Ash	S3559
Vitamin K (phylloquinone)	S3559
Betaine	S3461
Threonine	S3559
Cystine	S3559
Glycine	S3559
12:0	S3559
16:1 undifferentiated	S3559
22:1 c	S3559
18:3 n-3 c,c,c	S3559
22:4	S3559
Glucose (dextrose)	S3559
Sugars, total	S3559
Calcium, Ca	S3559
Phosphorus, P	S3559
Selenium, Se	S3559
Tocopherol, gamma	S3559
Thiamin	S3559
Niacin	S3559
Folic acid	S3559
Isoleucine	S3559
Methionine	S3559
Tyrosine	S3559
Histidine	S3559
Fatty acids, total saturated	S3559

Reference_Report

NDB No. 18228 Crackers, saltines (includes oyster, soda, soup)

4:0	S3559
8:0	S3559
20:4 undifferentiated	S3559
Fatty acids, total polyunsaturated	S3559
15:0	S3559
17:0	S3559
16:1 c	S3559
Fatty acids, total trans-monoenoic	S3559
20:3 n-3	S3559
20:3 n-6	S3559

NDB No. 18229 Crackers, standard snack-type, regular

Water	S3559
Phosphorus, P	S3559
Manganese, Mn	S3559
Vitamin B-6	S3559
Phenylalanine	S3559
Tyrosine	S3559
14:1	S3559
16:1 undifferentiated	S3559
18:3 n-6 c,c,c	S3559
Iron, Fe	S3559
Magnesium, Mg	S3559
Potassium, K	S3559
Tocopherol, beta	S3559
Tocopherol, gamma	S3559
Niacin	S3559
Choline, total	S3461
Cystine	S3559
22:0	S3559
Fatty acids, total monounsaturated	S3559
15:0	S3559
16:1 t	S3559
18:1 t	S3559
24:1 c	S3559

NDB No. 18229 Crackers, standard snack-type, regular

20:2 n-6 c,c	S3559
15:1	S3559
Protein	S3559
Fructose	S3559
Lactose	S3559
Zinc, Zn	S3559
Selenium, Se	S3559
Folate, total	S3559
Threonine	S3559
Valine	S3559
12:0	S3559
18:0	S3559
18:1 undifferentiated	S3559
24:0	S3559
18:2 t not further defined	S3559
17:1	S3559
Total lipid (fat)	S3559
Fiber, total dietary	S3559
Sodium, Na	S3559
Folate, food	S3559
Leucine	S3559
Lysine	S3559
Methionine	S3559
Arginine	S3559
Aspartic acid	S3559
Proline	S3559
20:0	S3559
17:0	S3559
16:1 c	S3559
20:3 n-3	S3559
Starch	S3559
Glucose (dextrose)	S3559
Galactose	S3559
Calcium, Ca	S3559
Copper, Cu	S3559
Riboflavin	S3559
Isoleucine	S3559

Reference_Report

NDB No. 18229 Crackers, standard snack-type, regular

Alanine	S3559
Glycine	S3559
Fatty acids, total saturated	S3559
18:3 undifferentiated	S3559
22:5 n-3	S3559
Fatty acids, total polyunsaturated	S3559
18:2 CLAs	S3559
18:2 n-6 c,c	S3559
Fatty acids, total trans-polyenoic	S3559
20:3 n-6	S3559
22:4	S3559
Ash	S3559
Maltose	S3559
Vitamin K (phylloquinone)	S3559
Folic acid	S3559
Betaine	S3461
Tryptophan	S3559
Glutamic acid	S3559
Serine	S3559
Fatty acids, total trans	S3559
4:0	S3559
6:0	S3559
8:0	S3559
14:0	S3559
18:4	S3559
20:1	S3559
20:5 n-3	S3559
22:1 c	S3559
Sugars, total	S3559
Vitamin E (alpha-tocopherol)	S3559
Tocopherol, delta	S3559
Thiamin	S3559
10:0	S3559
20:4 undifferentiated	S3559
22:1 undifferentiated	S3559
22:1 t	S3559
18:1 c	S3559

Reference_Report

NDB No. 18229 Crackers, standard snack-type, regular

Fatty acids, total trans-monoenoic	S3559
Sucrose	S3559
Pantothenic acid	S3559
Histidine	S3559
16:0	S3559
18:2 undifferentiated	S3559
22:6 n-3	S3559
20:3 undifferentiated	S3559
18:3 n-3 c,c,c	S3559

NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

Selenium, Se	S25
4:0	S25
18:1 undifferentiated	S25
22:6 n-3	S25
Protein	S25
Sucrose	S25
Maltose	S25
Water	S25
Calcium, Ca	S25
Phosphorus, P	S25
Zinc, Zn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Folate, total	S25
8:0	S25
10:0	S25
Iron, Fe	S25
Manganese, Mn	S25
Tocopherol, gamma	S25
Vitamin B-6	S25
18:2 undifferentiated	S25
22:0	S25
20:1	S25
Total lipid (fat)	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1916 of 3136

NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

Tocopherol, delta	S25
Vitamin K (phylloquinone)	S25
14:0	S25
24:0	S25
Starch	S25
Glucose (dextrose)	S25
Magnesium, Mg	S25
Vitamin E (alpha-tocopherol)	S25
Pantothenic acid	S25
12:0	S25
14:1	S25
22:5 n-3	S25
Lactose	S25
Tocopherol, beta	S25
16:0	S25
20:0	S25
18:3 undifferentiated	S25
16:1 undifferentiated	S25
18:4	S25
17:0	S25
Ash	S25
Galactose	S25
Potassium, K	S25
Sodium, Na	S25
Copper, Cu	S25
Riboflavin	S25
15:0	S25
Fructose	S25
Niacin	S25
6:0	S25
18:0	S25
20:4 undifferentiated	S25
20:5 n-3	S25
22:1 undifferentiated	S25
13:0	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1917 of 3136

NDB No. 18232 Crackers, wheat, regular

Folate, total	D4901
Choline, total	S4001, S3461

NDB No. 18235 Crackers, whole-wheat

Choline, total	S4001, S3461
----------------	--------------

NDB No. 18236 Cracker meal

Choline, total	S3461
----------------	-------

NDB No. 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Total lipid (fat)	S1162
Phosphorus, P	S1162
Niacin	S1162
6:0	S1162
18:0	S1162
17:0	S1162
Magnesium, Mg	S1162
Potassium, K	S1162
Zinc, Zn	S1162
18:2 undifferentiated	S1162
22:0	S1162
20:2 n-6 c,c	S1162
17:1	S1162
Protein	S1162
Thiamin	S1162
20:4 undifferentiated	S1162
14:1	S1162
15:0	S1162
18:1 t	S1162
Sugars, total	S1162
Sodium, Na	S1162
Copper, Cu	S1162
Vitamin B-6	S1162
Folate, total	S1162
4:0	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1918 of 3136

NDB No. 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

10:0	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
24:0	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Manganese, Mn	S1162
Vitamin C, total ascorbic acid	S1162
Pantothenic acid	S1162
Folate, food	S1162
14:0	S1162
18:1 c	S1162
20:3 undifferentiated	S1162
Water	S1162
Iron, Fe	S1162
12:0	S1162
16:0	S1162
13:0	S1162
18:3 n-3 c,c,c	S1162
Folic acid	S1162
Hydroxyproline	S1162
20:0	S1162
16:1 undifferentiated	S1162
24:1 c	S1162
15:1	S1162
Ash	S1162
Selenium, Se	S1162
Riboflavin	S1162
Choline, total	S1162
Vitamin K (phylloquinone)	S1162
8:0	S1162
22:6 n-3	S1162
20:1	S1162
18:3 n-6 c,c,c	S1162

NDB No. 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1919 of 3136

NDB No. 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted

8:0	S1162
14:0	S1162
20:4 undifferentiated	S1162
22:1 undifferentiated	S1162
Fatty acids, total polyunsaturated	S1162
17:1	S1162
Water	S1162
Fiber, total dietary	S1162
Magnesium, Mg	S1162
4:0	S1162
18:2 undifferentiated	S1162
20:1	S1162
17:0	S1162
24:0	S1162
Pantothenic acid	S1162
Folate, total	S1162
Choline, total	S1162
Folic acid	S1162
Folate, food	S1162
18:1 undifferentiated	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
15:1	S1162
Total lipid (fat)	S1162
Sodium, Na	S1162
Vitamin B-6	S1162
10:0	S1162
16:0	S1162
20:0	S1162
22:6 n-3	S1162
14:1	S1162
Fatty acids, total monounsaturated	S1162
13:0	S1162
Iron, Fe	S1162
Phosphorus, P	S1162
Zinc, Zn	S1162

Reference_Report

NDB No. 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted

Vitamin K (phylloquinone)	S1162
12:0	S1162
18:3 undifferentiated	S1162
18:1 c	S1162
Ash	S1162
Copper, Cu	S1162
Thiamin	S1162
Riboflavin	S1162
Fatty acids, total saturated	S1162
22:0	S1162
18:3 n-3 c,c,c	S1162
Protein	S1162
Calcium, Ca	S1162
Potassium, K	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Niacin	S1162
6:0	S1162
20:3 undifferentiated	S1162
Sugars, total	S1162
Manganese, Mn	S1162
Hydroxyproline	S1162
18:0	S1162
16:1 undifferentiated	S1162
20:5 n-3	S1162
15:0	S1162
18:3 n-6 c,c,c	S1162

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. 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Reference Report

JUL-17-2008 02:00 PM

Page 1921 of 3136

NDB No. 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Vitamin B-6	S1162
Fatty acids, total monounsaturated	S1162
18:3 n-6 c,c,c	S1162
Protein	S1162
Ash	S1162
Magnesium, Mg	S1162
Potassium, K	S1162
4:0	S1162
10:0	S1162
20:0	S1162
22:6 n-3	S1162
16:1 undifferentiated	S1162
Total lipid (fat)	S1162
Manganese, Mn	S1162
Niacin	S1162
Folic acid	S1162
Hydroxyproline	S1162
18:1 undifferentiated	S1162
Water	S1162
Sugars, total	S1162
Calcium, Ca	S1162
Copper, Cu	S1162
Pantothenic acid	S1162
Folate, food	S1162
20:2 n-6 c,c	S1162
20:3 undifferentiated	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162
Iron, Fe	S1162
Phosphorus, P	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
12:0	S1162
18:0	S1162
Fatty acids, total polyunsaturated	S1162
17:1	S1162
Fiber, total dietary	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1922 of 3136

NDB No. 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Sodium, Na	S1162
Zinc, Zn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
6:0	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:5 n-3	S1162
24:0	S1162
24:1 c	S1162
20:4 undifferentiated	S1162
14:1	S1162
20:1	S1162
22:1 undifferentiated	S1162
15:0	S1162
13:0	S1162
Thiamin	S1162
Riboflavin	S1162
Fatty acids, total saturated	S1162
8:0	S1162
14:0	S1162
16:0	S1162
22:0	S1162
17:0	S1162

NDB No. 18258 English muffins, plain, enriched, with ca prop (includes sourdough)

Potassium, K	S1162
Pantothenic acid	S1162
Fatty acids, total saturated	S1162
6:0	S1162
18:0	S1162
20:0	S1162
Fatty acids, total monounsaturated	S1162
17:1	S1162
Total lipid (fat)	S1162
Riboflavin	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1923 of 3136

NDB No. 18258 English muffins, plain, enriched, with ca prop (includes sourdough)

Fatty acids, total trans	S1162
12:0	S1162
22:1 undifferentiated	S1162
24:1 c	S1162
Fructose	S1162
Water	S1162
Sodium, Na	S1162
Hydroxyproline	S1162
4:0	S1162
18:2 undifferentiated	S1162
20:5 n-3	S1162
17:0	S1162
24:0	S1162
18:3 n-3 c,c,c	S1162
Maltose	S1162
Sugars, total	S1162
Galactose	S1162
Iron, Fe	S1162
Phosphorus, P	S1162
Manganese, Mn	S1162
Vitamin B-6	S1162
Folate, total	S1162
10:0	S1162
22:0	S1162
Glucose (dextrose)	S1162
Lactose	S1162
Magnesium, Mg	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Folate, food	S1162
22:6 n-3	S1162
14:1	S1162
15:0	S1162
13:0	S1162
15:1	S1162
Starch	S1162
Sucrose	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1924 of 3136

NDB No. 18258 English muffins, plain, enriched, with ca prop (includes sourdough)

Fiber, total dietary	S1162
Zinc, Zn	S1162
Niacin	S1162
Choline, total	S1162
Folic acid	S1162
8:0	S1162
14:0	S1162
16:0	S1162
20:3 undifferentiated	S1162
Protein	S1162
Calcium, Ca	S1162
16:1 undifferentiated	S1162
18:1 t	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
Ash	S1162
Copper, Cu	S1162
Thiamin	S1162
Vitamin K (phylloquinone)	S1162
18:1 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
20:1	S1162
Fatty acids, total polyunsaturated	S1162

NDB No. 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Magnesium, Mg	S1162
12:0	S1162
18:0	S1162
Total lipid (fat)	S1162
Copper, Cu	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Niacin	S1162
Fatty acids, total saturated	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1925 of 3136

NDB No. 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

10:0	S1162
16:0	S1162
Fatty acids, total polyunsaturated	S1162
Ash	S1162
Calcium, Ca	S1162
Phosphorus, P	S1162
Zinc, Zn	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total monounsaturated	S1162
15:0	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
Starch	S1162
Potassium, K	S1162
Selenium, Se	S1162
Vitamin K (phylloquinone)	S1162
8:0	S1162
20:0	S1162
20:4 undifferentiated	S1162
16:1 undifferentiated	S1162
18:3 n-6 c,c,c	S1162
18:3 n-3 c,c,c	S1162
Protein	S1162
Water	S1162
Sugars, total	S1162
Sodium, Na	S1162
4:0	S1162
18:2 undifferentiated	S1162
18:1 t	S1162
13:0	S1162
Fiber, total dietary	S1162
Folic acid	S1162
6:0	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1926 of 3136

NDB No. 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

14:0	S1162
18:1 undifferentiated	S1162
18:3 undifferentiated	S1162
22:0	S1162
22:1 undifferentiated	S1162
18:1 c	S1162
17:1	S1162
20:1	S1162
20:5 n-3	S1162
24:0	S1162
Iron, Fe	S1162
Manganese, Mn	S1162
Riboflavin	S1162
Fatty acids, total trans	S1162
22:6 n-3	S1162
14:1	S1162
17:0	S1162
20:3 undifferentiated	S1162
15:1	S1162

NDB No. 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)

Sugars, total	S1162
Magnesium, Mg	S1162
Vitamin C, total ascorbic acid	S1162
Niacin	S1162
Fatty acids, total polyunsaturated	S1162
17:0	S1162
18:3 n-6 c,c,c	S1162
Calcium, Ca	S1162
8:0	S1162
20:4 undifferentiated	S1162
20:1	S1162
13:0	S1162
Starch	S1162
Sodium, Na	S1162
Thiamin	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1927 of 3136

NDB No. 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)

Folate, total	S1162
18:0	S1162
22:6 n-3	S1162
22:0	S1162
Fatty acids, total trans-monoenoic	S1162
18:3 n-3 c,c,c	S1162
Protein	S1162
Phosphorus, P	S1162
18:2 undifferentiated	S1162
Total lipid (fat)	S1162
Ash	S1162
Water	S1162
Fiber, total dietary	S1162
Copper, Cu	S1162
Riboflavin	S1162
Vitamin B-6	S1162
18:1 undifferentiated	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
20:3 undifferentiated	S1162
Folic acid	S1162
Folate, food	S1162
10:0	S1162
12:0	S1162
16:1 undifferentiated	S1162
15:0	S1162
20:2 n-6 c,c	S1162
Potassium, K	S1162
Zinc, Zn	S1162
Selenium, Se	S1162
Pantothenic acid	S1162
Hydroxyproline	S1162
Fatty acids, total saturated	S1162
14:0	S1162
20:0	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1928 of 3136

NDB No. 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)

18:3 undifferentiated	S1162
14:1	S1162
18:1 t	S1162
24:1 c	S1162
18:1 c	S1162
15:1	S1162
Iron, Fe	S1162
Manganese, Mn	S1162
Vitamin K (phylloquinone)	S1162
Fatty acids, total trans	S1162
4:0	S1162
6:0	S1162
16:0	S1162
24:0	S1162
17:1	S1162

NDB No. 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Calcium, Ca	S1162
Folic acid	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
18:2 undifferentiated	S1162
20:4 undifferentiated	S1162
20:5 n-3	S1162
Sugars, total	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Selenium, Se	S1162
Pantothenic acid	S1162
10:0	S1162
22:6 n-3	S1162
15:1	S1162
Thiamin	S1162
Vitamin K (phylloquinone)	S1162
8:0	S1162
14:0	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1929 of 3136

NDB No. 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

16:0	S1162
20:1	S1162
20:2 n-6 c,c	S1162
18:3 n-6 c,c,c	S1162
20:3 undifferentiated	S1162
Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Fiber, total dietary	S1162
Riboflavin	S1162
Folate, total	S1162
Folate, food	S1162
Hydroxyproline	S1162
6:0	S1162
20:0	S1162
22:0	S1162
24:0	S1162
Water	S1162
Potassium, K	S1162
Vitamin B-6	S1162
4:0	S1162
24:1 c	S1162
18:1 c	S1162
17:1	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
Phosphorus, P	S1162
Sodium, Na	S1162
12:0	S1162
18:0	S1162
18:1 undifferentiated	S1162
14:1	S1162
22:1 undifferentiated	S1162
18:1 t	S1162
18:3 n-3 c,c,c	S1162
Niacin	S1162
18:3 undifferentiated	S1162

Reference_Report

NDB No. 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

16:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
Starch	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Vitamin C, total ascorbic acid	S1162

NDB No. 18274 Muffins, blueberry, commercially prepared (Includes mini-muffins)

Copper, Cu	S1162
Folate, food	S1162
10:0	S1162
17:0	S1162
Sugars, total	S1162
Sodium, Na	S1162
Riboflavin	S1162
Folic acid	S1162
Hydroxyproline	S1162
6:0	S1162
18:1 undifferentiated	S1162
20:4 undifferentiated	S1162
20:5 n-3	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
Water	S1162
Phosphorus, P	S1162
4:0	S1162
12:0	S1162
22:0	S1162
16:1 undifferentiated	S1162
15:0	S1162
18:3 n-3 c,c,c	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 1931 of 3136

NDB No. 18274 Muffins, blueberry, commercially prepared (Includes mini-muffins)

Total lipid (fat)	S1162
Fiber, total dietary	S1162
Iron, Fe	S1162
Potassium, K	S1162
Manganese, Mn	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:2 undifferentiated	S1162
18:3 n-6 c,c,c	S1162
Protein	S1162
8:0	S1162
14:1	S1162
20:1	S1162
20:2 n-6 c,c	S1162
Ash	S1162
Vitamin C, total ascorbic acid	S1162
Niacin	S1162
Folate, total	S1162
Fatty acids, total saturated	S1162
22:1 undifferentiated	S1162
24:0	S1162
17:1	S1162
15:1	S1162
Magnesium, Mg	S1162
14:0	S1162
18:3 undifferentiated	S1162
24:1 c	S1162
Calcium, Ca	S1162
Zinc, Zn	S1162
Selenium, Se	S1162
Thiamin	S1162
Vitamin K (phylloquinone)	S1162
22:6 n-3	S1162
Fatty acids, total monounsaturated	S1162

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1932 of 3136

NDB No. 18274 Muffins, blueberry, commercially prepared (Includes mini-muffins)

Fatty acids, total polyunsaturated	S1162
13:0	S1162

NDB No. 18275 Muffins, blueberry, dry mix

Folate, total	D4901
---------------	-------

NDB No. 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Manganese, Mn	S27
Fatty acids, total saturated	S27
18:2 undifferentiated	S27
Fatty acids, total monounsaturated	S27
Protein	S27
Total lipid (fat)	S27
Ash	S27
Vitamin E (alpha-tocopherol)	S27
Pantothenic acid	S27
10:0	S27
20:4 undifferentiated	S27
20:1	S27
Sugars, total	S27
Iron, Fe	S27
Potassium, K	S27
Sodium, Na	S27
Copper, Cu	S27
Vitamin K (phylloquinone)	S27
14:0	S27
22:0	S27
16:1 undifferentiated	S27
20:2 n-6 c,c	S27
Starch	S27
Zinc, Zn	S27
Thiamin	S27
18:3 undifferentiated	S27
Fatty acids, total polyunsaturated	S27
18:0	S27

Reference_Report

NDB No. 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Water	S27
Calcium, Ca	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Vitamin B-6	S27
20:0	S27
18:1 undifferentiated	S27
14:1	S27
Selenium, Se	S27
Niacin	S27
8:0	S27
17:0	S27
18:3 n-6 c,c,c	S27
17:1	S27
Fiber, total dietary	S27
Riboflavin	S27
12:0	S27
16:0	S27
20:3 undifferentiated	S27
15:1	S27

NDB No. 18301 Pie, apple, commercially prepared, enriched flour

Betaine	S3461
Choline, total	S3461

NDB No. 18324 Pie, pecan, commercially prepared

Galactose	S2941
Phosphorus, P	S2941
Zinc, Zn	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Tryptophan	S2941
Leucine	S2941
Methionine	S2941
18:3 undifferentiated	S2941
14:1	S2941

NDB No. 18324 Pie, pecan, commercially prepared

18:4	S2941
22:5 n-3	S2941
Total lipid (fat)	S2941
Vitamin K (phylloquinone)	S2941
Isoleucine	S2941
Valine	S2941
12:0	S2941
22:6 n-3	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
24:0	S2941
Protein	S2941
Sucrose	S2941
Copper, Cu	S2941
Niacin	S2941
Threonine	S2941
Histidine	S2941
Aspartic acid	S2941
8:0	S2941
10:0	S2941
18:0	S2941
16:1 undifferentiated	S2941
17:1	S2941
21:5	S2941
Glucose (dextrose)	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Vitamin C, total ascorbic acid	S2941
Phenylalanine	S2941
Tyrosine	S2941
18:2 undifferentiated	S2941
20:1	S2941
15:0	S2941
20:2 n-6 c,c	S2941
Ash	S2941
Lactose	S2941
Magnesium, Mg	S2941

Reference Report

JUL-17-2008 02:00 PM

Page 1935 of 3136

NDB No. 18324 Pie, pecan, commercially prepared

Tocopherol, beta	S2941
Betaine	S2941
Lysine	S2941
Alanine	S2941
16:0	S2941
22:0	S2941
20:3 undifferentiated	S2941
Starch	S2941
Fructose	S2941
Water	S2941
Fiber, total dietary	S2941
Potassium, K	S2941
Sodium, Na	S2941
Manganese, Mn	S2941
Thiamin	S2941
Riboflavin	S2941
Vitamin B-6	S2941
Arginine	S2941
Glutamic acid	S2941
20:0	S2941
15:1	S2941
Maltose	S2941
Choline, total	S2941
Folate, food	S2941
Cystine	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
14:0	S2941
18:1 undifferentiated	S2941
17:0	S2941
24:1 c	S2941
22:4	S2941
Sugars, total	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Pantothenic acid	S2941

Reference_Report

NDB No. 18324 Pie, pecan, commercially prepared

Folate, total	S2941
Folic acid	S2941
20:4 undifferentiated	S2941

NDB No. 18326 Pie, pumpkin, commercially prepared

Sucrose	S2941
Zinc, Zn	S2941
Manganese, Mn	S2941
Tocopherol, gamma	S2941
Isoleucine	S2941
Glycine	S2941
8:0	S2941
20:0	S2941
20:3 undifferentiated	S2941
22:4	S2941
Lactose	S2941
Fiber, total dietary	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Choline, total	S2941
Vitamin K (phylloquinone)	S2941
Betaine	S2941
Methionine	S2941
Phenylalanine	S2941
10:0	S2941
16:0	S2941
20:4 undifferentiated	S2941
20:1	S2941
15:1	S2941
Glucose (dextrose)	S2941
Calcium, Ca	S2941
Tocopherol, beta	S2941
Leucine	S2941
Arginine	S2941
12:0	S2941

Reference Report

JUL-17-2008 02:00 PM

Page 1937 of 3136

NDB No. 18326 Pie, pumpkin, commercially prepared

14:0	S2941
18:1 undifferentiated	S2941
22:0	S2941
16:1 undifferentiated	S2941
Fructose	S2941
Selenium, Se	S2941
Niacin	S2941
Pantothenic acid	S2941
Tryptophan	S2941
Valine	S2941
Aspartic acid	S2941
14:1	S2941
24:1 c	S2941
Ash	S2941
Maltose	S2941
Magnesium, Mg	S2941
Copper, Cu	S2941
Tocopherol, delta	S2941
Thiamin	S2941
Folic acid	S2941
18:0	S2941
22:1 undifferentiated	S2941
20:2 n-6 c,c	S2941
Protein	S2941
Total lipid (fat)	S2941
Starch	S2941
Water	S2941
Histidine	S2941
Proline	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
17:0	S2941
17:1	S2941
21:5	S2941
Vitamin E (alpha-tocopherol)	S2941
Vitamin B-6	S2941
Folate, total	S2941

Reference_Report

NDB No. 18326 Pie, pumpkin, commercially prepared

Cystine	S2941
Serine	S2941
20:5 n-3	S2941
Iron, Fe	S2941
Vitamin C, total ascorbic acid	S2941
Riboflavin	S2941
Folate, food	S2941
Threonine	S2941
Lysine	S2941
Tyrosine	S2941
Alanine	S2941
Glutamic acid	S2941
22:6 n-3	S2941
18:4	S2941
22:5 n-3	S2941
15:0	S2941
24:0	S2941

NDB No. 18334 Pie crust, standard-type, frozen, ready-to-bake, enriched

Protein	S2702
Zinc, Zn	S2702
Pantothenic acid	S2702
Folic acid	S2702
Folate, food	S2702
Threonine	S2702
Methionine	S2702
Arginine	S2702
Glutamic acid	S2702
Proline	S2702
20:0	S2702
20:4 undifferentiated	S2702
20:3 undifferentiated	S2702
Selenium, Se	S2702
Lysine	S2702
Cystine	S2702
Glycine	S2702

Reference Report

JUL-17-2008 02:00 PM

Page 1939 of 3136

NDB No. 18334 Pie crust, standard-type, frozen, ready-to-bake, enriched

Hydroxyproline	S2702
14:0	S2702
20:1	S2702
15:1	S2702
Ash	S2702
Potassium, K	S2702
Niacin	S2702
Tryptophan	S2702
Leucine	S2702
Valine	S2702
Fatty acids, total saturated	S2702
10:0	S2702
20:2 n-6 c,c	S2702
Calcium, Ca	S2702
Vitamin B-6	S2702
Phenylalanine	S2702
Tyrosine	S2702
Aspartic acid	S2702
8:0	S2702
Fatty acids, total polyunsaturated	S2702
17:0	S2702
Total lipid (fat)	S2702
Phosphorus, P	S2702
Copper, Cu	S2702
Tocopherol, beta	S2702
Tocopherol, delta	S2702
Thiamin	S2702
18:0	S2702
18:2 undifferentiated	S2702
18:3 undifferentiated	S2702
22:0	S2702
Starch	S2702
Water	S2702
Magnesium, Mg	S2702
Sodium, Na	S2702
Vitamin E (alpha-tocopherol)	S2702
Riboflavin	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1940 of 3136

NDB No. 18334 Pie crust, standard-type, frozen, ready-to-bake, enriched

Vitamin B-12	S2702
Serine	S2702
16:0	S2702
18:1 undifferentiated	S2702
14:1	S2702
16:1 undifferentiated	S2702
15:0	S2702
18:3 n-6 c,c,c	S2702
18:3 n-3 c,c,c	S2702
Manganese, Mn	S2702
Folate, total	S2702
Histidine	S2702
Alanine	S2702
12:0	S2702
Fiber, total dietary	S2702
Iron, Fe	S2702
Tocopherol, gamma	S2702
Isoleucine	S2702
Fatty acids, total monounsaturated	S2702
17:1	S2702

NDB No. 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Iron, Fe	S2702
Potassium, K	S2702
Thiamin	S2702
Riboflavin	S2702
Niacin	S2702
Lysine	S2702
Valine	S2702
Aspartic acid	S2702
Fatty acids, total saturated	S2702
8:0	S2702
20:4 undifferentiated	S2702
18:3 n-6 c,c,c	S2702
Protein	S2702
Starch	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1941 of 3136

NDB No. 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Water	S2702
Fiber, total dietary	S2702
Tocopherol, delta	S2702
Tryptophan	S2702
Methionine	S2702
Cystine	S2702
Tyrosine	S2702
Arginine	S2702
Hydroxyproline	S2702
12:0	S2702
Phosphorus, P	S2702
Vitamin B-6	S2702
14:0	S2702
16:0	S2702
14:1	S2702
Fatty acids, total monounsaturated	S2702
18:3 n-3 c,c,c	S2702
Copper, Cu	S2702
Choline, total	S2702
Folate, food	S2702
Histidine	S2702
Glycine	S2702
Serine	S2702
18:2 undifferentiated	S2702
20:2 n-6 c,c	S2702
Sodium, Na	S2702
Tocopherol, beta	S2702
Betaine	S2702
20:0	S2702
20:3 undifferentiated	S2702
15:1	S2702
Ash	S2702
Calcium, Ca	S2702
Magnesium, Mg	S2702
Vitamin E (alpha-tocopherol)	S2702
Vitamin K (phylloquinone)	S2702
Folic acid	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1942 of 3136

NDB No. 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Leucine	S2702
Alanine	S2702
Proline	S2702
18:1 undifferentiated	S2702
22:0	S2702
20:1	S2702
Fatty acids, total polyunsaturated	S2702
15:0	S2702
17:1	S2702
Selenium, Se	S2702
Threonine	S2702
Isoleucine	S2702
Phenylalanine	S2702
Glutamic acid	S2702
10:0	S2702
18:3 undifferentiated	S2702
17:0	S2702
Total lipid (fat)	S2702
Tocopherol, gamma	S2702
Pantothenic acid	S2702
Folate, total	S2702
Vitamin B-12	S2702
18:0	S2702
16:1 undifferentiated	S2702

NDB No. 18342 Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Fiber, total dietary	S2105
Magnesium, Mg	S2105
Folic acid	S2105
Tyrosine	S2105
Serine	S2105
18:1 undifferentiated	S2105
18:3 undifferentiated	S2105
22:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 1943 of 3136

NDB No. 18342 Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

17:1	S2105
Potassium, K	S2105
Tryptophan	S2105
Isoleucine	S2105
Cystine	S2105
16:0	S2105
18:2 undifferentiated	S2105
20:1	S2105
18:3 n-6 c,c,c	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Threonine	S2105
Methionine	S2105
Alanine	S2105
20:0	S2105
20:4 undifferentiated	S2105
16:1 undifferentiated	S2105
Fatty acids, total polyunsaturated	S2105
Water	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Glutamic acid	S2105
Iron, Fe	S2105
Vitamin E (alpha-tocopherol)	S2105
Pantothenic acid	S2105
Fatty acids, total saturated	S2105
14:0	S2105
14:1	S2105
Calcium, Ca	S2105
Phosphorus, P	S2105
Sodium, Na	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105
Phenylalanine	S2105
Arginine	S2105
Aspartic acid	S2105
Proline	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1944 of 3136

NDB No. 18342 Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

8:0	S2105
18:0	S2105
Fatty acids, total monounsaturated	S2105
Ash	S2105
Sugars, total	S2105
Thiamin	S2105
Niacin	S2105
Folate, food	S2105
Lysine	S2105
Valine	S2105
10:0	S2105
Protein	S2105
Total lipid (fat)	S2105
Riboflavin	S2105
Folate, total	S2105
Leucine	S2105
Histidine	S2105
Glycine	S2105
12:0	S2105
15:0	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

NDB No. 18346 Rolls, dinner, rye

Vitamin K (phylloquinone) D4068, D4002

NDB No. 18349 Rolls, french

Vitamin K (phylloquinone) D4068

NDB No. 18350 Rolls, hamburger or hotdog, plain

6:0	S21
8:0	S21
18:2 undifferentiated	S21

Reference Report

JUL-17-2008 02:00 PM

Page 1945 of 3136

NDB No. 18350 Rolls, hamburger or hotdog, plain

20:4 undifferentiated	S21
22:0	S21
16:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21
Protein	S21
Total lipid (fat)	S21
Sucrose	S21
Maltose	S21
Sugars, total	S21
Fiber, total dietary	S21
Magnesium, Mg	S21
Thiamin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Vitamin B-12	S21
18:0	S21
20:5 n-3	S21
22:1 undifferentiated	S21
Fructose	S21
Calcium, Ca	S21
Phosphorus, P	S21
Sodium, Na	S21
Vitamin E (alpha-tocopherol)	S21
Niacin	S21
4:0	S21
18:1 undifferentiated	S21
Galactose	S21
Copper, Cu	S21
Cholesterol	S21
10:0	S21
18:4	S21
Iron, Fe	S21
Selenium, Se	S21
Riboflavin	S21
14:1	S21
20:1	S21

Reference_Report

NDB No. 18350 Rolls, hamburger or hotdog, plain

Water	S21
Potassium, K	S21
12:0	S21
20:0	S21
Glucose (dextrose)	S21
Lactose	S21
Zinc, Zn	S21
Manganese, Mn	S21
14:0	S21
16:0	S21
24:0	S21
Ash	S21
Starch	S21
Vitamin K (phylloquinone)	D4002, D4072
18:3 undifferentiated	S21
22:6 n-3	S21
17:0	S21

NDB No. 18351 Rolls, hamburger or hotdog, mixed-grain

Folic acid	S20
Folate, food	S20
Sugars, total	S21
Vitamin E (alpha-tocopherol)	S21
Folate, total	S20

NDB No. 18352 Rolls, hamburger or hotdog, reduced-calorie

Vitamin E (alpha-tocopherol)	S21
Folic acid	S20
Folate, food	S20
Folate, total	S20
Sugars, total	S21

NDB No. 18360 Taco shells, baked

Sugars, total	S1164
Calcium, Ca	S1164

NDB No. 18360 Taco shells, baked

Manganese, Mn	S1164
Carotene, beta	S1164
Lycopene	S1164
Folate, food	S1164
Isoleucine	S1164
Alanine	S1164
Glycine	S1164
Proline	S1164
Fatty acids, total saturated	S1164
18:1 c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fiber, total dietary	S1164
Zinc, Zn	S1164
Vitamin C, total ascorbic acid	S1164
Threonine	S1164
4:0	S1164
12:0	S1164
18:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
20:5 n-3	S1164
24:0	S1164
18:3 n-3 c,c,c	S1164
Phosphorus, P	S1164
Selenium, Se	S1164
Carotene, alpha	S1164
Thiamin	S1164
Niacin	S1164
Folic acid	S1164
Lysine	S1164
Cystine	S1164
Phenylalanine	S1164
Valine	S1164
Serine	S1164
22:0	S1164
22:1 undifferentiated	S1164

NDB No. 18360 Taco shells, baked

Fatty acids, total monounsaturated	S1164
15:0	S1164
20:2 n-6 c,c	S1164
13:0	S1164
15:1	S1164
Water	S1164
Sodium, Na	S1164
Vitamin E (alpha-tocopherol)	S1164
Vitamin B-6	S1164
Glutamic acid	S1164
Fatty acids, total trans	S1164
20:1	S1164
Fatty acids, total polyunsaturated	S1164
18:3 n-6 c,c,c	S1164
Total lipid (fat)	S1164
Methionine	S1164
Aspartic acid	S1164
Hydroxyproline	S1164
20:0	S1164
22:6 n-3	S1164
17:0	S1164
18:1 t	S1164
Ash	S1164
Magnesium, Mg	S1164
Potassium, K	S1164
Pantothenic acid	S1164
Vitamin K (phylloquinone)	S1164
Leucine	S1164
Tyrosine	S1164
8:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
Protein	S1164
Starch	S1164
Copper, Cu	S1164
Cryptoxanthin, beta	S1164
Riboflavin	S1164

Reference_Report

NDB No. 18360 Taco shells, baked

Tryptophan	S1164
Histidine	S1164
6:0	S1164
16:0	S1164
Iron, Fe	S1164
Folate, total	S1164
Arginine	S1164
10:0	S1164
14:0	S1164

NDB No. 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Water	S1164
Sugars, total	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Zinc, Zn	S1164
Vitamin C, total ascorbic acid	S1164
Pantothenic acid	S1164
Folate, total	S1164
Fatty acids, total trans	S1164
8:0	S1164
18:3 undifferentiated	S1164
18:1 c	S1164
Calcium, Ca	S1164
18:0	S1164
22:6 n-3	S1164
15:1	S1164
Retinol	S1164
Folate, food	S1164
12:0	S1164
22:1 undifferentiated	S1164
24:0	S1164
17:1	S1164
Fiber, total dietary	S1164
Folic acid	S1164

NDB No. 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

6:0	S1164
18:2 undifferentiated	S1164
16:1 undifferentiated	S1164
18:1 t	S1164
18:3 n-6 c,c,c	S1164
13:0	S1164
Total lipid (fat)	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Riboflavin	S1164
Niacin	S1164
16:0	S1164
20:4 undifferentiated	S1164
20:3 undifferentiated	S1164
18:3 n-3 c,c,c	S1164
Ash	S1164
Thiamin	S1164
10:0	S1164
14:0	S1164
18:1 undifferentiated	S1164
20:5 n-3	S1164
Potassium, K	S1164
Manganese, Mn	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
20:0	S1164
22:0	S1164
15:0	S1164
Protein	S1164
Sodium, Na	S1164
Copper, Cu	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Vitamin B-6	S1164
Vitamin K (phylloquinone)	S1164
Hydroxyproline	S1164
4:0	S1164

Reference Report

JUL-17-2008 02:00 PM

Page 1951 of 3136

NDB No. 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

14:1	S1164
20:1	S1164
17:0	S1164
20:2 n-6 c,c	S1164

NDB No. 18363 Tortillas, ready-to-bake or -fry, corn

Total lipid (fat)	S22
Manganese, Mn	S22
16:0	S22
18:1 undifferentiated	S22
Potassium, K	S22
Zinc, Zn	S22
Copper, Cu	S22
Pantothenic acid	S22
Folate, total	S22
Vitamin K (phylloquinone)	S22
Water	S22
Iron, Fe	S22
Magnesium, Mg	S22
Thiamin	S22
Sodium, Na	S22
18:2 undifferentiated	S22
Selenium, Se	S22
Ash	S22
Calcium, Ca	S22
Vitamin E (alpha-tocopherol)	S22
Riboflavin	S22

NDB No. 18364 Tortillas, ready-to-bake or -fry, flour

Zinc, Zn	S22
18:2 undifferentiated	S22
20:4 undifferentiated	S22
22:6 n-3	S22
14:1	S22
Calcium, Ca	S22
20:0	S22

Reference_Report

NDB No. 18364 Tortillas, ready-to-bake or -fry, flour

18:3 undifferentiated	S22
18:4	S22
Vitamin E (alpha-tocopherol)	S22
Thiamin	S22
16:1 undifferentiated	S22
20:5 n-3	S22
17:0	S22
Protein	S22
Total lipid (fat)	S22
Iron, Fe	S22
8:0	S22
10:0	S22
20:1	S22
15:0	S22
Sodium, Na	S22
Pantothenic acid	S22
12:0	S22
14:0	S22
16:0	S22
22:0	S22
Magnesium, Mg	S22
Potassium, K	S22
6:0	S22
Ash	S22
Copper, Cu	S22
Manganese, Mn	S22
Riboflavin	S22
Vitamin K (phylloquinone)	S22
4:0	S22
Water	S22
Selenium, Se	S22
18:0	S22
18:1 undifferentiated	S22
22:1 undifferentiated	S22
22:5 n-3	S22
24:0	S22

Reference Report

JUL-17-2008 02:00 PM

Page 1953 of 3136

NDB No. 18365 Waffles, plain, frozen, ready-to-heat

Total lipid (fat)	S27
Ash	S27
Sucrose	S27
Lactose	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
18:0	S27
14:1	S27
17:1	S27
Fructose	S27
Galactose	S27
Phosphorus, P	S27
Tocopherol, gamma	S27
Fatty acids, total saturated	S27
20:2 n-6 c,c	S27
20:3 undifferentiated	S27
Glucose (dextrose)	S27
Fiber, total dietary	S27
Copper, Cu	S27
Manganese, Mn	S27
Niacin	S27
Vitamin B-6	S27
Cholesterol	S27
18:3 undifferentiated	S27
18:3 n-6 c,c,c	S27
Maltose	S27
Calcium, Ca	S27
20:0	S27
18:1 undifferentiated	S27
16:1 undifferentiated	S27
Riboflavin	S27
Pantothenic acid	S27
10:0	S27
16:0	S27
22:0	S27
Starch	S27
Iron, Fe	S27

Reference_Report

NDB No. 18365 Waffles, plain, frozen, ready-to-heat

Potassium, K	S27
Folate, total	S27
Folic acid	S27
Folate, food	S27
8:0	S27
12:0	S27
14:0	S27
Protein	S27
Sugars, total	S27
Magnesium, Mg	S27
Sodium, Na	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, delta	S27
18:2 undifferentiated	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
15:1	S27
Water	S27
Zinc, Zn	S27
Tocopherol, beta	S27
Thiamin	S27
20:4 undifferentiated	S27
20:1	S27

NDB No. 18375 Leavening agents, yeast, baker's, active dry

Betaine	S4001
Choline, total	S4001

NDB No. 18376 Bread crumbs, dry, grated, seasoned

Protein	S25
Copper, Cu	S25
Carotene, alpha	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1955 of 3136

NDB No. 18376 Bread crumbs, dry, grated, seasoned

Vitamin C, total ascorbic acid	S25
Riboflavin	S25
14:1	S25
18:4	S25
20:1	S25
Total lipid (fat)	S25
Starch	S25
Sucrose	S25
Lactose	S25
Phosphorus, P	S25
Zinc, Zn	S25
18:0	S25
20:4 undifferentiated	S25
22:1 undifferentiated	S25
17:0	S25
Glucose (dextrose)	S25
Maltose	S25
Sugars, total	S25
Galactose	S25
Potassium, K	S25
Manganese, Mn	S25
Lycopene	S25
Tocopherol, delta	S25
Thiamin	S25
20:0	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
22:6 n-3	S25
24:0	S25
Folate, total	S25
14:0	S25
Selenium, Se	S25
Tocopherol, beta	S25
Niacin	S25
4:0	S25
6:0	S25
22:0	S25

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1956 of 3136

NDB No. 18376 Bread crumbs, dry, grated, seasoned

22:5 n-3	S25
15:0	S25
Magnesium, Mg	S25
Vitamin E (alpha-tocopherol)	S25
Pantothenic acid	S25
8:0	S25
16:0	S25
18:1 undifferentiated	S25
Fructose	S25
Water	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Sodium, Na	S25
Carotene, beta	S25
Cryptoxanthin, beta	S25
Vitamin B-6	S25
10:0	S25
12:0	S25
Ash	S25
Iron, Fe	S25
Tocopherol, gamma	S25
Vitamin K (phylloquinone)	S25
16:1 undifferentiated	S25
20:5 n-3	S25

NDB No. 18403 Waffles, plain, frozen, ready -to-heat, toasted

Protein	S27
Galactose	S27
Iron, Fe	S27
Sodium, Na	S27
Manganese, Mn	S27
Thiamin	S27
Pantothenic acid	S27
Vitamin K (phylloquinone)	S27
Folate, food	S27
14:1	S27

Reference Report

JUL-17-2008 02:00 PM

Page 1957 of 3136

NDB No. 18403 Waffles, plain, frozen, ready -to-heat, toasted

Fatty acids, total polyunsaturated	S27
Water	S27
Copper, Cu	S27
18:0	S27
18:2 undifferentiated	S27
20:2 n-6 c,c	S27
Maltose	S27
Magnesium, Mg	S27
Vitamin B-12	S27
16:0	S27
Starch	S27
Zinc, Zn	S27
Vitamin B-6	S27
Folic acid	S27
Cholesterol	S27
10:0	S27
20:4 undifferentiated	S27
20:1	S27
18:3 n-6 c,c,c	S27
15:1	S27
Ash	S27
Sucrose	S27
Potassium, K	S27
Selenium, Se	S27
20:0	S27
18:1 undifferentiated	S27
18:3 undifferentiated	S27
17:1	S27
Sugars, total	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Folate, total	S27
Fatty acids, total saturated	S27
22:0	S27
Fructose	S27
Lactose	S27
Phosphorus, P	S27

Reference_Report

NDB No. 18403 Waffles, plain, frozen, ready -to-heat, toasted

Vitamin E (alpha-tocopherol)	S27
Riboflavin	S27
Niacin	S27
14:0	S27
16:1 undifferentiated	S27
Fatty acids, total monounsaturated	S27
15:0	S27
17:0	S27
20:3 undifferentiated	S27
Total lipid (fat)	S27
Glucose (dextrose)	S27
8:0	S27
12:0	S27

NDB No. 18416 Bread, white, commercially prepared, low sodium no salt

Sugars, total	S20
Folate, total	S20
Folic acid	S20
Vitamin K (phylloquinone)	D4002, D4072
Folate, food	S20

NDB No. 18425 Crackers, saltines, low salt (includes oyster, soda, soup)

Maltose	S3559
Fatty acids, total trans	S3559
20:0	S3559
22:5 n-3	S3559
Fatty acids, total monounsaturated	S3559
18:2 CLAs	S3559
20:3 undifferentiated	S3559
Protein	S3559
Iron, Fe	S3559
Phosphorus, P	S3559
Tocopherol, beta	S3559
Tocopherol, delta	S3559

Reference Report

JUL-17-2008 02:00 PM

Page 1959 of 3136

NDB No. 18425 Crackers, saltines, low salt (includes oyster, soda, soup)

Thiamin	S3559
Folate, food	S3559
15:0	S3559
24:0	S3559
18:2 n-6 c,c	S3559
18:3 n-3 c,c,c	S3559
Starch	S3559
Sugars, total	S3559
Magnesium, Mg	S3559
Riboflavin	S3559
Niacin	S3559
Folate, total	S3559
8:0	S3559
18:3 undifferentiated	S3559
22:1 t	S3559
Fatty acids, total trans-polyenoic	S3559
Sucrose	S3559
Glucose (dextrose)	S3559
Water	S3559
Manganese, Mn	S3559
Tocopherol, gamma	S3559
4:0	S3559
6:0	S3559
12:0	S3559
20:1	S3559
20:5 n-3	S3559
17:0	S3559
18:1 t	S3559
22:1 c	S3559
18:3 n-6 c,c,c	S3559
17:1	S3559
22:4	S3559
Lactose	S3559
Fiber, total dietary	S3559
Zinc, Zn	S3559
Vitamin E (alpha-tocopherol)	S3559
Pantothenic acid	S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1960 of 3136

NDB No. 18425 Crackers, saltines, low salt (includes oyster, soda, soup)

Choline, total	S3461
14:0	S3559
22:0	S3559
16:1 t	S3559
16:1 c	S3559
20:3 n-6	S3559
Total lipid (fat)	S3559
Ash	S3559
Sodium, Na	S3559
Copper, Cu	S3559
Selenium, Se	S3559
14:1	S3559
16:1 undifferentiated	S3559
Fatty acids, total polyunsaturated	S3559
20:2 n-6 c,c	S3559
15:1	S3559
Fructose	S3559
Vitamin B-6	S3559
Vitamin B-12	S3559
Betaine	S3461
10:0	S3559
18:0	S3559
18:1 undifferentiated	S3559
18:2 undifferentiated	S3559
22:6 n-3	S3559
18:4	S3559
18:2 t not further defined	S3559
Fatty acids, total trans-monoenoic	S3559
Galactose	S3559
Calcium, Ca	S3559
Potassium, K	S3559
Vitamin K (phylloquinone)	S3559
Folic acid	S3559
Fatty acids, total saturated	S3559
16:0	S3559
20:4 undifferentiated	S3559
22:1 undifferentiated	S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1961 of 3136

NDB No. 18425 Crackers, saltines, low salt (includes oyster, soda, soup)

24:1 c	S3559
18:1 c	S3559
20:3 n-3	S3559

NDB No. 18514 ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Water	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total polyunsaturated	S3741
Energy	S3741
Total lipid (fat)	S3741
Ash	S3741
Sugars, total	S3741
Fatty acids, total monounsaturated	S3741
Protein	S3741
Fiber, total dietary	S3741
Iron, Fe	S3741
Potassium, K	S3741
Vitamin A, IU	S3741
Fatty acids, total saturated	S3741
Carbohydrate, by difference	S3741
Sodium, Na	S3741
Thiamin	S3741
Calcium, Ca	S3741

NDB No. 18516 ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Total lipid (fat)	S3741
Sugars, total	S3741
Fatty acids, total polyunsaturated	S3741
Energy	S3741
Calcium, Ca	S3741
Vitamin A, IU	S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1962 of 3136

NDB No. 18516 ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Folate, total	S3741
Fatty acids, total trans	S3741
Water	S3741
Iron, Fe	S3741
Sodium, Na	S3741
Riboflavin	S3741
Ash	S3741
Fiber, total dietary	S3741
Fatty acids, total saturated	S3741
Carbohydrate, by difference	S3741
Thiamin	S3741
Cholesterol	S3741
Protein	S3741
Potassium, K	S3741
Niacin	S3741
Fatty acids, total monounsaturated	S3741

NDB No. 18517 ARCHWAY Home Style Cookies, Apricot Filled

Carbohydrate, by difference	S3741
Energy	S3741
Fiber, total dietary	S3741
Iron, Fe	S3741
Total lipid (fat)	S3741
Sugars, total	S3741
Folate, total	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741
Protein	S3741
Potassium, K	S3741
Cholesterol	S3741
Sodium, Na	S3741
Thiamin	S3741
Fatty acids, total monounsaturated	S3741
Calcium, Ca	S3741
Fatty acids, total trans	S3741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1963 of 3136

NDB No. 18517 ARCHWAY Home Style Cookies, Apricot Filled

Ash	S3741
Water	S3741
Vitamin A, IU	S3741
Riboflavin	S3741
Niacin	S3741

NDB No. 18520 ARCHWAY Home Style Cookies, Cherry Filled

Protein	S3741
Riboflavin	S3741
Fatty acids, total polyunsaturated	S3741
Total lipid (fat)	S3741
Iron, Fe	S3741
Vitamin C, total ascorbic acid	S3741
Ash	S3741
Niacin	S3741
Fatty acids, total trans	S3741
Energy	S3741
Sugars, total	S3741
Sodium, Na	S3741
Thiamin	S3741
Cholesterol	S3741
Carbohydrate, by difference	S3741
Fatty acids, total monounsaturated	S3741
Water	S3741
Calcium, Ca	S3741
Potassium, K	S3741
Vitamin A, IU	S3741
Folate, total	S3741
Fatty acids, total saturated	S3741
Fiber, total dietary	S3741

NDB No. 18521 ARCHWAY Home Style Cookies, Chocolate Chip Drop

Vitamin C, total ascorbic acid	S3741
Riboflavin	S3741
Protein	S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1964 of 3136

NDB No. 18521 ARCHWAY Home Style Cookies, Chocolate Chip Drop

Sugars, total	S3741
Fatty acids, total trans	S3741
Energy	S3741
Calcium, Ca	S3741
Fatty acids, total polyunsaturated	S3741
Total lipid (fat)	S3741
Water	S3741
Potassium, K	S3741
Sodium, Na	S3741
Cholesterol	S3741
Fiber, total dietary	S3741
Iron, Fe	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Niacin	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Folate, total	S3741
Carbohydrate, by difference	S3741
Ash	S3741

NDB No. 18522 ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Sodium, Na	S3741
Fiber, total dietary	S3741
Vitamin C, total ascorbic acid	S3741
Fatty acids, total trans	S3741
Sugars, total	S3741
Iron, Fe	S3741
Folate, total	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Water	S3741
Potassium, K	S3741
Cholesterol	S3741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1965 of 3136

NDB No. 18522 ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Fatty acids, total monounsaturated	S3741
Protein	S3741
Total lipid (fat)	S3741
Calcium, Ca	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Energy	S3741
Vitamin A, IU	S3741

NDB No. 18524 ARCHWAY Home Style Cookies, Coconut Macaroon

Fiber, total dietary	S3741
Potassium, K	S3741
Vitamin C, total ascorbic acid	S3741
Niacin	S3741
Total lipid (fat)	S3741
Thiamin	S3741
Folate, total	S3741
Fatty acids, total monounsaturated	S3741
Carbohydrate, by difference	S3741
Vitamin A, IU	S3741
Cholesterol	S3741
Ash	S3741
Water	S3741
Sugars, total	S3741
Sodium, Na	S3741
Riboflavin	S3741
Fatty acids, total polyunsaturated	S3741
Protein	S3741
Fatty acids, total saturated	S3741
Energy	S3741
Calcium, Ca	S3741
Iron, Fe	S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1966 of 3136

NDB No. 18525 ARCHWAY Home Style Cookies, Cookies Jar Hermits

Energy	S3741
Calcium, Ca	S3741
Vitamin A, IU	S3741
Sugars, total	S3741
Folate, total	S3741
Fatty acids, total polyunsaturated	S3741
Protein	S3741
Fiber, total dietary	S3741
Iron, Fe	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Potassium, K	S3741
Niacin	S3741
Ash	S3741
Thiamin	S3741
Riboflavin	S3741
Fatty acids, total monounsaturated	S3741
Cholesterol	S3741
Water	S3741
Sodium, Na	S3741
Vitamin C, total ascorbic acid	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741

NDB No. 18526 ARCHWAY Home Style Cookies, Dark Molasses

Carbohydrate, by difference	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Sodium, Na	S3741
Cholesterol	S3741
Potassium, K	S3741
Water	S3741
Fatty acids, total saturated	S3741
Vitamin C, total ascorbic acid	S3741
Niacin	S3741
Protein	S3741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1967 of 3136

NDB No. 18526 ARCHWAY Home Style Cookies, Dark Molasses

Iron, Fe	S3741
Thiamin	S3741
Riboflavin	S3741
Folate, total	S3741
Fatty acids, total trans	S3741
Energy	S3741
Vitamin A, IU	S3741
Total lipid (fat)	S3741
Ash	S3741
Sugars, total	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

NDB No. 18527 ARCHWAY Home Style Cookies, Date Filled Oatmeal

Calcium, Ca	S3741
Fatty acids, total saturated	S3741
Ash	S3741
Potassium, K	S3741
Riboflavin	S3741
Total lipid (fat)	S3741
Niacin	S3741
Fatty acids, total monounsaturated	S3741
Water	S3741
Vitamin A, IU	S3741
Carbohydrate, by difference	S3741
Thiamin	S3741
Fatty acids, total polyunsaturated	S3741
Fiber, total dietary	S3741
Protein	S3741
Sugars, total	S3741
Fatty acids, total trans	S3741
Energy	S3741
Iron, Fe	S3741
Sodium, Na	S3741
Folate, total	S3741

Reference_Report

NDB No. 18527 ARCHWAY Home Style Cookies, Date Filled Oatmeal

Cholesterol S3741

NDB No. 18528 ARCHWAY Home Style Cookies, Dutch Cocoa

Fiber, total dietary S3741

Iron, Fe S3741

Ash S3741

Thiamin S3741

Fatty acids, total trans S3741

Fatty acids, total saturated S3741

Fatty acids, total polyunsaturated S3741

Sugars, total S3741

Cholesterol S3741

Vitamin A, IU S3741

Protein S3741

Energy S3741

Calcium, Ca S3741

Potassium, K S3741

Sodium, Na S3741

Riboflavin S3741

Niacin S3741

Fatty acids, total
monounsaturated S3741

Total lipid (fat) S3741

Carbohydrate, by difference S3741

Folate, total S3741

Water S3741

NDB No. 18531 ARCHWAY Home Style Cookies, Fruit & Honey Bar

Ash S3741

Fiber, total dietary S3741

Sodium, Na S3741

Carbohydrate, by difference S3741

Vitamin A, IU S3741

Niacin S3741

Protein S3741

Sugars, total S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1969 of 3136

NDB No. 18531 ARCHWAY Home Style Cookies, Fruit & Honey Bar

Iron, Fe	S3741
Potassium, K	S3741
Thiamin	S3741
Folate, total	S3741
Fatty acids, total trans	S3741
Fatty acids, total polyunsaturated	S3741
Water	S3741
Cholesterol	S3741
Fatty acids, total saturated	S3741
Total lipid (fat)	S3741
Calcium, Ca	S3741
Fatty acids, total monounsaturated	S3741
Energy	S3741
Riboflavin	S3741
Vitamin C, total ascorbic acid	S3741

NDB No. 18532 ARCHWAY Home Style Cookies, Iced Molasses

Vitamin A, IU	S3741
Fatty acids, total trans	S3741
Energy	S3741
Folate, total	S3741
Cholesterol	S3741
Fiber, total dietary	S3741
Thiamin	S3741
Riboflavin	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741
Water	S3741
Sugars, total	S3741
Carbohydrate, by difference	S3741
Calcium, Ca	S3741
Niacin	S3741
Protein	S3741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1970 of 3136

NDB No. 18532 ARCHWAY Home Style Cookies, Iced Molasses

Total lipid (fat)	S3741
Ash	S3741
Fatty acids, total monounsaturated	S3741

NDB No. 18533 ARCHWAY Home Style Cookies, Iced Oatmeal

Sugars, total	S3741
Iron, Fe	S3741
Potassium, K	S3741
Niacin	S3741
Protein	S3741
Carbohydrate, by difference	S3741
Riboflavin	S3741
Fatty acids, total polyunsaturated	S3741
Energy	S3741
Calcium, Ca	S3741
Vitamin A, IU	S3741
Fatty acids, total monounsaturated	S3741
Total lipid (fat)	S3741
Fiber, total dietary	S3741
Fatty acids, total saturated	S3741
Water	S3741
Vitamin C, total ascorbic acid	S3741
Fatty acids, total trans	S3741
Sodium, Na	S3741
Thiamin	S3741
Folate, total	S3741
Ash	S3741
Cholesterol	S3741

NDB No. 18535 ARCHWAY Home Style Cookies, Molasses

Total lipid (fat)	S3741
Ash	S3741
Energy	S3741
Sugars, total	S3741

NDB No. 18535 ARCHWAY Home Style Cookies, Molasses

Iron, Fe	S3741
Fatty acids, total trans	S3741
Water	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total saturated	S3741
Potassium, K	S3741
Vitamin C, total ascorbic acid	S3741
Fatty acids, total monounsaturated	S3741
Protein	S3741
Thiamin	S3741
Riboflavin	S3741
Carbohydrate, by difference	S3741
Vitamin A, IU	S3741
Fatty acids, total polyunsaturated	S3741
Sodium, Na	S3741

NDB No. 18537 ARCHWAY Home Style Cookies, Oatmeal

Water	S3741
Fiber, total dietary	S3741
Carbohydrate, by difference	S3741
Fatty acids, total monounsaturated	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Calcium, Ca	S3741
Potassium, K	S3741
Thiamin	S3741
Fatty acids, total trans	S3741
Iron, Fe	S3741
Niacin	S3741
Total lipid (fat)	S3741
Ash	S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1972 of 3136

NDB No. 18537 ARCHWAY Home Style Cookies, Oatmeal

Cholesterol	S3741
Protein	S3741
Energy	S3741
Sugars, total	S3741
Vitamin C, total ascorbic acid	S3741
Riboflavin	S3741
Folate, total	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741

NDB No. 18538 ARCHWAY Home Style Cookies, Oatmeal Raisin

Protein	S3741
Ash	S3741
Potassium, K	S3741
Sodium, Na	S3741
Cholesterol	S3741
Fatty acids, total monounsaturated	S3741
Energy	S3741
Fiber, total dietary	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741
Riboflavin	S3741
Iron, Fe	S3741
Vitamin C, total ascorbic acid	S3741
Total lipid (fat)	S3741
Sugars, total	S3741
Calcium, Ca	S3741
Folate, total	S3741
Carbohydrate, by difference	S3741
Water	S3741
Niacin	S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1973 of 3136

NDB No. 18539 ARCHWAY Home Style Cookies, Old Fashioned Molasses

Protein	S3741
Ash	S3741
Energy	S3741
Total lipid (fat)	S3741
Water	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Carbohydrate, by difference	S3741
Riboflavin	S3741
Niacin	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Vitamin C, total ascorbic acid	S3741
Folate, total	S3741
Sugars, total	S3741
Thiamin	S3741
Fatty acids, total monounsaturated	S3741

NDB No. 18540 ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Protein	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Fatty acids, total monounsaturated	S3741
Calcium, Ca	S3741
Thiamin	S3741
Folate, total	S3741
Fatty acids, total polyunsaturated	S3741
Carbohydrate, by difference	S3741
Fiber, total dietary	S3741
Energy	S3741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1974 of 3136

NDB No. 18540 ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Water	S3741
Iron, Fe	S3741
Fatty acids, total trans	S3741
Total lipid (fat)	S3741
Sugars, total	S3741
Riboflavin	S3741
Niacin	S3741
Cholesterol	S3741
Fatty acids, total saturated	S3741
Ash	S3741
Potassium, K	S3741
Vitamin C, total ascorbic acid	S3741

NDB No. 18543 ARCHWAY Home Style Cookies, Pecan Ice Box

Carbohydrate, by difference	S3741
Sodium, Na	S3741
Protein	S3741
Calcium, Ca	S3741
Ash	S3741
Iron, Fe	S3741
Niacin	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741
Energy	S3741
Sugars, total	S3741
Vitamin A, IU	S3741
Cholesterol	S3741
Total lipid (fat)	S3741
Water	S3741
Fiber, total dietary	S3741
Thiamin	S3741
Vitamin C, total ascorbic acid	S3741
Riboflavin	S3741
Folate, total	S3741
Fatty acids, total trans	S3741
Potassium, K	S3741

NDB No. 18543 ARCHWAY Home Style Cookies, Pecan Ice Box

Fatty acids, total monounsaturated S3741

NDB No. 18544 ARCHWAY Home Style Cookies, Raspberry Filled

Carbohydrate, by difference S3741

Water S3741

Fiber, total dietary S3741

Fatty acids, total trans S3741

Protein S3741

Niacin S3741

Cholesterol S3741

Total lipid (fat) S3741

Fatty acids, total saturated S3741

Thiamin S3741

Fatty acids, total monounsaturated S3741

Calcium, Ca S3741

Riboflavin S3741

Folate, total S3741

Iron, Fe S3741

Vitamin A, IU S3741

Sugars, total S3741

Sodium, Na S3741

Fatty acids, total polyunsaturated S3741

Ash S3741

Energy S3741

Potassium, K S3741

NDB No. 18546 ARCHWAY Home Style Cookies, Soft Sugar Drop

Energy S3741

Vitamin A, IU S3741

Riboflavin S3741

Thiamin S3741

Cholesterol S3741

Fatty acids, total trans S3741

Fatty acids, total saturated S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1976 of 3136

NDB No. 18546 ARCHWAY Home Style Cookies, Soft Sugar Drop

Sugars, total	S3741
Iron, Fe	S3741
Fatty acids, total monounsaturated	S3741
Sodium, Na	S3741
Folate, total	S3741
Fatty acids, total polyunsaturated	S3741
Protein	S3741
Calcium, Ca	S3741
Ash	S3741
Fiber, total dietary	S3741
Niacin	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Water	S3741
Potassium, K	S3741

NDB No. 18547 ARCHWAY Home Style Cookies, Strawberry Filled

Carbohydrate, by difference	S3741
Vitamin A, IU	S3741
Fatty acids, total saturated	S3741
Fatty acids, total polyunsaturated	S3741
Calcium, Ca	S3741
Riboflavin	S3741
Water	S3741
Sodium, Na	S3741
Protein	S3741
Energy	S3741
Niacin	S3741
Cholesterol	S3741
Thiamin	S3741
Total lipid (fat)	S3741
Ash	S3741
Iron, Fe	S3741
Fatty acids, total trans	S3741
Fatty acids, total monounsaturated	S3741

NDB No. 18547 ARCHWAY Home Style Cookies, Strawberry Filled

Potassium, K	S3741
Folate, total	S3741
Sugars, total	S3741
Fiber, total dietary	S3741

NDB No. 18548 ARCHWAY Home Style Cookies, Sugar

Total lipid (fat)	S3741
Riboflavin	S3741
Fatty acids, total trans	S3741
Water	S3741
Folate, total	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Niacin	S3741
Fatty acids, total saturated	S3741
Ash	S3741
Calcium, Ca	S3741
Sodium, Na	S3741
Vitamin C, total ascorbic acid	S3741
Fatty acids, total monounsaturated	S3741
Carbohydrate, by difference	S3741
Fatty acids, total polyunsaturated	S3741
Energy	S3741
Iron, Fe	S3741
Protein	S3741
Fiber, total dietary	S3741
Potassium, K	S3741
Cholesterol	S3741

NDB No. 18549 ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Thiamin	S3741
Niacin	S3741
Cholesterol	S3741
Fatty acids, total polyunsaturated	S3741
Fiber, total dietary	S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1978 of 3136

NDB No. 18549 ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Vitamin A, IU	S3741
Fatty acids, total monounsaturated	S3741
Protein	S3741
Sugars, total	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin C, total ascorbic acid	S3741
Riboflavin	S3741
Total lipid (fat)	S3741
Water	S3741
Iron, Fe	S3741
Folate, total	S3741
Ash	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Carbohydrate, by difference	S3741
Energy	S3741
Calcium, Ca	S3741

NDB No. 18555 ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

Calcium, Ca	S3741
Iron, Fe	S3741
Sodium, Na	S3741
Fatty acids, total polyunsaturated	S3741
Total lipid (fat)	S3741
Ash	S3741
Protein	S3741
Fiber, total dietary	S3741
Thiamin	S3741
Fatty acids, total monounsaturated	S3741
Water	S3741
Sugars, total	S3741
Riboflavin	S3741
Potassium, K	S3741
Carbohydrate, by difference	S3741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1979 of 3136

NDB No. 18555 ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

Energy	S3741
Niacin	S3741
Cholesterol	S3741
Folate, total	S3741
Vitamin A, IU	S3741
Fatty acids, total saturated	S3741

NDB No. 18560 ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan

Potassium, K	S3741
Sodium, Na	S3741
Niacin	S3741
Vitamin A, IU	S3741
Fatty acids, total saturated	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Fatty acids, total monounsaturated	S3741
Carbohydrate, by difference	S3741
Water	S3741
Fatty acids, total trans	S3741
Total lipid (fat)	S3741
Thiamin	S3741
Folate, total	S3741
Cholesterol	S3741
Ash	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Fatty acids, total polyunsaturated	S3741
Protein	S3741
Energy	S3741
Riboflavin	S3741

NDB No. 18562 ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Riboflavin	S3741
Fatty acids, total polyunsaturated	S3741
Iron, Fe	S3741

Reference Report

JUL-17-2008 02:00 PM

Page 1980 of 3136

NDB No. 18562 ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Fatty acids, total saturated	S3741
Protein	S3741
Ash	S3741
Sugars, total	S3741
Calcium, Ca	S3741
Potassium, K	S3741
Fiber, total dietary	S3741
Sodium, Na	S3741
Fatty acids, total monounsaturated	S3741
Folate, total	S3741
Fatty acids, total trans	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Vitamin A, IU	S3741
Energy	S3741
Cholesterol	S3741
Water	S3741
Thiamin	S3741
Niacin	S3741

NDB No. 18563 ARCHWAY Home Style Cookies, Gourmet Rocky Road

Ash	S3741
Fiber, total dietary	S3741
Carbohydrate, by difference	S3741
Sodium, Na	S3741
Vitamin C, total ascorbic acid	S3741
Fatty acids, total polyunsaturated	S3741
Iron, Fe	S3741
Thiamin	S3741
Protein	S3741
Sugars, total	S3741
Riboflavin	S3741
Fatty acids, total trans	S3741
Energy	S3741
Calcium, Ca	S3741
Vitamin A, IU	S3741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1981 of 3136

NDB No. 18563 ARCHWAY Home Style Cookies, Gourmet Rocky Road

Cholesterol	S3741
Fatty acids, total saturated	S3741
Total lipid (fat)	S3741
Water	S3741
Fatty acids, total monounsaturated	S3741
Potassium, K	S3741
Niacin	S3741
Folate, total	S3741

NDB No. 18564 ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal

Vitamin A, IU	S3741
Folate, total	S3741
Fatty acids, total polyunsaturated	S3741
Protein	S3741
Fatty acids, total saturated	S3741
Potassium, K	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Iron, Fe	S3741
Fatty acids, total monounsaturated	S3741
Calcium, Ca	S3741
Thiamin	S3741
Ash	S3741
Energy	S3741
Sodium, Na	S3741
Riboflavin	S3741
Niacin	S3741

NDB No. 18565 ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1982 of 3136

NDB No. 18565 ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Calcium, Ca	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Fiber, total dietary	S3741
Iron, Fe	S3741
Potassium, K	S3741
Thiamin	S3741
Fatty acids, total trans	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741
Protein	S3741
Energy	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total saturated	S3741
Sodium, Na	S3741
Total lipid (fat)	S3741
Water	S3741
Sugars, total	S3741
Vitamin C, total ascorbic acid	S3741
Niacin	S3741
Vitamin A, IU	S3741
Riboflavin	S3741

NDB No. 18610 CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry

Energy	S3743
Fiber, total dietary	S3743
Sodium, Na	S3743
Protein	S3743
Carbohydrate, by difference	S3743
Iron, Fe	S3743
Fatty acids, total saturated	S3743
Total lipid (fat)	S3743
Sugars, total	S3743
Calcium, Ca	S3743
Fatty acids, total trans	S3743

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1983 of 3136

NDB No. 18614 MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix,dry

Vitamin B-6	S3767
Folate, total	S3767
Cholesterol	S3767
Fatty acids, total saturated	S3767
Total lipid (fat)	S3767
Vitamin C, total ascorbic acid	S3767
Energy	S3767
Water	S3767
Carbohydrate, by difference	S3767
Ash	S3767
Iron, Fe	S3767
Potassium, K	S3767
Sodium, Na	S3767
Niacin	S3767
Vitamin B-12	S3767
Calcium, Ca	S3767
Thiamin	S3767
Riboflavin	S3767
Protein	S3767
Sugars, total	S3767
Zinc, Zn	S3767
Vitamin A, IU	S3767
Pantothenic acid	S3767
Fiber, total dietary	S3767

NDB No. 18615 MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix,dry

Total lipid (fat)	S3767
Carbohydrate, by difference	S3767
Sugars, total	S3767
Sodium, Na	S3767
Zinc, Zn	S3767
Protein	S3767
Water	S3767
Energy	S3767
Fiber, total dietary	S3767
Potassium, K	S3767

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1984 of 3136

NDB No. 18615 MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix,dry

Vitamin B-6	S3767
Ash	S3767
Iron, Fe	S3767
Riboflavin	S3767
Vitamin B-12	S3767
Fatty acids, total trans	S3767
Vitamin C, total ascorbic acid	S3767
Calcium, Ca	S3767
Thiamin	S3767
Cholesterol	S3767
Fatty acids, total saturated	S3767
Vitamin A, IU	S3767
Niacin	S3767

NDB No. 18621 NABISCO, NABISCO RITZ Crackers

Starch	S3559
Fiber, total dietary	S3559
Calcium, Ca	S3559
Magnesium, Mg	S3559
Tocopherol, gamma	S3559
Thiamin	S3559
22:0	S3559
14:1	S3559
15:0	S3559
Sucrose	S3559
Sugars, total	S3559
Vitamin E (alpha-tocopherol)	S3559
Niacin	S3559
Folate, total	S3559
Folic acid	S3559
18:0	S3559
18:1 undifferentiated	S3559
20:4 undifferentiated	S3559
16:1 t	S3559
20:3 n-3	S3559
Total lipid (fat)	S3559

NDB No. 18621 NABISCO, NABISCO RITZ Crackers

Glucose (dextrose)	S3559
Water	S3559
Galactose	S3559
Sodium, Na	S3559
Manganese, Mn	S3559
12:0	S3559
20:1	S3559
22:1 t	S3559
18:2 CLAs	S3559
22:1 c	S3559
17:1	S3559
Fatty acids, total trans-monoenoic	S3559
Fructose	S3559
Iron, Fe	S3559
Phosphorus, P	S3559
Potassium, K	S3559
Copper, Cu	S3559
Tocopherol, beta	S3559
Folate, food	S3559
Fatty acids, total trans	S3559
Fatty acids, total saturated	S3559
14:0	S3559
18:2 undifferentiated	S3559
16:1 undifferentiated	S3559
22:1 undifferentiated	S3559
17:0	S3559
18:1 t	S3559
18:2 t not further defined	S3559
20:3 undifferentiated	S3559
18:3 n-3 c,c,c	S3559
Maltose	S3559
Zinc, Zn	S3559
Selenium, Se	S3559
Riboflavin	S3559
Vitamin K (phylloquinone)	S3559
4:0	S3559
20:0	S3559

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1986 of 3136

NDB No. 18621 NABISCO, NABISCO RITZ Crackers

22:6 n-3	S3559
20:5 n-3	S3559
Fatty acids, total monounsaturated	S3559
Fatty acids, total polyunsaturated	S3559
24:1 c	S3559
Protein	S3559
Lactose	S3559
10:0	S3559
18:3 undifferentiated	S3559
18:4	S3559
22:5 n-3	S3559
16:1 c	S3559
18:2 n-6 c,c	S3559
Fatty acids, total trans-polyenoic	S3559
22:4	S3559
Pantothenic acid	S3559
Vitamin B-6	S3559
6:0	S3559
16:0	S3559
24:0	S3559
18:1 c	S3559
15:1	S3559
Ash	S3559
Tocopherol, delta	S3559
8:0	S3559
20:2 n-6 c,c	S3559
18:3 n-6 c,c,c	S3559
20:3 n-6	S3559

NDB No. 18629 PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Cholesterol	S3766
Fatty acids, total saturated	S3766
Total lipid (fat)	S3766
Fiber, total dietary	S3766
Protein	S3766
Carbohydrate, by difference	S3766

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1987 of 3136

NDB No. 18629 PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Iron, Fe	S3766
Sodium, Na	S3766
Ash	S3766
Energy	S3766
Water	S3766
Sugars, total	S3766
Fatty acids, total trans	S3766

NDB No. 18630 PILLSBURY, Chocolate Chip Cookies, refrigerated dough

Protein	S3766
Fatty acids, total trans	S3766
Ash	S3766
Energy	S3766
Sugars, total	S3766
Total lipid (fat)	S3766
Sodium, Na	S3766
Water	S3766
Fiber, total dietary	S3766
Cholesterol	S3766
Fatty acids, total saturated	S3766
Carbohydrate, by difference	S3766
Iron, Fe	S3766

NDB No. 18631 PILLSBURY, Crusty French Loaf, refrigerated dough

Sodium, Na	S3766
Total lipid (fat)	S3766
Water	S3766
Energy	S3766
Ash	S3766
Cholesterol	S3766
Fatty acids, total saturated	S3766
Sugars, total	S3766
Carbohydrate, by difference	S3766
Fiber, total dietary	S3766
Protein	S3766
Iron, Fe	S3766

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1988 of 3136

NDB No. 18631 PILLSBURY, Crusty French Loaf, refrigerated dough

Fatty acids, total trans S3766

NDB No. 18633 PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough

Sodium, Na S3766

Cholesterol S3766

Carbohydrate, by difference S3766

Water S3766

Sugars, total S3766

Fiber, total dietary S3766

Fatty acids, total saturated S3766

Iron, Fe S3766

Fatty acids, total trans S3766

Protein S3766

Ash S3766

Energy S3766

Calcium, Ca S3766

Total lipid (fat) S3766

NDB No. 18634 PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Energy S3766

Carbohydrate, by difference S3766

Iron, Fe S3766

Protein S3766

Ash S3766

Sodium, Na S3766

Total lipid (fat) S3766

Sugars, total S3766

Fatty acids, total saturated S3766

Cholesterol S3766

Water S3766

Fiber, total dietary S3766

Fatty acids, total trans S3766

NDB No. 18635 PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough

Total lipid (fat) S3766

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1989 of 3136

NDB No. 18635 PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough

Sugars, total	S3766
Fatty acids, total trans	S3766
Protein	S3766
Fatty acids, total saturated	S3766
Carbohydrate, by difference	S3766
Energy	S3766
Sodium, Na	S3766
Ash	S3766
Iron, Fe	S3766
Water	S3766
Fiber, total dietary	S3766
Cholesterol	S3766

NDB No. 18639 GEORGE WESTON BAKERIES, Thomas English Muffins

18:1 undifferentiated	S3764
18:3 undifferentiated	S3764
Total lipid (fat)	S3764
Fatty acids, total monounsaturated	S3764
Fatty acids, total polyunsaturated	S3764
Fatty acids, total saturated	S3764
Calcium, Ca	S3764
Fatty acids, total trans	S3764
Energy	S3764
Sodium, Na	S3764
16:0	S3764
Protein	S3764
Carbohydrate, by difference	S3764
Iron, Fe	S3764
Folate, total	S3764
18:2 undifferentiated	S3764

NDB No. 18640 HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Fiber, total dietary	S3765
Iron, Fe	S3765
Fatty acids, total trans	S3765

Reference_Report

NDB No. 18640 HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Fatty acids, total saturated	S3765
Protein	S3765
Energy	S3765
Total lipid (fat)	S3765
Sugars, total	S3765
Fatty acids, total monounsaturated	S3765
Calcium, Ca	S3765
Cholesterol	S3765
Fatty acids, total polyunsaturated	S3765
Carbohydrate, by difference	S3765
Vitamin A, IU	S3765
Water	S3765
Sodium, Na	S3765
Vitamin C, total ascorbic acid	S3765
Ash	S3765

NDB No. 18927 Crackers, cheese, sandwich-type with cheese filling

Total lipid (fat)	S25
Sucrose	S25
Water	S25
Phosphorus, P	S25
Zinc, Zn	S25
Vitamin C, total ascorbic acid	S25
Pantothenic acid	S25
Choline, total	S25
4:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
14:1	S25
Starch	S25
Sodium, Na	S25
Tocopherol, beta	S25
Tocopherol, delta	S25
Vitamin K (phylloquinone)	S25
20:0	S25
22:5 n-3	S25

Reference Report

JUL-17-2008 02:00 PM

Page 1991 of 3136

NDB No. 18927 Crackers, cheese, sandwich-type with cheese filling

17:0	S25
Fructose	S25
Vitamin E (alpha-tocopherol)	S25
6:0	S25
8:0	S25
16:0	S25
20:1	S25
Glucose (dextrose)	S25
Iron, Fe	S25
Magnesium, Mg	S25
14:0	S25
18:3 undifferentiated	S25
22:1 undifferentiated	S25
Protein	S25
Maltose	S25
Selenium, Se	S25
Thiamin	S25
Niacin	S25
Vitamin B-6	S25
Folate, total	S25
Cholesterol	S25
15:0	S25
Calcium, Ca	S25
Potassium, K	S25
Copper, Cu	S25
20:4 undifferentiated	S25
22:6 n-3	S25
18:4	S25
24:0	S25
Ash	S25
Lactose	S25
Manganese, Mn	S25
Riboflavin	S25
10:0	S25
12:0	S25
18:0	S25
16:1 undifferentiated	S25

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1992 of 3136

NDB No. 18927 Crackers, cheese, sandwich-type with cheese filling

20:5 n-3	S25
Galactose	S25
Tocopherol, gamma	S25
Vitamin B-12	S25
22:0	S25

NDB No. 18930 USDA Commodity,Bakery, Flour Mix

Protein	S2203
Sucrose	S2203
Riboflavin	S2203
Vitamin B-6	S2203
Vitamin K (phylloquinone)	S2203
Total lipid (fat)	S2203
Starch	S2203
8:0	S2203
20:0	S2203
20:5 n-3	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
20:3 undifferentiated	S2203
Fructose	S2203
Fiber, total dietary	S2203
22:0	S2203
18:4	S2203
Fatty acids, total monounsaturated	S2203
17:0	S2203
Ash	S2203
Glucose (dextrose)	S2203
Maltose	S2203
Sodium, Na	S2203
Vitamin C, total ascorbic acid	S2203
Fatty acids, total saturated	S2203
10:0	S2203
16:0	S2203
18:1 undifferentiated	S2203
22:6 n-3	S2203

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1993 of 3136

NDB No. 18930 USDA Commodity, Bakery, Flour Mix

14:1	S2203
20:1	S2203
Fatty acids, total polyunsaturated	S2203
Lactose	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Manganese, Mn	S2203
14:0	S2203
18:3 undifferentiated	S2203
15:0	S2203
17:1	S2203
15:1	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Thiamin	S2203
Water	S2203
Calcium, Ca	S2203
Pantothenic acid	S2203
18:2 undifferentiated	S2203
16:1 undifferentiated	S2203
24:0	S2203
20:2 n-6 c,c	S2203
Iron, Fe	S2203
Magnesium, Mg	S2203
Selenium, Se	S2203
12:0	S2203
18:0	S2203
20:4 undifferentiated	S2203

NDB No. 18931 USDA Commodity, Bakery , Flour Mix Low-fat

Total lipid (fat)	S2203
Zinc, Zn	S2203
12:0	S2203
20:4 undifferentiated	S2203
14:1	S2203
20:1	S2203

Reference Report

JUL-17-2008 02:00 PM

Page 1994 of 3136

NDB No. 18931 USDA Commodity, Bakery , Flour Mix Low-fat

17:0	S2203
Ash	S2203
Lactose	S2203
Copper, Cu	S2203
Vitamin B-6	S2203
22:6 n-3	S2203
16:1 undifferentiated	S2203
18:4	S2203
22:5 n-3	S2203
Fatty acids, total monounsaturated	S2203
24:0	S2203
15:1	S2203
Fructose	S2203
Potassium, K	S2203
Sodium, Na	S2203
Fatty acids, total saturated	S2203
10:0	S2203
Glucose (dextrose)	S2203
Manganese, Mn	S2203
Selenium, Se	S2203
Pantothenic acid	S2203
18:1 undifferentiated	S2203
Sucrose	S2203
Water	S2203
Phosphorus, P	S2203
Vitamin C, total ascorbic acid	S2203
8:0	S2203
18:0	S2203
20:5 n-3	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Magnesium, Mg	S2203
Thiamin	S2203
14:0	S2203
20:0	S2203
20:2 n-6 c,c	S2203
Maltose	S2203

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1995 of 3136

NDB No. 18931 USDA Commodity, Bakery , Flour Mix Low-fat

Riboflavin	S2203
16:0	S2203
18:2 undifferentiated	S2203
18:3 undifferentiated	S2203
Fatty acids, total polyunsaturated	S2203
15:0	S2203
20:3 undifferentiated	S2203
Protein	S2203
Starch	S2203
22:0	S2203
22:1 undifferentiated	S2203
17:1	S2203

NDB No. 18932 Waffles, buttermilk, frozen, ready-to-heat

Ash	S27
Lactose	S27
Sodium, Na	S27
Zinc, Zn	S27
Selenium, Se	S27
18:3 n-6 c,c,c	S27
Magnesium, Mg	S27
Tocopherol, delta	S27
Vitamin K (phylloquinone)	S27
Cholesterol	S27
12:0	S27
20:4 undifferentiated	S27
14:1	S27
17:0	S27
15:1	S27
Starch	S27
Sugars, total	S27
Iron, Fe	S27
Vitamin C, total ascorbic acid	S27
Folate, food	S27
20:0	S27
Fatty acids, total monounsaturated	S27

Reference_Report

NDB No. 18932 Waffles, buttermilk, frozen, ready-to-heat

Fiber, total dietary	S27
Phosphorus, P	S27
Copper, Cu	S27
Manganese, Mn	S27
Vitamin E (alpha-tocopherol)	S27
Niacin	S27
Pantothenic acid	S27
8:0	S27
10:0	S27
16:0	S27
18:0	S27
20:2 n-6 c,c	S27
20:3 undifferentiated	S27
Glucose (dextrose)	S27
Calcium, Ca	S27
Thiamin	S27
Vitamin B-6	S27
Fatty acids, total saturated	S27
18:1 undifferentiated	S27
Fatty acids, total polyunsaturated	S27
Protein	S27
Sucrose	S27
Fructose	S27
Maltose	S27
Retinol	S27
Tocopherol, gamma	S27
Riboflavin	S27
Folate, total	S27
Vitamin B-12	S27
14:0	S27
22:0	S27
20:1	S27
Total lipid (fat)	S27
Galactose	S27
Potassium, K	S27
Tocopherol, beta	S27
Folic acid	S27

NDB No. 18932 Waffles, buttermilk, frozen, ready-to-heat

18:3 undifferentiated	S27
17:1	S27
Water	S27
18:2 undifferentiated	S27
16:1 undifferentiated	S27
15:0	S27

NDB No. 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted

Maltose	S27
10:0	S27
18:0	S27
18:3 n-6 c,c,c	S27
Retinol	S27
Thiamin	S27
Riboflavin	S27
Fatty acids, total saturated	S27
22:0	S27
Fatty acids, total polyunsaturated	S27
17:1	S27
Protein	S27
Ash	S27
Starch	S27
Galactose	S27
Pantothenic acid	S27
Vitamin B-6	S27
Cholesterol	S27
12:0	S27
20:0	S27
20:2 n-6 c,c	S27
Sucrose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Potassium, K	S27
Selenium, Se	S27
Folic acid	S27
8:0	S27

Reference Report

JUL-17-2008 02:00 PM

Page 1998 of 3136

NDB No. 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted

18:1 undifferentiated	S27
Water	S27
Vitamin C, total ascorbic acid	S27
Folate, food	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
20:1	S27
Glucose (dextrose)	S27
Fructose	S27
Vitamin E (alpha-tocopherol)	S27
Vitamin B-12	S27
14:1	S27
16:1 undifferentiated	S27
Fatty acids, total monounsaturated	S27
17:0	S27
20:3 undifferentiated	S27
Total lipid (fat)	S27
Iron, Fe	S27
Magnesium, Mg	S27
Vitamin K (phylloquinone)	S27
14:0	S27
15:0	S27
Lactose	S27
Sugars, total	S27
Phosphorus, P	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Niacin	S27
Folate, total	S27
16:0	S27
15:1	S27

NDB No. 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 1999 of 3136

NDB No. 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved

Ash	S27
Tocopherol, beta	S27
Riboflavin	S27
Fatty acids, total saturated	S27
20:4 undifferentiated	S27
Starch	S27
Galactose	S27
Manganese, Mn	S27
Tocopherol, gamma	S27
Vitamin C, total ascorbic acid	S27
Pantothenic acid	S27
Folate, total	S27
16:0	S27
18:2 undifferentiated	S27
18:3 n-6 c,c,c	S27
17:1	S27
15:1	S27
Lactose	S27
Vitamin K (phylloquinone)	S27
18:3 undifferentiated	S27
Protein	S27
Total lipid (fat)	S27
Water	S27
Sugars, total	S27
Iron, Fe	S27
Phosphorus, P	S27
Copper, Cu	S27
Selenium, Se	S27
Vitamin B-12	S27
14:0	S27
14:1	S27
Fatty acids, total polyunsaturated	S27
Glucose (dextrose)	S27
Maltose	S27
Potassium, K	S27
Folic acid	S27
Folate, food	S27

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2000 of 3136

NDB No. 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved

Cholesterol	S27
12:0	S27
18:1 undifferentiated	S27
15:0	S27
20:2 n-6 c,c	S27
Sucrose	S27
Calcium, Ca	S27
Magnesium, Mg	S27
Retinol	S27
Thiamin	S27
17:0	S27
20:3 undifferentiated	S27
Vitamin E (alpha-tocopherol)	S27
Vitamin B-6	S27
18:0	S27
22:0	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fructose	S27
Fiber, total dietary	S27
Sodium, Na	S27
Zinc, Zn	S27
Tocopherol, delta	S27
Niacin	S27
8:0	S27
10:0	S27
20:0	S27
16:1 undifferentiated	S27

NDB No. 18935 Waffle, plain, frozen, ready-to-heat, microwave

Maltose	S27
Riboflavin	S27
Vitamin B-6	S27
Total lipid (fat)	S27
Glucose (dextrose)	S27
Fiber, total dietary	S27

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2001 of 3136

NDB No. 18935 Waffle, plain, frozen, ready-to-heat, microwave

Tocopherol, gamma	S27
8:0	S27
16:1 undifferentiated	S27
Fatty acids, total monounsaturated	S27
Lactose	S27
Sugars, total	S27
Iron, Fe	S27
Copper, Cu	S27
Selenium, Se	S27
Folate, total	S27
Fatty acids, total saturated	S27
12:0	S27
18:3 n-6 c,c,c	S27
Sucrose	S27
Niacin	S27
Vitamin K (phylloquinone)	S27
Cholesterol	S27
20:0	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
14:1	S27
20:3 undifferentiated	S27
Protein	S27
Water	S27
Galactose	S27
Calcium, Ca	S27
Phosphorus, P	S27
Zinc, Zn	S27
14:0	S27
18:0	S27
17:0	S27
Starch	S27
Magnesium, Mg	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Vitamin B-12	S27
10:0	S27

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2002 of 3136

NDB No. 18935 Waffle, plain, frozen, ready-to-heat, microwave

16:0	S27
22:0	S27
20:1	S27
20:2 n-6 c,c	S27
Fructose	S27
Potassium, K	S27
Sodium, Na	S27
Tocopherol, delta	S27
Pantothenic acid	S27
Folic acid	S27
18:2 undifferentiated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:1	S27
15:1	S27
Ash	S27
Manganese, Mn	S27
Thiamin	S27
Folate, food	S27
18:1 undifferentiated	S27

NDB No. 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Sucrose	S27
Manganese, Mn	S27
Selenium, Se	S27
Thiamin	S27
Folate, total	S27
Folate, food	S27
10:0	S27
12:0	S27
18:3 undifferentiated	S27
17:0	S27
Glucose (dextrose)	S27
Sodium, Na	S27
Copper, Cu	S27
Protein	S27

Reference Report

JUL-17-2008 02:00 PM

Page 2003 of 3136

NDB No. 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Total lipid (fat)	S27
Starch	S27
Galactose	S27
Tocopherol, delta	S27
8:0	S27
20:0	S27
18:1 undifferentiated	S27
Ash	S27
Fiber, total dietary	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, gamma	S27
Choline, total	S27
14:0	S27
14:1	S27
20:1	S27
15:0	S27
17:1	S27
20:3 undifferentiated	S27
Fructose	S27
Sugars, total	S27
Potassium, K	S27
Tocopherol, beta	S27
Vitamin K (phylloquinone)	S27
18:0	S27
22:0	S27
20:2 n-6 c,c	S27
Lactose	S27
Iron, Fe	S27
Phosphorus, P	S27
Niacin	S27
16:0	S27
Riboflavin	S27
Fatty acids, total saturated	S27
20:4 undifferentiated	S27
Maltose	S27
Water	S27

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2004 of 3136

NDB No. 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Calcium, Ca	S27
Magnesium, Mg	S27
Zinc, Zn	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folic acid	S27
18:2 undifferentiated	S27
16:1 undifferentiated	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
18:3 n-6 c,c,c	S27
15:1	S27

NDB No. 18938 Toaster Pastries, fruit, frosted (include apples,blueberry,cherry,strawberry)

Galactose	S1164
Riboflavin	S1164
Vitamin B-6	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
20:0	S1164
20:4 undifferentiated	S1164
22:0	S1164
22:1 undifferentiated	S1164
Sucrose	S1164
Fiber, total dietary	S1164
Potassium, K	S1164
Sodium, Na	S1164
Manganese, Mn	S1164
4:0	S1164
18:2 undifferentiated	S1164
20:5 n-3	S1164
24:0	S1164
17:1	S1164
20:3 undifferentiated	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2005 of 3136

NDB No. 18938 Toaster Pastries, fruit, frosted (include apples,blueberry,cherry,strawberry)

Magnesium, Mg	S1164
Carotene, beta	S1164
Niacin	S1164
Folic acid	S1164
14:1	S1164
15:0	S1164
15:1	S1164
Total lipid (fat)	S1164
Lactose	S1164
Maltose	S1164
Iron, Fe	S1164
Retinol	S1164
Vitamin E (alpha-tocopherol)	S1164
Folate, food	S1164
18:3 undifferentiated	S1164
22:6 n-3	S1164
20:1	S1164
13:0	S1164
Ash	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Water	S1164
Cryptoxanthin, beta	S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
18:0	S1164
18:1 undifferentiated	S1164
Carotene, alpha	S1164
17:0	S1164
Calcium, Ca	S1164
Phosphorus, P	S1164
Zinc, Zn	S1164
Lycopene	S1164
Choline, total	S1164
16:0	S1164
20:2 n-6 c,c	S1164
Protein	S1164

Reference Report

JUL-17-2008 02:00 PM

Page 2006 of 3136

NDB No. 18938 Toaster Pastries, fruit, frosted (include apples,blueberry,cherry,strawberry)

Sugars, total	S1164
Copper, Cu	S1164
Selenium, Se	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Pantothenic acid	S1164
Hydroxyproline	S1164
14:0	S1164
16:1 undifferentiated	S1164

NDB No. 18939 Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Protein	S1164
Magnesium, Mg	S1164
Carotene, beta	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Folic acid	S1164
14:1	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
20:3 undifferentiated	S1164
Water	S1164
Manganese, Mn	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Vitamin C, total ascorbic acid	S1164
14:0	S1164
20:0	S1164
Starch	S1164
Sugars, total	S1164
Iron, Fe	S1164
Retinol	S1164
16:0	S1164
22:6 n-3	S1164
Fatty acids, total polyunsaturated	S1164
13:0	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2007 of 3136

NDB No. 18939 Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Fiber, total dietary	S1164
Zinc, Zn	S1164
Vitamin K (phylloquinone)	S1164
Fatty acids, total saturated	S1164
6:0	S1164
18:0	S1164
18:3 undifferentiated	S1164
22:0	S1164
22:1 undifferentiated	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
Phosphorus, P	S1164
Niacin	S1164
Vitamin B-6	S1164
12:0	S1164
20:4 undifferentiated	S1164
Sodium, Na	S1164
Riboflavin	S1164
Pantothenic acid	S1164
Folate, total	S1164
Folate, food	S1164
18:1 undifferentiated	S1164
24:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164
Potassium, K	S1164
Thiamin	S1164
8:0	S1164
18:2 undifferentiated	S1164
20:5 n-3	S1164
15:0	S1164
17:1	S1164
Total lipid (fat)	S1164
Ash	S1164
Calcium, Ca	S1164
Copper, Cu	S1164
Selenium, Se	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2008 of 3136

NDB No. 18939 Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

4:0	S1164
10:0	S1164
16:1 undifferentiated	S1164
17:0	S1164

NDB No. 18942 Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Glucose (dextrose)	S2741
Zinc, Zn	S2741
18:3 undifferentiated	S2741
22:6 n-3	S2741
22:0	S2741
18:4	S2741
20:1	S2741
Water	S2741
Manganese, Mn	S2741
Thiamin	S2741
Pantothenic acid	S2741
4:0	S2741
14:0	S2741
20:5 n-3	S2741
Folate, total	S2741
Choline, total	S2741
8:0	S2741
16:0	S2741
20:4 undifferentiated	S2741
15:0	S2741
Total lipid (fat)	S2741
Calcium, Ca	S2741
Phosphorus, P	S2741
Potassium, K	S2741
Vitamin K (phylloquinone)	S2741
20:0	S2741
18:1 undifferentiated	S2741
Lactose	S2741
Vitamin E (alpha-tocopherol)	S2741
Folic acid	S2741

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2009 of 3136

NDB No. 18942 Pie Crust, Cookie-type, Graham Cracker, Ready Crust

12:0	S2741
16:1 undifferentiated	S2741
22:5 n-3	S2741
Maltose	S2741
Niacin	S2741
6:0	S2741
10:0	S2741
17:0	S2741
Protein	S2741
Magnesium, Mg	S2741
Sodium, Na	S2741
Riboflavin	S2741
Betaine	S2741
18:2 undifferentiated	S2741
Ash	S2741
Starch	S2741
Sucrose	S2741
Fructose	S2741
Fiber, total dietary	S2741
Iron, Fe	S2741
Copper, Cu	S2741
Selenium, Se	S2741
Vitamin B-6	S2741
Folate, food	S2741
18:0	S2741
22:1 undifferentiated	S2741

NDB No. 18943 Pie Crust, Cookie-type, Chocolate, Ready Crust

Folate, total	S2741
22:5 n-3	S2741
Water	S2741
Potassium, K	S2741
Choline, total	S2741
4:0	S2741
18:1 undifferentiated	S2741
20:5 n-3	S2741

Reference_Report

NDB No. 18943 Pie Crust, Cookie-type, Chocolate, Ready Crust

Protein	S2741
Iron, Fe	S2741
Niacin	S2741
18:2 undifferentiated	S2741
18:3 undifferentiated	S2741
22:0	S2741
15:0	S2741
Theobromine	S2741
Calcium, Ca	S2741
Selenium, Se	S2741
Thiamin	S2741
Vitamin K (phylloquinone)	S2741
16:1 undifferentiated	S2741
20:1	S2741
Phosphorus, P	S2741
Sodium, Na	S2741
Vitamin E (alpha-tocopherol)	S2741
10:0	S2741
22:6 n-3	S2741
Total lipid (fat)	S2741
Fiber, total dietary	S2741
Magnesium, Mg	S2741
Riboflavin	S2741
Pantothenic acid	S2741
Vitamin B-6	S2741
Folic acid	S2741
16:0	S2741
18:0	S2741
20:4 undifferentiated	S2741
Ash	S2741
Copper, Cu	S2741
8:0	S2741
12:0	S2741
18:4	S2741
17:0	S2741
Starch	S2741
Zinc, Zn	S2741

NDB No. 18943 Pie Crust, Cookie-type, Chocolate, Ready Crust

Manganese, Mn	S2741
Folate, food	S2741
Betaine	S2741
6:0	S2741
14:0	S2741
20:0	S2741
22:1 undifferentiated	S2741

NDB No. 18944 Pie, Dutch Apple, Commercially Prepared

Glucose (dextrose)	S4481
Calcium, Ca	S4481
Choline, total	S4481
Methionine	S4481
Cystine	S4481
Phenylalanine	S4481
Valine	S4481
Serine	S4481
16:0	S4481
18:0	S4481
18:3 undifferentiated	S4481
16:1 undifferentiated	S4481
17:0	S4481
20:3 undifferentiated	S4481
Protein	S4481
Sodium, Na	S4481
Tocopherol, beta	S4481
Thiamin	S4481
Niacin	S4481
Folate, food	S4481
Isoleucine	S4481
Aspartic acid	S4481
17:1	S4481
15:1	S4481
21:5	S4481
22:4	S4481
Total lipid (fat)	S4481

NDB No. 18944 Pie, Dutch Apple, Commercially Prepared

Lactose	S4481
Zinc, Zn	S4481
Manganese, Mn	S4481
Tocopherol, gamma	S4481
Riboflavin	S4481
Glutamic acid	S4481
14:0	S4481
22:0	S4481
18:4	S4481
22:5 n-3	S4481
Sucrose	S4481
Maltose	S4481
Iron, Fe	S4481
Vitamin E (alpha-tocopherol)	S4481
Arginine	S4481
Alanine	S4481
8:0	S4481
12:0	S4481
18:2 undifferentiated	S4481
20:1	S4481
20:5 n-3	S4481
24:0	S4481
Fiber, total dietary	S4481
Phosphorus, P	S4481
Vitamin K (phylloquinone)	S4481
Tyrosine	S4481
Glycine	S4481
Proline	S4481
Cholesterol	S4481
18:1 undifferentiated	S4481
22:1 undifferentiated	S4481
Fructose	S4481
Water	S4481
Tocopherol, delta	S4481
Pantothenic acid	S4481
Vitamin B-6	S4481
Threonine	S4481

NDB No. 18944 Pie, Dutch Apple, Commercially Prepared

Lysine	S4481
Histidine	S4481
24:1 c	S4481
20:2 n-6 c,c	S4481
Ash	S4481
Magnesium, Mg	S4481
Copper, Cu	S4481
Vitamin C, total ascorbic acid	S4481
Folic acid	S4481
Betaine	S4481
10:0	S4481
20:0	S4481
Starch	S4481
Potassium, K	S4481
Selenium, Se	S4481
Folate, total	S4481
Tryptophan	S4481
Leucine	S4481
20:4 undifferentiated	S4481
22:6 n-3	S4481
14:1	S4481
15:0	S4481

NDB No. 18945 Pie crust, deep dish, frozen, unbaked, made with enriched flour

Water	S2702
Zinc, Zn	S2702
Tocopherol, gamma	S2702
Tocopherol, delta	S2702
Vitamin B-6	S2702
Folate, food	S2702
Alanine	S2702
Aspartic acid	S2702
Glycine	S2702
Hydroxyproline	S2702
18:2 undifferentiated	S2702
20:4 undifferentiated	S2702

Reference Report

JUL-17-2008 02:00 PM

Page 2014 of 3136

NDB No. 18945 Pie crust, deep dish, frozen, unbaked, made with enriched flour

22:0	S2702
18:3 n-6 c,c,c	S2702
17:1	S2702
Calcium, Ca	S2702
Phosphorus, P	S2702
Manganese, Mn	S2702
Selenium, Se	S2702
Threonine	S2702
Cystine	S2702
14:0	S2702
18:0	S2702
14:1	S2702
16:1 undifferentiated	S2702
Fatty acids, total polyunsaturated	S2702
Fiber, total dietary	S2702
Magnesium, Mg	S2702
Vitamin E (alpha-tocopherol)	S2702
Thiamin	S2702
Riboflavin	S2702
Pantothenic acid	S2702
Folic acid	S2702
Isoleucine	S2702
18:3 undifferentiated	S2702
15:0	S2702
17:0	S2702
15:1	S2702
Total lipid (fat)	S2702
Ash	S2702
Starch	S2702
Iron, Fe	S2702
Folate, total	S2702
Vitamin B-12	S2702
Tryptophan	S2702
Leucine	S2702
Histidine	S2702
Fatty acids, total saturated	S2702
18:1 undifferentiated	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2015 of 3136

NDB No. 18945 Pie crust, deep dish, frozen, unbaked, made with enriched flour

Sodium, Na	S2702
Methionine	S2702
Arginine	S2702
Serine	S2702
8:0	S2702
Potassium, K	S2702
Copper, Cu	S2702
Tocopherol, beta	S2702
Phenylalanine	S2702
Tyrosine	S2702
12:0	S2702
20:0	S2702
20:1	S2702
Fatty acids, total monounsaturated	S2702
Protein	S2702
Niacin	S2702
Vitamin K (phylloquinone)	S2702
Lysine	S2702
Valine	S2702
Glutamic acid	S2702
10:0	S2702
16:0	S2702
Proline	S2702
20:2 n-6 c,c	S2702
20:3 undifferentiated	S2702
18:3 n-3 c,c,c	S2702

NDB No. 18946 Pie crust, refrigerated, regular, baked

Tocopherol, gamma	S2702
Riboflavin	S2702
Vitamin K (phylloquinone)	S2702
Phenylalanine	S2702
10:0	S2702
18:2 undifferentiated	S2702
Total lipid (fat)	S2702
Vitamin E (alpha-tocopherol)	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2016 of 3136

NDB No. 18946 Pie crust, refrigerated, regular, baked

Vitamin B-6	S2702
Tryptophan	S2702
Isoleucine	S2702
Fatty acids, total saturated	S2702
20:1	S2702
15:0	S2702
20:2 n-6 c,c	S2702
20:3 undifferentiated	S2702
18:3 n-3 c,c,c	S2702
Water	S2702
Fiber, total dietary	S2702
Iron, Fe	S2702
Phosphorus, P	S2702
Sodium, Na	S2702
Zinc, Zn	S2702
Manganese, Mn	S2702
Tocopherol, delta	S2702
Lysine	S2702
Cystine	S2702
Arginine	S2702
18:0	S2702
18:1 undifferentiated	S2702
22:0	S2702
14:1	S2702
Copper, Cu	S2702
Niacin	S2702
Threonine	S2702
Valine	S2702
Histidine	S2702
Alanine	S2702
16:0	S2702
20:0	S2702
18:3 undifferentiated	S2702
16:1 undifferentiated	S2702
Fatty acids, total monounsaturated	S2702
Folic acid	S2702
Leucine	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2017 of 3136

NDB No. 18946 Pie crust, refrigerated, regular, baked

Hydroxyproline	S2702
12:0	S2702
Calcium, Ca	S2702
Selenium, Se	S2702
Pantothenic acid	S2702
Folate, total	S2702
Vitamin B-12	S2702
Tyrosine	S2702
Glutamic acid	S2702
Serine	S2702
14:0	S2702
Fatty acids, total polyunsaturated	S2702
18:3 n-6 c,c,c	S2702
15:1	S2702
Protein	S2702
Ash	S2702
Starch	S2702
Potassium, K	S2702
Folate, food	S2702
Glycine	S2702
Proline	S2702
8:0	S2702
17:0	S2702
Magnesium, Mg	S2702
Tocopherol, beta	S2702
Thiamin	S2702
Methionine	S2702
Aspartic acid	S2702
20:4 undifferentiated	S2702
17:1	S2702

NDB No. 18947 Pie crust, deep dish, frozen, baked, made with enriched flour

Copper, Cu	S2702
Vitamin B-6	S2702
Leucine	S2702
Lysine	S2702

Reference Report

JUL-17-2008 02:00 PM

Page 2018 of 3136

NDB No. 18947 Pie crust, deep dish, frozen, baked, made with enriched flour

Alanine	S2702
Serine	S2702
Hydroxyproline	S2702
18:2 undifferentiated	S2702
14:1	S2702
17:0	S2702
Water	S2702
Iron, Fe	S2702
Zinc, Zn	S2702
Selenium, Se	S2702
Tocopherol, beta	S2702
Cystine	S2702
Fatty acids, total monounsaturated	S2702
Starch	S2702
Sodium, Na	S2702
Thiamin	S2702
Folate, total	S2702
Tryptophan	S2702
Threonine	S2702
Arginine	S2702
Aspartic acid	S2702
20:4 undifferentiated	S2702
Fatty acids, total polyunsaturated	S2702
Calcium, Ca	S2702
Manganese, Mn	S2702
Niacin	S2702
Vitamin K (phylloquinone)	S2702
Methionine	S2702
Phenylalanine	S2702
Glutamic acid	S2702
8:0	S2702
18:1 undifferentiated	S2702
Total lipid (fat)	S2702
Ash	S2702
Fiber, total dietary	S2702
Potassium, K	S2702
Tocopherol, delta	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2019 of 3136

NDB No. 18947 Pie crust, deep dish, frozen, baked, made with enriched flour

16:0	S2702
16:1 undifferentiated	S2702
15:1	S2702
Protein	S2702
Riboflavin	S2702
Folate, food	S2702
Isoleucine	S2702
Valine	S2702
12:0	S2702
14:0	S2702
18:0	S2702
18:3 undifferentiated	S2702
20:1	S2702
17:1	S2702
18:3 n-3 c,c,c	S2702
Magnesium, Mg	S2702
Tocopherol, gamma	S2702
Pantothenic acid	S2702
Vitamin B-12	S2702
Tyrosine	S2702
Proline	S2702
Fatty acids, total saturated	S2702
15:0	S2702
20:2 n-6 c,c	S2702
18:3 n-6 c,c,c	S2702
Phosphorus, P	S2702
Vitamin E (alpha-tocopherol)	S2702
Folic acid	S2702
Histidine	S2702
Glycine	S2702
10:0	S2702
20:0	S2702
22:0	S2702
20:3 undifferentiated	S2702

NDB No. 18948 Pie crust, refrigerated, regular, unbaked

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2020 of 3136

NDB No. 18948 Pie crust, refrigerated, regular, unbaked

Protein	S2702
Iron, Fe	S2702
Zinc, Zn	S2702
Vitamin E (alpha-tocopherol)	S2702
Riboflavin	S2702
Folate, total	S2702
Vitamin B-12	S2702
Folic acid	S2702
Leucine	S2702
Cystine	S2702
Tyrosine	S2702
Arginine	S2702
Histidine	S2702
8:0	S2702
18:0	S2702
22:0	S2702
20:1	S2702
20:3 undifferentiated	S2702
Total lipid (fat)	S2702
Thiamin	S2702
Niacin	S2702
16:0	S2702
15:1	S2702
18:3 n-3 c,c,c	S2702
Selenium, Se	S2702
Tryptophan	S2702
Aspartic acid	S2702
20:0	S2702
Sodium, Na	S2702
Methionine	S2702
Glutamic acid	S2702
14:0	S2702
18:2 undifferentiated	S2702
14:1	S2702
Fatty acids, total polyunsaturated	S2702
Fiber, total dietary	S2702
Magnesium, Mg	S2702

Reference_Report

NDB No. 18948 Pie crust, refrigerated, regular, unbaked

Phosphorus, P	S2702
Manganese, Mn	S2702
Vitamin K (phylloquinone)	S2702
Valine	S2702
Alanine	S2702
Serine	S2702
10:0	S2702
Starch	S2702
Water	S2702
Calcium, Ca	S2702
Potassium, K	S2702
Tocopherol, delta	S2702
Pantothenic acid	S2702
Threonine	S2702
Glycine	S2702
12:0	S2702
17:0	S2702
18:3 n-6 c,c,c	S2702
Ash	S2702
Tocopherol, gamma	S2702
Isoleucine	S2702
Proline	S2702
Fatty acids, total saturated	S2702
16:1 undifferentiated	S2702
Fatty acids, total monounsaturated	S2702
20:2 n-6 c,c	S2702
Copper, Cu	S2702
Tocopherol, beta	S2702
Vitamin B-6	S2702
Folate, food	S2702
Lysine	S2702
Phenylalanine	S2702
Hydroxyproline	S2702
18:1 undifferentiated	S2702
18:3 undifferentiated	S2702
20:4 undifferentiated	S2702
15:0	S2702

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2022 of 3136

NDB No. 19003 Snacks, corn-based, extruded, chips, plain

Fiber, total dietary	S26
Thiamin	S26
Cholesterol	S26
10:0	S26
18:2 undifferentiated	S26
18:4	S26
Stigmasterol	S26
18:2 n-6 c,c	S26
Sucrose	S26
Fructose	S26
Manganese, Mn	S26
Niacin	S26
Vitamin K (phylloquinone)	S26
14:0	S26
22:6 n-3	S26
20:1	S26
Campesterol	S26
24:0	S26
22:1 c	S26
Protein	S26
Starch	S26
Copper, Cu	S26
Carotene, alpha	S26
8:0	S26
18:0	S26
20:4 undifferentiated	S26
22:0	S26
Glucose (dextrose)	S26
Lactose	S26
Maltose	S26
Magnesium, Mg	S26
Sodium, Na	S26
Zinc, Zn	S26
Folate, total	S26
Fatty acids, total trans	S26
18:1 undifferentiated	S26
20:5 n-3	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2023 of 3136

NDB No. 19003 Snacks, corn-based, extruded, chips, plain

Water	S26
Galactose	S26
Calcium, Ca	S26
Carotene, beta	S26
Vitamin C, total ascorbic acid	S26
Riboflavin	S26
Choline, total	S26
12:0	S26
16:0	S26
16:1 undifferentiated	S26
24:1 c	S26
Total lipid (fat)	S26
Sugars, total	S26
Pantothenic acid	S26
Betaine	S26
Fatty acids, total saturated	S26
6:0	S26
18:3 undifferentiated	S26
22:5 n-3	S26
18:1 t	S26
18:2 i	S26
18:3 n-3 c,c,c	S26
Iron, Fe	S26
Vitamin B-6	S26
Beta-sitosterol	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
16:1 c	S26
17:1	S26
Ash	S26
Phosphorus, P	S26
Potassium, K	S26
Fluoride, F	D5301, D5007, D5021
Cryptoxanthin, beta	S26
14:1	S26
22:1 undifferentiated	S26
18:2 CLAs	S26

Reference_Report

NDB No. 19003 Snacks, corn-based, extruded, chips, plain

18:1 c	S26
Fatty acids, total trans-monoenoic	S26
Fatty acids, total trans-polyenoic	S26

NDB No. 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor

Lactose	S26, S2109
Water	S26, S2109
Galactose	S26, S2109
Iron, Fe	S26, S2109
Vitamin C, total ascorbic acid	S2109
Fatty acids, total trans	S2109
10:0	S2109
Sucrose	S26, S2109
Glucose (dextrose)	S26, S2109
Sugars, total	S26, S2109
Thiamin	S26, S2109
Hydroxyproline	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
18:3 n-3 c,c,c	S2109
Total lipid (fat)	S26, S2109
Ash	S26, S2109
Phosphorus, P	S26, S2109
Riboflavin	S26, S2109
8:0	S2109
14:0	S2109
16:0	S2109
20:4 undifferentiated	S2109
15:1	S2109
Starch	S2109
Potassium, K	S26, S2109
Copper, Cu	S26, S2109

Reference Report

JUL-17-2008 02:00 PM

Page 2025 of 3136

NDB No. 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor

Fatty acids, total saturated	S2109
18:3 undifferentiated	S2109
22:0	S2109
20:1	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
Vitamin B-6	S26, S2109
18:0	S2109
18:2 undifferentiated	S2109
Maltose	S26, S2109
Magnesium, Mg	S26, S2109
Sodium, Na	S26, S2109
Selenium, Se	S2109
20:0	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
Protein	S26, S2109
Fructose	S26, S2109
Fiber, total dietary	S26, S2109
Manganese, Mn	S26, S2109
Niacin	S26, S2109
Vitamin B-12	S26
Choline, total	S2109
Betaine	S2109
12:0	S2109
Fatty acids, total monounsaturated	S2109
18:1 t	S2109
18:2 t,t	S2109
17:1	S2109
Calcium, Ca	S26, S2109
Zinc, Zn	S26, S2109
Pantothenic acid	S26, S2109
Folate, total	S26
Vitamin K (phylloquinone)	S2109
18:1 undifferentiated	S2109

NDB No. 19014 Snacks, fruit leather, rolls

15:0	S5
17:1	S5
Vitamin C, total ascorbic acid	S5
Sodium, Na	S5
Water	S5
20:0	S5
17:0	S5
Protein	S5
22:0	S5
20:3 undifferentiated	S5
14:1	S5

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

Betaine	S2105
Choline, total	S2105

NDB No. 19034 Snacks, popcorn, air-popped

Fructose	S26
Water	S26
Fiber, total dietary	S26
Folate, total	S26
10:0	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
18:3 n-6 c,c,c	S26
Thiamin	S26
Betaine	S26
15:0	S26
Calcium, Ca	S26
Potassium, K	S26
Copper, Cu	S26
Selenium, Se	S26
Sugars, total	S26
Pantothenic acid	S26
Vitamin B-6	S26
20:3 undifferentiated	S26

Reference Report

JUL-17-2008 02:00 PM

Page 2027 of 3136

NDB No. 19034 Snacks, popcorn, air-popped

Protein	S26
Total lipid (fat)	S26
Glucose (dextrose)	S26
Galactose	S26
Phosphorus, P	S26
Manganese, Mn	S26
Riboflavin	S26
14:0	S26
18:0	S26
18:1 undifferentiated	S26
Ash	S26
Lactose	S26
Magnesium, Mg	S26
12:0	S26
16:0	S26
20:4 undifferentiated	S26
16:1 undifferentiated	S26
17:0	S26
20:2 n-6 c,c	S26
15:1	S26
Sucrose	S26
Maltose	S26
Iron, Fe	S26
Sodium, Na	S26
Niacin	S26
20:0	S26
22:0	S26
Starch	S26
Zinc, Zn	S26
Choline, total	S26
14:1	S26
20:1	S26
17:1	S26

NDB No. 19035 Snacks, popcorn, oil-popped, microwave, regular flavor

Lactose	S26
---------	-----

Reference Report

JUL-17-2008 02:00 PM

Page 2028 of 3136

NDB No. 19035 Snacks, popcorn, oil-popped, microwave, regular flavor

Vitamin B-6	S26
18:2 undifferentiated	S26
Sucrose	S26
Galactose	S26
Potassium, K	S26
Copper, Cu	S26
Tocopherol, gamma	S26
16:0	S26
Maltose	S26
Water	S26
Magnesium, Mg	S26
Folate, total	S26
10:0	S26
12:0	S26
Fructose	S26
Manganese, Mn	S26
Tocopherol, beta	S26
Riboflavin	S26
20:1	S26
Protein	S26
Sugars, total	S26
Iron, Fe	S26
Vitamin E (alpha-tocopherol)	S26
Betaine	S3461
Fatty acids, total saturated	S26
14:0	S26
18:0	S26
Starch	S26
Glucose (dextrose)	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Tocopherol, delta	S26
Niacin	S26
Pantothenic acid	S26
18:1 undifferentiated	S26
20:4 undifferentiated	S26
20:3 undifferentiated	S26

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2029 of 3136

NDB No. 19035 Snacks, popcorn, oil-popped, microwave, regular flavor

Total lipid (fat)	S26
Choline, total	S3461
8:0	S26
18:3 undifferentiated	S26
16:1 undifferentiated	S26
Fatty acids, total polyunsaturated	S26
20:2 n-6 c,c	S26
Phosphorus, P	S26
Fluoride, F	D5007, D5021
Fatty acids, total monounsaturated	S26

NDB No. 19045 Snacks, potato chips, made from dried potatoes, reduced fat

6:0	S3774
16:0	S3774
22:0	S3774
20:1	S3774
16:1 c	S3774
Fatty acids, total trans-monoenoic	S3774
Fiber, total dietary	S3774
Sodium, Na	S3774
Zinc, Zn	S3774
Fatty acids, total trans	S3774
4:0	S3774
18:0	S3774
18:4	S3774
15:0	S3774
16:1 t	S3774
18:2 t not further defined	S3774
20:2 n-6 c,c	S3774
18:1 c	S3774
22:1 c	S3774
Fatty acids, total trans-polyenoic	S3774
Ash	S3774
Fructose	S3774
Phosphorus, P	S3774

Reference Report

JUL-17-2008 02:00 PM

Page 2030 of 3136

NDB No. 19045 Snacks, potato chips, made from dried potatoes, reduced fat

Selenium, Se	S3774
Niacin	S3774
Pantothenic acid	S3774
14:0	S3774
18:1 undifferentiated	S3774
24:0	S3774
24:1 c	S3774
20:3 n-3	S3774
Total lipid (fat)	S3774
Riboflavin	S3774
20:4 undifferentiated	S3774
Fatty acids, total polyunsaturated	S3774
17:0	S3774
18:1 t	S3774
15:1	S3774
Protein	S3774
Calcium, Ca	S3774
Iron, Fe	S3774
Thiamin	S3774
8:0	S3774
12:0	S3774
18:2 undifferentiated	S3774
16:1 undifferentiated	S3774
Water	S3774
Sugars, total	S3774
Manganese, Mn	S3774
20:3 n-6	S3774
Glucose (dextrose)	S3774
Magnesium, Mg	S3774
Potassium, K	S3774
Vitamin B-6	S3774
10:0	S3774
20:0	S3774
14:1	S3774
20:5 n-3	S3774
22:1 undifferentiated	S3774
22:5 n-3	S3774

Reference_Report

NDB No. 19045 Snacks, potato chips, made from dried potatoes, reduced fat

Fatty acids, total monounsaturated	S3774
22:1 t	S3774
18:2 n-6 c,c	S3774
20:3 undifferentiated	S3774
18:3 n-3 c,c,c	S3774
Sucrose	S3774
Lactose	S3774
Maltose	S3774
Copper, Cu	S3774
Fatty acids, total saturated	S3774
18:3 undifferentiated	S3774
18:2 CLAs	S3774
18:3 n-6 c,c,c	S3774
17:1	S3774
22:4	S3774

NDB No. 19047 Snacks, pretzels, hard, plain, salted

Sucrose	S1162
Fiber, total dietary	S1162
Methionine	S1162
Cystine	S1162
Tyrosine	S1162
Proline	S1162
6:0	S1162
18:1 undifferentiated	S1162
20:2 n-6 c,c	S1162
Magnesium, Mg	S1162
Zinc, Zn	S1162
Niacin	S1162
Isoleucine	S1162
4:0	S1162
14:0	S1162
22:6 n-3	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:5 n-3	S1162

NDB No. 19047 Snacks, pretzels, hard, plain, salted

18:1 t	S1162
13:0	S1162
15:1	S1162
Ash	S1162
Galactose	S1162
Selenium, Se	S1162
Vitamin B-6	S1162
Folic acid	S1162
Glycine	S1162
15:0	S1162
18:3 n-6 c,c,c	S1162
20:3 undifferentiated	S1162
Copper, Cu	S1162
Thiamin	S1162
Choline, total	S3461
Vitamin K (phylloquinone)	S1162
Tryptophan	S1162
Threonine	S1162
Alanine	S1162
Fatty acids, total trans	S1162
20:0	S1162
18:3 undifferentiated	S1162
17:0	S1162
18:1 c	S1162
Starch	S1162
Glucose (dextrose)	S1162
Lactose	S1162
Riboflavin	S1162
Leucine	S1162
Valine	S1162
8:0	S1162
12:0	S1162
18:0	S1162
Fatty acids, total monounsaturated	S1162
17:1	S1162
Fatty acids, total trans-monoenoic	S1162

NDB No. 19047 Snacks, pretzels, hard, plain, salted

Fructose	S1162
Maltose	S1162
Phosphorus, P	S1162
Arginine	S1162
Histidine	S1162
Serine	S1162
Fatty acids, total saturated	S1162
16:0	S1162
Fatty acids, total polyunsaturated	S1162
24:0	S1162
18:3 n-3 c,c,c	S1162
Protein	S1162
Water	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Potassium, K	S1162
Sodium, Na	S1162
Manganese, Mn	S1162
Pantothenic acid	S1162
Folate, total	S1162
Folate, food	S1162
Lysine	S1162
Phenylalanine	S1162
Aspartic acid	S1162
Glutamic acid	S1162
18:2 undifferentiated	S1162
20:4 undifferentiated	S1162
20:1	S1162
24:1 c	S1162
Total lipid (fat)	S1162
Sugars, total	S1162
Betaine	S3461
10:0	S1162
22:0	S1162
22:1 undifferentiated	S1162

Reference Report

JUL-17-2008 02:00 PM

Page 2034 of 3136

NDB No. 19056 Snacks, tortilla chips, plain, white corn

Protein	S26
Water	S26
Calcium, Ca	S26
Niacin	S26
Threonine	S26
Leucine	S26
Methionine	S26
Phenylalanine	S26
Total lipid (fat)	S26
Glucose (dextrose)	S26
Fructose	S26
Fiber, total dietary	S26
Potassium, K	S26
Thiamin	S26
Isoleucine	S26
Serine	S26
Sucrose	S26
Iron, Fe	S26
Sodium, Na	S26
Vitamin C, total ascorbic acid	S26
Valine	S26
Arginine	S26
Starch	S26
Magnesium, Mg	S26
Choline, total	S26
Tryptophan	S26
Beta-sitosterol	S26
Maltose	S26
Riboflavin	S26
Vitamin B-6	S26
Lysine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Stigmasterol	S26
Lactose	S26
Galactose	S26

Reference_Report

NDB No. 19056 Snacks, tortilla chips, plain, white corn

Phosphorus, P	S26
Copper, Cu	S26
Fluoride, F	D5301, D5007, D5021
Betaine	S26
Zinc, Zn	S26
Vitamin K (phylloquinone)	S26
24:0	S26
Ash	S26
Sugars, total	S26
Pantothenic acid	S26
Folate, total	S26
Vitamin B-12	S26
Cystine	S26
Tyrosine	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Campesterol	S26

NDB No. 19057 Snacks, tortilla chips, nacho cheese

Sucrose	S2109
Glucose (dextrose)	S2109
Magnesium, Mg	S2109
Sodium, Na	S2109
14:0	S2109
Fatty acids, total trans-monoenoic	S2109
Lactose	S2109
Fiber, total dietary	S2109
Hydroxyproline	S2109
18:0	S2109
18:2 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
20:1	S2109
15:0	S2109
18:2 t,t	S2109

Reference Report

JUL-17-2008 02:00 PM

Page 2036 of 3136

NDB No. 19057 Snacks, tortilla chips, nacho cheese

Starch	S2109
Water	S2109
Galactose	S2109
Iron, Fe	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
12:0	S2109
Fatty acids, total monounsaturated	S2109
17:0	S2109
Ash	S2109
Niacin	S2109
Vitamin B-6	S2109
Fatty acids, total trans	S2109
16:1 undifferentiated	S2109
18:1 t	S2109
Fatty acids, total trans-polyenoic	S2109
Potassium, K	S2109
Vitamin C, total ascorbic acid	S2109
8:0	S2109
14:1	S2109
17:1	S2109
18:3 n-3 c,c,c	S2109
Zinc, Zn	S2109
Thiamin	S2109
Betaine	S2109
Fatty acids, total saturated	S2109
10:0	S2109
Fatty acids, total polyunsaturated	S2109
20:2 n-6 c,c	S2109
Total lipid (fat)	S2109
Fructose	S2109
Calcium, Ca	S2109
Riboflavin	S2109
Pantothenic acid	S2109
16:0	S2109
18:3 undifferentiated	S2109

Reference_Report

NDB No. 19057 Snacks, tortilla chips, nacho cheese

18:3 n-6 c,c,c	S2109
Protein	S2109
Phosphorus, P	S2109
Choline, total	S2109
Vitamin K (phylloquinone)	S2109
20:0	S2109
18:1 undifferentiated	S2109
20:3 undifferentiated	S2109
15:1	S2109

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

Glucose (dextrose)	S2109
Fiber, total dietary	S2109
Calcium, Ca	S2109
Pantothenic acid	S2109
Choline, total	S2109
Hydroxyproline	S2109
Fatty acids, total saturated	S2109
14:0	S2109
18:1 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
16:1 undifferentiated	S2109
15:0	S2109
17:1	S2109
Protein	S2109
18:0	S2109
20:0	S2109
Sugars, total	S2109
Copper, Cu	S2109
10:0	S2109
12:0	S2109
14:1	S2109
Fatty acids, total polyunsaturated	S2109
Ash	S2109
Fructose	S2109

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

Vitamin C, total ascorbic acid	S2109
Fatty acids, total trans	S2109
16:0	S2109
20:3 undifferentiated	S2109
15:1	S2109
Sucrose	S2109
Selenium, Se	S2109
Niacin	S2109
18:2 undifferentiated	S2109
20:1	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
Maltose	S2109
Iron, Fe	S2109
Phosphorus, P	S2109
Riboflavin	S2109
Vitamin B-6	S2109
18:3 n-3 c,c,c	S2109
Total lipid (fat)	S2109
Lactose	S2109
Water	S2109
Potassium, K	S2109
Zinc, Zn	S2109
Thiamin	S2109
Vitamin K (phylloquinone)	S2109
Betaine	S2109
8:0	S2109
17:0	S2109
18:1 t	S2109
Fatty acids, total trans- monoenoic	S2109
Starch	S2109
Galactose	S2109
Magnesium, Mg	S2109
Sodium, Na	S2109
Manganese, Mn	S2109
18:3 undifferentiated	S2109
Fatty acids, total	S2109

Reference_Report

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

monounsaturated

18:2 t,t S2109

Fatty acids, total trans-polyenoic S2109

NDB No. 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll

Ash S1164

Phosphorus, P S1164

Sodium, Na S1164

Folate, total S1164

Leucine S1164

Valine S1164

Histidine S1164

Alanine S1164

18:0 S1164

Calcium, Ca S1164

Cryptoxanthin, beta S1164

Pantothenic acid S1164

Vitamin K (phylloquinone) S1164

18:2 undifferentiated S1164

22:1 undifferentiated S1164

17:1 S1164

Total lipid (fat) S1164

Glucose (dextrose) S1164

Lactose S1164

Fiber, total dietary S1164

Magnesium, Mg S1164

Zinc, Zn S1164

Thiamin S1164

Niacin S1164

Folic acid S1164

Methionine S1164

Aspartic acid S1164

6:0 S1164

17:0 S1164

20:2 n-6 c,c S1164

18:3 n-6 c,c,c S1164

Fructose

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2040 of 3136

NDB No. 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll

	S1164
Water	S1164
Caffeine	S1164
Copper, Cu	S1164
Carotene, beta	S1164
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Vitamin B-6	S1164
Vitamin B-12	S1164
Folate, food	S1164
Tryptophan	S1164
Cystine	S1164
20:4 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
24:0	S1164
18:3 n-3 c,c,c	S1164
Starch	S1164
Sucrose	S1164
Iron, Fe	S1164
Threonine	S1164
Arginine	S1164
Serine	S1164
16:0	S1164
22:6 n-3	S1164
16:1 undifferentiated	S1164
15:0	S1164
Galactose	S1164
Potassium, K	S1164
Manganese, Mn	S1164
Tocopherol, beta	S1164
Riboflavin	S1164
Phenylalanine	S1164
Tyrosine	S1164
Glycine	S1164
Proline	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2041 of 3136

NDB No. 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll

Hydroxyproline	S1164
4:0	S1164
8:0	S1164
14:1	S1164
Maltose	S1164
Lycopene	S1164
Glutamic acid	S1164
Cholesterol	S1164
10:0	S1164
12:0	S1164
14:0	S1164
22:0	S1164
20:1	S1164
13:0	S1164
15:1	S1164
Protein	S1164
Theobromine	S1164
Sugars, total	S1164
Selenium, Se	S1164
Carotene, alpha	S1164
Tocopherol, gamma	S1164
Isoleucine	S1164
Lysine	S1164
Fatty acids, total saturated	S1164
20:0	S1164
20:5 n-3	S1164
18:1 t	S1164
18:1 c	S1164
20:3 undifferentiated	S1164

NDB No. 19068 Candies, NESTLE, BIT-O'-HONEY Candy Chews

Total lipid (fat)	S3770
Iron, Fe	S3770
Protein	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770

NDB No. 19068 Candies, NESTLE, BIT-O'-HONEY Candy Chews

Sodium, Na	S3770
Carbohydrate, by difference	S3770
Vitamin C, total ascorbic acid	S3770
Vitamin A, IU	S3770
Cholesterol	S3770
Energy	S3770
Sugars, total	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

NDB No. 19069 Candies, NESTLE, BUTTERFINGER Bar

Fiber, total dietary	S3770
Fatty acids, total trans	S3770
Energy	S3770
Protein	S3770
Carbohydrate, by difference	S3770
Fatty acids, total saturated	S3770
Sugars, total	S3770
Total lipid (fat)	S3770
Calcium, Ca	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Cholesterol	S3770

NDB No. 19074 Candies, caramels

Fluoride, F	D5007
-------------	-------

NDB No. 19076 Candies, caramels, chocolate-flavor roll

Iron, Fe	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Cryptoxanthin, beta	S1164
Water	S1164

NDB No. 19076 Candies, caramels, chocolate-flavor roll

Theobromine	S1164
Zinc, Zn	S1164
Cholesterol	S1164
18:1 t	S1164
Caffeine	S1164
Calcium, Ca	S1164
Sodium, Na	S1164
Manganese, Mn	S1164
Carotene, alpha	S1164
Folate, food	S1164
Ash	S1164
Tocopherol, gamma	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Hydroxyproline	S1164
Total lipid (fat)	S1164
Sugars, total	S1164
Fiber, total dietary	S1164
Carotene, beta	S1164
Thiamin	S1164
Choline, total	S1164
13:0	S1164
Selenium, Se	S1164
Riboflavin	S1164
Niacin	S1164
14:1	S1164
24:0	S1164
20:3 undifferentiated	S1164
15:1	S1164
Protein	S1164
Copper, Cu	S1164
Vitamin E (alpha-tocopherol)	S1164
20:2 n-6 c,c	S1164
18:3 n-3 c,c,c	S1164
Magnesium, Mg	S1164
Lycopene	S1164
Tocopherol, beta	S1164

NDB No. 19076 Candies, caramels, chocolate-flavor roll

Vitamin C, total ascorbic acid	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Folic acid	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164

NDB No. 19078 Baking chocolate, unsweetened, squares

Fiber, total dietary	S1069
Selenium, Se	S1069
Betaine	S1069
Cystine	S1069
Valine	S1069
Aspartic acid	S1069
Glycine	S1069
20:4 undifferentiated	S1069
22:0	S1069
14:1	S1069
22:1 undifferentiated	S1069
Sugars, total	S1069
Calcium, Ca	S1069
Sodium, Na	S1069
Cryptoxanthin, beta	S1069
Threonine	S1069
Leucine	S1069
Lysine	S1069
Methionine	S1069
6:0	S1069
16:0	S1069
18:0	S1069
20:1	S1069
20:5 n-3	S1069
15:0	S1069
18:1 t	S1069

NDB No. 19078 Baking chocolate, unsweetened, squares

20:2 n-6 c,c	S1069
18:1 c	S1069
18:3 n-6 c,c,c	S1069
Theobromine	S1069
Magnesium, Mg	S1069
Potassium, K	S1069
Copper, Cu	S1069
Lycopene	S1069
Tocopherol, beta	S84
16:1 undifferentiated	S1069
Beta-sitosterol	S1069
17:1	S1069
18:3 n-3 c,c,c	S1069
Water	S1069
Vitamin E (alpha-tocopherol)	S84
Riboflavin	S1069
Pantothenic acid	S1069
12:0	S1069
Stigmasterol	S1069
Adjusted Protein	S1069
Iron, Fe	S1069
Phosphorus, P	S1069
Carotene, beta	S1069
Tocopherol, delta	S84
Tryptophan	S1069
4:0	S1069
13:0	S1069
15:1	S1069
Total lipid (fat)	S1069
Ash	S1069
Carotene, alpha	S1069
Thiamin	S1069
Vitamin K (phylloquinone)	S1069
Isoleucine	S1069
Histidine	S1069
Proline	S1069
10:0	S1069

NDB No. 19078 Baking chocolate, unsweetened, squares

14:0	S1069
17:0	S1069
Caffeine	S1069
Manganese, Mn	S1069
Tocopherol, gamma	S84
Vitamin B-6	S1069
Folate, total	S1069
Choline, total	S1069
Phenylalanine	S1069
Alanine	S1069
Glutamic acid	S1069
Serine	S1069
Campesterol	S1069
24:0	S1069
24:1 c	S1069
Zinc, Zn	S1069
Vitamin C, total ascorbic acid	S1069
Niacin	S1069
Tyrosine	S1069
Arginine	S1069
Hydroxyproline	S1069
8:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
22:6 n-3	S1069
20:3 undifferentiated	S1069

NDB No. 19080 Candies, semisweet chocolate

Sugars, total	S5
---------------	----

NDB No. 19088 Ice creams, vanilla, light

Potassium, K	S7, S10, S6, S12, S9, S11, S8
Selenium, Se	S7, S10, S6, S12, S9, S11, S8
Sodium, Na	S7, S10, S6, S12, S9, S11, S8
Phosphorus, P	S7, S10, S6, S12, S9, S11, S8
Zinc, Zn	S7, S10, S6, S12, S9, S11, S8

NDB No. 19088 Ice creams, vanilla, light

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

NDB No. 19095 Ice creams, vanilla

Fluoride, F S1067
Sugars, total S1067
Vitamin K (phylloquinone) D4002
Selenium, Se S7, S10, S6, S11, S9, S12, S8
Choline, total S1067

NDB No. 19105 Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Protein S3770
Sugars, total S3770
Carbohydrate, by difference S3770
Iron, Fe S3770
Fatty acids, total saturated S3770
Fiber, total dietary S3770
Total lipid (fat) S3770
Vitamin A, IU S3770
Cholesterol S3770
Energy S3770
Fatty acids, total trans S3770
Sodium, Na S3770
Vitamin C, total ascorbic acid S3770
Calcium, Ca S3770

NDB No. 19109 Candies, KIT KAT Wafer Bar

Magnesium, Mg S1164
Phosphorus, P S1164
Carotene, beta S1164
Cryptoxanthin, beta S1164
Tryptophan S1164
Lysine S1164
Aspartic acid S1164
8:0 S1164
14:0 S1164

NDB No. 19109 Candies, KIT KAT Wafer Bar

18:0	S1164
16:1 undifferentiated	S1164
22:1 undifferentiated	S1164
15:1	S1164
Sucrose	S1164
Water	S1164
Copper, Cu	S1164
Niacin	S1164
Vitamin K (phylloquinone)	S1164
Histidine	S1164
Alanine	S1164
4:0	S1164
12:0	S1164
Fatty acids, total polyunsaturated	S1164
Fatty acids, total trans-monoenoic	S1164
18:3 n-3 c,c,c	S1164
Total lipid (fat)	S1164
Fructose	S1164
Retinol	S1164
Tocopherol, gamma	S1164
Riboflavin	S1164
16:0	S1164
20:4 undifferentiated	S1164
15:0	S1164
20:2 n-6 c,c	S1164
17:1	S1164
13:0	S1164
Sodium, Na	S1164
Vitamin B-6	S1164
Folate, total	S1164
Threonine	S1164
Phenylalanine	S1164
Valine	S1164
Proline	S1164
Fatty acids, total saturated	S1164
6:0	S1164
10:0	S1164

Reference_Report

NDB No. 19109 Candies, KIT KAT Wafer Bar

18:2 undifferentiated	S1164
18:3 n-6 c,c,c	S1164
Protein	S1164
Sugars, total	S1164
Galactose	S1164
Iron, Fe	S1164
Potassium, K	S1164
Manganese, Mn	S1164
Carotene, alpha	S1164
Tocopherol, delta	S1164
Methionine	S1164
Serine	S1164
Cholesterol	S1164
18:3 undifferentiated	S1164
22:0	S1164
18:1 t	S1164
20:3 undifferentiated	S1164
Selenium, Se	S1164
Vitamin E (alpha-tocopherol)	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Pantothenic acid	S1164
Vitamin B-12	S1164
Choline, total	S1164
Isoleucine	S1164
Cystine	S1164
Glycine	S1164
22:6 n-3	S1164
14:1	S1164
Fatty acids, total monounsaturated	S1164
24:0	S1164
Glucose (dextrose)	S1164
Lactose	S1164
Theobromine	S1164
Fiber, total dietary	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164

Reference_Report

NDB No. 19109 Candies, KIT KAT Wafer Bar

Folic acid	S1164
Arginine	S1164
Glutamic acid	S1164
Fatty acids, total trans	S1164
18:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
17:0	S1164
Ash	S1164
Starch	S1164
Maltose	S1164
Caffeine	S1164
Calcium, Ca	S1164
Folate, food	S1164
Betaine	S1164
Leucine	S1164
Tyrosine	S1164
Hydroxyproline	S1164
20:0	S1164
18:1 c	S1164

NDB No. 19111 Candies, NESTLE, BABY RUTH Bar

Total lipid (fat)	S3770
Vitamin C, total ascorbic acid	S3770
Carbohydrate, by difference	S3770
Fiber, total dietary	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Iron, Fe	S3770
Vitamin A, IU	S3770
Calcium, Ca	S3770
Fatty acids, total saturated	S3770
Protein	S3770
Sugars, total	S3770
Sodium, Na	S3770
Energy	S3770

NDB No. 19118 Candies, NESTLE, OH HENRY! Bar

Protein	S3770
Vitamin A, IU	S3770
Sugars, total	S3770
Sodium, Na	S3770
Fatty acids, total trans	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Fatty acids, total saturated	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Total lipid (fat)	S3770

NDB No. 19119 Candies, NESTLE, CHUNKY Bar

Sugars, total	S3770
Total lipid (fat)	S3770
Fiber, total dietary	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Carbohydrate, by difference	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Fatty acids, total trans	S3770
Calcium, Ca	S3770
Vitamin A, IU	S3770
Protein	S3770
Energy	S3770
Fatty acids, total saturated	S3770

NDB No. 19120 Candies, milk chocolate

Niacin	S1069
20:3 undifferentiated	S1069
Calcium, Ca	S7, S10, S6, S11, S9, S12, S1069, S8
Cholesterol	S1069

Reference Report

JUL-17-2008 02:00 PM

Page 2052 of 3136

NDB No. 19120 Candies, milk chocolate

10:0	S1069
18:2 undifferentiated	S1069
17:0	S1069
20:2 n-6 c,c	S1069
18:3 n-3 c,c,c	S1069
Total lipid (fat)	S1069
Iron, Fe	S7, S10, S6, S11, S9, S12, S1069, S8
Potassium, K	S7, S10, S6, S11, S9, S12, S1069, S8
Selenium, Se	S7, S10, S6, S11, S9, S12, S1069, S8
Carotene, beta	S1069
4:0	S1069
20:4 undifferentiated	S1069
20:5 n-3	S1069
Stigmasterol	S1069
Carotene, alpha	S1069
Choline, total	S1069
14:0	S1069
24:0	S1069
Ash	S1069
Water	S1069
Theobromine	S1069
Sugars, total	S1069
Phosphorus, P	S7, S10, S6, S11, S9, S12, S1069, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S1069, S8
Fluoride, F	D5007
Manganese, Mn	S7, S10, S6, S11, S9, S12, S1069, S8
Pantothenic acid	S1069
Vitamin B-6	S1069
20:0	S1069
14:1	S1069
20:1	S1069
22:1 undifferentiated	S1069
24:1 c	S1069
17:1	S1069
13:0	S1069
Caffeine	S1069
Fiber, total dietary	S1069

Reference_Report

NDB No. 19120 Candies, milk chocolate

Folate, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069
6:0	S1069
16:1 undifferentiated	S1069
Campesterol	S1069
Beta-sitosterol	S1069
15:0	S1069
15:1	S1069
Protein	S1069
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S1069, S8
Sodium, Na	S7, S10, S6, S11, S9, S12, S1069, S8
Cryptoxanthin, beta	S1069
16:0	S1069
22:0	S1069
18:1 t	S1069
18:3 n-6 c,c,c	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
8:0	S1069
12:0	S1069
18:0	S1069
18:1 c	S1069

NDB No. 19129 Syrups, table blends, pancake

Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4002
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Selenium, Se	S7, S10, S6, D3364, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8

Reference Report

JUL-17-2008 02:00 PM

Page 2054 of 3136

NDB No. 19129 Syrups, table blends, pancake

Potassium, K	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8

NDB No. 19135 Candies, MASTERFOODS USA, MILKY WAY Bar

Sugars, total	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fiber, total dietary	S3361
Carbohydrate, by difference	S3361
Fatty acids, total trans	S3361
Energy	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Protein	S3361
Total lipid (fat)	S3361
Fatty acids, total saturated	S3361

NDB No. 19139 Baking chocolate, MASTERFOODS USA, M&M's Semisweet Chocolate Mini Baking Bits

Iron, Fe	S3361
Cholesterol	S3361
Protein	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sodium, Na	S3361
Sugars, total	S3361
Vitamin A, IU	S3361
Fiber, total dietary	S3361
Fatty acids, total trans	S3361
Calcium, Ca	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total saturated	S3361
Total lipid (fat)	S3361

Reference Report

JUL-17-2008 02:00 PM

Page 2055 of 3136

NDB No. 19140 Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies

Total lipid (fat)	S3361
Vitamin A, IU	S3361
Protein	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Fiber, total dietary	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361

NDB No. 19141 Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies

Sugars, total	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Choline, total	S4001
Cholesterol	S3361
Fatty acids, total saturated	S3361
Fluoride, F	D5301
Sodium, Na	S3361
Protein	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Vitamin C, total ascorbic acid	S3361
Fiber, total dietary	S3361
Vitamin A, IU	S3361
Betaine	S4001
Fatty acids, total trans	S3361

NDB No. 19142 Candies, MOUNDS Candy Bar

10:0	S5
20:1	S5

Reference_Report

NDB No. 19142 Candies, MOUNDS Candy Bar

20:3 undifferentiated	S5
16:0	S5
8:0	S5
20:4 undifferentiated	S5
16:1 undifferentiated	S5
17:1	S5
15:0	S5
14:0	S5
20:0	S5
12:0	S5
18:0	S5
22:0	S5
14:1	S5
17:0	S5

NDB No. 19144 Candies, NESTLE, 100 GRAND Bar

Calcium, Ca	S3770
Caffeine	S3770
Theobromine	S3770
Sugars, total	S3770
Carbohydrate, by difference	S3770
Water	S3770
Potassium, K	S3770
Protein	S3770
Total lipid (fat)	S3770
Fiber, total dietary	S3770
Iron, Fe	S3770
Vitamin C, total ascorbic acid	S3770
Energy	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Fatty acids, total saturated	S3770

NDB No. 19145 Candies, NESTLE, CRUNCH Bar and Dessert Topping

Theobromine	S3770
Sodium, Na	S3770

Reference Report

JUL-17-2008 02:00 PM

Page 2057 of 3136

NDB No. 19145 Candies, NESTLE, CRUNCH Bar and Dessert Topping

Total lipid (fat)	S3770
Water	S3770
Fatty acids, total saturated	S3770
Fiber, total dietary	S3770
Vitamin C, total ascorbic acid	S3770
Potassium, K	S3770
Vitamin A, IU	S3770
Calcium, Ca	S3770
Cholesterol	S3770
Energy	S3770
Caffeine	S3770
Iron, Fe	S3770
Protein	S3770
Carbohydrate, by difference	S3770
Sugars, total	S3770
Fatty acids, total trans	S3770

NDB No. 19146 Baking chocolate, MASTERFOODS USA, M&M's Milk Chocolate Mini Baking Bits

Protein	S3361
Sugars, total	S3361
Fatty acids, total trans	S3361
Carbohydrate, by difference	S3361
Sodium, Na	S3361
Calcium, Ca	S3361
Vitamin A, IU	S3361
Cholesterol	S3361
Total lipid (fat)	S3361
Fiber, total dietary	S3361
Iron, Fe	S3361
Fatty acids, total saturated	S3361
Energy	S3361
Vitamin C, total ascorbic acid	S3361

NDB No. 19149 Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Carbohydrate, by difference	S3770
Sodium, Na	S3770

Reference_Report

NDB No. 19149 Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Energy	S3770
Fatty acids, total saturated	S3770
Protein	S3770
Vitamin A, IU	S3770
Sugars, total	S3770
Calcium, Ca	S3770
Total lipid (fat)	S3770
Iron, Fe	S3770
Cholesterol	S3770
Fiber, total dietary	S3770
Vitamin C, total ascorbic acid	S3770
Fatty acids, total trans	S3770

NDB No. 19153 Candies, NESTLE, AFTER EIGHT Mints

Protein	S3770
Iron, Fe	S3770
Fatty acids, total trans	S3770
Sugars, total	S3770
Sodium, Na	S3770
Cholesterol	S3770
Vitamin C, total ascorbic acid	S3770
Total lipid (fat)	S3770
Vitamin A, IU	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Fatty acids, total saturated	S3770

NDB No. 19155 Candies, MASTERFOODS USA, SNICKERS Bar

Iron, Fe	S3361
Zinc, Zn	S1164
Selenium, Se	S1164
Lycopene	S1164
Tocopherol, delta	S1164
Vitamin B-12	S1164

Reference Report

JUL-17-2008 02:00 PM

Page 2059 of 3136

NDB No. 19155 Candies, MASTERFOODS USA, SNICKERS Bar

Choline, total	S1164
Cholesterol	S3361
20:5 n-3	S1164
24:0	S1164
Carbohydrate, by difference	S3361
Fluoride, F	D5301
Tocopherol, beta	S1164
Folate, food	S1164
15:1	S1164
Calcium, Ca	S3361
Phosphorus, P	S1164
Potassium, K	S1164
Manganese, Mn	S1164
Carotene, alpha	S1164
Pantothenic acid	S1164
20:2 n-6 c,c	S1164
20:3 undifferentiated	S1164
Energy	S3361
Riboflavin	S1164
Vitamin B-6	S1164
Folate, total	S1164
Folic acid	S1164
20:4 undifferentiated	S1164
Protein	S3361
Total lipid (fat)	S3361
Water	S1164
Sugars, total	S3361
Magnesium, Mg	S1164
Copper, Cu	S1164
Vitamin E (alpha-tocopherol)	S1164
Vitamin K (phylloquinone)	S1164
Fatty acids, total trans	S3361
22:6 n-3	S1164
Ash	S1164
Vitamin A, IU	S3361
Tocopherol, gamma	S1164
Thiamin	S1164

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2060 of 3136

NDB No. 19155 Candies, MASTERFOODS USA, SNICKERS Bar

18:3 n-6 c,c,c	S1164
Vitamin C, total ascorbic acid	S3361
Niacin	S1164
Fiber, total dietary	S3361
Sodium, Na	S3361
Cryptoxanthin, beta	S1164
Betaine	S1164
Fatty acids, total saturated	S3361

NDB No. 19156 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits

Protein	S3361
Sugars, total	S3361
Iron, Fe	S3361
Fatty acids, total saturated	S3361
Carbohydrate, by difference	S3361
Fatty acids, total trans	S3361
Cholesterol	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Vitamin C, total ascorbic acid	S3361
Sodium, Na	S3361
Total lipid (fat)	S3361
Vitamin A, IU	S3361
Energy	S3361

NDB No. 19157 Candies, MASTERFOODS USA, M&M's MINIs Milk Chocolate Candies

Carbohydrate, by difference	S3361
Sodium, Na	S3361
Vitamin C, total ascorbic acid	S3361
Protein	S3361
Energy	S3361
Fatty acids, total trans	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Vitamin A, IU	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2061 of 3136

NDB No. 19157 Candies, MASTERFOODS USA, M&M's MINIs Milk Chocolate Candies

Fiber, total dietary	S3361
Iron, Fe	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361

NDB No. 19159 Candies, MASTERFOODS USA, 3 MUSKETEERS Bar

Vitamin A, IU	S3361
Total lipid (fat)	S3361
Fiber, total dietary	S3361
Protein	S3361
Carbohydrate, by difference	S3361
Sugars, total	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total saturated	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Energy	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361

NDB No. 19160 Candies, MASTERFOODS USA, TWIX Caramel Cookie Bars

Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Fiber, total dietary	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361
Protein	S3361
Calcium, Ca	S3361
Vitamin C, total ascorbic acid	S3361
Energy	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Iron, Fe	S3361
Sugars, total	S3361
Fatty acids, total trans	S3361

Reference_Report

NDB No. 19161 Candies, MASTERFOODS USA, TWIX Peanut Butter Cookie Bars

Sugars, total	S3361
Calcium, Ca	S3361
Vitamin A, IU	S3361
Fatty acids, total saturated	S3361
Protein	S3361
Sodium, Na	S3361
Carbohydrate, by difference	S3361
Fiber, total dietary	S3361
Fatty acids, total trans	S3361
Vitamin C, total ascorbic acid	S3361
Total lipid (fat)	S3361
Energy	S3361
Iron, Fe	S3361
Cholesterol	S3361

NDB No. 19173 Gelatin desserts, dry mix, prepared with water

Fluoride, F	D5001, D5002, D5007, D5003
Betaine	S2105
Choline, total	S2105

NDB No. 19183 Puddings, chocolate, ready-to-eat

Fructose	S2105
Fiber, total dietary	S2105
Iron, Fe	S2105
Cryptoxanthin, beta	S2105
18:3 undifferentiated	S2105
Fatty acids, total polyunsaturated	S2105
18:3 n-3 c,c,c	S2105
Phosphorus, P	S2105
Zinc, Zn	S2105
Manganese, Mn	S2105
14:0	S2105
20:4 undifferentiated	S2105
17:0	S2105
18:3 n-6 c,c,c	S2105
Sucrose	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 2063 of 3136

NDB No. 19183 Puddings, chocolate, ready-to-eat

Glucose (dextrose)	S2105
Lactose	S2105
Lycopene	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
18:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
15:1	S2105
Vitamin E (alpha-tocopherol)	S2105
Niacin	S2105
Vitamin B-6	S2105
Fatty acids, total saturated	S2105
10:0	S2105
12:0	S2105
18:0	S2105
17:1	S2105
Protein	S2105
Calcium, Ca	S2105
Magnesium, Mg	S2105
Sodium, Na	S2105
Selenium, Se	S2105
Carotene, beta	S2105
Tocopherol, beta	S2105
Riboflavin	S2105
Choline, total	S2105
20:0	S2105
18:2 undifferentiated	S2105
16:1 undifferentiated	S2105
20:2 n-6 c,c	S2105
Maltose	S2105
Carotene, alpha	S2105
Betaine	S2105
20:3 undifferentiated	S2105
Galactose	S2105
Potassium, K	S2105

Reference_Report

NDB No. 19183 Puddings, chocolate, ready-to-eat

Pantothenic acid	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	S2105
8:0	S2105
22:0	S2105
14:1	S2105
15:0	S2105
Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Sugars, total	S2105
Copper, Cu	S2105
16:0	S2105

NDB No. 19201 Puddings, vanilla, ready-to-eat

Ash	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Maltose	S2105
Magnesium, Mg	S2105
Selenium, Se	S2105
Tocopherol, delta	S2105
18:3 undifferentiated	S2105
22:0	S2105
17:0	S2105
15:1	S2105
Phosphorus, P	S2105
Copper, Cu	S2105
Vitamin B-12	S2105
20:2 n-6 c,c	S2105
20:3 undifferentiated	S2105
Water	S2105
Fiber, total dietary	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Carotene, alpha	S2105

NDB No. 19201 Puddings, vanilla, ready-to-eat

Niacin	S2105
16:1 undifferentiated	S2105
Protein	S2105
Total lipid (fat)	S2105
Sucrose	S2105
Lycopene	S2105
Vitamin K (phylloquinone)	S2105
8:0	S2105
12:0	S2105
20:0	S2105
18:3 n-6 c,c,c	S2105
Iron, Fe	S2105
Carotene, beta	S2105
Riboflavin	S2105
Pantothenic acid	S2105
16:0	S2105
18:0	S2105
20:4 undifferentiated	S2105
14:1	S2105
Lactose	S2105
Galactose	S2105
Calcium, Ca	S2105
Potassium, K	S2105
Manganese, Mn	S2105
Thiamin	S2105
Vitamin B-6	S2105
15:0	S2105
Cryptoxanthin, beta	S2105
Tocopherol, beta	S2105
10:0	S2105
14:0	S2105
18:1 undifferentiated	S2105
20:1	S2105
Sugars, total	S2105
Tocopherol, gamma	S2105
18:2 undifferentiated	S2105
17:1	S2105

NDB No. 19201 Puddings, vanilla, ready-to-eat

18:3 n-3 c,c,c S2105

NDB No. 19218 Puddings, tapioca, ready-to-eat

Sucrose S2105

Glucose (dextrose) S2105

Maltose S2105

Phosphorus, P S2105

Sodium, Na S2105

Vitamin E (alpha-tocopherol) S2105

Cryptoxanthin, beta S2105

Tocopherol, beta S2105

Riboflavin S2105

Vitamin B-12 S2105

10:0 S2105

Fatty acids, total
monounsaturated S2105

Fatty acids, total polyunsaturated S2105

Manganese, Mn S2105

Fatty acids, total saturated S2105

8:0 S2105

22:0 S2105

16:1 undifferentiated S2105

15:1 S2105

Lactose S2105

Thiamin S2105

Niacin S2105

Pantothenic acid S2105

Vitamin K (phylloquinone) S2105

18:1 undifferentiated S2105

18:3 undifferentiated S2105

18:3 n-6 c,c,c S2105

20:3 undifferentiated S2105

Protein S2105

Iron, Fe S2105

Copper, Cu S2105

Vitamin B-6 S2105

14:1 S2105

NDB No. 19218 Puddings, tapioca, ready-to-eat

Total lipid (fat)	S2105
Galactose	S2105
Selenium, Se	S2105
20:4 undifferentiated	S2105
Ash	S2105
Fructose	S2105
Magnesium, Mg	S2105
Carotene, alpha	S2105
14:0	S2105
18:0	S2105
18:2 undifferentiated	S2105
17:0	S2105
18:3 n-3 c,c,c	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Potassium, K	S2105
Zinc, Zn	S2105
Carotene, beta	S2105
Lycopene	S2105
Tocopherol, delta	S2105
12:0	S2105
20:2 n-6 c,c	S2105
Water	S2105
Sugars, total	S2105
Tocopherol, gamma	S2105
16:0	S2105
20:0	S2105
20:1	S2105
17:1	S2105

NDB No. 19226 Frostings, chocolate, creamy, ready-to-eat

Choline, total	S1063
Tocopherol, beta	S84
Tocopherol, gamma	S84
Vitamin E (alpha-tocopherol)	S84
Tocopherol, delta	S84

NDB No. 19230 Frostings, vanilla, creamy, ready-to-eat

Zinc, Zn	S1063
Vitamin K (phylloquinone)	S1063
Total lipid (fat)	S1063
Manganese, Mn	S1063
Riboflavin	S1063
Calcium, Ca	S1063
Potassium, K	S1063
Niacin	S1063
Pantothenic acid	S1063
Magnesium, Mg	S1063
Thiamin	S1063
Vitamin B-6	S1063
Choline, total	S1063
Ash	S1063
Water	S1063
Phosphorus, P	S1063
Protein	S1063
Iron, Fe	S1063
Sodium, Na	S1063
Copper, Cu	S1063
Selenium, Se	S1063
Folate, total	S1063

NDB No. 19234 Puddings, tapioca, ready-to-eat, fat free

Fiber, total dietary	S2105
Copper, Cu	S2105
Carotene, beta	S2105
Vitamin E (alpha-tocopherol)	S2105
Niacin	S2105
Vitamin K (phylloquinone)	S2105
Fatty acids, total saturated	S2105
12:0	S2105
14:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
17:1	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 2069 of 3136

NDB No. 19234 Puddings, tapioca, ready-to-eat, fat free

22:0	S2105
17:0	S2105
18:3 n-6 c,c,c	S2105
Cryptoxanthin, beta	S2105
14:1	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
20:3 undifferentiated	S2105
18:3 n-3 c,c,c	S2105
Sugars, total	S2105
Phosphorus, P	S2105
Manganese, Mn	S2105
Tocopherol, beta	S2105
Pantothenic acid	S2105
8:0	S2105
16:0	S2105
20:4 undifferentiated	S2105
Protein	S2105
Sodium, Na	S2105
Carotene, alpha	S2105
Tocopherol, gamma	S2105
15:1	S2105
Iron, Fe	S2105
Lycopene	S2105
Tocopherol, delta	S2105
Riboflavin	S2105
Vitamin B-6	S2105
10:0	S2105
18:3 undifferentiated	S2105
Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Calcium, Ca	S2105
Zinc, Zn	S2105
Selenium, Se	S2105
Thiamin	S2105
Vitamin B-12	S2105

Reference_Report

NDB No. 19234 Puddings, tapioca, ready-to-eat, fat free

Fatty acids, total polyunsaturated	S2105
15:0	S2105
20:2 n-6 c,c	S2105
Magnesium, Mg	S2105
Potassium, K	S2105
18:0	S2105
20:0	S2105
16:1 undifferentiated	S2105

NDB No. 19254 Candies, MASTERFOODS USA, DOVE Milk Chocolate

Protein	S3361
Calcium, Ca	S3361
Sodium, Na	S3361
Fiber, total dietary	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361
Energy	S3361
Sugars, total	S3361
Vitamin C, total ascorbic acid	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Fatty acids, total trans	S3361
Iron, Fe	S3361
Vitamin A, IU	S3361

NDB No. 19255 Candies, MASTERFOODS USA, DOVE Dark Chocolate

Vitamin A, IU	S3361
Protein	S3361
Energy	S3361
Sodium, Na	S3361
Iron, Fe	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total saturated	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Fiber, total dietary	S3361

Reference Report

JUL-17-2008 02:00 PM

Page 2071 of 3136

NDB No. 19255 Candies, MASTERFOODS USA, DOVE Dark Chocolate

Cholesterol	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Fatty acids, total trans	S3361

NDB No. 19256 Candies, MASTERFOODS USA, MILKY WAY Caramels, milk chocolate covered

Cholesterol	S3361
Carbohydrate, by difference	S3361
Calcium, Ca	S3361
Vitamin A, IU	S3361
Iron, Fe	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total saturated	S3361
Protein	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Sodium, Na	S3361
Energy	S3361
Fatty acids, total trans	S3361

NDB No. 19258 Candies, MASTERFOODS USA, MILKY WAY Caramels. dark chocolate covered

Protein	S3361
Carbohydrate, by difference	S3361
Iron, Fe	S3361
Vitamin A, IU	S3361
Fatty acids, total trans	S3361
Sugars, total	S3361
Total lipid (fat)	S3361
Calcium, Ca	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361
Sodium, Na	S3361
Energy	S3361
Fiber, total dietary	S3361

Reference_Report

NDB No. 19259 Ice Creams, HEALTHY CHOICE Praline and Caramel

Carbohydrate, by difference	S3742
Iron, Fe	S3742
Vitamin C, total ascorbic acid	S3742
Protein	S3742
Sugars, total	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Energy	S3742
Water	S3742
Ash	S3742
Fiber, total dietary	S3742
Fatty acids, total saturated	S3742
Calcium, Ca	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

NDB No. 19270 Ice creams, chocolate

Choline, total	S1067
Betaine	S1067
Fluoride, F	S1067

NDB No. 19283 Frozen novelties, ice type, pop

Manganese, Mn	S1067
Vitamin K (phylloquinone)	D4002
Lactose	S1067
Fluoride, F	S1067
Total lipid (fat)	S1067
Fructose	S1067
Fiber, total dietary	S1067
Sucrose	S1067
Water	S1067
Magnesium, Mg	S1067
Potassium, K	S1067

Reference Report

JUL-17-2008 02:00 PM

Page 2073 of 3136

NDB No. 19283 Frozen novelties, ice type, pop

Glucose (dextrose)	S1067
Iron, Fe	S1067
Sodium, Na	S1067
Copper, Cu	S1067
Vitamin C, total ascorbic acid	S1067
Maltose	S1067
Phosphorus, P	S1067
Zinc, Zn	S1067
Protein	S1067
Ash	S1067
Calcium, Ca	S1067
Selenium, Se	S7, S10, S6, S11, S9, S12, S8

NDB No. 19292 Candies, MASTERFOODS USA, M&M's Crispy Chocolate Candies

Iron, Fe	S3361
Sodium, Na	S3361
Energy	S3361
Protein	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Carbohydrate, by difference	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

NDB No. 19293 Frozen yogurts, vanilla, soft-serve

Choline, total	S3461
----------------	-------

NDB No. 19295 Candies, MASTERFOODS USA, SNICKERS MUNCH bar

Calcium, Ca	S3361
Iron, Fe	S3361

Reference_Report

NDB No. 19295 Candies, MASTERFOODS USA, SNICKERS MUNCH bar

Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total trans	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Fatty acids, total saturated	S3361
Sodium, Na	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Cholesterol	S3361
Energy	S3361
Protein	S3361

NDB No. 19296 Honey

Betaine	S2661
Glucose (dextrose)	D3316, D3339, D3338
Vitamin K (phylloquinone)	D4048, D4002
Maltose	D3339, D3338
Fluoride, F	D5007
Fructose	D3316, D3339, D3338
Sucrose	D3339, D3338
Galactose	D3342
Choline, total	S2661

NDB No. 19297 Jams and preserves

Choline, total	S3461
Fluoride, F	D5001

NDB No. 19300 Jellies

Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Sodium, Na	S7, S10, S5, S6, S11, S9, S12, S8
Sugars, total	S5
Selenium, Se	S7, S10, D3359, S6, S11, S9, S12, S8
Protein	S5

Reference Report

JUL-17-2008 02:00 PM

Page 2075 of 3136

NDB No. 19300 Jellies

Iron, Fe	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Total lipid (fat)	S5
Water	S5
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Ash	S5

NDB No. 19302 Candies, MASTERFOODS USA, SNICKERS Almond bar

Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Protein	S3361
Carbohydrate, by difference	S3361
Fatty acids, total saturated	S3361
Total lipid (fat)	S3361
Fiber, total dietary	S3361
Iron, Fe	S3361
Fatty acids, total trans	S3361
Energy	S3361
Sodium, Na	S3361
Cholesterol	S3361

NDB No. 19304 Molasses

Choline, total	S3461
Glucose (dextrose)	D3296
Sugars, total	D3296
Fructose	D3296
Sucrose	D3296

NDB No. 19306 Candies, MASTERFOODS USA, POP'ABLES SNICKERS Brand Bite Size Candies

Vitamin C, total ascorbic acid	S3361
--------------------------------	-------

Reference Report

JUL-17-2008 02:00 PM

Page 2076 of 3136

NDB No. 19306 Candies, MASTERFOODS USA, POP'ABLES SNICKERS Brand Bite Size Candies

Carbohydrate, by difference	S3361
Vitamin A, IU	S3361
Fiber, total dietary	S3361
Sodium, Na	S3361
Fatty acids, total saturated	S3361
Sugars, total	S3361
Iron, Fe	S3361
Protein	S3361
Energy	S3361
Total lipid (fat)	S3361
Calcium, Ca	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361

NDB No. 19307 Candies, MASTERFOODS USA, POP'ABLES MILKY WAY Brand Bite Size Candies

Protein	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Sodium, Na	S3361
Energy	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Fatty acids, total trans	S3361
Iron, Fe	S3361
Fatty acids, total saturated	S3361

NDB No. 19308 Candies, MASTERFOODS USA, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Sugars, total	S3361
Iron, Fe	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total trans	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2077 of 3136

NDB No. 19308 Candies, MASTERFOODS USA, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Total lipid (fat)	S3361
Vitamin A, IU	S3361
Cholesterol	S3361
Protein	S3361
Energy	S3361
Sodium, Na	S3361
Fatty acids, total saturated	S3361
Carbohydrate, by difference	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361

NDB No. 19309 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Fruit and Creme

Protein	S3361
Cholesterol	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Vitamin A, IU	S3361
Fatty acids, total saturated	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Vitamin C, total ascorbic acid	S3361
Energy	S3361
Sugars, total	S3361
Fatty acids, total trans	S3361

NDB No. 19313 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Tropical fruits

Vitamin C, total ascorbic acid	S3361
Total lipid (fat)	S3361
Protein	S3361
Calcium, Ca	S3361
Fiber, total dietary	S3361
Cholesterol	S3361
Sodium, Na	S3361

Reference Report

JUL-17-2008 02:00 PM

Page 2078 of 3136

NDB No. 19313 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Tropical fruits

Vitamin A, IU	S3361
Carbohydrate, by difference	S3361
Sugars, total	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361
Energy	S3361
Iron, Fe	S3361

NDB No. 19315 Candies, MASTERFOODS USA, STARBURST Sour Fruit Chews

Protein	S3361
Total lipid (fat)	S3361
Fiber, total dietary	S3361
Vitamin C, total ascorbic acid	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Fatty acids, total trans	S3361
Vitamin A, IU	S3361
Carbohydrate, by difference	S3361
Calcium, Ca	S3361
Fatty acids, total saturated	S3361
Energy	S3361
Sugars, total	S3361
Cholesterol	S3361

NDB No. 19326 Candies, MASTERFOODS USA, COCOAVIA Chocolate Bar

Total lipid (fat)	S3361
Calcium, Ca	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361
Energy	S3361
Vitamin A, IU	S3361
Sugars, total	S3361
Carbohydrate, by difference	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total trans	S3361
Protein	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2079 of 3136

NDB No. 19326 Candies, MASTERFOODS USA, COCOAVIA Chocolate Bar

Fiber, total dietary	S3361
Iron, Fe	S3361
Sodium, Na	S3361

NDB No. 19327 Candies, MASTERFOODS USA, COCOAVIA Blueberry and Almond Chocolate Bar

Cholesterol	S3361
Total lipid (fat)	S3361
Energy	S3361
Calcium, Ca	S3361
Vitamin A, IU	S3361
Protein	S3361
Carbohydrate, by difference	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total trans	S3361
Iron, Fe	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Sodium, Na	S3361
Fatty acids, total saturated	S3361

NDB No. 19328 Candies, MASTERFOODS USA, COCOAVIA Crispy Chocolate Bar

Energy	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin C, total ascorbic acid	S3361
Protein	S3361
Cholesterol	S3361
Carbohydrate, by difference	S3361
Sugars, total	S3361
Fatty acids, total trans	S3361
Fiber, total dietary	S3361
Vitamin A, IU	S3361
Fatty acids, total saturated	S3361
Total lipid (fat)	S3361
Calcium, Ca	S3361

Reference Report

JUL-17-2008 02:00 PM

Page 2080 of 3136

NDB No. 19334 Sugars, brown

Protein	S3559
Ash	S3559
Vitamin B-6	S3559
Betaine	S3559
Water	S3559
Magnesium, Mg	S3559
Potassium, K	S3559
Sucrose	S3559
Calcium, Ca	S3559
Phosphorus, P	S3559
Manganese, Mn	S3559
Maltose	S3559
Zinc, Zn	S3559
Thiamin	S3559
Pantothenic acid	S3559
Fructose	S3559
Lactose	S3559
Sodium, Na	S3559
Choline, total	S3559
Glucose (dextrose)	S3559
Sugars, total	S3559
Galactose	S3559
Iron, Fe	S3559
Riboflavin	S3559
Total lipid (fat)	S3559
Copper, Cu	S3559
Selenium, Se	D3357, D3364
Niacin	S3559

NDB No. 19335 Sugars, granulated

Sodium, Na	S7, S10, S6, S11, S9, S12, S8
Vitamin K (phylloquinone)	D4048, D4002
Potassium, K	S7, S10, S6, S11, S9, S12, S8
Zinc, Zn	S7, S10, S6, S11, S9, S12, S8
Copper, Cu	S7, S10, S6, S11, S9, S12, S8
Calcium, Ca	S7, S10, S6, S11, S9, S12, S8

NDB No. 19335 Sugars, granulated

Magnesium, Mg	S7, S10, S6, S11, S9, S12, S8
Phosphorus, P	S7, S10, S6, S11, S9, S12, S8
Manganese, Mn	S7, S10, S6, S11, S9, S12, S8
Iron, Fe	S7, S10, S6, S11, S9, S12, S8

NDB No. 19337 Sweeteners, tabletop, aspartame, EQUAL, packets

Water	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Tryptophan	S2109
Proline	S2109
Magnesium, Mg	S2109
Ash	S2109
Starch	S2109
Threonine	S2109
Leucine	S2109
Lysine	S2109
Total lipid (fat)	S2109
Isoleucine	S2109
Glutamic acid	S2109
Calcium, Ca	S2109
Potassium, K	S2109
Sodium, Na	S2109
Methionine	S2109
Cystine	S2109
Serine	S2109
Protein	S2109
Phosphorus, P	S2109
Zinc, Zn	S2109
Phenylalanine	S2109
Histidine	S2109
Aspartic acid	S2109
Glycine	S2109
Iron, Fe	S2109
Tyrosine	S2109
Valine	S2109

NDB No. 19337 Sweeteners, tabletop, aspartame, EQUAL, packets

Arginine	S2109
Alanine	S2109

NDB No. 19349 Syrups, corn, dark

Selenium, Se	D3359
--------------	-------

NDB No. 19350 Syrups, corn, light

Magnesium, Mg	S1164
Sodium, Na	S1164
Sugars, total	S1164
Calcium, Ca	S1164
Copper, Cu	S1164
Water	S1164
Iron, Fe	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Pantothenic acid	S1164
Total lipid (fat)	S1164
Zinc, Zn	S1164
Manganese, Mn	S1164
Niacin	S1164
Ash	S1164
Sucrose	S1164
Thiamin	S1164
Vitamin B-6	S1164
Riboflavin	S1164
Protein	S1164

NDB No. 19353 Syrups, maple

Fructose	D3316
Sucrose	D3316
Glucose (dextrose)	D3316

NDB No. 19355 Syrups, sorghum

Reference Report

JUL-17-2008 02:00 PM

Page 2083 of 3136

NDB No. 19355 Syrups, sorghum

Selenium, Se D3358

NDB No. 19359 Candies, MASTERFOODS USA, SNICKERS CRUNCHER

Total lipid (fat) S3361
Carbohydrate, by difference S3361
Calcium, Ca S3361
Cholesterol S3361
Vitamin A, IU S3361
Energy S3361
Fiber, total dietary S3361
Iron, Fe S3361
Protein S3361
Sugars, total S3361
Sodium, Na S3361
Vitamin C, total ascorbic acid S3361
Fatty acids, total trans S3361
Fatty acids, total saturated S3361

NDB No. 19363 Candies, MASTERFOODS USA, SKITTLES Wild Berry Bite Size Candies

Sugars, total S3361
Vitamin A, IU S3361
Protein S3361
Total lipid (fat) S3361
Calcium, Ca S3361
Fatty acids, total saturated S3361
Vitamin C, total ascorbic acid S3361
Iron, Fe S3361
Sodium, Na S3361
Carbohydrate, by difference S3361
Cholesterol S3361
Energy S3361
Fiber, total dietary S3361
Fatty acids, total trans S3361

NDB No. 19368 Candies, MASTERFOODS USA, SKITTLES Tropical Bite Size Candies

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2084 of 3136

NDB No. 19368 Candies, MASTERFOODS USA, SKITTLES Tropical Bite Size Candies

Carbohydrate, by difference	S3361
Energy	S3361
Vitamin C, total ascorbic acid	S3361
Total lipid (fat)	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Protein	S3361
Iron, Fe	S3361
Vitamin A, IU	S3361
Fatty acids, total trans	S3361
Cholesterol	S3361
Sugars, total	S3361
Sodium, Na	S3361

NDB No. 19369 Candies, MASTERFOODS USA, SKITTLES Sours Original

Energy	S3361
Sodium, Na	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Vitamin A, IU	S3361
Total lipid (fat)	S3361
Iron, Fe	S3361
Fiber, total dietary	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total trans	S3361
Carbohydrate, by difference	S3361
Protein	S3361

NDB No. 19370 Candies, MASTERFOODS USA, SKITTLES Original Bite Size Candies

Sugars, total	S3361
Sodium, Na	S3361
Cholesterol	S3361
Total lipid (fat)	S3361
Calcium, Ca	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2085 of 3136

NDB No. 19370 Candies, MASTERFOODS USA, SKITTLES Original Bite Size Candies

Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total saturated	S3361
Fiber, total dietary	S3361
Protein	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Iron, Fe	S3361
Fatty acids, total trans	S3361

NDB No. 19404 Snacks, granola bars, soft, uncoated, chocolate chip

Total lipid (fat)	S2105
Sugars, total	S2105
Iron, Fe	S2105
Niacin	S2105
Pantothenic acid	S2105
Threonine	S2105
Phenylalanine	S2105
Glycine	S2105
18:3 n-6 c,c,c	S2105
20:3 undifferentiated	S2105
Riboflavin	S2105
Vitamin B-6	S2105
Betaine	S2105
Isoleucine	S2105
Tyrosine	S2105
Histidine	S2105
16:0	S2105
18:0	S2105
22:0	S2105
14:1	S2105
15:1	S2105
Ash	S2105
Galactose	S2105
Calcium, Ca	S2105
Methionine	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 2086 of 3136

NDB No. 19404 Snacks, granola bars, soft, uncoated, chocolate chip

Cystine	S2105
Cholesterol	S2105
18:3 undifferentiated	S2105
18:3 n-3 c,c,c	S2105
Sucrose	S2105
Water	S2105
Potassium, K	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Folate, total	S2105
Vitamin B-12	S2105
Leucine	S2105
Proline	S2105
10:0	S2105
Protein	S2105
Maltose	S2105
Sodium, Na	S2105
Choline, total	S2105
Aspartic acid	S2105
20:0	S2105
18:2 undifferentiated	S2105
Starch	S2105
Copper, Cu	S2105
Vitamin E (alpha-tocopherol)	S2105
Serine	S2105
14:0	S2105
Fatty acids, total polyunsaturated	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Zinc, Zn	S2105
Lysine	S2105
Valine	S2105
Glutamic acid	S2105

Reference_Report

NDB No. 19404 Snacks, granola bars, soft, uncoated, chocolate chip

8:0	S2105
18:1 undifferentiated	S2105
20:4 undifferentiated	S2105
Fatty acids, total monounsaturated	S2105
20:2 n-6 c,c	S2105
Lactose	S2105
Fiber, total dietary	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Arginine	S2105
Alanine	S2105
Fatty acids, total saturated	S2105
12:0	S2105
16:1 undifferentiated	S2105
20:1	S2105

NDB No. 19410 Snack, potato chips, made from dried potatoes, plain

Water	S3774, S3549
Galactose	S3774, S3549
Fatty acids, total saturated	S3774, S3549
14:0	S3774, S3549
18:1 undifferentiated	S3774, S3549
16:1 undifferentiated	S3774, S3549
22:5 n-3	S3774, S3549
18:1 t	S3774, S3549
24:1 c	S3774, S3549
18:2 n-6 c,c	S3774, S3549
Fatty acids, total trans-polyenoic	S3774, S3549
Zinc, Zn	S3549
Manganese, Mn	S3549
Tocopherol, gamma	S3549
Tocopherol, delta	S3549
Riboflavin	S3549
Pantothenic acid	S3549

NDB No. 19410 Snack, potato chips, made from dried potatoes, plain

18:3 undifferentiated	S3774, S3549
22:0	S3774, S3549
18:4	S3774, S3549
Fatty acids, total polyunsaturated	S3774, S3549
15:0	S3774, S3549
16:1 t	S3774, S3549
18:2 t not further defined	S3774, S3549
22:1 c	S3774, S3549
18:3 n-3 c,c,c	S3774, S3549
Sucrose	S3774, S3549
Tocopherol, beta	S3549
Niacin	S3549
10:0	S3774, S3549
18:2 undifferentiated	S3774, S3549
20:4 undifferentiated	S3774, S3549
22:1 t	S3774, S3549
17:1	S3774, S3549
20:3 n-6	S3774, S3549
Protein	S3774, S3549
Fructose	S3774, S3549
Sodium, Na	S3549
Selenium, Se	S3549
Vitamin E (alpha-tocopherol)	S3549
4:0	S3774, S3549
8:0	S3774, S3549
16:0	S3774, S3549
18:0	S3774, S3549
20:0	S3774, S3549
14:1	S3774, S3549
20:5 n-3	S3774, S3549
16:1 c	S3774, S3549
18:1 c	S3774, S3549
Fatty acids, total trans-monoenoic	S3774, S3549
Glucose (dextrose)	S3774, S3549
Iron, Fe	S3549
12:0	S3774, S3549
18:2 CLAs	S3774, S3549

Reference_Report

NDB No. 19410 Snack, potato chips, made from dried potatoes, plain

22:4	S3774, S3549
Total lipid (fat)	S3774, S3549
Starch	S3774, S3549
Lactose	S3774, S3549
Maltose	S3774, S3549
Copper, Cu	S3549
Thiamin	S3549
Vitamin B-6	S3549
Fatty acids, total trans	S3774, S3549
22:6 n-3	S3774, S3549
Potassium, K	S3549
6:0	S3774, S3549
20:1	S3774, S3549
Fatty acids, total monounsaturated	S3774, S3549
17:0	S3774, S3549
20:2 n-6 c,c	S3774, S3549
20:3 undifferentiated	S3774, S3549
Ash	S3774, S3549
Sugars, total	S3774, S3549
Fiber, total dietary	S3774, S3549
Calcium, Ca	S3549
Magnesium, Mg	S3549
Phosphorus, P	S3549
22:1 undifferentiated	S3774, S3549
24:0	S3774, S3549
20:3 n-3	S3774, S3549

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

Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Riboflavin	S26
Folate, total	S26
Iron, Fe	S26
Sodium, Na	S26
Choline, total	S26
Total lipid (fat)	S26

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

Ash	S26
Zinc, Zn	S26
Thiamin	S26
Protein	S26
Niacin	S26
Copper, Cu	S26
Magnesium, Mg	S26
Betaine	S26
Sugars, total	S26
Fluoride, F	D5301, D5007
Pantothenic acid	S26
Water	S26
Fiber, total dietary	S26
Phosphorus, P	S26
Potassium, K	S26
Vitamin B-6	S26
Vitamin K (phylloquinone)	S26

NDB No. 19423 Snacks, potato chips, fat-free, made with olestra

Protein	S1069
Ash	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Thiamin	S1069
6:0	S1069
Sugars, total	S1069
Sodium, Na	S1069
16:0	S1069
Niacin	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
10:0	S1069
12:0	S1069
18:0	S1069
Phosphorus, P	S1069
Carotene, beta	S1069

Reference Report

JUL-17-2008 02:00 PM

Page 2091 of 3136

NDB No. 19423 Snacks, potato chips, fat-free, made with olestra

Vitamin C, total ascorbic acid	S1069
16:1 undifferentiated	S1069
Selenium, Se	S1069
Lycopene	S1069
Betaine	S1069
Total lipid (fat)	S1069
Zinc, Zn	S1069
Manganese, Mn	S1069
Starch	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Potassium, K	S1069
Vitamin B-6	S1069
22:0	S1069
14:1	S1069
20:1	S1069
Magnesium, Mg	S1069
Copper, Cu	S1069
Riboflavin	S1069
Pantothenic acid	S1069
Choline, total	S1069
8:0	S1069
14:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:3 undifferentiated	S1069

NDB No. 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Copper, Cu	S1069
Manganese, Mn	S1069
16:0	S1069
14:1	S1069
Carotene, alpha	S1069
Vitamin B-6	S1069
8:0	S1069

Reference Report

JUL-17-2008 02:00 PM

Page 2092 of 3136

NDB No. 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese

10:0	S1069
22:0	S1069
17:0	S1069
Total lipid (fat)	S1069
Sucrose	S1069
Lactose	S1069
Maltose	S1069
Zinc, Zn	S1069
Carotene, beta	S1069
Vitamin C, total ascorbic acid	S1069
Choline, total	S1069
20:1	S1069
Fructose	S1069
Sugars, total	S1069
Calcium, Ca	S1069
Sodium, Na	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
20:0	S1069
Fatty acids, total polyunsaturated	S1069
Starch	S1069
Galactose	S1069
Iron, Fe	S1069
Selenium, Se	S1069
Riboflavin	S1069
16:1 undifferentiated	S1069
Ash	S1069
Glucose (dextrose)	S1069
Water	S1069
Fiber, total dietary	S1069
6:0	S1069
12:0	S1069
14:0	S1069
Pantothenic acid	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
Protein	S1069

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2093 of 3136

NDB No. 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Lycopene	S1069
Thiamin	S1069
Niacin	S1069
Betaine	S1069
18:3 undifferentiated	S1069

NDB No. 19445 Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Calcium, Ca	S1069
Carotene, beta	S1069
Riboflavin	S1069
Hydroxyproline	S1069
10:0	S1069
12:0	S1069
18:0	S1069
18:3 undifferentiated	S1069
22:0	S1069
14:1	S1069
Protein	S1069
Sucrose	S1069
Fructose	S1069
Fiber, total dietary	S1069
Sodium, Na	S1069
Vitamin K (phylloquinone)	S1069
20:1	S1069
17:0	S1069
Total lipid (fat)	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Phosphorus, P	S1069
Potassium, K	S1069
6:0	S1069
Fatty acids, total monounsaturated	S1069
Magnesium, Mg	S1069
Manganese, Mn	S1069
Carotene, alpha	S1069

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2094 of 3136

NDB No. 19445 Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Lycopene	S1069
Starch	S1069
Vitamin B-6	S1069
8:0	S1069
Lactose	S1069
Selenium, Se	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Niacin	S1069
Folate, total	S1069
Fatty acids, total saturated	S1069
16:0	S1069
18:2 undifferentiated	S1069
Copper, Cu	S1069
Cryptoxanthin, beta	S1069
20:0	S1069
16:1 undifferentiated	S1069
Fatty acids, total polyunsaturated	S1069
Ash	S1069
Glucose (dextrose)	S1069
Water	S1069
Iron, Fe	S1069
Zinc, Zn	S1069
Pantothenic acid	S1069
14:0	S1069
18:1 undifferentiated	S1069

NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

Calcium, Ca	S26, S2109
Thiamin	S26, S2109
18:0	S2109
Glucose (dextrose)	S26, S2109
Niacin	S26, S2109
8:0	S2109
14:0	S2109
16:1 undifferentiated	S2109

Reference Report

JUL-17-2008 02:00 PM

Page 2095 of 3136

NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

18:3 n-3 c,c,c	S2109
Total lipid (fat)	S26, S2109
Sugars, total	S26, S2109
Fiber, total dietary	S26, S2109
Magnesium, Mg	S26, S2109
Vitamin C, total ascorbic acid	S2109
Vitamin K (phylloquinone)	S2109
Fatty acids, total saturated	S2109
12:0	S2109
20:2 n-6 c,c	S2109
Fatty acids, total trans-polyenoic	S2109
Vitamin B-6	S26, S2109
20:0	S2109
22:0	S2109
14:1	S2109
Ash	S26, S2109
Galactose	S26, S2109
Manganese, Mn	S26, S2109
16:0	S2109
20:4 undifferentiated	S2109
Fatty acids, total polyunsaturated	S2109
17:1	S2109
Water	S26, S2109
Potassium, K	S26, S2109
Zinc, Zn	S26, S2109
Fatty acids, total trans	S2109
10:0	S2109
15:0	S2109
17:0	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Lactose	S26, S2109
18:3 undifferentiated	S2109
Fatty acids, total monounsaturated	S2109
18:1 t	S2109
15:1	S2109

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2096 of 3136

NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

Protein	S26, S2109
Folate, total	S26
Vitamin B-12	S26
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
20:1	S2109
18:2 t,t	S2109
18:3 n-6 c,c,c	S2109

NDB No. 19856 Frozen novelties, juice type, POPSICLE SCRIBBLERS

Total lipid (fat)	S1067
Calcium, Ca	S1067
Phosphorus, P	S1067
Copper, Cu	S1067
Ash	S1067
Maltose	S1067
Lactose	S1067
Iron, Fe	S1067
Potassium, K	S1067
Zinc, Zn	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Manganese, Mn	S1067
Protein	S1067
Fiber, total dietary	S1067
Magnesium, Mg	S1067
Sodium, Na	S1067
Water	S1067
Fluoride, F	S1067
Vitamin C, total ascorbic acid	S1067

NDB No. 19868 Sweeteners, tabletop, sucralose, SLENDA packets

Magnesium, Mg	S2109
Potassium, K	S2109
Starch	S2109

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2097 of 3136

NDB No. 19868 Sweeteners, tabletop, sucralose, SPLENDA packets

Protein	S2109
Ash	S2109
Phosphorus, P	S2109
Copper, Cu	S2109
Water	S2109
Iron, Fe	S2109
Zinc, Zn	S2109
Manganese, Mn	S2109
Calcium, Ca	S2109
Total lipid (fat)	S2109
Sodium, Na	S2109

NDB No. 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

Manganese, Mn	S1067
Lactose	S1067
Maltose	S1067
Magnesium, Mg	S1067
Fructose	S1067
Fiber, total dietary	S1067
Copper, Cu	S1067
Ash	S1067
Fluoride, F	S1067
Protein	S1067
Water	S1067
Potassium, K	S1067
Zinc, Zn	S1067
Iron, Fe	S1067
Phosphorus, P	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Calcium, Ca	S1067
Sodium, Na	S1067
Vitamin C, total ascorbic acid	S1067

NDB No. 19897 Candies, MASTERFOODS USA, COCOAVIA Chocolate Covered Almonds

Reference Report

JUL-17-2008 02:00 PM

Page 2098 of 3136

NDB No. 19897 Candies, MASTERFOODS USA, COCOAVIA Chocolate Covered Almonds

Fiber, total dietary	S3361
Fatty acids, total saturated	S3361
Carbohydrate, by difference	S3361
Fatty acids, total trans	S3361
Iron, Fe	S3361
Energy	S3361
Calcium, Ca	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Protein	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361

NDB No. 20001 Amaranth, uncooked

Total lipid (fat)	S3552, D6501, D6521
Glucose (dextrose)	S3552
Fiber, total dietary	S3552, S743
Iron, Fe	S3552
Copper, Cu	S3552
Tocopherol, delta	S3552, D6501, D6522
10:0	S3552
18:2 undifferentiated	S3552, D6501
20:1	S3552
20:2 n-6 c,c	S3552
20:3 undifferentiated	S3552
Protein	S3552, D6521
Starch	S3552, D6523
Thiamin	S3552, D6521
Folate, total	S3552
12:0	S3552
20:0	S3552
Water	S3552, D6521
Potassium, K	S3552
Sodium, Na	S3552

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2099 of 3136

NDB No. 20001 Amaranth, uncooked

Manganese, Mn	S3552
Selenium, Se	S3552
Carotene, beta	S3552
Vitamin E (alpha-tocopherol)	S3552, D6501, D6522
Cryptoxanthin, beta	S3552
Betaine	S3552
18:1 undifferentiated	S3552, D6501
22:0	S3552
15:0	S3552
17:0	S3552
18:3 n-6 c,c,c	S3552
Sucrose	S3552
Calcium, Ca	S3552
Zinc, Zn	S3552
Vitamin A, RAE	S3552
Lycopene	S3552
Niacin	S3552
Vitamin K (phylloquinone)	S3552
Folate, food	S3552
8:0	S3552
17:1	S3552
15:1	S3552
Sugars, total	S3552
Galactose	S3552
Phosphorus, P	S3552
Lutein + zeaxanthin	S3552
18:3 n-3 c,c,c	S3552
Fructose	S3552
Lactose	S3552
Maltose	S3552
Magnesium, Mg	S3552
Vitamin A, IU	S3552
Carotene, alpha	S3552
Riboflavin	S3552, D6521
Fatty acids, total saturated	S3552, D6501
16:0	S3552, D6501
18:0	S3552, D6501

Reference_Report

NDB No. 20001 Amaranth, uncooked

Fatty acids, total polyunsaturated	S3552, D6501
Tocopherol, beta	S3552, D6501, D6522
Pantothenic acid	S3552
Choline, total	S3552
18:3 undifferentiated	S3552, D6501
20:4 undifferentiated	S3552
Fatty acids, total monounsaturated	S3552, D6501
Ash	S3552, D6521
Tocopherol, gamma	S3552, D6501, D6522
Vitamin B-6	S3552
14:0	S3552
14:1	S3552
16:1 undifferentiated	S3552

NDB No. 20002 Amaranth grain, cooked

Magnesium, Mg	S3552
Total lipid (fat)	S3552
Iron, Fe	S3552
Sodium, Na	S3552
Tocopherol, beta	S3552
Protein	S3552
Fiber, total dietary	S3552
Copper, Cu	S3552
Starch	S3552
Calcium, Ca	S3552
Tocopherol, gamma	S3552
Water	S3552
Potassium, K	S3552
Manganese, Mn	S3552
Riboflavin	S3552
Niacin	S3552
Selenium, Se	S3552
Ash	S3552
Zinc, Zn	S3552
Vitamin E (alpha-tocopherol)	S3552
Tocopherol, delta	S3552

NDB No. 20002 Amaranth grain, cooked

Vitamin B-6	S3552
Folate, food	S3552
Phosphorus, P	S3552
Thiamin	S3552
Folate, total	S3552

NDB No. 20009 Buckwheat groats, roasted, dry

Betaine	S4001
Choline, total	S4001

NDB No. 20010 Buckwheat groats, roasted, cooked

Sugars, total	S604
Choline, total	S3461
Sucrose	S604
Fructose	S604
Glucose (dextrose)	S604
Betaine	S3461

NDB No. 20011 Buckwheat flour, whole-groat

Tocopherol, delta	D4602
Tocopherol, gamma	D4602
Sucrose	S604
Vitamin E (alpha-tocopherol)	D4602

NDB No. 20013 Bulgur, cooked

Betaine	S3461
Choline, total	S3461

NDB No. 20015 Corn bran, crude

Fiber, total dietary	D3766, D3771, D5202
Choline, total	S4001
Betaine	S4001

NDB No. 20017 Corn flour, masa, enriched, white

Cryptoxanthin, beta	S1343
Lutein + zeaxanthin	S1343
Choline, total	S3548
Carotene, beta	S1343
Carotene, alpha	S1343
Betaine	S3548
Vitamin A, IU	S1343
Lycopene	S1343
Vitamin A, RAE	S1343

NDB No. 20020 Cornmeal, whole-grain, yellow

Betaine	S4001
Tocopherol, gamma	S84
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, delta	S84
Choline, total	S4001

NDB No. 20022 Cornmeal, degermed, enriched, yellow

Total lipid (fat)	S1164, S3548
Ash	S1164, S3548
Water	S1164, S3548
Selenium, Se	S1164, S3548
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S1164
Vitamin B-6	S1164, S3548
Vitamin K (phylloquinone)	S1164
Phenylalanine	S1164, S3548
14:0	S1164, S3548
16:0	S1164, S3548
22:5 n-3	S3548
24:0	S1164, S3548
Maltose	S837, S1164, S3548
Copper, Cu	S1164, S3548
Vitamin A, IU	S1203

NDB No. 20022 Cornmeal, degermed, enriched, yellow

Riboflavin	S1164, S3548
Niacin	S1164, S3548
Tryptophan	S1164, S3548
Threonine	S1164, S3548
Glutamic acid	S1164, S3548
18:1 undifferentiated	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
21:5	S3548
Sucrose	S837, S1164, S3548
Galactose	S1164
Fiber, total dietary	S837, S1164, S3548
Iron, Fe	S1164, S3548
Magnesium, Mg	S1164, S3548
Cryptoxanthin, beta	S1164, S1203
Tocopherol, beta	S1164
Arginine	S1164, S3548
Histidine	S1164, S3548
Glycine	S1164, S3548
6:0	S1164
18:2 undifferentiated	S1164, S3548
18:1 t	S1164
18:3 n-6 c,c,c	S1164
13:0	S1164
Thiamin	S1164, S3548
Folate, total	D4901, S1164, S3548, D5981
Folate, food	S1164, D5961
Isoleucine	S1164, S3548
Cystine	S1164, S3548
Alanine	S1164, S3548
Aspartic acid	S1164, S3548
12:0	S1164, S3548
20:0	S1164, S3548
20:1	S1164, S3548
15:0	S1164, S3548
Glucose (dextrose)	S837, S1164, S3548
Sugars, total	S837, S1164
Vitamin A, RAE	S1203

NDB No. 20022 Cornmeal, degermed, enriched, yellow

Lutein + zeaxanthin	S1203
Pantothenic acid	S1164, S3548
Choline, total	S1164, S3548
10:0	S1164, S3548
22:0	S1164, S3548
24:1 c	S3548
Starch	S1164, S3548
Lactose	S837, S1164, S3548
Calcium, Ca	S1164, S3548
Manganese, Mn	S1164, S3548
Tocopherol, delta	S1164
Methionine	S1164, S3548
Proline	S1164, S3548
18:0	S1164, S3548
22:1 undifferentiated	S1164, S3548
17:0	S1164, S3548
15:1	S1164, S3548
Protein	S1164, S3548
Potassium, K	S1164, S3548
Zinc, Zn	S1164, S3548
Lycopene	S1164, S1203
Leucine	S1164, S3548
Lysine	S1164, S3548
Serine	S1164, S3548
Fatty acids, total trans	S1164
8:0	S1164, S3548
18:3 undifferentiated	S1164, S3548
22:6 n-3	S1164, S3548
14:1	S1164, S3548
18:4	S3548
20:5 n-3	S1164, S3548
20:2 n-6 c,c	S1164, S3548
22:4	S3548
Fructose	S837, S1164, S3548
Phosphorus, P	S1164, S3548
Sodium, Na	S1164, S3548
Tocopherol, gamma	S1164

NDB No. 20022 Cornmeal, degermed, enriched, yellow

Tyrosine	S1164, S3548
Valine	S1164, S3548
Hydroxyproline	S1164
4:0	S1164
20:4 undifferentiated	S1164, S3548
16:1 undifferentiated	S1164, S3548
17:1	S1164, S3548
20:3 undifferentiated	S1164, S3548

NDB No. 20024 Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

Folate, total	D4901
---------------	-------

NDB No. 20027 Cornstarch

Tocopherol, delta	S84
Tocopherol, gamma	S84
Sugars, total	S837
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84

NDB No. 20033 Oat bran, raw

Tocopherol, beta	S121
Tocopherol, gamma	S121
Betaine	S4001
Vitamin E (alpha-tocopherol)	S121
Tocopherol, delta	S121
Choline, total	S4001

NDB No. 20035 Quinoa, uncooked

Total lipid (fat)	S3552
Ash	S3552
Magnesium, Mg	S3552
Phosphorus, P	S3552
Folate, food	S3552
Alanine	S3552

NDB No. 20035 Quinoa, uncooked

12:0	S3552
22:6 n-3	S3552
20:5 n-3	S3552
15:1	S3552
Sodium, Na	S3552
Carotene, beta	S3552
Carotene, alpha	S3552
Tryptophan	S3552
Tyrosine	S3552
Glutamic acid	S3552
Proline	S3552
10:0	S3552
18:0	S3552
18:2 undifferentiated	S3552
18:3 undifferentiated	S3552
20:4 undifferentiated	S3552
14:1	S3552
18:4	S3552
15:0	S3552
20:3 undifferentiated	S3552
Protein	S3552
Potassium, K	S3552
Tocopherol, beta	S3552
Leucine	S3552
16:1 undifferentiated	S3552
Fiber, total dietary	S3552
Calcium, Ca	S3552
Lycopene	S3552
Lutein + zeaxanthin	S3552
Tocopherol, gamma	S3552
Tocopherol, delta	S3552
Vitamin B-6	S3552
Vitamin K (phylloquinone)	S3552
Cystine	S3552
8:0	S3552
20:0	S3552
18:1 undifferentiated	S3552

NDB No. 20035 Quinoa, uncooked

22:1 undifferentiated	S3552
22:5 n-3	S3552
Fatty acids, total monounsaturated	S3552
24:0	S3552
Zinc, Zn	S3552
Copper, Cu	S3552
Niacin	S3552
Phenylalanine	S3552
Histidine	S3552
24:1 c	S3552
21:5	S3552
Water	S3552
Manganese, Mn	S3552
Thiamin	S3552
Valine	S3552
Arginine	S3552
Aspartic acid	S3552
Glycine	S3552
Fatty acids, total polyunsaturated	S3552
17:1	S3552
Starch	S3552
Iron, Fe	S3552
Selenium, Se	S3552
Vitamin E (alpha-tocopherol)	S3552
Cryptoxanthin, beta	S3552
Riboflavin	S3552
Folate, total	S3552
Betaine	S3552
Threonine	S3552
Methionine	S3552
14:0	S3552
16:0	S3552
20:1	S3552
17:0	S3552
22:4	S3552
Vitamin A, RAE	S3552
Pantothenic acid	S3552

Reference_Report

NDB No. 20035 Quinoa, uncooked

Choline, total	S3552
Isoleucine	S3552
Lysine	S3552
Serine	S3552
Fatty acids, total saturated	S3552
22:0	S3552
20:2 n-6 c,c	S3552

NDB No. 20036 Rice, brown, long-grain, raw

Sucrose	S604
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84

NDB No. 20037 Rice, brown, long-grain, cooked

Glucose (dextrose)	S837
Betaine	S3461
Fructose	S837
Vitamin E (alpha-tocopherol)	S84
Tocopherol, delta	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Sucrose	S837, S604
Choline, total	S3461
Lactose	S837
Maltose	S837

NDB No. 20044 Rice, white, long-grain, regular, raw, enriched

Glucose (dextrose)	S1164
Sucrose	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164

Reference Report

JUL-17-2008 02:00 PM

Page 2109 of 3136

NDB No. 20045 Rice, white, long-grain, regular, cooked

Betaine	S20
Choline, total	S20
Fluoride, F	D5001, D5002, D5007
Vitamin K (phylloquinone)	D4048, S1164, D4002

NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry

Protein	S20
Lactose	S20
Phosphorus, P	S20
Vitamin E (alpha-tocopherol)	S20
Niacin	S2921, S2722, S20
Isoleucine	S1164, S20
22:6 n-3	S20
15:0	S20
17:0	S20
Ash	S20
Glucose (dextrose)	S606, S20
Fructose	S606, S20
Water	S606, S604, S20
Calcium, Ca	S20
Iron, Fe	S20
Tocopherol, gamma	S20
Folate, total	S20
Folate, food	S20
Threonine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Fatty acids, total saturated	S20
12:0	S20
22:1 undifferentiated	S20
Zinc, Zn	S20
Phenylalanine	S1164, S20
6:0	S20
14:0	S20
18:0	S20
18:2 undifferentiated	S20

Reference Report

JUL-17-2008 02:00 PM

Page 2110 of 3136

NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry

20:4 undifferentiated	S20
16:1 undifferentiated	S20
22:5 n-3	S20
Sucrose	S606, S604, S20
Potassium, K	S20
Thiamin	S20
Aspartic acid	S1164, S20
Serine	S1164, S20
14:1	S20
20:5 n-3	S20
Sodium, Na	S20
Selenium, Se	S20
Tocopherol, beta	S20
Tocopherol, delta	S20
Riboflavin	S20
Vitamin B-6	S20
Alanine	S1164, S20
4:0	S20
18:3 undifferentiated	S20
22:0	S20
20:1	S20
Fatty acids, total polyunsaturated	S20
Starch	S20
Maltose	S20
Folic acid	S20
Leucine	S1164, S20
Lysine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Glutamic acid	S1164, S20
8:0	S20
16:0	S20
20:0	S20
Total lipid (fat)	S20
Tryptophan	S1164, S20
Glycine	S1164, S20

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2111 of 3136

NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry

Proline	S1164, S20
18:1 undifferentiated	S20
24:0	S20
Fiber, total dietary	S604, S20
Magnesium, Mg	S20
Copper, Cu	S20
Manganese, Mn	S20
Histidine	S1164, S20
10:0	S20
18:4	S20
Fatty acids, total monounsaturated	S20

NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked

Glucose (dextrose)	S606, S20
Potassium, K	S20
Thiamin	S20
Arginine	S1164, S20
8:0	S20
10:0	S20
18:0	S20
20:4 undifferentiated	S20
20:1	S20
20:5 n-3	S20
Iron, Fe	S20
Phosphorus, P	S20
Riboflavin	S20
Lysine	S1164, S20
Methionine	S1164, S20
Phenylalanine	S1164, S20
14:0	S20
Copper, Cu	S20
Pantothenic acid	S20
Folate, total	S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Cystine	S1164, S20

Reference_Report

NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked

Tyrosine	S1164, S20
Aspartic acid	S1164, S20
Proline	S1164, S20
6:0	S20
22:1 undifferentiated	S20
Protein	S20
Fiber, total dietary	S604, S20
Calcium, Ca	S20
Folic acid	S20
Glycine	S1164, S20
Fatty acids, total saturated	S20
12:0	S20
16:0	S20
16:1 undifferentiated	S20
Fatty acids, total polyunsaturated	S20
Sodium, Na	S20
Leucine	S1164, S20
4:0	S20
20:0	S20
22:6 n-3	S20
14:1	S20
22:5 n-3	S20
17:0	S20
24:0	S20
Total lipid (fat)	S20
Manganese, Mn	S20
Selenium, Se	S2123, S20
Vitamin B-6	S20
Valine	S1164, S20
Alanine	S1164, S20
Glutamic acid	S1164, S20
18:2 undifferentiated	S20
Fatty acids, total monounsaturated	S20
Ash	S20
Fructose	S20
Maltose	S20
Water	S606, S2123, S604, S20

Reference_Report

NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked

Niacin	S20
Folate, food	S20
Tryptophan	S1164, S20
Histidine	S1164, S20
18:1 undifferentiated	S20
22:0	S20
18:4	S20
15:0	S20
Sucrose	S606, S20
Lactose	S20
Magnesium, Mg	S20
Zinc, Zn	S20
Serine	S1164, S20
18:3 undifferentiated	S20

NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry

Sucrose	S20
Maltose	S20
Folic acid	S20
Threonine	S1164, S20
Phenylalanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Serine	S1164, S20
16:0	S20
18:3 undifferentiated	S20
Fatty acids, total polyunsaturated	S20
Fructose	S20
Water	S1206, S20
Selenium, Se	S20
Folate, total	S20
Tryptophan	S1164, S20
Leucine	S1164, S20
Arginine	S1164, S20
22:1 undifferentiated	S20

Reference Report

JUL-17-2008 02:00 PM

Page 2114 of 3136

NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry

15:0	S20
Glucose (dextrose)	S20
Manganese, Mn	S20
Tocopherol, delta	S20
Cystine	S1164, S20
Histidine	S1164, S20
4:0	S20
10:0	S20
18:0	S20
14:1	S20
18:4	S20
20:1	S20
Starch	S20
Calcium, Ca	S20
Tocopherol, beta	S20
6:0	S20
8:0	S20
12:0	S20
14:0	S20
20:5 n-3	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Ash	S20
Iron, Fe	S20
Potassium, K	S20
Sodium, Na	S20
Vitamin E (alpha-tocopherol)	S20
Isoleucine	S1164, S20
20:4 undifferentiated	S20
24:0	S20
Total lipid (fat)	S20
Fiber, total dietary	S1206, S20
Magnesium, Mg	S20
Tocopherol, gamma	S20
Thiamin	S20
Riboflavin	S20
Vitamin B-6	S20

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2115 of 3136

NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry

Tyrosine	S1164, S20
Fatty acids, total saturated	S20
20:0	S20
18:2 undifferentiated	S20
22:6 n-3	S20
Protein	S20
Phosphorus, P	S20
Niacin	S20
Folate, food	S20
Lysine	S1164, S20
18:1 undifferentiated	S20
22:0	S20
Lactose	S20
Zinc, Zn	S20
Copper, Cu	S20
Methionine	S1164, S20
Valine	S1164, S20
Alanine	S1164, S20
Proline	S1164, S20
16:1 undifferentiated	S20
17:0	S20

NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared

Ash	S20
Glucose (dextrose)	S20
Maltose	S20
Selenium, Se	S2123
Folate, total	S20
Folic acid	S20
Folate, food	S20
Threonine	S1164, S20
Aspartic acid	S1164, S20
10:0	S20
12:0	S20
14:0	S20
Tryptophan	S1164, S20

Reference Report

JUL-17-2008 02:00 PM

Page 2116 of 3136

NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared

Methionine	S1164, S20
Cystine	S1164, S20
16:0	S20
18:2 undifferentiated	S20
22:0	S20
16:1 undifferentiated	S20
18:4	S20
Total lipid (fat)	S20
Sucrose	S20
Calcium, Ca	S20
Leucine	S1164, S20
Alanine	S1164, S20
22:6 n-3	S20
17:0	S20
Starch	S20
Fiber, total dietary	S1206, S20
Arginine	S1164, S20
Histidine	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
18:0	S20
20:0	S20
15:0	S20
Fructose	S20
Water	S1206, S2123, S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Phenylalanine	S1164, S20
Glutamic acid	S1164, S20
14:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Lactose	S20
Vitamin B-6	S20

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2117 of 3136

NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared

Isoleucine	S1164, S20
Lysine	S1164, S20
Valine	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
4:0	S20
6:0	S20
18:3 undifferentiated	S20
Protein	S20
Sugars, total	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Riboflavin	S20
Pantothenic acid	S20
Tyrosine	S1164, S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
Iron, Fe	S20
Manganese, Mn	S20
Niacin	S20
8:0	S20
18:1 undifferentiated	S20
20:4 undifferentiated	S20
20:1	S20
24:0	S20

NDB No. 20058 Rice, white, steamed, Chinese restaurant

Fiber, total dietary	S3551
Sodium, Na	S3551
Copper, Cu	S3551
Total lipid (fat)	S3551
Folate, food	S3551
Protein	S3551
Phosphorus, P	S3551
Potassium, K	S3551
Folate, total	S3551

Reference_Report

NDB No. 20058 Rice, white, steamed, Chinese restaurant

Zinc, Zn	S3551
Manganese, Mn	S3551
Water	S3551
Thiamin	S3551
Niacin	S3551
Vitamin B-6	S3551
Starch	S3551
Riboflavin	S3551
Folic acid	S3551
Ash	S3551
Calcium, Ca	S3551
Iron, Fe	S3551
Magnesium, Mg	S3551

NDB No. 20060 Rice bran, crude

Sugars, total	D4581
Fructose	D4581
Glucose (dextrose)	D4581
Sucrose	D4581

NDB No. 20061 Rice flour, white

Vitamin K (phylloquinone)	D4048
---------------------------	-------

NDB No. 20063 Rye flour, dark

Sugars, total	S606
Carotene, beta	D3921
Choline, total	S4001
Lutein + zeaxanthin	D3921
Betaine	S4001
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

NDB No. 20077 Wheat bran, crude

Vitamin A, IU D3921

Lutein + zeaxanthin D3921

Vitamin A, RAE D3921

Carotene, beta D3921

NDB No. 20080 Wheat flour, whole-grain

Vitamin E (alpha-tocopherol) D4602

Lutein + zeaxanthin D3921

Betaine S4001

Sugars, total S606

Carotene, beta D3921

Choline, total S4001

Vitamin K (phylloquinone) D4068, D4048

NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached

Carotene, alpha S20

Lutein + zeaxanthin S20

Betaine S3461, S20

Vitamin E (alpha-tocopherol) S82, S20, S87

Lycopene S20

Tocopherol, delta S82, S20, S87

NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached

Folate, total	S20
Vitamin K (phylloquinone)	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Tocopherol, gamma	S82, S20, S87
Choline, total	S3461, S20
Sugars, total	S837, S606, S20
Folate, food	S20
Vitamin A, IU	S20
Cryptoxanthin, beta	S20
Folic acid	S20
Tocopherol, beta	S82, S20, S87

NDB No. 20082 Wheat flour, white, all-purpose, self-rising, enriched

Vitamin E (alpha-tocopherol)	S20
Folic acid	S20
Folate, total	S20
Tocopherol, gamma	S20
Tocopherol, beta	S20
Sugars, total	S606
Tocopherol, delta	S20
Folate, food	S20

NDB No. 20083 Wheat flour, white, bread, enriched

Carotene, beta	S20
Tocopherol, delta	S20
Vitamin A, IU	S20
Tocopherol, beta	S20
Cryptoxanthin, beta	S20
Lutein + zeaxanthin	S20
Folate, total	S20
Vitamin A, RAE	S20
Lycopene	S20
Folic acid	S20
Folate, food	S20
Tocopherol, gamma	S20

NDB No. 20083 Wheat flour, white, bread, enriched

Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20

NDB No. 20084 Wheat flour, white, cake, enriched

Vitamin E (alpha-tocopherol)	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Carotene, beta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Cryptoxanthin, beta	S20
Tocopherol, beta	S20
Carotene, alpha	S20
Tocopherol, delta	S20
Vitamin A, IU	S20
Tocopherol, gamma	S20

NDB No. 20088 Wild rice, raw

Sucrose	S604
---------	------

NDB No. 20089 Wild rice, cooked

Glucose (dextrose)	S604
Fructose	S604
Fiber, total dietary	S604, S1401
Sucrose	S604

NDB No. 20099 Macaroni, dry, enriched

Total lipid (fat)	S82, S5, S20, S1163
Sucrose	S20, S1163
Galactose	S20, S1163
Fiber, total dietary	S5, S20, S1163
Iron, Fe	S5, S20, S1163
Magnesium, Mg	S20, S1163

NDB No. 20099 Macaroni, dry, enriched

Niacin	S20, S1163
Vitamin B-6	S20, S1163
Tyrosine	S20, S1163
Arginine	S20, S1163
Aspartic acid	S20, S1163
Glutamic acid	S20, S1163
16:0	S20, S1163
20:0	S20, S1163
18:1 undifferentiated	S20, S1163
20:5 n-3	S20, S1163
Fatty acids, total trans-monoenoic	S1163
Fructose	S20, S1163
Maltose	S20, S1163
Isoleucine	S20, S1163
Leucine	S20, S1163
Phenylalanine	S20, S1163
4:0	S20, S1163
16:1 undifferentiated	S20, S1163
20:2 n-6 c,c	S1163
Lactose	S20, S1163
Sugars, total	S20, S1163
Potassium, K	S20, S1163
Copper, Cu	S20, S1163
Tocopherol, delta	S82, S20, S1163
Serine	S20, S1163
Fatty acids, total trans	S1163
Fatty acids, total saturated	S20, S1163
18:0	S20, S1163
18:4	S20
Fatty acids, total polyunsaturated	S20, S1163
18:1 t	S1163
18:1 c	S1163
Vitamin K (phylloquinone)	D4048, S1163
Betaine	S1163, S20
12:0	S20, S1163
22:1 undifferentiated	S20, S1163
15:0	S20, S1163

Reference_Report

NDB No. 20099 Macaroni, dry, enriched

17:0	S20, S1163
24:0	S20, S1163
24:1 c	S1163
18:3 n-6 c,c,c	S1163
Glucose (dextrose)	S20, S1163
Calcium, Ca	S20, S1163
Sodium, Na	S5, S20, S1163
Selenium, Se	D3358, D3359, S1163
Vitamin E (alpha-tocopherol)	S82, S20, S1163
Thiamin	S20, S1163
Threonine	S20, S1163
Lysine	S20, S1163
Cystine	S20, S1163
Alanine	S20, S1163
Hydroxyproline	S1163
14:0	S20, S1163
13:0	S1163
Manganese, Mn	S20, S1163
Tocopherol, beta	S82, S20, S1163
Riboflavin	S20, S1163
Tryptophan	S20, S1163
Methionine	S20, S1163
Proline	S20, S1163
8:0	S20, S1163
22:6 n-3	S20, S1163
22:0	S20, S1163
15:1	S1163
Ash	S20, S1163
Folate, total	D4901, S20, S1163
Valine	S20, S1163
Histidine	S20, S1163
Glycine	S20, S1163
18:2 undifferentiated	S20, S1163
20:4 undifferentiated	S20, S1163
14:1	S20, S1163
20:1	S20, S1163
22:5 n-3	S20

NDB No. 20099 Macaroni, dry, enriched

Fatty acids, total monounsaturated	S20, S1163
17:1	S1163
Protein	S5, S20, S1163
Starch	S20, S1163
Water	S5, S606, S20, S1163
Phosphorus, P	S20, S1163
Zinc, Zn	S20, S1163
Fluoride, F	D5021
Tocopherol, gamma	S82, S20, S1163
Choline, total	S1163, S20
6:0	S20, S1163
10:0	S20, S1163
18:3 undifferentiated	S20, S1163
20:3 undifferentiated	S1163
18:3 n-3 c,c,c	S1163

NDB No. 20100 Macaroni, cooked, enriched

Fiber, total dietary	S837, D3764, S642, D3765, S20, S1163
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Choline, total	S1163, S20
Valine	S20, S1163
10:0	S20, S1163
22:0	S20, S1163
14:1	S20, S1163
13:0	S1163
Ash	S2901, S20
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Vitamin E (alpha-tocopherol)	S20, S1163
Riboflavin	S20, S1163
Lysine	S20, S1163
Proline	S20, S1163
Serine	S20, S1163
20:0	S20, S1163
20:3 undifferentiated	S1163
Lactose	S837, S20, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2125 of 3136

NDB No. 20100 Macaroni, cooked, enriched

Maltose	S837, S606, S20, S1163
Sodium, Na	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8
Tocopherol, delta	S20, S1163
Tryptophan	S20, S1163
Leucine	S20, S1163
Hydroxyproline	S1163
Fatty acids, total trans	S1163
4:0	S20, S1163
12:0	S20, S1163
18:0	S20
20:5 n-3	S20, S1163
24:0	S20, S1163
20:2 n-6 c,c	S1163
17:1	S1163
Fatty acids, total trans-monoenoic	S1163
Protein	S2901, S20, S1163
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Niacin	S20, S1163
Vitamin K (phylloquinone)	D4002, S20, S1163
Cystine	S20, S1163
Arginine	S20, S1163
Histidine	S20, S1163
Aspartic acid	S20, S1163
20:1	S20, S1163
18:3 n-3 c,c,c	S1163
Total lipid (fat)	S2901, S20, S1163
Sucrose	S837, S20, S1163
Fructose	S837, S20, S1163
Galactose	S837, S20, S1163
Tocopherol, gamma	S20, S1163
Methionine	S20, S1163
Glycine	S20, S1163
6:0	S20, S1163
16:0	S20, S1163
18:2 undifferentiated	S20, S1163
20:4 undifferentiated	S20, S1163

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2126 of 3136

NDB No. 20100 Macaroni, cooked, enriched

18:4	S20
Fatty acids, total polyunsaturated	S20, S1163
17:0	S20, S1163
Sugars, total	S837, S606, S20, S1163
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Thiamin	S20, S1163
Threonine	S20, S1163
Isoleucine	S20, S1163
Phenylalanine	S20, S1163
14:0	S20, S1163
22:1 undifferentiated	S20, S1163
22:5 n-3	S20
18:1 t	S1163
24:1 c	S1163
18:3 n-6 c,c,c	S1163
Water	S837, D3764, S606, S2901, D3765, S20, S1163
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Fluoride, F	D5007
Vitamin B-6	S20, S1163
Tyrosine	S20, S1163
18:1 undifferentiated	S20, S1163
18:3 undifferentiated	S20, S1163
22:6 n-3	S20, S1163
16:1 undifferentiated	S20, S1163
Starch	S20, S1163
Glucose (dextrose)	S837, S606, S20, S1163
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, beta	S20, S1163
Folate, total	S20, S1163
Betaine	S1163, S20
Alanine	S20, S1163
Glutamic acid	S20, S1163
8:0	S20, S1163
15:0	S20, S1163
18:1 c	S1163
15:1	S1163

NDB No. 20108 Macaroni, whole-wheat, cooked

Sucrose	S604
Maltose	S604

NDB No. 20109 Noodles, egg, dry, enriched

Fructose	S2105
Potassium, K	S2105
Manganese, Mn	S2105
Tocopherol, delta	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105
Threonine	S2105
Leucine	S2105
Alanine	S2105
Fatty acids, total trans	S2901
18:0	S2105
18:1 undifferentiated	S2105
14:1	S2105
Total lipid (fat)	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Selenium, Se	S2105
Tocopherol, gamma	S2105
Vitamin B-12	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Glycine	S2105
Cholesterol	S2105
Fatty acids, total saturated	S2105
18:3 undifferentiated	S2105
Sugars, total	S606, S2105
12:0	S2105
16:0	S2105
18:2 undifferentiated	S2105

NDB No. 20109 Noodles, egg, dry, enriched

16:1 undifferentiated	S2105
20:1	S2105
18:3 n-6 c,c,c	S2105
Glucose (dextrose)	S606, S2105
Maltose	S606, S2105
Water	S606, S2105
Betaine	S2105
Methionine	S2105
Serine	S2105
20:0	S2105
20:4 undifferentiated	S2105
15:1	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tryptophan	S2105
22:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
Lactose	S2105
Fiber, total dietary	S2105
Tocopherol, beta	S2105
Niacin	S2105
Isoleucine	S2105
Lysine	S2105
Histidine	S2105
14:0	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
Galactose	S2105
Calcium, Ca	S2105
Riboflavin	S2105
Folate, total	D4901, S2105
Choline, total	S2105
Phenylalanine	S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2129 of 3136

NDB No. 20109 Noodles, egg, dry, enriched

Aspartic acid	S2105
Glutamic acid	S2105
Proline	S2105
10:0	S2105
18:3 n-3 c,c,c	S2105
Protein	S2105
Ash	S2105
Sucrose	S606, S2105
Copper, Cu	S2105
Thiamin	S2105
Cystine	S2105
8:0	S2105
15:0	S2105

NDB No. 20110 Noodles, egg, cooked, enriched

Folate, total	S2105
Threonine	S2105
Leucine	S2105
Methionine	S2105
Cystine	S2105
Aspartic acid	S2105
Cholesterol	S2105
Glucose (dextrose)	S606, S2105
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Thiamin	S2105
Betaine	S2105
Protein	S2105
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, gamma	S2105
Niacin	S2105
Vitamin B-6	S2105
Isoleucine	S2105
Phenylalanine	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 2130 of 3136

NDB No. 20110 Noodles, egg, cooked, enriched

Valine	S2105
Histidine	S2105
Glutamic acid	S2105
Glycine	S2105
Galactose	S2105
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Riboflavin	S2105
Pantothenic acid	S2105
Choline, total	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tyrosine	S2105
Sucrose	S606, S2105
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Fluoride, F	D5007
Vitamin E (alpha-tocopherol)	S2105
Arginine	S2105
Water	D3764, S606, S2105, S1401
Sodium, Na	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, beta	S2105
Tryptophan	S2105
Proline	S2105
Fructose	S2105
Sugars, total	S606, S2105
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, delta	S2105
Vitamin B-12	S2105
Lysine	S2105
Alanine	S2105
Total lipid (fat)	S2105
Ash	S2105
Lactose	S2105
Maltose	S606, S2105
Fiber, total dietary	D3764, S642, S2105, S1401
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Serine	S2105

NDB No. 20118 Noodles, flat, crunchy, Chinese restaurant

Zinc, Zn	S3551
6:0	S3551
10:0	S3551
14:0	S3551
18:4	S3551
22:1 undifferentiated	S3551
22:5 n-3	S3551
20:2 n-6 c,c	S3551
17:1	S3551
20:3 n-3	S3551
Calcium, Ca	S3551
Magnesium, Mg	S3551
18:0	S3551
22:1 t	S3551
18:2 t not further defined	S3551
20:3 undifferentiated	S3551
Niacin	S3551
Fatty acids, total saturated	S3551
16:0	S3551
22:6 n-3	S3551
14:1	S3551
20:1	S3551
18:1 c	S3551
18:2 n-6 c,c	S3551
Fatty acids, total trans-monoenoic	S3551
Fatty acids, total trans-polyenoic	S3551
Protein	S3551
Ash	S3551
Potassium, K	S3551
22:0	S3551
15:0	S3551
17:0	S3551
18:3 n-6 c,c,c	S3551
20:3 n-6	S3551
22:4	S3551
Phosphorus, P	S3551
Thiamin	S3551

NDB No. 20118 Noodles, flat, crunchy, Chinese restaurant

Fatty acids, total trans	S3551
4:0	S3551
18:2 undifferentiated	S3551
18:3 undifferentiated	S3551
20:4 undifferentiated	S3551
24:0	S3551
16:1 c	S3551
15:1	S3551
8:0	S3551
18:1 undifferentiated	S3551
16:1 undifferentiated	S3551
20:5 n-3	S3551
18:2 CLAs	S3551
22:1 c	S3551
Water	S3551
Sodium, Na	S3551
Copper, Cu	S3551
12:0	S3551
20:0	S3551
Fatty acids, total monounsaturated	S3551
16:1 t	S3551
18:1 t	S3551
18:3 n-3 c,c,c	S3551
Total lipid (fat)	S3551
Iron, Fe	S3551
Manganese, Mn	S3551
Riboflavin	S3551
Fatty acids, total polyunsaturated	S3551
24:1 c	S3551

NDB No. 20120 Spaghetti, dry, enriched

Protein	S5, S20, S1163
Total lipid (fat)	S82, S5, S20, S1163
Sugars, total	S20, S1163
Galactose	S20, S1163
Phosphorus, P	S20, S1163

NDB No. 20120 Spaghetti, dry, enriched

Tocopherol, delta	S82, S20, S1163
Thiamin	S20, S1163
Riboflavin	S20, S1163
Threonine	S20, S1163
Lysine	S20, S1163
Methionine	S20, S1163
Glutamic acid	S20, S1163
Serine	S20, S1163
6:0	S20, S1163
22:6 n-3	S20, S1163
18:3 n-6 c,c,c	S1163
15:1	S1163
Tocopherol, gamma	S82, S20, S1163
Vitamin B-6	S20, S1163
Leucine	S20, S1163
Aspartic acid	S20, S1163
14:0	S20, S1163
18:3 undifferentiated	S20, S1163
20:1	S20, S1163
Sucrose	S20, S1163
Potassium, K	S20, S1163
Copper, Cu	S20, S1163
Isoleucine	S20, S1163
Histidine	S20, S1163
Glycine	S20, S1163
4:0	S20, S1163
18:1 undifferentiated	S20, S1163
16:1 undifferentiated	S20, S1163
22:1 undifferentiated	S20, S1163
18:1 t	S1163
Fatty acids, total trans-monoenoic	S1163
Starch	S20, S1163
Sodium, Na	S5, S20, S1163
Zinc, Zn	S20, S1163
Fluoride, F	D5021
Manganese, Mn	S20, S1163
Vitamin E (alpha-tocopherol)	S82, S20, S1163

Reference_Report

NDB No. 20120 Spaghetti, dry, enriched

Tocopherol, beta	S82, S20, S1163
Vitamin K (phylloquinone)	D4048, S1163
Betaine	S1163, S20
Tryptophan	S20, S1163
Fatty acids, total saturated	S20, S1163
8:0	S20, S1163
20:0	S20, S1163
14:1	S20, S1163
20:5 n-3	S20, S1163
Fatty acids, total polyunsaturated	S20, S1163
15:0	S20, S1163
24:0	S20, S1163
Water	S5, S606, S20, S1163
Magnesium, Mg	S20, S1163
Folate, total	D4901, S20, S1163
Tyrosine	S20, S1163
Proline	S20, S1163
18:0	S20, S1163
22:5 n-3	S20
17:0	S20, S1163
Glucose (dextrose)	S20, S1163
Calcium, Ca	S20, S1163
Phenylalanine	S20, S1163
10:0	S20, S1163
12:0	S20, S1163
18:4	S20
24:1 c	S1163
13:0	S1163
Maltose	S20, S1163
Selenium, Se	D3358, D3359, S1163
Niacin	S20, S1163
Cystine	S20, S1163
Alanine	S20, S1163
Fatty acids, total trans	S1163
20:4 undifferentiated	S20, S1163
Fatty acids, total monounsaturated	S20, S1163
18:1 c	S1163

NDB No. 20120 Spaghetti, dry, enriched

17:1	S1163
18:3 n-3 c,c,c	S1163
Ash	S20, S1163
Fructose	S20, S1163
Lactose	S20, S1163
Fiber, total dietary	S5, S20, S1163
Iron, Fe	S5, S20, S1163
Choline, total	S1163, S20
Valine	S20, S1163
Arginine	S20, S1163
Hydroxyproline	S1163
16:0	S20, S1163
18:2 undifferentiated	S20, S1163
22:0	S20, S1163
20:2 n-6 c,c	S1163
20:3 undifferentiated	S1163

NDB No. 20121 Spaghetti, cooked, enriched, without added salt

Water	S837, D3764, S606, S2901, D3765, S20, S1163
Fiber, total dietary	S837, D3764, S642, D3765, S20, S1163
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Thiamin	S20, S1163
Folate, total	S20, S1163
Betaine	S1163, S20
Isoleucine	S20, S1163
Arginine	S20, S1163
Glutamic acid	S20, S1163
Glycine	S20, S1163
Serine	S20, S1163
12:0	S20, S1163
20:0	S20, S1163
18:2 undifferentiated	S20, S1163
17:0	S20, S1163
24:0	S20, S1163
Fatty acids, total trans-monoenoic	S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2136 of 3136

NDB No. 20121 Spaghetti, cooked, enriched, without added salt

15:1	S1163
Galactose	S837, S20, S1163
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, gamma	S20, S1163
Riboflavin	S20, S1163
Choline, total	S1163, S20
Leucine	S20, S1163
Phenylalanine	S20, S1163
Tyrosine	S20, S1163
22:5 n-3	S20
18:1 t	S1163
Total lipid (fat)	S2901, S20, S1163
Sugars, total	S837, S606, S20, S1163
Sodium, Na	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8
Cystine	S20, S1163
Aspartic acid	S20, S1163
16:0	S20, S1163
20:5 n-3	S20, S1163
18:1 c	S1163
18:3 n-3 c,c,c	S1163
Ash	S2901, S20
Maltose	S837, S606, S20, S1163
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S12, S9, S8, S20, S1163
Vitamin B-6	S20, S1163
Threonine	S20, S1163
14:0	S20, S1163
16:1 undifferentiated	S20, S1163
20:1	S20, S1163
22:1 undifferentiated	S20, S1163
18:3 n-6 c,c,c	S1163
Vitamin E (alpha-tocopherol)	S20, S1163
4:0	S20, S1163
10:0	S20, S1163
18:3 undifferentiated	S20, S1163
Starch	S20, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2137 of 3136

NDB No. 20121 Spaghetti, cooked, enriched, without added salt

Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, beta	S20, S1163
Tocopherol, delta	S20, S1163
Lysine	S20, S1163
Valine	S20, S1163
6:0	S20, S1163
14:1	S20, S1163
24:1 c	S1163
20:3 undifferentiated	S1163
13:0	S1163
Protein	S2901, S20, S1163
Sucrose	S837, S20, S1163
Lactose	S837, S20, S1163
Fluoride, F	D5007
Niacin	S20, S1163
Vitamin K (phylloquinone)	D4002, S20, S1163
Methionine	S20, S1163
Proline	S20, S1163
Hydroxyproline	S1163
Fatty acids, total trans	S1163
8:0	S20, S1163
18:0	S20
18:1 undifferentiated	S20, S1163
22:6 n-3	S20, S1163
18:4	S20
17:1	S1163
Glucose (dextrose)	S837, S606, S20, S1163
Fructose	S837, S20, S1163
Tryptophan	S20, S1163
Histidine	S20, S1163
Alanine	S20, S1163
20:4 undifferentiated	S20, S1163
22:0	S20, S1163
Fatty acids, total polyunsaturated	S20, S1163
15:0	S20, S1163

NDB No. 20121 Spaghetti, cooked, enriched, without added salt

20:2 n-6 c,c S1163

NDB No. 20130 Barley flour or meal

Vitamin A, RAE	S1202, D3921
Choline, total	S3461
Betaine	S3461
Carotene, beta	S1202, D3921
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068
Vitamin A, IU	S1202, D3921

NDB No. 20132 Oat flour, partially debranned

Sucrose	D4581
Copper, Cu	S1202
Thiamin	S1202
Water	S1202
Phosphorus, P	S1202
Manganese, Mn	S1202
Niacin	S1202
Protein	S1202
Total lipid (fat)	S1202
Iron, Fe	S1202
Vitamin B-6	S1202
Fructose	D4581
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Pantothenic acid	S1202
Glucose (dextrose)	D4581
Calcium, Ca	S1202
Betaine	S4001
Ash	S1202
Sugars, total	D4581
Magnesium, Mg	S1202

NDB No. 20132 Oat flour, partially debranned

Riboflavin	S1202
Choline, total	S4001
Fiber, total dietary	S1202

NDB No. 20137 Quinoa, cooked

Folate, food	S3552
Alanine	S3552
Glycine	S3552
Fiber, total dietary	S3552
Selenium, Se	S3552
Thiamin	S3552
Proline	S3552
Calcium, Ca	S3552
Tocopherol, gamma	S3552
Vitamin B-6	S3552
Methionine	S3552
Valine	S3552
Histidine	S3552
Aspartic acid	S3552
Total lipid (fat)	S3552
Ash	S3552
Sodium, Na	S3552
Phenylalanine	S3552
Arginine	S3552
Starch	S3552
Water	S3552
Iron, Fe	S3552
Potassium, K	S3552
Copper, Cu	S3552
Tocopherol, beta	S3552
Tryptophan	S3552
Lysine	S3552
Protein	S3552
Phosphorus, P	S3552
Manganese, Mn	S3552
Vitamin E (alpha-tocopherol)	S3552

NDB No. 20137 Quinoa, cooked

Niacin	S3552
Folate, total	S3552
Isoleucine	S3552
Leucine	S3552
Serine	S3552
Tocopherol, delta	S3552
Riboflavin	S3552
Tyrosine	S3552
Glutamic acid	S3552
Magnesium, Mg	S3552
Zinc, Zn	S3552
Threonine	S3552
Cystine	S3552

NDB No. 20138 Kamut, uncooked

Protein	S3552
Starch	S3552
Galactose	S3552
Vitamin A, RAE	S3552
Cryptoxanthin, beta	S3552
Tocopherol, beta	S3552
Niacin	S3552
Isoleucine	S3552
Leucine	S3552
Glycine	S3552
Fatty acids, total saturated	S3552
14:0	S3552
22:0	S3552
16:1 undifferentiated	S3552
Ash	S3552
Calcium, Ca	S3552
Sodium, Na	S3552
Methionine	S3552
Phenylalanine	S3552
Proline	S3552
12:0	S3552

NDB No. 20138 Kamut, uncooked

18:0	S3552
20:1	S3552
15:0	S3552
17:0	S3552
18:3 n-3 c,c,c	S3552
Water	S3552
Iron, Fe	S3552
Zinc, Zn	S3552
Total lipid (fat)	S3552
Glucose (dextrose)	S3552
Lactose	S3552
Copper, Cu	S3552
Carotene, beta	S3552
Carotene, alpha	S3552
Lutein + zeaxanthin	S3552
Tocopherol, gamma	S3552
Tocopherol, delta	S3552
Threonine	S3552
Valine	S3552
Arginine	S3552
Aspartic acid	S3552
Glutamic acid	S3552
Serine	S3552
18:1 undifferentiated	S3552
Fatty acids, total monounsaturated	S3552
Potassium, K	S3552
Lycopene	S3552
Vitamin K (phylloquinone)	S3552
Tryptophan	S3552
Cystine	S3552
8:0	S3552
16:0	S3552
18:2 undifferentiated	S3552
18:3 undifferentiated	S3552
20:4 undifferentiated	S3552
20:2 n-6 c,c	S3552
Fructose	S3552

Reference_Report

NDB No. 20138 Kamut, uncooked

Maltose	S3552
Fiber, total dietary	S3552
Phosphorus, P	S3552
Manganese, Mn	S3552
Vitamin E (alpha-tocopherol)	S3552
Choline, total	S3552
Betaine	S3552
20:0	S3552
14:1	S3552
Fatty acids, total polyunsaturated	S3552
18:3 n-6 c,c,c	S3552
17:1	S3552
20:3 undifferentiated	S3552
Magnesium, Mg	S3552
Selenium, Se	S3552
Thiamin	S3552
Riboflavin	S3552
Tyrosine	S3552
Histidine	S3552
Alanine	S3552
Sucrose	S3552
Sugars, total	S3552
Vitamin A, IU	S3552
Pantothenic acid	S3552
Vitamin B-6	S3552
Lysine	S3552
10:0	S3552
15:1	S3552

NDB No. 20139 Kamut, cooked

Ash	S3552
Serine	S3552
Vitamin B-6	S3552
Folate, total	S3552
Isoleucine	S3552
Leucine	S3552

NDB No. 20139 Kamut, cooked

Aspartic acid	S3552
Tyrosine	S3552
Water	S3552
Riboflavin	S3552
Glutamic acid	S3552
Methionine	S3552
Arginine	S3552
Glycine	S3552
Proline	S3552
Niacin	S3552
Cystine	S3552
Phenylalanine	S3552
Protein	S3552
Thiamin	S3552
Folate, food	S3552
Lysine	S3552
Histidine	S3552
Total lipid (fat)	S3552
Tryptophan	S3552
Threonine	S3552
Valine	S3552
Alanine	S3552

NDB No. 20140 Spelt, uncooked

Protein	S3552
Total lipid (fat)	S3552
Sugars, total	S3552
Manganese, Mn	S3552
Carotene, beta	S3552
Tocopherol, beta	S3552
Tocopherol, delta	S3552
Vitamin K (phyloquinone)	S3552
Leucine	S3552
Phenylalanine	S3552
12:0	S3552
16:0	S3552

NDB No. 20140 Spelt, uncooked

20:0	S3552
18:3 undifferentiated	S3552
20:3 undifferentiated	S3552
Starch	S3552
Fructose	S3552
Water	S3552
Fiber, total dietary	S3552
Phosphorus, P	S3552
Sodium, Na	S3552
Riboflavin	S3552
Pantothenic acid	S3552
Threonine	S3552
Isoleucine	S3552
Histidine	S3552
Glycine	S3552
20:1	S3552
Fatty acids, total polyunsaturated	S3552
15:0	S3552
17:1	S3552
Galactose	S3552
Magnesium, Mg	S3552
Arginine	S3552
Aspartic acid	S3552
Proline	S3552
Serine	S3552
Vitamin E (alpha-tocopherol)	S3552
Lysine	S3552
Methionine	S3552
Glutamic acid	S3552
Fatty acids, total saturated	S3552
18:2 undifferentiated	S3552
22:0	S3552
Fatty acids, total monounsaturated	S3552
Potassium, K	S3552
Cryptoxanthin, beta	S3552
Lutein + zeaxanthin	S3552
Folate, food	S3552

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2145 of 3136

NDB No. 20140 Spelt, uncooked

Cystine	S3552
Tyrosine	S3552
18:1 undifferentiated	S3552
18:3 n-3 c,c,c	S3552
Glucose (dextrose)	S3552
Calcium, Ca	S3552
Iron, Fe	S3552
Lycopene	S3552
Folate, total	S3552
Tryptophan	S3552
Valine	S3552
8:0	S3552
10:0	S3552
14:0	S3552
18:0	S3552
20:4 undifferentiated	S3552
14:1	S3552
17:0	S3552
20:2 n-6 c,c	S3552
Ash	S3552
Sucrose	S3552
Lactose	S3552
Maltose	S3552
Zinc, Zn	S3552
Copper, Cu	S3552
Selenium, Se	S3552
Vitamin A, RAE	S3552
Tocopherol, gamma	S3552
Thiamin	S3552
Vitamin B-6	S3552
Alanine	S3552
16:1 undifferentiated	S3552
18:3 n-6 c,c,c	S3552
Carotene, alpha	S3552
Niacin	S3552
15:1	S3552

NDB No. 20141 Spelt, cooked

Manganese, Mn	S3552
Selenium, Se	S3552
Tocopherol, gamma	S3552
Potassium, K	S3552
Tocopherol, beta	S3552
Thiamin	S3552
Calcium, Ca	S3552
Ash	S3552
Water	S3552
Sodium, Na	S3552
Niacin	S3552
Protein	S3552
Magnesium, Mg	S3552
Phosphorus, P	S3552
Fiber, total dietary	S3552
Iron, Fe	S3552
Zinc, Zn	S3552
Riboflavin	S3552
Total lipid (fat)	S3552
Vitamin E (alpha-tocopherol)	S3552
Vitamin B-6	S3552
Starch	S3552
Copper, Cu	S3552
Tocopherol, delta	S3552
Folate, total	S3552
Folate, food	S3552

NDB No. 20142 Teff, uncooked

Calcium, Ca	S3552
Zinc, Zn	S3552
Vitamin E (alpha-tocopherol)	S3552
Lycopene	S3552
Tocopherol, delta	S3552
Riboflavin	S3552
Niacin	S3552
Pantothenic acid	S3552

Reference Report

JUL-17-2008 02:00 PM

Page 2147 of 3136

NDB No. 20142 Teff, uncooked

Tryptophan	S3552
Phenylalanine	S3552
15:1	S3552
18:3 n-3 c,c,c	S3552
Potassium, K	S3552
Cryptoxanthin, beta	S3552
Vitamin B-6	S3552
Histidine	S3552
Alanine	S3552
Aspartic acid	S3552
Fatty acids, total saturated	S3552
20:0	S3552
20:2 n-6 c,c	S3552
Glucose (dextrose)	S3552
Magnesium, Mg	S3552
Manganese, Mn	S3552
Tocopherol, beta	S3552
Tocopherol, gamma	S3552
Betaine	S3552
Isoleucine	S3552
Leucine	S3552
Cystine	S3552
Arginine	S3552
18:0	S3552
14:1	S3552
Fatty acids, total polyunsaturated	S3552
Ash	S3552
Starch	S3552
Sucrose	S3552
Fructose	S3552
Galactose	S3552
Iron, Fe	S3552
Carotene, alpha	S3552
Lutein + zeaxanthin	S3552
Choline, total	S3552
Lysine	S3552
Valine	S3552

Reference_Report

NDB No. 20142 Teff, uncooked

Glutamic acid	S3552
Serine	S3552
12:0	S3552
Sugars, total	S3552
Fiber, total dietary	S3552
Phosphorus, P	S3552
Copper, Cu	S3552
Carotene, beta	S3552
Methionine	S3552
8:0	S3552
18:1 undifferentiated	S3552
Maltose	S3552
Water	S3552
Sodium, Na	S3552
Selenium, Se	S3552
Threonine	S3552
Glycine	S3552
Proline	S3552
10:0	S3552
16:0	S3552
20:4 undifferentiated	S3552
22:0	S3552
Fatty acids, total monounsaturated	S3552
15:0	S3552
Protein	S3552
Vitamin A, RAE	S3552
Thiamin	S3552
Tyrosine	S3552
18:3 undifferentiated	S3552
16:1 undifferentiated	S3552
20:1	S3552
17:0	S3552
17:1	S3552
20:3 undifferentiated	S3552
Lactose	S3552
Vitamin K (phylloquinone)	S3552
14:0	S3552

Reference_Report

NDB No. 20142 Teff, uncooked

18:2 undifferentiated	S3552
18:3 n-6 c,c,c	S3552

NDB No. 20143 Teff, cooked

Ash	S3552
Threonine	S3552
Leucine	S3552
Aspartic acid	S3552
Vitamin B-6	S3552
Lysine	S3552
Phenylalanine	S3552
Folate, food	S3552
Water	S3552
Methionine	S3552
Glutamic acid	S3552
Glycine	S3552
Protein	S3552
Total lipid (fat)	S3552
Folate, total	S3552
Tryptophan	S3552
Cystine	S3552
Proline	S3552
Thiamin	S3552
Valine	S3552
Alanine	S3552
Serine	S3552
Riboflavin	S3552
Isoleucine	S3552
Histidine	S3552
Niacin	S3552
Tyrosine	S3552
Arginine	S3552

NDB No. 20310 Noodles, egg, cooked, enriched, with added salt

Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, beta	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 2150 of 3136

NDB No. 20310 Noodles, egg, cooked, enriched, with added salt

Threonine	S2105
Protein	S2105
Lactose	S2105
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Niacin	S2105
Pantothenic acid	S2105
Tryptophan	S2105
Phenylalanine	S2105
Proline	S2105
Maltose	S606, S2105
Folate, total	S2105
Leucine	S2105
Lysine	S2105
Cystine	S2105
Serine	S2105
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, gamma	S2105
Tyrosine	S2105
Arginine	S2105
Ash	S2105
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Vitamin E (alpha-tocopherol)	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	D4002, S2105
Methionine	S2105
Histidine	S2105
Tocopherol, delta	S2105
Choline, total	S2105
Betaine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Total lipid (fat)	S2105
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2151 of 3136

NDB No. 20310 Noodles, egg, cooked, enriched, with added salt

Thiamin	S2105
Riboflavin	S2105
Alanine	S2105
Cholesterol	S2105
Sucrose	S606, S2105
Glucose (dextrose)	S606, S2105
Fructose	S2105
Water	D3764, S606, S2105, S1401
Sugars, total	S606, S2105
Galactose	S2105
Fiber, total dietary	D3764, S642, S2105, S1401
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Vitamin B-12	S2105
Isoleucine	S2105
Valine	S2105

NDB No. 20315 Corn flour, whole-grain, blue (harina de maiz morado)

Calcium, Ca	S3550
Potassium, K	S3550
Niacin	S3550
Ash	S3550
Starch	S3550
Water	S3550
Vitamin B-6	S3550
Magnesium, Mg	S3550
Thiamin	S3550
Total lipid (fat)	S3550
Fiber, total dietary	S3550
Iron, Fe	S3550
Phosphorus, P	S3550
Selenium, Se	S3550
Zinc, Zn	S3550
Copper, Cu	S3550
Riboflavin	S3550
Pantothenic acid	S3550
Protein	S3550

Reference Report

JUL-17-2008 02:00 PM

Page 2152 of 3136

NDB No. 20315 Corn flour, whole-grain, blue (harina de maiz morado)

Sodium, Na	S3550
Manganese, Mn	S3550

NDB No. 20317 Corn flour, masa, enriched, yellow

Choline, total	S3548
Betaine	S3548

NDB No. 20320 Cornmeal, whole-grain, white

Choline, total	S4001
Betaine	S4001

NDB No. 20321 Spaghetti, cooked, enriched, with added salt

Methionine	S20, S1163
Aspartic acid	S20, S1163
16:1 undifferentiated	S20, S1163
22:1 undifferentiated	S20, S1163
Ash	S1163
Water	S837, D3764, S606, S2901, D3765, S20, S1163
Vitamin B-6	S20, S1163
Leucine	S20, S1163
Cystine	S20, S1163
Hydroxyproline	S1163
18:1 undifferentiated	S20, S1163
22:6 n-3	S20, S1163
18:3 n-6 c,c,c	S1163
20:3 undifferentiated	S1163
Total lipid (fat)	S2901, S20, S1163
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, beta	S20, S1163
Niacin	S20, S1163
Folate, total	S20, S1163
Vitamin K (phylloquinone)	D4002, S20, S1163

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2153 of 3136

NDB No. 20321 Spaghetti, cooked, enriched, with added salt

Valine	S20, S1163
Arginine	S20, S1163
14:0	S20, S1163
18:0	S20
20:4 undifferentiated	S20, S1163
Fiber, total dietary	S837, D3764, S642, D3765, S20, S1163
Sodium, Na	S1163
Tocopherol, gamma	S20, S1163
Tocopherol, delta	S20, S1163
Lysine	S20, S1163
Tyrosine	S20, S1163
Glutamic acid	S20, S1163
8:0	S20, S1163
12:0	S20, S1163
24:0	S20, S1163
Protein	S2901, S20, S1163
Starch	S20, S1163
Fructose	S837, S20, S1163
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tryptophan	S20, S1163
Isoleucine	S20, S1163
Glycine	S20, S1163
4:0	S20, S1163
22:0	S20, S1163
14:1	S20, S1163
18:1 t	S1163
13:0	S1163
15:1	S1163
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Vitamin E (alpha-tocopherol)	S20, S1163
Threonine	S20, S1163
Phenylalanine	S20, S1163
Proline	S20, S1163
18:2 undifferentiated	S20, S1163
18:3 undifferentiated	S20, S1163

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2154 of 3136

NDB No. 20321 Spaghetti, cooked, enriched, with added salt

20:1	S20, S1163
22:5 n-3	S20
Fatty acids, total polyunsaturated	S20, S1163
15:0	S20, S1163
17:0	S20, S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
17:1	S1163
Fatty acids, total trans-monoenoic	S1163
Glucose (dextrose)	S837, S606, S20, S1163
Maltose	S837, S606, S20, S1163
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Thiamin	S20, S1163
Histidine	S20, S1163
Alanine	S20, S1163
Serine	S20, S1163
6:0	S20, S1163
10:0	S20, S1163
16:0	S20, S1163
20:0	S20, S1163
20:5 n-3	S20, S1163
18:3 n-3 c,c,c	S1163
Sucrose	S837, S20, S1163
Lactose	S837, S20, S1163
Sugars, total	S837, S606, S20, S1163
Galactose	S837, S20, S1163
Riboflavin	S20, S1163
Fatty acids, total trans	S1163
18:4	S20

NDB No. 20322 Cornmeal, degermed, enriched, white

Sugars, total	S837, S1164
Carotene, alpha	S1343
Folate, food	S1164, D5961
Lysine	S1164, S3548

Reference_Report

NDB No. 20322 Cornmeal, degermed, enriched, white

Methionine	S1164, S3548
Arginine	S1164, S3548
Histidine	S1164, S3548
Proline	S1164, S3548
8:0	S1164, S3548
10:0	S1164, S3548
12:0	S1164, S3548
22:0	S1164, S3548
22:1 undifferentiated	S1164, S3548
22:5 n-3	S3548
20:2 n-6 c,c	S1164, S3548
17:1	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
Ash	S1164, S3548
Magnesium, Mg	S1164, S3548
Folate, total	D4901, S1164, S3548, D5981
20:0	S1164, S3548
18:1 undifferentiated	S1164, S3548
20:4 undifferentiated	S1164, S3548
Total lipid (fat)	S1164, S3548
Lactose	S837, S1164, S3548
Water	S1164, S3548
Iron, Fe	S1164, S3548
Zinc, Zn	S1164, S3548
Copper, Cu	S1164, S3548
Vitamin A, IU	S1343
Carotene, beta	S1343
Threonine	S1164, S3548
Tyrosine	S1164, S3548
22:6 n-3	S1164, S3548
20:1	S1164, S3548
15:0	S1164, S3548
17:0	S1164, S3548
24:0	S1164, S3548
Fiber, total dietary	S837, S1164, S3548
Phosphorus, P	S1164, S3548
Lutein + zeaxanthin	S1343

NDB No. 20322 Cornmeal, degermed, enriched, white

Thiamin	S1164, S3548
Niacin	S1164, S3548
Pantothenic acid	S1164, S3548
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164, S3548
18:2 undifferentiated	S1164, S3548
16:1 undifferentiated	S1164, S3548
18:1 t	S1164
Manganese, Mn	S1164, S3548
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, delta	S1164
Vitamin B-6	S1164, S3548
Phenylalanine	S1164, S3548
Valine	S1164, S3548
Fatty acids, total trans	S1164
14:0	S1164, S3548
16:0	S1164, S3548
18:3 undifferentiated	S1164, S3548
14:1	S1164, S3548
24:1 c	S3548
20:3 undifferentiated	S1164, S3548
13:0	S1164
15:1	S1164, S3548
21:5	S3548
Starch	S1164, S3548
Fructose	S837, S1164, S3548
Maltose	S837, S1164, S3548
Potassium, K	S1164, S3548
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Alanine	S1164, S3548
Aspartic acid	S1164, S3548
6:0	S1164
18:0	S1164, S3548
18:3 n-6 c,c,c	S1164
22:4	S3548
Protein	S1164, S3548

NDB No. 20322 Cornmeal, degermed, enriched, white

Calcium, Ca	S1164, S3548
Selenium, Se	S1164, S3548
Cryptoxanthin, beta	S1343
Isoleucine	S1164, S3548
Cystine	S1164, S3548
Glycine	S1164, S3548
Serine	S1164, S3548
18:4	S3548
20:5 n-3	S1164, S3548
Sucrose	S837, S1164, S3548
Glucose (dextrose)	S837, S1164, S3548
Galactose	S1164
Sodium, Na	S1164, S3548
Vitamin A, RAE	S1343
Lycopene	S1343
Riboflavin	S1164, S3548
Leucine	S1164, S3548
Glutamic acid	S1164, S3548
4:0	S1164

NDB No. 20324 Cornmeal, self-rising, bolted, with wheat flour added, enriched, white

Folate, total	D4901
---------------	-------

NDB No. 20400 Macaroni, cooked, unenriched

Total lipid (fat)	S2901, S20, S1163
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tyrosine	S20, S1163
Serine	S20, S1163
Fatty acids, total trans	S1163
16:0	S20, S1163
18:1 undifferentiated	S20, S1163
17:1	S1163
Protein	S2901, S20, S1163
Galactose	S837, S20, S1163
Fiber, total dietary	S837, D3764, S642, D3765, S20, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2158 of 3136

NDB No. 20400 Macaroni, cooked, unenriched

Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Vitamin K (phylloquinone)	D4002, S20, S1163
Isoleucine	S20, S1163
Alanine	S20, S1163
Aspartic acid	S20, S1163
18:0	S20
16:1 undifferentiated	S20, S1163
22:1 undifferentiated	S20, S1163
Fatty acids, total polyunsaturated	S20, S1163
24:0	S20, S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
Ash	S2901, S20
Sucrose	S837, S20, S1163
Glucose (dextrose)	S837, S606, S20, S1163
Sugars, total	S837, S606, S20, S1163
Tocopherol, gamma	S20, S1163
Choline, total	S1163, S20
Betaine	S1163, S20
Histidine	S20, S1163
Hydroxyproline	S1163
4:0	S20, S1163
8:0	S20, S1163
10:0	S20, S1163
14:0	S20, S1163
20:0	S20, S1163
22:5 n-3	S20
24:1 c	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163
Starch	S20, S1163
Sodium, Na	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8
Vitamin E (alpha-tocopherol)	S20, S1163
Threonine	S20, S1163
Cystine	S20, S1163
Arginine	S20, S1163
12:0	S20, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2159 of 3136

NDB No. 20400 Macaroni, cooked, unenriched

20:4 undifferentiated	S20, S1163
14:1	S20, S1163
18:4	S20
20:1	S20, S1163
18:1 t	S1163
Fructose	S837, S20, S1163
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Leucine	S20, S1163
Valine	S20, S1163
20:5 n-3	S20, S1163
20:2 n-6 c,c	S1163
20:3 undifferentiated	S1163
Maltose	S837, S606, S20, S1163
Tocopherol, beta	S20, S1163
Tryptophan	S20, S1163
Lysine	S20, S1163
Glycine	S20, S1163
Proline	S20, S1163
17:0	S20, S1163
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Methionine	S20, S1163
6:0	S20, S1163
18:3 undifferentiated	S20, S1163
13:0	S1163
Lactose	S837, S20, S1163
Water	S837, D3764, S606, S2901, D3765, S20, S1163
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, delta	S20, S1163
Vitamin B-6	S20, S1163
Phenylalanine	S20, S1163
Glutamic acid	S20, S1163
18:2 undifferentiated	S20, S1163
22:6 n-3	S20, S1163
22:0	S20, S1163
15:0	S20, S1163

NDB No. 20400 Macaroni, cooked, unenriched

Fatty acids, total trans-
monoenoic S1163

NDB No. 20409 Noodles, egg, dry, unenriched

Fructose S2105

Glycine S2105

Cholesterol S2105

Fatty acids, total saturated S2105

14:0 S2105

16:0 S2105

18:1 undifferentiated S2105

Protein S2105

Glucose (dextrose) S606, S2105

Pantothenic acid S2105

Vitamin B-12 S2105

Vitamin K (phylloquinone) S2105

Methionine S2105

Phenylalanine S2105

10:0 S2105

18:0 S2105

Fatty acids, total polyunsaturated S2105

20:2 n-6 c,c S2105

Copper, Cu S2105

Manganese, Mn S2105

Tocopherol, gamma S2105

Tocopherol, delta S2105

Threonine S2105

Arginine S2105

Alanine S2105

Proline S2105

15:0 S2105

18:3 n-6 c,c,c S2105

Calcium, Ca S2105

Phosphorus, P S2105

Potassium, K S2105

Tocopherol, beta S2105

Vitamin B-6 S2105

NDB No. 20409 Noodles, egg, dry, unenriched

Betaine	S2105
Tryptophan	S2105
Tyrosine	S2105
Valine	S2105
Aspartic acid	S2105
18:3 undifferentiated	S2105
14:1	S2105
20:3 undifferentiated	S2105
Magnesium, Mg	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Histidine	S2105
18:2 undifferentiated	S2105
22:0	S2105
16:1 undifferentiated	S2105
17:1	S2105
18:3 n-3 c,c,c	S2105
Ash	S2105
Lactose	S2105
Choline, total	S2105
Leucine	S2105
Fatty acids, total trans	S2901
12:0	S2105
20:4 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
15:1	S2105
Sucrose	S606, S2105
Water	S606, S2105
Galactose	S2105
Fiber, total dietary	S2105
Zinc, Zn	S2105
Cystine	S2105
8:0	S2105
20:0	S2105
Total lipid (fat)	S2105
Maltose	S606, S2105

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2162 of 3136

NDB No. 20409 Noodles, egg, dry, unenriched

Sugars, total	S606, S2105
Sodium, Na	S2105
Isoleucine	S2105
Lysine	S2105
Glutamic acid	S2105
Serine	S2105
17:0	S2105

NDB No. 20410 Noodles, egg, cooked, unenriched, without added salt

Sucrose	S606, S2105
Galactose	S2105
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Vitamin B-6	S2105
Vitamin B-12	S2105
Cystine	S2105
Valine	S2105
Glutamic acid	S2105
Serine	S2105
Cholesterol	S2105
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Betaine	S2105
Tryptophan	S2105
Lysine	S2105
Total lipid (fat)	S2105
Ash	S2105
Glucose (dextrose)	S606, S2105
Sugars, total	S606, S2105
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Leucine	S2105
Methionine	S2105
Tyrosine	S2105
Arginine	S2105
Lactose	S2105
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Vitamin E (alpha-tocopherol)	S2105
Pantothenic acid	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 2163 of 3136

NDB No. 20410 Noodles, egg, cooked, unenriched, without added salt

Choline, total	S2105
Alanine	S2105
Phenylalanine	S2105
Glycine	S2105
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, beta	S2105
Vitamin K (phylloquinone)	D4002, S2105
Threonine	S2105
Protein	S2105
Fructose	S2105
Fiber, total dietary	D3764, S642, S2105, S1401
Sodium, Na	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, gamma	S2105
Isoleucine	S2105
Histidine	S2105
Proline	S2105
Maltose	S606, S2105
Water	D3764, S606, S2105, S1401
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, delta	S2105
Aspartic acid	S2105

NDB No. 20420 Spaghetti, dry, unenriched

Ash	S20, S1163
Lysine	S20, S1163
Alanine	S20, S1163
Glutamic acid	S20, S1163
Proline	S20, S1163
6:0	S20, S1163
16:0	S20, S1163
18:3 undifferentiated	S20, S1163
22:0	S20, S1163
15:0	S20, S1163
18:1 c	S1163

NDB No. 20420 Spaghetti, dry, unenriched

Sucrose	S20, S1163
Aspartic acid	S20, S1163
4:0	S20, S1163
20:4 undifferentiated	S20, S1163
16:1 undifferentiated	S20, S1163
20:1	S20, S1163
20:3 undifferentiated	S1163
18:3 n-3 c,c,c	S1163
Calcium, Ca	S20, S1163
Phosphorus, P	S20, S1163
Selenium, Se	D3358, D3359, S1163
Tocopherol, gamma	S82, S20, S1163
Threonine	S20, S1163
Cystine	S20, S1163
Phenylalanine	S20, S1163
24:1 c	S1163
13:0	S1163
Glucose (dextrose)	S20, S1163
Manganese, Mn	S20, S1163
Tocopherol, delta	S82, S20, S1163
14:0	S20, S1163
18:3 n-6 c,c,c	S1163
Total lipid (fat)	S82, S5, S20, S1163
Maltose	S20, S1163
Potassium, K	S20, S1163
Copper, Cu	S20, S1163
Leucine	S20, S1163
Valine	S20, S1163
Arginine	S20, S1163
Histidine	S20, S1163
18:2 undifferentiated	S20, S1163
Fatty acids, total monounsaturated	S20, S1163
24:0	S20, S1163
17:1	S1163
Protein	S5, S20, S1163
Water	S5, S606, S20, S1163
Sugars, total	S20, S1163

Reference_Report

NDB No. 20420 Spaghetti, dry, unenriched

Galactose	S20, S1163
Fiber, total dietary	S5, S20, S1163
Sodium, Na	S5, S20, S1163
Tocopherol, beta	S82, S20, S1163
Methionine	S20, S1163
Fatty acids, total saturated	S20, S1163
14:1	S20, S1163
Fatty acids, total polyunsaturated	S20, S1163
17:0	S20, S1163
18:1 t	S1163
Fructose	S20, S1163
Zinc, Zn	S20, S1163
Tryptophan	S20, S1163
Isoleucine	S20, S1163
Glycine	S20, S1163
Fatty acids, total trans	S1163
18:0	S20, S1163
20:0	S20, S1163
18:1 undifferentiated	S20, S1163
22:6 n-3	S20, S1163
18:4	S20
22:5 n-3	S20
20:2 n-6 c,c	S1163
Fatty acids, total trans-monoenoic	S1163
Starch	S20, S1163
Lactose	S20, S1163
Magnesium, Mg	S20, S1163
Vitamin E (alpha-tocopherol)	S82, S20, S1163
Vitamin B-6	S20, S1163
Vitamin K (phylloquinone)	D4048, S1163
Tyrosine	S20, S1163
Serine	S20, S1163
Hydroxyproline	S1163
8:0	S20, S1163
10:0	S20, S1163
12:0	S20, S1163
20:5 n-3	S20, S1163

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2166 of 3136

NDB No. 20420 Spaghetti, dry, unenriched

22:1 undifferentiated S20, S1163
15:1 S1163

NDB No. 20421 Spaghetti, cooked, unenriched, without added salt

Water S837, D3764, S606, S2901, D3765, S20, S1163
Phosphorus, P S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Sodium, Na S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8
Leucine S20, S1163
Glycine S20, S1163
8:0 S20, S1163
10:0 S20, S1163
14:0 S20, S1163
20:2 n-6 c,c S1163
18:3 n-6 c,c,c S1163
Fiber, total dietary S837, D3764, S642, D3765, S20, S1163
Potassium, K S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Vitamin B-6 S20, S1163
Phenylalanine S20, S1163
Hydroxyproline S1163
Fatty acids, total trans S1163
18:2 undifferentiated S20, S1163
14:1 S20, S1163
20:1 S20, S1163
22:1 undifferentiated S20, S1163
18:1 c S1163
Protein S2901, S20, S1163
Lactose S837, S20, S1163
Tocopherol, delta S20, S1163
Cystine S20, S1163
Arginine S20, S1163
16:1 undifferentiated S20, S1163
Ash S2901, S20
Maltose S837, S606, S20, S1163
Vitamin E (alpha-tocopherol) S20, S1163
Methionine S20, S1163
Glutamic acid S20, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2167 of 3136

NDB No. 20421 Spaghetti, cooked, unenriched, without added salt

20:0	S20, S1163
20:4 undifferentiated	S20, S1163
15:0	S20, S1163
17:0	S20, S1163
24:1 c	S1163
20:3 undifferentiated	S1163
Sugars, total	S837, S606, S20, S1163
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, beta	S20, S1163
Proline	S20, S1163
Serine	S20, S1163
22:0	S20, S1163
18:4	S20
Fatty acids, total polyunsaturated	S20, S1163
24:0	S20, S1163
18:1 t	S1163
13:0	S1163
Starch	S20, S1163
Sucrose	S837, S20, S1163
Glucose (dextrose)	S837, S606, S20, S1163
Fructose	S837, S20, S1163
Galactose	S837, S20, S1163
Calcium, Ca	S7, S206, S208, S10, S2684, S2682, S6, S2683, S11, S9, S12, S8, S20, S1163
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
6:0	S20, S1163
16:0	S20, S1163
18:3 undifferentiated	S20, S1163
20:5 n-3	S20, S1163
22:5 n-3	S20
Fatty acids, total trans-monoenoic	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tryptophan	S20, S1163
Threonine	S20, S1163

Reference_Report

NDB No. 20421 Spaghetti, cooked, unenriched, without added salt

Isoleucine	S20, S1163
Aspartic acid	S20, S1163
4:0	S20, S1163
12:0	S20, S1163
18:0	S20
22:6 n-3	S20, S1163
Total lipid (fat)	S2901, S20, S1163
Iron, Fe	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, gamma	S20, S1163
Vitamin K (phylloquinone)	D4002, S20, S1163
Lysine	S20, S1163
Tyrosine	S20, S1163
Valine	S20, S1163
Histidine	S20, S1163
Alanine	S20, S1163
18:1 undifferentiated	S20, S1163
17:1	S1163

NDB No. 20422 Cornmeal, degermed, unenriched, yellow

Starch	S1164, S3548
Sodium, Na	S1164, S3548
Zinc, Zn	S1164, S3548
Copper, Cu	S1164, S3548
Selenium, Se	S1164, S3548
Carotene, alpha	S1203
Vitamin K (phylloquinone)	S1164
Lysine	S1164, S3548
Methionine	S1164, S3548
Glycine	S1164, S3548
Proline	S1164, S3548
Serine	S1164, S3548
Fatty acids, total trans	S1164
20:0	S1164, S3548
22:6 n-3	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
Glucose (dextrose)	S837, S1164, S3548

NDB No. 20422 Cornmeal, degermed, unenriched, yellow

Vitamin A, IU	S1203
Cryptoxanthin, beta	S1164, S1203
Tocopherol, beta	S1164
Tryptophan	S1164, S3548
Histidine	S1164, S3548
Alanine	S1164, S3548
12:0	S1164, S3548
20:1	S1164, S3548
15:0	S1164, S3548
24:0	S1164, S3548
20:2 n-6 c,c	S1164, S3548
20:3 undifferentiated	S1164, S3548
Phosphorus, P	S1164, S3548
Manganese, Mn	S1164, S3548
Vitamin A, RAE	S1203
Leucine	S1164, S3548
Aspartic acid	S1164, S3548
6:0	S1164
8:0	S1164, S3548
18:0	S1164, S3548
22:0	S1164, S3548
24:1 c	S3548
21:5	S3548
Lactose	S837, S1164, S3548
Sugars, total	S837, S1164
Potassium, K	S1164, S3548
Vitamin E (alpha-tocopherol)	S1164
Lycopene	S1164, S1203
Phenylalanine	S1164, S3548
Glutamic acid	S1164, S3548
Hydroxyproline	S1164
18:3 undifferentiated	S1164, S3548
14:1	S1164, S3548
22:1 undifferentiated	S1164, S3548
Ash	S1164, S3548
Galactose	S1164
Fiber, total dietary	S837, S1164, S3548

NDB No. 20422 Cornmeal, degermed, unenriched, yellow

Magnesium, Mg	S1164, S3548
Cystine	S1164, S3548
Tyrosine	S1164, S3548
Valine	S1164, S3548
10:0	S1164, S3548
18:1 undifferentiated	S1164, S3548
18:2 undifferentiated	S1164, S3548
18:4	S3548
18:1 t	S1164
18:3 n-6 c,c,c	S1164
Total lipid (fat)	S1164, S3548
Maltose	S837, S1164, S3548
Water	S1164, S3548
Calcium, Ca	S1164, S3548
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Pantothenic acid	S1164, S3548
Vitamin B-6	S1164, S3548
Arginine	S1164, S3548
14:0	S1164, S3548
20:4 undifferentiated	S1164, S3548
20:5 n-3	S1164, S3548
13:0	S1164
22:4	S3548
Fructose	S837, S1164, S3548
Lutein + zeaxanthin	S1203
Folate, food	S1164, D5961
Threonine	S1164, S3548
Isoleucine	S1164, S3548
16:0	S1164, S3548
16:1 undifferentiated	S1164, S3548
22:5 n-3	S3548
Protein	S1164, S3548
Sucrose	S837, S1164, S3548
Carotene, beta	S1203
4:0	S1164
17:0	S1164, S3548

NDB No. 20422 Cornmeal, degermed, unenriched, yellow

17:1	S1164, S3548
15:1	S1164, S3548

NDB No. 20446 Rice, white, long-grain, parboiled, unenriched, dry

Starch	S20
Water	S606, S604, S20
Potassium, K	S20
Selenium, Se	S20
Thiamin	S2722
Tryptophan	S1164, S20
4:0	S20
16:0	S20
20:1	S20
Riboflavin	S20
Folate, food	S20
6:0	S20
14:0	S20
18:1 undifferentiated	S20
16:1 undifferentiated	S20
24:0	S20
Sucrose	S606, S604, S20
Maltose	S20
Manganese, Mn	S20
Vitamin E (alpha-tocopherol)	S20
Lysine	S1164, S20
Arginine	S1164, S20
Alanine	S1164, S20
20:5 n-3	S20
22:1 undifferentiated	S20
Calcium, Ca	S20
Copper, Cu	S20
Niacin	S2921, S2722, S20
Vitamin B-6	S20
Histidine	S1164, S20
20:4 undifferentiated	S20
Fiber, total dietary	S604, S20

NDB No. 20446 Rice, white, long-grain, parboiled, unenriched, dry

Tocopherol, delta	S20
Isoleucine	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
18:2 undifferentiated	S20
22:6 n-3	S20
22:5 n-3	S20
17:0	S20
Ash	S20
Glucose (dextrose)	S606, S20
Threonine	S1164, S20
Cystine	S1164, S20
Tyrosine	S1164, S20
18:0	S20
22:0	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
Protein	S20
Total lipid (fat)	S20
Sodium, Na	S20
Zinc, Zn	S20
Tocopherol, beta	S20
Leucine	S1164, S20
Methionine	S1164, S20
Aspartic acid	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
8:0	S20
20:0	S20
18:3 undifferentiated	S20
15:0	S20
Fructose	S606, S20
Lactose	S20
Iron, Fe	S2722
Magnesium, Mg	S20
Phosphorus, P	S20
Tocopherol, gamma	S20

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2173 of 3136

NDB No. 20446 Rice, white, long-grain, parboiled, unenriched, dry

Phenylalanine	S1164, S20
Valine	S1164, S20
Proline	S1164, S20
10:0	S20
12:0	S20
14:1	S20
18:4	S20

NDB No. 20447 Rice, white, long-grain, parboiled, unenriched, cooked

Sucrose	S606, S20
Glucose (dextrose)	S606, S20
Fiber, total dietary	S604, S20
Magnesium, Mg	S20
Potassium, K	S20
Niacin	S20
Pantothenic acid	S20
Isoleucine	S1164, S20
Methionine	S1164, S20
Fatty acids, total polyunsaturated	S20
Calcium, Ca	S20
Phosphorus, P	S20
Zinc, Zn	S20
Selenium, Se	S2123, S20
Threonine	S1164, S20
Proline	S1164, S20
Fatty acids, total saturated	S20
22:6 n-3	S20
14:1	S20
Protein	S20
Sodium, Na	S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Aspartic acid	S1164, S20
14:0	S20
18:2 undifferentiated	S20

Reference Report

JUL-17-2008 02:00 PM

Page 2174 of 3136

NDB No. 20447 Rice, white, long-grain, parboiled, unenriched, cooked

Ash	S20
Riboflavin	S20
Folate, food	S20
Glycine	S1164, S20
8:0	S20
20:1	S20
22:1 undifferentiated	S20
22:5 n-3	S20
17:0	S20
Total lipid (fat)	S20
Maltose	S20
Water	S606, S2123, S604, S20
Manganese, Mn	S20
Vitamin B-6	S20
Lysine	S1164, S20
Alanine	S1164, S20
12:0	S20
18:4	S20
Starch	S20
Fructose	S20
Lactose	S20
6:0	S20
18:3 undifferentiated	S20
16:1 undifferentiated	S20
Leucine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Glutamic acid	S1164, S20
Serine	S1164, S20
4:0	S20
10:0	S20
16:0	S20
18:0	S20
18:1 undifferentiated	S20
20:4 undifferentiated	S20
22:0	S20
Fatty acids, total monounsaturated	S20

Reference_Report

NDB No. 20447 Rice, white, long-grain, parboiled, unenriched, cooked

15:0	S20
Copper, Cu	S20
Tryptophan	S1164, S20
Cystine	S1164, S20
20:0	S20
20:5 n-3	S20
24:0	S20

NDB No. 20499 Macaroni, dry, unenriched

Total lipid (fat)	S82, S5, S20, S1163
Zinc, Zn	S20, S1163
Copper, Cu	S20, S1163
Vitamin K (phylloquinone)	D4048, S1163
Tryptophan	S20, S1163
Leucine	S20, S1163
Arginine	S20, S1163
Glutamic acid	S20, S1163
Serine	S20, S1163
Fatty acids, total saturated	S20, S1163
6:0	S20, S1163
18:0	S20, S1163
20:5 n-3	S20, S1163
15:0	S20, S1163
Starch	S20, S1163
Sodium, Na	S5, S20, S1163
Tocopherol, beta	S82, S20, S1163
Tocopherol, gamma	S82, S20, S1163
Tocopherol, delta	S82, S20, S1163
Vitamin B-6	S20, S1163
Isoleucine	S20, S1163
Phenylalanine	S20, S1163
4:0	S20, S1163
22:0	S20, S1163
14:1	S20, S1163
24:0	S20, S1163
18:3 n-3 c,c,c	S1163

NDB No. 20499 Macaroni, dry, unenriched

Lactose	S20, S1163
Sugars, total	S20, S1163
Vitamin E (alpha-tocopherol)	S82, S20, S1163
Tyrosine	S20, S1163
Alanine	S20, S1163
18:1 undifferentiated	S20, S1163
16:1 undifferentiated	S20, S1163
18:4	S20
Ash	S20, S1163
Glucose (dextrose)	S20, S1163
Fructose	S20, S1163
Water	S5, S606, S20, S1163
Calcium, Ca	S20, S1163
Selenium, Se	D3358, D3359, S1163
Histidine	S20, S1163
Aspartic acid	S20, S1163
Fatty acids, total trans	S1163
10:0	S20, S1163
14:0	S20, S1163
20:0	S20, S1163
20:4 undifferentiated	S20, S1163
22:6 n-3	S20, S1163
18:3 n-6 c,c,c	S1163
Fiber, total dietary	S5, S20, S1163
Threonine	S20, S1163
Methionine	S20, S1163
Hydroxyproline	S1163
8:0	S20, S1163
12:0	S20, S1163
22:1 undifferentiated	S20, S1163
Lysine	S20, S1163
Cystine	S20, S1163
Valine	S20, S1163
Proline	S20, S1163
18:3 undifferentiated	S20, S1163
22:5 n-3	S20
Fatty acids, total polyunsaturated	S20, S1163

NDB No. 20499 Macaroni, dry, unenriched

18:1 t	S1163
18:1 c	S1163
20:3 undifferentiated	S1163
15:1	S1163
Protein	S5, S20, S1163
Sucrose	S20, S1163
Maltose	S20, S1163
Magnesium, Mg	S20, S1163
Potassium, K	S20, S1163
Manganese, Mn	S20, S1163
Glycine	S20, S1163
16:0	S20, S1163
18:2 undifferentiated	S20, S1163
Fatty acids, total monounsaturated	S20, S1163
17:0	S20, S1163
Galactose	S20, S1163
Phosphorus, P	S20, S1163
20:1	S20, S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
17:1	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163

NDB No. 20510 Noodles, egg, cooked, unenriched, with added salt

Glucose (dextrose)	S606, S2105
Lactose	S2105
Maltose	S606, S2105
Galactose	S2105
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tryptophan	S2105
Methionine	S2105
Aspartic acid	S2105
Serine	S2105
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8

Reference Report

JUL-17-2008 02:00 PM

Page 2178 of 3136

NDB No. 20510 Noodles, egg, cooked, unenriched, with added salt

Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Tocopherol, beta	S2105
Pantothenic acid	S2105
Vitamin B-12	S2105
Choline, total	S2105
Total lipid (fat)	S2105
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Arginine	S2105
Ash	S2105
Sucrose	S606, S2105
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Phenylalanine	S2105
Histidine	S2105
Alanine	S2105
Cholesterol	S2105
Vitamin E (alpha-tocopherol)	S2105
Cystine	S2105
Sugars, total	S606, S2105
Tocopherol, gamma	S2105
Threonine	S2105
Lysine	S2105
Tyrosine	S2105
Glycine	S2105
Water	D3764, S606, S2105, S1401
Tocopherol, delta	S2105
Betaine	S2105
Isoleucine	S2105
Glutamic acid	S2105
Protein	S2105
Fructose	S2105
Fiber, total dietary	D3764, S642, S2105, S1401
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S2105, S8
Vitamin B-6	S2105
Vitamin K (phylloquinone)	D4002, S2105
Leucine	S2105

Reference Report

JUL-17-2008 02:00 PM

Page 2179 of 3136

NDB No. 20510 Noodles, egg, cooked, unenriched, with added salt

Valine	S2105
Proline	S2105

NDB No. 20521 Spaghetti, cooked, unenriched, with added salt

Protein	S2901, S20, S1163
Glucose (dextrose)	S837, S606, S20, S1163
Fructose	S837, S20, S1163
Lactose	S837, S20, S1163
Maltose	S837, S606, S20, S1163
Sodium, Na	S1163
Manganese, Mn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S12, S9, S8, S20, S1163
Selenium, Se	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Threonine	S20, S1163
Isoleucine	S20, S1163
Cystine	S20, S1163
Tyrosine	S20, S1163
Histidine	S20, S1163
Alanine	S20, S1163
22:0	S20, S1163
20:5 n-3	S20, S1163
22:5 n-3	S20
18:1 t	S1163
18:1 c	S1163
Fatty acids, total trans-monoenoic	S1163
Sucrose	S837, S20, S1163
Magnesium, Mg	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
8:0	S20, S1163
12:0	S20, S1163
14:0	S20, S1163
20:0	S20, S1163
22:6 n-3	S20, S1163
13:0	S1163
Total lipid (fat)	S2901, S20, S1163
Tocopherol, delta	S20, S1163
Valine	S20, S1163
Fatty acids, total polyunsaturated	S20, S1163

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2180 of 3136

NDB No. 20521 Spaghetti, cooked, unenriched, with added salt

20:3 undifferentiated	S1163
Copper, Cu	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Lysine	S20, S1163
6:0	S20, S1163
Ash	S1163
Sugars, total	S837, S606, S20, S1163
Galactose	S837, S20, S1163
Vitamin E (alpha-tocopherol)	S20, S1163
Vitamin B-6	S20, S1163
Vitamin K (phylloquinone)	D4002, S20, S1163
Leucine	S20, S1163
Glutamic acid	S20, S1163
Fatty acids, total trans	S1163
20:1	S20, S1163
18:3 n-6 c,c,c	S1163
18:3 n-3 c,c,c	S1163
Water	S837, D3764, S606, S2901, D3765, S20, S1163
Tryptophan	S20, S1163
Glycine	S20, S1163
Proline	S20, S1163
Hydroxyproline	S1163
4:0	S20, S1163
16:0	S20, S1163
18:0	S20
18:2 undifferentiated	S20, S1163
20:4 undifferentiated	S20, S1163
14:1	S20, S1163
22:1 undifferentiated	S20, S1163
15:0	S20, S1163
24:1 c	S1163
17:1	S1163
15:1	S1163
Fiber, total dietary	S837, D3764, S642, D3765, S20, S1163
Zinc, Zn	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Methionine	S20, S1163
Arginine	S20, S1163
Serine	S20, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2181 of 3136

NDB No. 20521 Spaghetti, cooked, unenriched, with added salt

18:1 undifferentiated	S20, S1163
16:1 undifferentiated	S20, S1163
17:0	S20, S1163
20:2 n-6 c,c	S1163
Starch	S20, S1163
Calcium, Ca	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Phosphorus, P	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Potassium, K	S7, S206, S208, S10, S2682, S2684, S6, S2683, S11, S9, S12, S8, S20, S1163
Tocopherol, beta	S20, S1163
Tocopherol, gamma	S20, S1163
Phenylalanine	S20, S1163
Aspartic acid	S20, S1163
10:0	S20, S1163
18:3 undifferentiated	S20, S1163
18:4	S20
24:0	S20, S1163

NDB No. 20522 Cornmeal, degermed, unenriched, white

Protein	S1164, S3548
Glucose (dextrose)	S837, S1164, S3548
Water	S1164, S3548
Magnesium, Mg	S1164, S3548
Phosphorus, P	S1164, S3548
Zinc, Zn	S1164, S3548
Selenium, Se	S1164, S3548
Vitamin B-6	S1164, S3548
Folate, food	S1164, D5961
Cystine	S1164, S3548
Aspartic acid	S1164, S3548
22:1 undifferentiated	S1164, S3548
17:0	S1164, S3548
22:4	S3548
Fructose	S837, S1164, S3548
Maltose	S837, S1164, S3548
Sugars, total	S837, S1164
Fiber, total dietary	S837, S1164, S3548

NDB No. 20522 Cornmeal, degermed, unenriched, white

Sodium, Na	S1164, S3548
Tocopherol, beta	S1164
Leucine	S1164, S3548
Lysine	S1164, S3548
Tyrosine	S1164, S3548
6:0	S1164
16:0	S1164, S3548
24:1 c	S3548
20:2 n-6 c,c	S1164, S3548
Isoleucine	S1164, S3548
Valine	S1164, S3548
Arginine	S1164, S3548
Alanine	S1164, S3548
10:0	S1164, S3548
12:0	S1164, S3548
18:2 undifferentiated	S1164, S3548
18:3 undifferentiated	S1164, S3548
22:0	S1164, S3548
14:1	S1164, S3548
Starch	S1164, S3548
Manganese, Mn	S1164, S3548
Tocopherol, delta	S1164
Vitamin K (phylloquinone)	S1164
Proline	S1164, S3548
Serine	S1164, S3548
20:3 undifferentiated	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
Methionine	S1164, S3548
4:0	S1164
18:0	S1164, S3548
20:0	S1164, S3548
20:4 undifferentiated	S1164, S3548
20:5 n-3	S1164, S3548
Total lipid (fat)	S1164, S3548
Tryptophan	S1164, S3548
Threonine	S1164, S3548
Histidine	S1164, S3548

NDB No. 20522 Cornmeal, degermed, unenriched, white

Glycine	S1164, S3548
8:0	S1164, S3548
18:1 undifferentiated	S1164, S3548
16:1 undifferentiated	S1164, S3548
17:1	S1164, S3548
13:0	S1164
15:1	S1164, S3548
Sucrose	S837, S1164, S3548
Galactose	S1164
Copper, Cu	S1164, S3548
Vitamin E (alpha-tocopherol)	S1164
Phenylalanine	S1164, S3548
14:0	S1164, S3548
22:6 n-3	S1164, S3548
18:4	S3548
15:0	S1164, S3548
24:0	S1164, S3548
18:1 t	S1164
21:5	S3548
Ash	S1164, S3548
Lactose	S837, S1164, S3548
Calcium, Ca	S1164, S3548
Potassium, K	S1164, S3548
Tocopherol, gamma	S1164
Pantothenic acid	S1164, S3548
Glutamic acid	S1164, S3548
Fatty acids, total trans	S1164
20:1	S1164, S3548
22:5 n-3	S3548
18:3 n-6 c,c,c	S1164

NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached

Carotene, alpha	S20
Tocopherol, beta	S20
Folic acid	S20
Vitamin A, IU	S20

NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached

Tocopherol, gamma	S20
Carotene, beta	S20
Folate, total	S20
Tocopherol, delta	S20
Lutein + zeaxanthin	S20
Folate, food	S20
Vitamin E (alpha-tocopherol)	S20
Sugars, total	S837, S606, S20
Vitamin A, RAE	S20
Cryptoxanthin, beta	S20
Lycopene	S20

NDB No. 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched

Fructose	S1742
Iron, Fe	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Aspartic acid	S1742
4:0	S1742
6:0	S1742
16:0	S1742
20:4 undifferentiated	S1742
20:1	S1742
20:5 n-3	S1742
Water	S1742
Sugars, total	S1742
Selenium, Se	S1742
Riboflavin	S1742
Tryptophan	S1742
Alanine	S1742
14:1	S1742
24:0	S1742
Sucrose	S1742
Manganese, Mn	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742

NDB No. 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched

Lysine	S1742
Methionine	S1742
Cystine	S1742
Glycine	S1742
10:0	S1742
20:0	S1742
16:1 undifferentiated	S1742
Lactose	S1742
Serine	S1742
18:4	S1742
22:1 undifferentiated	S1742
Starch	S1742
Magnesium, Mg	S1742
Zinc, Zn	S1742
Niacin	S1742
Isoleucine	S1742
18:0	S1742
22:5 n-3	S1742
Protein	S1742
Total lipid (fat)	S1742
Glucose (dextrose)	S1742
Maltose	S1742
Calcium, Ca	S1742
Tocopherol, gamma	S1742
Pantothenic acid	S1742
Threonine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Glutamic acid	S1742
Proline	S1742
14:0	S1742
22:6 n-3	S1742
Galactose	S1742
Folate, total	S1742

NDB No. 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched

Leucine	S1742
18:1 undifferentiated	S1742
18:3 undifferentiated	S1742
15:0	S1742
17:0	S1742
Ash	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Copper, Cu	S1742
Tocopherol, delta	S1742
Vitamin B-6	S1742
8:0	S1742
12:0	S1742
18:2 undifferentiated	S1742
22:0	S1742

NDB No. 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched

Iron, Fe	S1742
Copper, Cu	S1742
Vitamin E (alpha-tocopherol)	S1742
22:5 n-3	S1742
Starch	S1742
Fructose	S1742
Sugars, total	S1742
Potassium, K	S1742
Tocopherol, gamma	S1742
Vitamin B-6	S1742
Threonine	S1742
Serine	S1742
12:0	S1742
16:0	S1742
18:0	S1742
18:1 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
20:1	S1742

NDB No. 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched

24:0	S1742
Ash	S1742
Phosphorus, P	S1742
Manganese, Mn	S1742
Vitamin C, total ascorbic acid	S1742
Tryptophan	S1742
Isoleucine	S1742
Lysine	S1742
Phenylalanine	S1742
Arginine	S1742
Aspartic acid	S1742
8:0	S1742
18:2 undifferentiated	S1742
15:0	S1742
Sucrose	S1742
Water	S1742
Tocopherol, beta	S1742
Thiamin	S1742
Pantothenic acid	S1742
20:4 undifferentiated	S1742
14:1	S1742
Total lipid (fat)	S1742
Niacin	S1742
Glutamic acid	S1742
14:0	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
17:0	S1742
Protein	S1742
Glucose (dextrose)	S1742
Maltose	S1742
Galactose	S1742
Selenium, Se	S1742
Riboflavin	S1742
Folate, total	S1742
Leucine	S1742
Tyrosine	S1742

NDB No. 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched

20:0	S1742
16:1 undifferentiated	S1742
18:4	S1742
Fiber, total dietary	S1742
Calcium, Ca	S1742
Magnesium, Mg	S1742
Zinc, Zn	S1742
Tocopherol, delta	S1742
Cystine	S1742
Histidine	S1742
Alanine	S1742
Proline	S1742
6:0	S1742
10:0	S1742
Lactose	S1742
Methionine	S1742
Valine	S1742
Glycine	S1742
4:0	S1742
18:3 undifferentiated	S1742

NDB No. 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched

Protein	S1742
Water	S1742
Tocopherol, delta	S1742
Threonine	S1742
Leucine	S1742
Histidine	S1742
8:0	S1742
16:0	S1742
Starch	S1742
Galactose	S1742
Zinc, Zn	S1742
Riboflavin	S1742
Vitamin B-6	S1742
Methionine	S1742

NDB No. 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched

18:0	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
24:0	S1742
Total lipid (fat)	S1742
Ash	S1742
Lactose	S1742
Maltose	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Copper, Cu	S1742
Pantothenic acid	S1742
Valine	S1742
Aspartic acid	S1742
Glycine	S1742
4:0	S1742
14:0	S1742
20:0	S1742
15:0	S1742
Fructose	S1742
Tryptophan	S1742
Isoleucine	S1742
Glutamic acid	S1742
12:0	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
Calcium, Ca	S1742
Manganese, Mn	S1742
Thiamin	S1742
Cystine	S1742
Phenylalanine	S1742
Serine	S1742
10:0	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
Glucose (dextrose)	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2190 of 3136

NDB No. 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched

Fiber, total dietary	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Tocopherol, beta	S1742
Lysine	S1742
Alanine	S1742
Proline	S1742
18:1 undifferentiated	S1742
20:5 n-3	S1742
Selenium, Se	S1742
Sucrose	S1742
Sugars, total	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, gamma	S1742
Vitamin C, total ascorbic acid	S1742
Niacin	S1742
Folate, total	S1742
Tyrosine	S1742
Arginine	S1742
6:0	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
22:0	S1742
14:1	S1742
17:0	S1742

NDB No. 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched

Ash	S1742
Calcium, Ca	S1742
Niacin	S1742
Threonine	S1742
Isoleucine	S1742
Phenylalanine	S1742
20:0	S1742
15:0	S1742
17:0	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2191 of 3136

NDB No. 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched

Water	S1742
Sugars, total	S1742
Fiber, total dietary	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Tocopherol, beta	S1742
Vitamin C, total ascorbic acid	S1742
Leucine	S1742
Lysine	S1742
Valine	S1742
Aspartic acid	S1742
Proline	S1742
Serine	S1742
6:0	S1742
10:0	S1742
18:0	S1742
22:5 n-3	S1742
Starch	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Thiamin	S1742
Methionine	S1742
18:1 undifferentiated	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
Riboflavin	S1742
Pantothenic acid	S1742
Arginine	S1742
Glutamic acid	S1742
8:0	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
Protein	S1742
Glucose (dextrose)	S1742
Lactose	S1742
Tocopherol, gamma	S1742
12:0	S1742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2192 of 3136

NDB No. 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched

14:1	S1742
Total lipid (fat)	S1742
Sucrose	S1742
Phosphorus, P	S1742
Tryptophan	S1742
Histidine	S1742
Alanine	S1742
Glycine	S1742
4:0	S1742
14:0	S1742
16:0	S1742
18:4	S1742
20:1	S1742
Maltose	S1742
Copper, Cu	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, delta	S1742
Folate, total	S1742
Tyrosine	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
24:0	S1742
Fructose	S1742
Galactose	S1742
Manganese, Mn	S1742
Vitamin B-6	S1742
Cystine	S1742
22:0	S1742
16:1 undifferentiated	S1742

NDB No. 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched

Potassium, K	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, delta	S1742
Thiamin	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2193 of 3136

NDB No. 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched

Methionine	S1742
8:0	S1742
12:0	S1742
18:3 undifferentiated	S1742
22:6 n-3	S1742
17:0	S1742
Protein	S1742
Glucose (dextrose)	S1742
Sugars, total	S1742
Zinc, Zn	S1742
Manganese, Mn	S1742
Riboflavin	S1742
22:0	S1742
15:0	S1742
Sucrose	S1742
Water	S1742
Calcium, Ca	S1742
Niacin	S1742
Alanine	S1742
6:0	S1742
10:0	S1742
16:1 undifferentiated	S1742
22:5 n-3	S1742
Magnesium, Mg	S1742
Threonine	S1742
Tyrosine	S1742
Arginine	S1742
Glycine	S1742
24:0	S1742
Ash	S1742
Fructose	S1742
Galactose	S1742
Copper, Cu	S1742
Pantothenic acid	S1742
Cystine	S1742
Histidine	S1742
Aspartic acid	S1742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2194 of 3136

NDB No. 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched

Proline	S1742
20:4 undifferentiated	S1742
20:1	S1742
Total lipid (fat)	S1742
Lactose	S1742
Maltose	S1742
Fiber, total dietary	S1742
Iron, Fe	S1742
Phosphorus, P	S1742
Selenium, Se	S1742
Vitamin B-6	S1742
Leucine	S1742
Lysine	S1742
Phenylalanine	S1742
4:0	S1742
14:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:4	S1742
22:1 undifferentiated	S1742
Tocopherol, gamma	S1742
Vitamin C, total ascorbic acid	S1742
Tryptophan	S1742
Isoleucine	S1742
Valine	S1742
Glutamic acid	S1742
Serine	S1742
20:5 n-3	S1742
Starch	S1742
Tocopherol, beta	S1742
Folate, total	S1742
16:0	S1742
14:1	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2195 of 3136

NDB No. 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Lactose	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Tocopherol, beta	S1742
Tryptophan	S1742
Lysine	S1742
Serine	S1742
12:0	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
Maltose	S1742
Fiber, total dietary	S1742
Vitamin E (alpha-tocopherol)	S1742
Thiamin	S1742
8:0	S1742
14:0	S1742
20:1	S1742
22:5 n-3	S1742
Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Sugars, total	S1742
Zinc, Zn	S1742
Selenium, Se	S1742
Threonine	S1742
Isoleucine	S1742
Cystine	S1742
Tyrosine	S1742
Valine	S1742
Galactose	S1742
Potassium, K	S1742
Manganese, Mn	S1742
Tocopherol, delta	S1742
Riboflavin	S1742
Methionine	S1742
20:4 undifferentiated	S1742
14:1	S1742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2196 of 3136

NDB No. 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched

18:4	S1742
24:0	S1742
Glucose (dextrose)	S1742
Vitamin C, total ascorbic acid	S1742
Leucine	S1742
Arginine	S1742
Glutamic acid	S1742
10:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
22:0	S1742
16:1 undifferentiated	S1742
Calcium, Ca	S1742
Vitamin B-6	S1742
Phenylalanine	S1742
Alanine	S1742
Proline	S1742
6:0	S1742
16:0	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
Starch	S1742
Copper, Cu	S1742
Folate, total	S1742
Aspartic acid	S1742
4:0	S1742
18:0	S1742
15:0	S1742
17:0	S1742
Sucrose	S1742
Fructose	S1742
Water	S1742
Phosphorus, P	S1742
Tocopherol, gamma	S1742
Niacin	S1742
Pantothenic acid	S1742
Histidine	S1742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2197 of 3136

NDB No. 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Glycine	S1742
22:6 n-3	S1742

NDB No. 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Maltose	S1742
Phosphorus, P	S1742
Alanine	S1742
Glutamic acid	S1742
Proline	S1742
8:0	S1742
14:0	S1742
18:4	S1742
Thiamin	S1742
Riboflavin	S1742
Tyrosine	S1742
Glycine	S1742
6:0	S1742
20:0	S1742
20:1	S1742
Calcium, Ca	S1742
Tocopherol, beta	S1742
Threonine	S1742
14:1	S1742
16:1 undifferentiated	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
Fructose	S1742
Sugars, total	S1742
Copper, Cu	S1742
Folate, total	S1742
Isoleucine	S1742
Phenylalanine	S1742
4:0	S1742
18:0	S1742
24:0	S1742
Ash	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2198 of 3136

NDB No. 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Starch	S1742
Galactose	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Zinc, Zn	S1742
Tocopherol, gamma	S1742
Niacin	S1742
Pantothenic acid	S1742
Leucine	S1742
22:6 n-3	S1742
Manganese, Mn	S1742
Vitamin E (alpha-tocopherol)	S1742
Cystine	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
20:5 n-3	S1742
15:0	S1742
17:0	S1742
Tryptophan	S1742
10:0	S1742
12:0	S1742
16:0	S1742
18:1 undifferentiated	S1742
22:0	S1742
Protein	S1742
Total lipid (fat)	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Lactose	S1742
Water	S1742
Fiber, total dietary	S1742
Potassium, K	S1742
Selenium, Se	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Vitamin B-6	S1742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2199 of 3136

NDB No. 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Lysine	S1742
Methionine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Aspartic acid	S1742
Serine	S1742

NDB No. 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

Total lipid (fat)	S1742
Phosphorus, P	S1742
Copper, Cu	S1742
Selenium, Se	S1742
Aspartic acid	S1742
Glycine	S1742
4:0	S1742
20:4 undifferentiated	S1742
Fructose	S1742
Lactose	S1742
Tyrosine	S1742
Histidine	S1742
Proline	S1742
12:0	S1742
16:0	S1742
15:0	S1742
17:0	S1742
Maltose	S1742
Water	S1742
Zinc, Zn	S1742
Niacin	S1742
Folate, total	S1742
Alanine	S1742
8:0	S1742
14:1	S1742
Protein	S1742
Ash	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2200 of 3136

NDB No. 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

Iron, Fe	S1742
Pantothenic acid	S1742
Tryptophan	S1742
Methionine	S1742
Phenylalanine	S1742
Arginine	S1742
18:3 undifferentiated	S1742
18:4	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Tocopherol, delta	S1742
Riboflavin	S1742
10:0	S1742
14:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
16:1 undifferentiated	S1742
Vitamin B-6	S1742
Isoleucine	S1742
Cystine	S1742
Valine	S1742
Serine	S1742
22:0	S1742
20:1	S1742
22:5 n-3	S1742
Starch	S1742
Sugars, total	S1742
Magnesium, Mg	S1742
Potassium, K	S1742
Tocopherol, gamma	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Lysine	S1742
18:0	S1742
18:2 undifferentiated	S1742

Reference_Report

NDB No. 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

24:0	S1742
Galactose	S1742
Fiber, total dietary	S1742
Calcium, Ca	S1742
Manganese, Mn	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Threonine	S1742
Leucine	S1742
Glutamic acid	S1742
6:0	S1742
22:6 n-3	S1742

NDB No. 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched

Ash	S1742
Glucose (dextrose)	S1742
Sugars, total	S1742
Selenium, Se	S1742
Vitamin C, total ascorbic acid	S1742
Vitamin B-6	S1742
Lysine	S1742
20:0	S1742
22:0	S1742
18:4	S1742
17:0	S1742
Starch	S1742
Copper, Cu	S1742
Tocopherol, delta	S1742
Tryptophan	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
4:0	S1742
20:4 undifferentiated	S1742
14:1	S1742
Galactose	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2202 of 3136

NDB No. 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched

Fiber, total dietary	S1742
Calcium, Ca	S1742
Manganese, Mn	S1742
Valine	S1742
18:1 undifferentiated	S1742
22:6 n-3	S1742
15:0	S1742
Sucrose	S1742
Lactose	S1742
Tocopherol, gamma	S1742
Pantothenic acid	S1742
Tyrosine	S1742
14:0	S1742
18:0	S1742
16:1 undifferentiated	S1742
22:1 undifferentiated	S1742
Total lipid (fat)	S1742
Fructose	S1742
Water	S1742
Magnesium, Mg	S1742
Vitamin E (alpha-tocopherol)	S1742
Thiamin	S1742
Folate, total	S1742
Histidine	S1742
10:0	S1742
Protein	S1742
Potassium, K	S1742
Niacin	S1742
Arginine	S1742
18:3 undifferentiated	S1742
20:5 n-3	S1742
24:0	S1742
Iron, Fe	S1742
Phosphorus, P	S1742
Zinc, Zn	S1742
Tocopherol, beta	S1742
Leucine	S1742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2203 of 3136

NDB No. 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched

Phenylalanine	S1742
Aspartic acid	S1742
Serine	S1742
6:0	S1742
8:0	S1742
18:2 undifferentiated	S1742
22:5 n-3	S1742
Maltose	S1742
Riboflavin	S1742
Threonine	S1742
Isoleucine	S1742
Methionine	S1742
Cystine	S1742
Alanine	S1742
12:0	S1742
16:0	S1742
20:1	S1742

NDB No. 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched

Sucrose	S1742
Sugars, total	S1742
Manganese, Mn	S1742
Isoleucine	S1742
14:1	S1742
Ash	S1742
Fructose	S1742
Iron, Fe	S1742
Tocopherol, delta	S1742
Threonine	S1742
Arginine	S1742
8:0	S1742
16:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
20:4 undifferentiated	S1742
22:0	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2204 of 3136

NDB No. 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched

24:0	S1742
Lactose	S1742
Tocopherol, gamma	S1742
Vitamin B-6	S1742
Leucine	S1742
Lysine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Histidine	S1742
Glycine	S1742
10:0	S1742
22:6 n-3	S1742
17:0	S1742
Maltose	S1742
Phosphorus, P	S1742
Riboflavin	S1742
14:0	S1742
18:0	S1742
Starch	S1742
Glucose (dextrose)	S1742
Potassium, K	S1742
Tocopherol, beta	S1742
Thiamin	S1742
Aspartic acid	S1742
Glutamic acid	S1742
4:0	S1742
18:3 undifferentiated	S1742
20:1	S1742
22:1 undifferentiated	S1742
Total lipid (fat)	S1742
Fiber, total dietary	S1742
Calcium, Ca	S1742
Magnesium, Mg	S1742
Zinc, Zn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Pantothenic acid	S1742

Reference_Report

NDB No. 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched

Folate, total	S1742
Cystine	S1742
Alanine	S1742
6:0	S1742
18:2 undifferentiated	S1742
16:1 undifferentiated	S1742
22:5 n-3	S1742
Protein	S1742
Galactose	S1742
Copper, Cu	S1742
Vitamin C, total ascorbic acid	S1742
Niacin	S1742
Valine	S1742
Proline	S1742
18:4	S1742
20:5 n-3	S1742
Water	S1742
Tryptophan	S1742
Methionine	S1742
Serine	S1742
12:0	S1742
15:0	S1742

NDB No. 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched

Calcium, Ca	S1742
Vitamin C, total ascorbic acid	S1742
Pantothenic acid	S1742
Tryptophan	S1742
Tyrosine	S1742
8:0	S1742
22:1 undifferentiated	S1742
Total lipid (fat)	S1742
Maltose	S1742
Sugars, total	S1742
Magnesium, Mg	S1742
Manganese, Mn	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2206 of 3136

NDB No. 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched

Selenium, Se	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Niacin	S1742
Folate, total	S1742
Threonine	S1742
Leucine	S1742
Aspartic acid	S1742
18:1 undifferentiated	S1742
20:4 undifferentiated	S1742
Ash	S1742
Iron, Fe	S1742
Potassium, K	S1742
Isoleucine	S1742
18:0	S1742
22:0	S1742
24:0	S1742
Protein	S1742
Galactose	S1742
Zinc, Zn	S1742
Vitamin E (alpha-tocopherol)	S1742
Thiamin	S1742
Riboflavin	S1742
Methionine	S1742
Alanine	S1742
Glycine	S1742
10:0	S1742
16:1 undifferentiated	S1742
Starch	S1742
Glucose (dextrose)	S1742
Water	S1742
Phosphorus, P	S1742
Vitamin B-6	S1742
Phenylalanine	S1742
Arginine	S1742
14:0	S1742

Reference_Report

NDB No. 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched

18:3 undifferentiated	S1742
20:5 n-3	S1742
Sucrose	S1742
Cystine	S1742
Glutamic acid	S1742
Proline	S1742
12:0	S1742
20:0	S1742
22:5 n-3	S1742
Fructose	S1742
Fiber, total dietary	S1742
Lysine	S1742
Histidine	S1742
Serine	S1742
6:0	S1742
22:6 n-3	S1742
14:1	S1742
15:0	S1742
17:0	S1742
Lactose	S1742
Copper, Cu	S1742
Valine	S1742
4:0	S1742
16:0	S1742
18:2 undifferentiated	S1742
18:4	S1742
20:1	S1742

NDB No. 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched

Sucrose	S1742
Phosphorus, P	S1742
Isoleucine	S1742
Lysine	S1742
Valine	S1742
8:0	S1742
18:2 undifferentiated	S1742

Reference Report

JUL-17-2008 02:00 PM

Page 2208 of 3136

NDB No. 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched

Galactose	S1742
Iron, Fe	S1742
Alanine	S1742
14:0	S1742
24:0	S1742
Total lipid (fat)	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Water	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
18:0	S1742
20:4 undifferentiated	S1742
20:1	S1742
Riboflavin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Tryptophan	S1742
Leucine	S1742
Histidine	S1742
Proline	S1742
22:6 n-3	S1742
15:0	S1742
Sugars, total	S1742
Fiber, total dietary	S1742
Calcium, Ca	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, gamma	S1742
Folate, total	S1742
Tyrosine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
10:0	S1742
20:0	S1742
18:1 undifferentiated	S1742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2209 of 3136

NDB No. 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched

17:0	S1742
Lactose	S1742
Magnesium, Mg	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Niacin	S1742
Threonine	S1742
Methionine	S1742
Arginine	S1742
Glycine	S1742
Serine	S1742
6:0	S1742
18:3 undifferentiated	S1742
18:4	S1742
Ash	S1742
Selenium, Se	S1742
Tocopherol, beta	S1742
12:0	S1742
16:0	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
Protein	S1742
Starch	S1742
Maltose	S1742
Thiamin	S1742
Cystine	S1742
Phenylalanine	S1742
4:0	S1742
22:5 n-3	S1742

NDB No. 21005 Fast Foods, biscuit, with egg and sausage

Maltose	S1165
Retinol	S1165

NDB No. 21005 Fast Foods, biscuit, with egg and sausage

Tocopherol, beta	S1165
Tryptophan	S1165
Isoleucine	S1165
Valine	S1165
Glutamic acid	S1165
Fatty acids, total saturated	S1165
18:2 undifferentiated	S1165
22:0	S1165
16:1 undifferentiated	S1165
17:0	S1165
Ash	S1165
Fructose	S1165
Water	S1165
Leucine	S1165
Glycine	S1165
Proline	S1165
14:0	S1165
20:5 n-3	S1165
15:1	S1165
Sucrose	S1165
Sugars, total	S1165
Phosphorus, P	S1165
Copper, Cu	S1165
Riboflavin	S1165
Threonine	S1165
Phenylalanine	S1165
Tyrosine	S1165
Alanine	S1165
Cholesterol	S1165
10:0	S1165
22:6 n-3	S1165
22:5 n-3	S1165
Fatty acids, total polyunsaturated	S1165
17:1	S1165
Protein	S1165
Galactose	S1165
Iron, Fe	S1165

NDB No. 21005 Fast Foods, biscuit, with egg and sausage

Sodium, Na	S1165
Zinc, Zn	S1165
Selenium, Se	S1165
Vitamin C, total ascorbic acid	S1165
Niacin	S1165
Pantothenic acid	S1165
Lysine	S1165
Histidine	S1165
18:0	S1165
14:1	S1165
Fatty acids, total monounsaturated	S1165
Total lipid (fat)	S1165
Lactose	S1165
Calcium, Ca	S1165
Magnesium, Mg	S1165
Potassium, K	S1165
Vitamin E (alpha-tocopherol)	S1165
Tocopherol, delta	S1165
Thiamin	S1165
Vitamin B-6	S1165
Vitamin B-12	S1165
Folate, food	S1165
Cystine	S1165
Arginine	S1165
Aspartic acid	S1165
18:1 undifferentiated	S1165
15:0	S1165
Glucose (dextrose)	S1165
Betaine	S1165
8:0	S1165
20:4 undifferentiated	S1165
20:1	S1165
20:3 undifferentiated	S1165
Starch	S1165
Vitamin K (phylloquinone)	S1165
16:0	S1165
24:0	S1165

NDB No. 21005 Fast Foods, biscuit, with egg and sausage

20:2 n-6 c,c	S1165
Fiber, total dietary	S1165
Manganese, Mn	S1165
Tocopherol, gamma	S1165
Folate, total	S1165
Choline, total	S1165
Folic acid	S1165
Methionine	S1165
Serine	S1165
12:0	S1165
20:0	S1165
18:3 undifferentiated	S1165
18:4	S1165
22:1 undifferentiated	S1165

NDB No. 21007 Fast foods, biscuit, with egg, cheese, and bacon

Glucose (dextrose)	S1165
Phosphorus, P	S1165
Copper, Cu	S1165
Tocopherol, beta	S1165
Threonine	S1165
Histidine	S1165
20:5 n-3	S1165
17:0	S1165
Ash	S1165
Fiber, total dietary	S1165
Selenium, Se	S1165
Choline, total	S1165
Leucine	S1165
Phenylalanine	S1165
10:0	S1165
18:0	S1165
18:2 undifferentiated	S1165
Sucrose	S1165
Calcium, Ca	S1165
Potassium, K	S1165

NDB No. 21007 Fast foods, biscuit, with egg, cheese, and bacon

Thiamin	S1165
Niacin	S1165
Folic acid	S1165
Glycine	S1165
18:1 undifferentiated	S1165
14:1	S1165
22:1 undifferentiated	S1165
Fructose	S1165
Maltose	S1165
Water	S1165
Manganese, Mn	S1165
Vitamin C, total ascorbic acid	S1165
Folate, total	S1165
Vitamin K (phylloquinone)	S1165
Isoleucine	S1165
Cystine	S1165
Tyrosine	S1165
Alanine	S1165
Serine	S1165
Fatty acids, total saturated	S1165
12:0	S1165
18:4	S1165
Fatty acids, total polyunsaturated	S1165
15:0	S1165
24:0	S1165
Iron, Fe	S1165
Vitamin B-6	S1165
Vitamin B-12	S1165
Glutamic acid	S1165
Cholesterol	S1165
8:0	S1165
20:0	S1165
18:3 undifferentiated	S1165
22:5 n-3	S1165
Sugars, total	S1165
Zinc, Zn	S1165
Vitamin E (alpha-tocopherol)	S1165

NDB No. 21007 Fast foods, biscuit, with egg, cheese, and bacon

Tocopherol, gamma	S1165
Folate, food	S1165
Lysine	S1165
Methionine	S1165
Valine	S1165
14:0	S1165
16:0	S1165
20:4 undifferentiated	S1165
22:6 n-3	S1165
16:1 undifferentiated	S1165
15:1	S1165
Total lipid (fat)	S1165
Lactose	S1165
Sodium, Na	S1165
Tocopherol, delta	S1165
Fatty acids, total monounsaturated	S1165
17:1	S1165
Protein	S1165
Starch	S1165
Galactose	S1165
Magnesium, Mg	S1165
Retinol	S1165
Riboflavin	S1165
Pantothenic acid	S1165
Betaine	S1165
Tryptophan	S1165
Arginine	S1165
Aspartic acid	S1165
Proline	S1165
22:0	S1165
20:1	S1165
20:2 n-6 c,c	S1165
20:3 undifferentiated	S1165

NDB No. 21009 Fast foods, biscuit, with sausage

Glucose (dextrose)	S1165
--------------------	-------

NDB No. 21009 Fast foods, biscuit, with sausage

Fructose	S1165
Zinc, Zn	S1165
Threonine	S1165
Glycine	S1165
18:0	S1165
20:1	S1165
22:5 n-3	S1165
Fatty acids, total monounsaturated	S1165
Fatty acids, total polyunsaturated	S1165
17:1	S1165
15:1	S1165
Magnesium, Mg	S1165
Isoleucine	S1165
Cystine	S1165
Valine	S1165
20:0	S1165
20:4 undifferentiated	S1165
22:6 n-3	S1165
22:0	S1165
14:1	S1165
22:1 undifferentiated	S1165
Ash	S1165
Starch	S1165
Sodium, Na	S1165
Retinol	S1165
Thiamin	S1165
Pantothenic acid	S1165
Folate, total	S1165
Folate, food	S1165
Tryptophan	S1165
Serine	S1165
10:0	S1165
18:3 undifferentiated	S1165
16:1 undifferentiated	S1165
15:0	S1165
20:3 undifferentiated	S1165
Lactose	S1165

NDB No. 21009 Fast foods, biscuit, with sausage

Galactose	S1165
Calcium, Ca	S1165
Selenium, Se	S1165
Leucine	S1165
Glutamic acid	S1165
14:0	S1165
18:1 undifferentiated	S1165
Fiber, total dietary	S1165
Phosphorus, P	S1165
Potassium, K	S1165
Copper, Cu	S1165
Riboflavin	S1165
8:0	S1165
Protein	S1165
Total lipid (fat)	S1165
Iron, Fe	S1165
Manganese, Mn	S1165
Vitamin E (alpha-tocopherol)	S1165
Vitamin C, total ascorbic acid	S1165
Vitamin B-6	S1165
Folic acid	S1165
Tyrosine	S1165
18:2 undifferentiated	S1165
18:4	S1165
20:5 n-3	S1165
24:0	S1165
20:2 n-6 c,c	S1165
Sucrose	S1165
Tocopherol, beta	S1165
Tocopherol, delta	S1165
Vitamin B-12	S1165
Vitamin K (phylloquinone)	S1165
Methionine	S1165
Histidine	S1165
Cholesterol	S1165
12:0	S1165
16:0	S1165

NDB No. 21009 Fast foods, biscuit, with sausage

17:0	S1165
Maltose	S1165
Water	S1165
Sugars, total	S1165
Tocopherol, gamma	S1165
Niacin	S1165
Choline, total	S1165
Betaine	S1165
Lysine	S1165
Alanine	S1165
Fatty acids, total saturated	S1165

NDB No. 21011 Fast foods, croissant, with egg and cheese

Choline, total	S2102
Betaine	S2102

NDB No. 21014 Fast foods, croissant, with egg, cheese, and sausage

Betaine	S2102
Choline, total	S2102

NDB No. 21020 Fast foods, english muffin, with cheese and sausage

Sugars, total	S1165
Galactose	S1165
Iron, Fe	S1165
Zinc, Zn	S1165
Folate, total	S1165
Vitamin B-12	S1165
Betaine	S1165
Alanine	S1165
10:0	S1165
Fatty acids, total monounsaturated	S1165
17:1	S1165
Ash	S1165
Pantothenic acid	S1165

NDB No. 21020 Fast foods, english muffin, with cheese and sausage

Threonine	S1165
Valine	S1165
Glutamic acid	S1165
Fatty acids, total saturated	S1165
16:0	S1165
18:0	S1165
20:0	S1165
15:1	S1165
Protein	S1165
Starch	S1165
Glucose (dextrose)	S1165
Water	S1165
Calcium, Ca	S1165
Tocopherol, gamma	S1165
Choline, total	S1165
Vitamin K (phylloquinone)	S1165
Cystine	S1165
Aspartic acid	S1165
Proline	S1165
8:0	S1165
14:0	S1165
22:0	S1165
14:1	S1165
Sucrose	S1165
Fiber, total dietary	S1165
Vitamin C, total ascorbic acid	S1165
Glycine	S1165
Serine	S1165
18:3 undifferentiated	S1165
16:1 undifferentiated	S1165
18:4	S1165
20:5 n-3	S1165
22:1 undifferentiated	S1165
Total lipid (fat)	S1165
Magnesium, Mg	S1165
Tocopherol, delta	S1165
Tyrosine	S1165

NDB No. 21020 Fast foods, english muffin, with cheese and sausage

Cholesterol	S1165
20:1	S1165
Fructose	S1165
Sodium, Na	S1165
Vitamin E (alpha-tocopherol)	S1165
Thiamin	S1165
Vitamin B-6	S1165
Folate, food	S1165
Tryptophan	S1165
Leucine	S1165
Lysine	S1165
Arginine	S1165
12:0	S1165
18:1 undifferentiated	S1165
20:2 n-6 c,c	S1165
20:3 undifferentiated	S1165
Lactose	S1165
Phosphorus, P	S1165
Potassium, K	S1165
Manganese, Mn	S1165
Selenium, Se	S1165
Tocopherol, beta	S1165
Riboflavin	S1165
Methionine	S1165
Phenylalanine	S1165
Histidine	S1165
18:2 undifferentiated	S1165
22:6 n-3	S1165
22:5 n-3	S1165
Fatty acids, total polyunsaturated	S1165
17:0	S1165
24:0	S1165
Maltose	S1165
Copper, Cu	S1165
Retinol	S1165
Niacin	S1165
Folic acid	S1165

Reference Report

JUL-17-2008 02:00 PM

Page 2220 of 3136

NDB No. 21020 Fast foods, english muffin, with cheese and sausage

Isoleucine	S1165
20:4 undifferentiated	S1165
15:0	S1165

NDB No. 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon

Sugars, total	S1165
Magnesium, Mg	S1165
Manganese, Mn	S1165
Folate, total	S1165
Lysine	S1165
Phenylalanine	S1165
Histidine	S1165
22:0	S1165
Lactose	S1165
Water	S1165
Zinc, Zn	S1165
Retinol	S1165
Tocopherol, delta	S1165
Vitamin B-6	S1165
Tryptophan	S1165
Leucine	S1165
Glutamic acid	S1165
10:0	S1165
16:0	S1165
18:2 undifferentiated	S1165
17:0	S1165
15:1	S1165
Protein	S1165
Starch	S1165
Sucrose	S1165
Glucose (dextrose)	S1165
Maltose	S1165
Tocopherol, beta	S1165
Tocopherol, gamma	S1165
Serine	S1165
Fatty acids, total saturated	S1165

Reference Report

JUL-17-2008 02:00 PM

Page 2221 of 3136

NDB No. 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon

18:4	S1165
Fatty acids, total monounsaturated	S1165
Fatty acids, total polyunsaturated	S1165
17:1	S1165
Total lipid (fat)	S1165
Fiber, total dietary	S1165
Calcium, Ca	S1165
Vitamin B-12	S1165
Tyrosine	S1165
Cholesterol	S1165
20:0	S1165
22:6 n-3	S1165
20:2 n-6 c,c	S1165
20:3 undifferentiated	S1165
Galactose	S1165
Iron, Fe	S1165
Sodium, Na	S1165
Methionine	S1165
8:0	S1165
12:0	S1165
14:0	S1165
18:1 undifferentiated	S1165
14:1	S1165
24:0	S1165
Ash	S1165
Fructose	S1165
Potassium, K	S1165
Selenium, Se	S1165
Vitamin E (alpha-tocopherol)	S1165
Thiamin	S1165
Folate, food	S1165
Threonine	S1165
Valine	S1165
Alanine	S1165
Proline	S1165
18:0	S1165
20:4 undifferentiated	S1165

Reference_Report

NDB No. 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon

15:0	S1165
Vitamin C, total ascorbic acid	S1165
Riboflavin	S1165
Pantothenic acid	S1165
Vitamin K (phylloquinone)	S1165
Isoleucine	S1165
Aspartic acid	S1165
20:1	S1165
22:1 undifferentiated	S1165
22:5 n-3	S1165
Phosphorus, P	S1165
Copper, Cu	S1165
Niacin	S1165
Folic acid	S1165
Cystine	S1165
Arginine	S1165
Glycine	S1165
18:3 undifferentiated	S1165
16:1 undifferentiated	S1165
20:5 n-3	S1165

NDB No. 21022 Fast foods, english muffin, with egg, cheese, and sausage

Niacin	S1165
Vitamin B-12	S1165
Choline, total	S1165
Folic acid	S1165
Betaine	S1165
18:4	S1165
Total lipid (fat)	S1165
Fructose	S1165
Calcium, Ca	S1165
Magnesium, Mg	S1165
Selenium, Se	S1165
Retinol	S1165
Tyrosine	S1165
Serine	S1165

Reference Report

JUL-17-2008 02:00 PM

Page 2223 of 3136

NDB No. 21022 Fast foods, english muffin, with egg, cheese, and sausage

18:0	S1165
16:1 undifferentiated	S1165
Fatty acids, total monounsaturated	S1165
Glucose (dextrose)	S1165
Fiber, total dietary	S1165
Sodium, Na	S1165
Tocopherol, delta	S1165
Vitamin B-6	S1165
Vitamin K (phylloquinone)	S1165
Tryptophan	S1165
Leucine	S1165
Methionine	S1165
Phenylalanine	S1165
Fatty acids, total polyunsaturated	S1165
24:0	S1165
20:2 n-6 c,c	S1165
20:3 undifferentiated	S1165
Protein	S1165
Ash	S1165
Starch	S1165
Iron, Fe	S1165
Pantothenic acid	S1165
Histidine	S1165
Alanine	S1165
10:0	S1165
20:0	S1165
22:6 n-3	S1165
14:1	S1165
17:0	S1165
Lactose	S1165
Maltose	S1165
Phosphorus, P	S1165
Vitamin E (alpha-tocopherol)	S1165
Tocopherol, gamma	S1165
Folate, food	S1165
Cystine	S1165
Valine	S1165

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2224 of 3136

NDB No. 21022 Fast foods, english muffin, with egg, cheese, and sausage

Proline	S1165
20:1	S1165
22:5 n-3	S1165
15:0	S1165
Sugars, total	S1165
Tocopherol, beta	S1165
Folate, total	S1165
Threonine	S1165
Lysine	S1165
Aspartic acid	S1165
Glycine	S1165
Fatty acids, total saturated	S1165
18:2 undifferentiated	S1165
20:4 undifferentiated	S1165
20:5 n-3	S1165
17:1	S1165
15:1	S1165
Sucrose	S1165
Manganese, Mn	S1165
Vitamin C, total ascorbic acid	S1165
Thiamin	S1165
Isoleucine	S1165
Glutamic acid	S1165
12:0	S1165
16:0	S1165
18:1 undifferentiated	S1165
22:0	S1165
22:1 undifferentiated	S1165
Water	S1165
Galactose	S1165
Potassium, K	S1165
Zinc, Zn	S1165
Copper, Cu	S1165
Riboflavin	S1165
Arginine	S1165
Cholesterol	S1165
8:0	S1165

Reference_Report

NDB No. 21022 Fast foods, english muffin, with egg, cheese, and sausage

14:0	S1165
18:3 undifferentiated	S1165

NDB No. 21024 Fast foods, french toast sticks

Protein	S2102
Starch	S2102
Iron, Fe	S2102
Potassium, K	S2102
Riboflavin	S2102
Pantothenic acid	S2102
Betaine	S2102
20:4 undifferentiated	S2102
20:1	S2102
18:3 n-3 c,c,c	S2102
Lactose	S2102
Maltose	S2102
Calcium, Ca	S2102
Copper, Cu	S2102
Manganese, Mn	S2102
Tocopherol, beta	S2102
Choline, total	S2102
Vitamin K (phylloquinone)	S2102
16:0	S2102
18:0	S2102
20:3 undifferentiated	S2102
Sugars, total	S2102
Phosphorus, P	S2102
Vitamin C, total ascorbic acid	S2102
15:0	S2102
Ash	S2102
Fructose	S2102
Sodium, Na	S2102
Zinc, Zn	S2102
Vitamin E (alpha-tocopherol)	S2102
Niacin	S2102
Fatty acids, total saturated	S2102

NDB No. 21024 Fast foods, french toast sticks

8:0	S2102
18:1 undifferentiated	S2102
16:1 undifferentiated	S2102
Galactose	S2102
Thiamin	S2102
18:2 undifferentiated	S2102
17:0	S2102
15:1	S2102
Water	S2102
Selenium, Se	S2102
Cholesterol	S2102
14:0	S2102
20:0	S2102
22:0	S2102
Fatty acids, total polyunsaturated	S2102
20:2 n-6 c,c	S2102
18:3 n-6 c,c,c	S2102
17:1	S2102
Total lipid (fat)	S2102
Glucose (dextrose)	S2102
Tocopherol, delta	S2102
Vitamin B-12	S2102
18:3 undifferentiated	S2102
14:1	S2102
Sucrose	S2102
Fiber, total dietary	S2102
Magnesium, Mg	S2102
Tocopherol, gamma	S2102
Vitamin B-6	S2102
10:0	S2102
12:0	S2102
Fatty acids, total monounsaturated	S2102

NDB No. 21026 Fast foods, potatoes, hashed brown

Lactose	S2102, S1165
Carotene, beta	S2102

NDB No. 21026 Fast foods, potatoes, hashed brown

Carotene, alpha	S2102
Tocopherol, gamma	S2102, S1165
Lysine	S2102
Tyrosine	S2102
12:0	S2102, S1165
16:1 undifferentiated	S2102, S1165
17:1	S2102, S1165
Total lipid (fat)	S2102, S1165
Sucrose	S2102, S1165
Sugars, total	S2102, S1165
Phosphorus, P	S2102, S1165
Vitamin E (alpha-tocopherol)	S2102, S1165
Thiamin	S2102, S1165
Pantothenic acid	S2102, S1165
Vitamin B-6	S2102, S1165
Vitamin B-12	S2102
Alanine	S2102
Glutamic acid	S2102
22:6 n-3	S2102, S1165
18:4	S2102, S1165
22:1 undifferentiated	S2102, S1165
15:0	S2102, S1165
15:1	S2102, S1165
Fructose	S2102, S1165
Sodium, Na	S2102, S1165
Selenium, Se	S2102, S1165
Lycopene	S2102
Tocopherol, delta	S2102, S1165
Riboflavin	S2102, S1165
Valine	S2102
Serine	S2102
24:0	S2102, S1165
21:5	S2102
Protein	S2102, S1165
Calcium, Ca	S2102, S1165
Zinc, Zn	S2102, S1165
Tocopherol, beta	S2102, S1165

NDB No. 21026 Fast foods, potatoes, hashed brown

Vitamin C, total ascorbic acid	S2102, S1165
Methionine	S2102
Proline	S2102
14:0	S2102, S1165
14:1	S2102, S1165
20:1	S2102, S1165
20:5 n-3	S2102, S1165
20:3 undifferentiated	S2102, S1165
Starch	S2102, S1165
Maltose	S2102, S1165
Iron, Fe	S2102, S1165
Folic acid	S1165
Tryptophan	S2102
Isoleucine	S2102
Cystine	S2102
Aspartic acid	S2102
Cholesterol	S2102, S1165
16:0	S2102, S1165
18:3 undifferentiated	S2102, S1165
22:5 n-3	S2102, S1165
17:0	S2102, S1165
20:2 n-6 c,c	S2102, S1165
Glucose (dextrose)	S2102, S1165
Galactose	S2102, S1165
Potassium, K	S2102, S1165
Copper, Cu	S2102, S1165
Manganese, Mn	S2102, S1165
Folate, total	S1165
Choline, total	S1165
Leucine	S2102
Water	S2102, S1165
Fiber, total dietary	S2102, S1165
Cryptoxanthin, beta	S2102
Niacin	S2102, S1165
Vitamin K (phylloquinone)	S1165
Folate, food	S1165
Betaine	S1165

NDB No. 21026 Fast foods, potatoes, hashed brown

Phenylalanine	S2102
Arginine	S2102
Glycine	S2102
10:0	S2102, S1165
18:0	S2102, S1165
20:0	S2102, S1165
18:1 undifferentiated	S2102, S1165
22:0	S2102, S1165
Ash	S2102, S1165
Magnesium, Mg	S2102, S1165
Threonine	S2102
Histidine	S2102
8:0	S2102, S1165
18:2 undifferentiated	S2102, S1165
20:4 undifferentiated	S2102, S1165

NDB No. 21060 Fast foods, burrito, with beans

Choline, total	S1082
Betaine	S1082

NDB No. 21064 Fast foods, burrito, with beans, cheese, and beef

Choline, total	S1082
Betaine	S1082

NDB No. 21078 Fast foods, nachos, with cheese

Choline, total	S1082
Betaine	S1082

NDB No. 21080 Fast foods, nachos, with cheese, beans, ground beef, and peppers

Choline, total	S1082
Betaine	S1082

NDB No. 21082 Fast foods, taco

Betaine	S1082
---------	-------

NDB No. 21082 Fast foods, taco

Choline, total S1082

NDB No. 21083 Fast foods, taco salad

Choline, total S1082

Betaine S1082

NDB No. 21089 Fast foods, cheeseburger; single, regular patty; plain

Choline, total S1066

Betaine S1066

NDB No. 21090 Fast foods, cheeseburger; single, regular patty, with condiments

Niacin S1066, S1122, S1064

Pantothenic acid S1066, S1122, S1064

Vitamin B-6 S1066, S1122, S1064

Folate, total S1122

Folic acid S1122

18:0 S1066, S1122, S1064

20:4 undifferentiated S1066, S1122, S1064

Fatty acids, total
monounsaturated S1066, S1122, S1064

15:0 S1066, S1122, S1064

17:0 S1066, S1122, S1064

18:3 n-3 c,c,c S1066, S1064

Ash S1066, S1122, S1064

Fructose S1066, S1122, S1064

Lactose S1066, S1122, S1064

Galactose S1064

Tocopherol, beta S1122, S1064

Tocopherol, delta S1122, S1064

20:0 S1066, S1122, S1064

22:1 undifferentiated S1066, S1122, S1064

20:2 n-6 c,c S1066, S1122, S1064

Zinc, Zn S1066, S1122, S1064

Vitamin K (phylloquinone) S1066, S1122, S1064

6:0 S1066, S1064

NDB No. 21090 Fast foods, cheeseburger; single, regular patty, with condiments

18:2 undifferentiated	S1066, S1122, S1064
18:1 t	S1066, S1064
18:2 i	S1066, S1064
20:3 n-6	S1066
Water	S1066, S1122, S1064
Sodium, Na	S1066, S1122, S1064
Vitamin B-12	S1066, S1122
12:0	S1066, S1122, S1064
16:0	S1066, S1122, S1064
16:1 c	S1066, S1064
15:1	S1066, S1122
Glucose (dextrose)	S1066, S1122, S1064
Sugars, total	S1064
Fiber, total dietary	S1066, S1122, S1064
Calcium, Ca	S1066, S1122, S1064
Potassium, K	S1066, S1122, S1064
Manganese, Mn	S1066, S1122, S1064
Selenium, Se	S1066, S1122, S1064
Vitamin E (alpha-tocopherol)	S1122, S1064
Vitamin C, total ascorbic acid	S1066, S1122, S1064
Thiamin	S1066, S1122, S1064
Fatty acids, total saturated	S1066, S1122, S1064
8:0	S1066, S1122, S1064
18:1 undifferentiated	S1066, S1122, S1064
14:1	S1066, S1122, S1064
22:5 n-3	S1066, S1122, S1064
20:3 undifferentiated	S1066, S1122, S1064
Iron, Fe	S1066, S1122, S1064
Magnesium, Mg	S1066, S1122, S1064
Phosphorus, P	S1066, S1122, S1064
10:0	S1066, S1122, S1064
14:0	S1066, S1122, S1064
16:1 undifferentiated	S1066, S1122, S1064
20:1	S1066, S1122, S1064
20:5 n-3	S1066, S1122, S1064
20:4 n-6	S1066
Total lipid (fat)	S1066, S1122, S1064

NDB No. 21090 Fast foods, cheeseburger; single, regular patty, with condiments

Copper, Cu	S1066, S1122, S1064
Tocopherol, gamma	S1122, S1064
4:0	S1066, S1064
18:3 undifferentiated	S1066, S1122, S1064
18:4	S1066, S1122, S1064
24:0	S1066, S1122, S1064
16:1 t	S1066, S1064
18:1 c	S1066, S1064
18:2 n-6 c,c	S1066, S1064
Protein	S1066, S1122, S1064
Starch	S1066, S1122, S1064
Sucrose	S1066, S1122, S1064
Maltose	S1066, S1122, S1064
Riboflavin	S1066, S1122, S1064
Folate, food	S1122
Cholesterol	S1066, S1122, S1064
22:6 n-3	S1066, S1122, S1064
22:0	S1066, S1122, S1064
Fatty acids, total polyunsaturated	S1066, S1122, S1064
17:1	S1066, S1122, S1064

NDB No. 21098 Fast foods, cheeseburger; single, large patty; with condiments and vegetables

Betaine	S1066
Choline, total	S1066

NDB No. 21100 Fast foods, cheeseburger; double, large patty, with condiments and vegetables

Betaine	S1066, S1122, S1064
Choline, total	S1066, S1122, S1064

NDB No. 21102 Fast foods, chicken fillet sandwich, plain

Betaine	S1066, S1122, S1064
Choline, total	S1066, S1122, S1064

NDB No. 21106 Fast foods, fish sandwich, with tartar sauce and cheese

Reference Report

JUL-17-2008 02:00 PM

Page 2233 of 3136

NDB No. 21106 Fast foods, fish sandwich, with tartar sauce and cheese

Betaine	S1122, S1064
Choline, total	S1122, S1064

NDB No. 21107 Fast foods, hamburger; single, regular patty; plain

Choline, total	S1066, S1122, S1064
Betaine	S1066, S1122, S1064

NDB No. 21108 Fast foods, hamburger; single, regular patty; with condiments

Total lipid (fat)	S1066, S1122, S1064
Sodium, Na	S1066, S1122, S1064
Manganese, Mn	S1066, S1122, S1064
Thiamin	S1066, S1122, S1064
Vitamin K (phylloquinone)	S1066, S1122, S1064
Cholesterol	S1066, S1122, S1064
14:0	S1066, S1122, S1064
18:2 undifferentiated	S1066, S1122, S1064
16:1 undifferentiated	S1066, S1122, S1064
20:4 n-6	S1066
Maltose	S1066, S1122, S1064
Fiber, total dietary	S1066, S1122, S1064
Calcium, Ca	S1066, S1122, S1064
Phosphorus, P	S1066, S1122, S1064
Niacin	S1066, S1122, S1064
18:4	S1066, S1122
Fatty acids, total monounsaturated	S1066, S1122, S1064
17:0	S1066, S1122, S1064
24:0	S1066, S1122, S1064
16:1 t	S1066
18:1 t	S1066, S1064
20:2 n-6 c,c	S1066, S1122, S1064
17:1	S1066, S1122, S1064
Protein	S1066, S1122, S1064
Lactose	S1066, S1122, S1064
Iron, Fe	S1066, S1122, S1064
Potassium, K	S1066, S1122, S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2234 of 3136

NDB No. 21108 Fast foods, hamburger; single, regular patty; with condiments

Vitamin B-6	S1066, S1122, S1064
Folate, food	S1122, S1064
Fatty acids, total saturated	S1066, S1122, S1064
4:0	S1066, S1064
8:0	S1066, S1122, S1064
18:0	S1066, S1122, S1064
14:1	S1066, S1122, S1064
20:5 n-3	S1066, S1122, S1064
18:3 n-6 c,c,c	S1064
Fructose	S1066, S1122, S1064
Water	S1066, S1122, S1064
Folate, total	S1122, S1064
Vitamin B-12	S1066, S1122
16:1 c	S1066
Ash	S1066, S1122, S1064
Sucrose	S1066, S1122, S1064
Zinc, Zn	S1066, S1122, S1064
Vitamin E (alpha-tocopherol)	S1122, S1064
Tocopherol, gamma	S1122, S1064
Tocopherol, delta	S1122, S1064
Vitamin C, total ascorbic acid	S1066, S1122, S1064
Pantothenic acid	S1066, S1122, S1064
Folic acid	S1122, S1064
10:0	S1066, S1122, S1064
22:1 undifferentiated	S1066, S1122, S1064
Fatty acids, total polyunsaturated	S1066, S1122, S1064
18:1 c	S1066, S1064
12:0	S1066, S1122, S1064
20:0	S1066, S1122, S1064
22:0	S1066, S1122, S1064
15:0	S1066, S1122, S1064
Starch	S1066, S1122, S1064
Sugars, total	S1064
Riboflavin	S1066, S1122, S1064
16:0	S1066, S1122, S1064
18:1 undifferentiated	S1066, S1122, S1064
18:3 undifferentiated	S1066, S1122, S1064

NDB No. 21108 Fast foods, hamburger; single, regular patty; with condiments

18:2 i	S1066
13:0	S1064
15:1	S1066, S1122, S1064
20:3 n-6	S1066
Glucose (dextrose)	S1066, S1122, S1064
Galactose	S1064
Magnesium, Mg	S1066, S1122, S1064
Copper, Cu	S1066, S1122, S1064
Selenium, Se	S1066, S1122, S1064
Tocopherol, beta	S1122, S1064
6:0	S1066, S1064
20:4 undifferentiated	S1066, S1122, S1064
22:6 n-3	S1066, S1122, S1064
20:1	S1066, S1122, S1064
22:5 n-3	S1066, S1122
18:2 n-6 c,c	S1066
20:3 undifferentiated	S1066, S1122, S1064
18:3 n-3 c,c,c	S1066, S1064

NDB No. 21114 Fast foods, hamburger; double, large patty; with condiments and vegetables

Choline, total	S1122, S1064
Betaine	S1122, S1064

NDB No. 21123 Sandwiches and burgers, steak sandwich

Fluoride, F	D5003
-------------	-------

NDB No. 21138 Fast foods, potato, french fried in vegetable oil

Sugars, total	S1064
Calcium, Ca	S1066, S1122, S1064
Phosphorus, P	S1066, S1122, S1064
Lutein + zeaxanthin	S1122
Vitamin C, total ascorbic acid	S1066, S1122, S1064
Riboflavin	S1066, S1122, S1064
Tryptophan	S1066, S1122, S1064
Leucine	S1066, S1122, S1064

NDB No. 21138 Fast foods, potato, french fried in vegetable oil

Glutamic acid	S1066, S1122, S1064
Proline	S1066, S1122, S1064
Fatty acids, total trans	S1066, S1122, S1064
18:1 undifferentiated	S1066, S1122, S1064
18:3 undifferentiated	S1066, S1122, S1064
Copper, Cu	S1066, S1122, S1064
Vitamin B-6	S1066, S1122, S1064
Betaine	S1066, S1122, S1064
Tyrosine	S1066, S1122, S1064
Glycine	S1066, S1122, S1064
14:0	S1066, S1122, S1064
16:0	S1066, S1122, S1064
18:0	S1066, S1122, S1064
17:0	S1066, S1122, S1064
16:1 c	S1066, S1122, S1064
18:1 c	S1066, S1122, S1064
Fatty acids, total trans-monoenoic	S1066, S1122, S1064
Protein	S1066, S1122, S1064
Magnesium, Mg	S1066, S1122, S1064
Selenium, Se	S1066, S1122, S1064
Tocopherol, beta	S1122, S1064
Tocopherol, delta	S1122, S1064
Choline, total	S1066, S1122, S1064
20:0	S1066, S1122, S1064
20:4 undifferentiated	S1066, S1122, S1064
Fatty acids, total polyunsaturated	S1066, S1122, S1064
18:2 i	S1066, S1122, S1064
Sucrose	S1066, S1122, S1064
Sodium, Na	S2801
Threonine	S1066, S1122, S1064
Methionine	S1066, S1122, S1064
Valine	S1066, S1122, S1064
Arginine	S1066, S1122, S1064
Serine	S1066, S1122, S1064
10:0	S1066, S1122, S1064
22:0	S1066, S1122, S1064
Fatty acids, total	S1066, S1122, S1064

Reference_Report

NDB No. 21138 Fast foods, potato, french fried in vegetable oil

monounsaturated	
18:2 n-6 c,c	S1066, S1122, S1064
Fructose	S1066, S1122, S1064
Fiber, total dietary	S1066, S1122, S1064
Manganese, Mn	S1066, S1122, S1064
Carotene, beta	S1122
Carotene, alpha	S1122
Niacin	S1066, S1122, S1064
Pantothenic acid	S1066, S1122, S1064
Lysine	S1066, S1122, S1064
Cystine	S1066, S1122, S1064
Alanine	S1066, S1122, S1064
12:0	S1066, S1122, S1064
18:2 undifferentiated	S1066, S1122, S1064
22:6 n-3	S1066, S1122, S1064
18:4	S1066, S1122, S1064
18:1 t	S1066, S1122, S1064
20:3 undifferentiated	S2801
Fatty acids, total trans-polyenoic	S1066, S1122, S1064
Ash	S1066, S1122, S1064
Cryptoxanthin, beta	S1122
Tocopherol, gamma	S1122, S1064
Thiamin	S1066, S1122, S1064
Folate, total	S1066, S1122, S1064
Vitamin K (phylloquinone)	S1066, S1122, S1064
Aspartic acid	S1066, S1122, S1064
Fatty acids, total saturated	S1066, S1122, S1064
16:1 undifferentiated	S1066, S1122, S1064
20:1	S1066, S1122, S1064
22:5 n-3	S1066, S1122, S1064
24:0	S1066, S1122, S1064
20:2 n-6 c,c	S2801
Total lipid (fat)	S1066, S1122, S1064
Water	S2801
Iron, Fe	S1066, S1122, S1064
Phenylalanine	S1066, S1122, S1064
Hydroxyproline	S1064

NDB No. 21138 Fast foods, potato, french fried in vegetable oil

4:0	S1066, S1122, S1064
8:0	S1066, S1122, S1064
20:5 n-3	S1066, S1122, S1064
22:1 undifferentiated	S1066, S1122, S1064
Glucose (dextrose)	S1066, S1122, S1064
Potassium, K	S1066, S1122, S1064
Zinc, Zn	S1066, S1122, S1064
Vitamin E (alpha-tocopherol)	S1122, S1064
Lycopene	S1122
Isoleucine	S1066, S1122, S1064
Histidine	S1066, S1122, S1064
Cholesterol	S2801
6:0	S1066, S1122, S1064

NDB No. 21141 BURGER KING, Vanilla Shake

Iron, Fe	S1064
Vitamin E (alpha-tocopherol)	S1064
Fatty acids, total saturated	S1064
4:0	S1064
10:0	S1064
16:0	S1064
22:6 n-3	S1064
22:0	S1064
22:5 n-3	S1064
15:0	S1064
18:3 n-3 c,c,c	S1064
Starch	S1064
Sucrose	S1064
Phosphorus, P	S1064
Cholesterol	S1064
8:0	S1064
20:3 n-6	S1064
Maltose	S1064
Potassium, K	S1064
Pantothenic acid	S1064
Fatty acids, total trans	S1064

NDB No. 21141 BURGER KING, Vanilla Shake

12:0	S1064
14:1	S1064
20:5 n-3	S1064
17:0	S1064
16:1 t	S1064
18:1 t	S1064
16:1 c	S1064
18:3 n-6 c,c,c	S1064
Fatty acids, total trans-monoenoic	S1064
15:1	S1064
Protein	S1064
Fructose	S1064
Calcium, Ca	S1064
Magnesium, Mg	S1064
Zinc, Zn	S1064
Vitamin B-6	S1064
14:0	S1064
20:4 undifferentiated	S1064
16:1 undifferentiated	S1064
24:0	S1064
18:2 CLAs	S1064
Fatty acids, total trans-polyenoic	S1064
Galactose	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
18:0	S1064
20:0	S1064
18:2 t not further defined	S1064
24:1 c	S1064
18:2 n-6 c,c	S1064
Niacin	S1064
Vitamin B-12	S1064
6:0	S1064
Fatty acids, total	S1064

Reference_Report

NDB No. 21141 BURGER KING, Vanilla Shake

monounsaturated

22:1 t	S1064
20:2 n-6 c,c	S1064
Total lipid (fat)	S1064
Lactose	S1064
Water	S1064
Sugars, total	S1064
Fiber, total dietary	S1064
20:1	S1064
Fatty acids, total polyunsaturated	S1064
18:1 c	S1064
Ash	S1064
Glucose (dextrose)	S1064
Sodium, Na	S1064
Riboflavin	S1064
18:1 undifferentiated	S1064
18:4	S1064
22:1 c	S1064
17:1	S1064

NDB No. 21202 Fast foods, hamburger, large, single patty, with condiments

Iron, Fe	S1122
Tocopherol, beta	S1122
Vitamin C, total ascorbic acid	S1122
Folate, total	S1122
Vitamin B-12	S1122
Folate, food	S1122
Betaine	S1066, S1122, S1064
Cholesterol	S1122
20:2 n-6 c,c	S1122
15:1	S1122
Lactose	S1122
Magnesium, Mg	S1122
Potassium, K	S1122
Zinc, Zn	S1122
Copper, Cu	S1122
Pantothenic acid	

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2241 of 3136

NDB No. 21202 Fast foods, hamburger, large, single patty, with condiments

	S1122
Folic acid	S1122
10:0	S1122
14:0	S1122
16:1 undifferentiated	S1122
20:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
17:1	S1122
Sucrose	S1122
Riboflavin	S1122
Fatty acids, total saturated	S1122
18:0	S1122
20:0	S1122
18:1 undifferentiated	S1122
18:4	S1122
20:1	S1122
Water	S1122
Vitamin E (alpha-tocopherol)	S1122
Vitamin K (phylloquinone)	S1122
22:6 n-3	S1122
22:0	S1122
Fatty acids, total polyunsaturated	S1122
17:0	S1122
Protein	S1122
Total lipid (fat)	S1122
Ash	S1122
Fructose	S1122
Tocopherol, gamma	S1122
8:0	S1122
12:0	S1122
24:0	S1122
Starch	S1122
Fiber, total dietary	S1122
Calcium, Ca	S1122
Phosphorus, P	S1122
Fluoride, F	D5007
Manganese, Mn	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2242 of 3136

NDB No. 21202 Fast foods, hamburger, large, single patty, with condiments

Selenium, Se	S1122
Thiamin	S1122
Niacin	S1122
Vitamin B-6	S1122
16:0	S1122
18:3 undifferentiated	S1122
14:1	S1122
Glucose (dextrose)	S1122
Maltose	S1122
Tocopherol, delta	S1122
18:2 undifferentiated	S1122
22:1 undifferentiated	S1122
Sodium, Na	S1122
Choline, total	S1066, S1122, S1064
20:4 undifferentiated	S1122
22:5 n-3	S1122
15:0	S1122
20:3 undifferentiated	S1122

NDB No. 21224 Pizza, cheese topping, regular crust, frozen, cooked

Iron, Fe	S19
Magnesium, Mg	S19
Niacin	S19
Vitamin B-12	S19
Threonine	S19
Isoleucine	S19
Cystine	S19
12:0	S19
18:1 undifferentiated	S19
Sucrose	S19
Maltose	S19
Calcium, Ca	S19
Phosphorus, P	S19
Sodium, Na	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19

Reference Report

JUL-17-2008 02:00 PM

Page 2243 of 3136

NDB No. 21224 Pizza, cheese topping, regular crust, frozen, cooked

Folate, total	S19
Phenylalanine	S19
Tyrosine	S19
18:0	S19
18:3 undifferentiated	S19
Fructose	S19
Water	S19
Glutamic acid	S19
Glycine	S19
Copper, Cu	S19
Selenium, Se	S19
Vitamin B-6	S19
Valine	S19
Arginine	S19
Serine	S19
18:2 undifferentiated	S19
Lactose	S19
Potassium, K	S19
Zinc, Zn	S19
Pantothenic acid	S19
Starch	S19
Fluoride, F	D5007, D5003
Manganese, Mn	S19
Leucine	S19
Methionine	S19
Alanine	S19
Aspartic acid	S19
14:0	S19
16:0	S19
16:1 undifferentiated	S19
Protein	S19
Total lipid (fat)	S19
Ash	S19
Fiber, total dietary	S19
Tryptophan	S19
Lysine	S19
Proline	S19

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2244 of 3136

NDB No. 21224 Pizza, cheese topping, regular crust, frozen, cooked

Cholesterol	S19
Glucose (dextrose)	S19
Riboflavin	S19
Histidine	S19
10:0	S19

NDB No. 21225 Pizza, cheese topping, rising crust, frozen, cooked

Maltose	S19
Phenylalanine	S19
Arginine	S19
Alanine	S19
18:3 undifferentiated	S19
Fiber, total dietary	S19
Potassium, K	S19
Thiamin	S19
18:0	S19
Manganese, Mn	S19
Threonine	S19
Methionine	S19
Cystine	S19
16:0	S19
18:1 undifferentiated	S19
Total lipid (fat)	S19
Glucose (dextrose)	S19
Fructose	S19
Water	S19
Vitamin B-6	S19
Tryptophan	S19
Proline	S19
Serine	S19
18:2 undifferentiated	S19
Protein	S19
Ash	S19
Iron, Fe	S19
Vitamin C, total ascorbic acid	S19
Pantothenic acid	S19

Reference Report

JUL-17-2008 02:00 PM

Page 2245 of 3136

NDB No. 21225 Pizza, cheese topping, rising crust, frozen, cooked

Lysine	S19
16:1 undifferentiated	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Riboflavin	S19
Glycine	S19
12:0	S19
14:0	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Selenium, Se	S19
Niacin	S19
Vitamin B-12	S19
Leucine	S19
Tyrosine	S19
Histidine	S19
Aspartic acid	S19
Cholesterol	S19
10:0	S19
Starch	S19
Calcium, Ca	S19
Folate, total	S19
Isoleucine	S19
Valine	S19
Glutamic acid	S19

NDB No. 21226 Pizza, meat and vegetable topping, regular crust, frozen, cooked

Fructose	S22
Fiber, total dietary	S22
Iron, Fe	S22
Pantothenic acid	S22
Cholesterol	S22
16:0	S22
18:0	S22
18:3 undifferentiated	S22

Reference Report

JUL-17-2008 02:00 PM

Page 2246 of 3136

NDB No. 21226 Pizza, meat and vegetable topping, regular crust, frozen, cooked

Phosphorus, P	S22
Zinc, Zn	S22
Vitamin B-12	S22
Calcium, Ca	S22
Riboflavin	S22
Vitamin B-6	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
Fatty acids, total polyunsaturated	S22
Protein	S22
Total lipid (fat)	S22
Thiamin	S22
Niacin	S22
Water	S22
Fatty acids, total monounsaturated	S22
Potassium, K	S22
Vitamin C, total ascorbic acid	S22
Folate, total	S22
Choline, total	S22
Fatty acids, total saturated	S22
16:1 undifferentiated	S22
Ash	S22
Starch	S22
Glucose (dextrose)	S22
Galactose	S22
Copper, Cu	S22
Manganese, Mn	S22
Betaine	S22
12:0	S22
Maltose	S22
Magnesium, Mg	S22
Sodium, Na	S22
Selenium, Se	S22
10:0	S22
14:0	S22

Reference Report

JUL-17-2008 02:00 PM

Page 2247 of 3136

NDB No. 21227 Pizza, meat and vegetable topping, rising crust, frozen, cooked

Magnesium, Mg	S22
Manganese, Mn	S22
16:1 undifferentiated	S22
Water	S22
Fiber, total dietary	S22
Iron, Fe	S22
Vitamin B-6	S22
Protein	S22
Galactose	S22
Vitamin C, total ascorbic acid	S22
Fatty acids, total saturated	S22
18:1 undifferentiated	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Copper, Cu	S22
Cholesterol	S22
12:0	S22
14:0	S22
16:0	S22
Fatty acids, total polyunsaturated	S22
Calcium, Ca	S22
Phosphorus, P	S22
18:2 undifferentiated	S22
Glucose (dextrose)	S22
Potassium, K	S22
Selenium, Se	S22
Pantothenic acid	S22
Fatty acids, total monounsaturated	S22
Fructose	S22
Zinc, Zn	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Folate, total	S22
Vitamin B-12	S22
18:0	S22

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2248 of 3136

NDB No. 21227 Pizza, meat and vegetable topping, rising crust, frozen, cooked

18:3 undifferentiated	S22
Maltose	S22
Sodium, Na	S22

NDB No. 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain

Iron, Fe	S1122
Magnesium, Mg	S1122
Phosphorus, P	S1122
Riboflavin	S1122
Folate, total	S1122
Betaine	S1066, S1122
18:4	S1122
22:1 undifferentiated	S1122
Sucrose	S1122
Copper, Cu	S1122
Folate, food	S1122
Methionine	S1122
12:0	S1122
14:0	S1122
20:5 n-3	S1122
15:0	S1122
17:0	S1122
17:1	S1122
Glucose (dextrose)	S1122
Tocopherol, beta	S1122
Pantothenic acid	S1122
Leucine	S1122
Lysine	S1122
Aspartic acid	S1122
20:0	S1122
20:1	S1122
20:3 undifferentiated	S1122
Total lipid (fat)	S1122
Ash	S1122
Choline, total	S1066, S1122
Tryptophan	S1122

Reference Report

JUL-17-2008 02:00 PM

Page 2249 of 3136

NDB No. 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain

Isoleucine	S1122
Fatty acids, total saturated	S1122
Water	S1122
Vitamin E (alpha-tocopherol)	S1122
Tocopherol, gamma	S1122
Vitamin C, total ascorbic acid	S1122
Vitamin B-12	S1122
Vitamin K (phylloquinone)	S1122
Cystine	S1122
Tyrosine	S1122
Histidine	S1122
Proline	S1122
16:0	S1122
18:1 undifferentiated	S1122
18:3 undifferentiated	S1122
22:5 n-3	S1122
Fatty acids, total polyunsaturated	S1122
24:0	S1122
20:2 n-6 c,c	S1122
Lactose	S1122
Fiber, total dietary	S1122
Calcium, Ca	S1122
Potassium, K	S1122
Zinc, Zn	S1122
Selenium, Se	S1122
Vitamin B-6	S1122
Threonine	S1122
Phenylalanine	S1122
Valine	S1122
Arginine	S1122
20:4 undifferentiated	S1122
14:1	S1122
Protein	S1122
Fructose	S1122
Maltose	S1122
Tocopherol, delta	S1122
Niacin	S1122

Reference_Report

NDB No. 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain

Glutamic acid	S1122
Glycine	S1122
Serine	S1122
8:0	S1122
10:0	S1122
16:1 undifferentiated	S1122
Sodium, Na	S1122
Fluoride, F	D5301
Manganese, Mn	S1122
Thiamin	S1122
Folic acid	S1122
Alanine	S1122
Cholesterol	S1122
18:0	S1122
18:2 undifferentiated	S1122
22:6 n-3	S1122
22:0	S1122
Fatty acids, total monounsaturated	S1122
15:1	S1122

NDB No. 21230 Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise

Lactose	S1122
Zinc, Zn	S1122
Copper, Cu	S1122
Tryptophan	S1122
Cystine	S1122
Arginine	S1122
Histidine	S1122
10:0	S1122
22:5 n-3	S1122
20:3 undifferentiated	S1122
Total lipid (fat)	S1122
Starch	S1122
Sucrose	S1122
Water	S1122
Vitamin C, total ascorbic acid	S1122

Reference Report

JUL-17-2008 02:00 PM

Page 2251 of 3136

NDB No. 21230 Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise

Choline, total	S1122
Leucine	S1122
16:0	S1122
18:0	S1122
22:1 undifferentiated	S1122
15:1	S1122
Glucose (dextrose)	S1122
Potassium, K	S1122
Selenium, Se	S1122
Tocopherol, delta	S1122
Niacin	S1122
Pantothenic acid	S1122
Folate, total	S1122
Lysine	S1122
Phenylalanine	S1122
Tyrosine	S1122
Proline	S1122
12:0	S1122
Fiber, total dietary	S1122
Tocopherol, beta	S1122
Vitamin B-6	S1122
Threonine	S1122
Glycine	S1122
8:0	S1122
22:6 n-3	S1122
24:0	S1122
17:1	S1122
Fructose	S1122
Maltose	S1122
Betaine	S1122
Valine	S1122
Alanine	S1122
Aspartic acid	S1122
18:1 undifferentiated	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
20:2 n-6 c,c	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2252 of 3136

NDB No. 21230 Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise

Sodium, Na	S1122
Vitamin E (alpha-tocopherol)	S1122
Folate, food	S1122
Glutamic acid	S1122
Cholesterol	S1122
Fatty acids, total saturated	S1122
14:0	S1122
18:2 undifferentiated	S1122
22:0	S1122
14:1	S1122
Protein	S1122
Phosphorus, P	S1122
Thiamin	S1122
Vitamin B-12	S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Methionine	S1122
Serine	S1122
20:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Fatty acids, total polyunsaturated	S1122
17:0	S1122
Ash	S1122
Calcium, Ca	S1122
Iron, Fe	S1122
Magnesium, Mg	S1122
Manganese, Mn	S1122
Tocopherol, gamma	S1122
Riboflavin	S1122
Isoleucine	S1122
20:0	S1122
16:1 undifferentiated	S1122
20:1	S1122
15:0	S1122

NDB No. 21238 McDONALD'S, French Fries

Reference_Report

NDB No. 21238 McDONALD'S, French Fries

Sugars, total	S4881
20:4 undifferentiated	S4881
Fatty acids, total polyunsaturated	S4881
20:3 undifferentiated	S4881
Fatty acids, total trans-monoenoic	S4881
Cholesterol	S2801
Fatty acids, total saturated	S4881
18:0	S4881
18:1 c	S4881
17:1	S4881
Calcium, Ca	S4881
Iron, Fe	S4881
8:0	S4881
10:0	S4881
22:1 undifferentiated	S4881
Protein	S4881
Fatty acids, total trans	S4881
4:0	S4881
6:0	S4881
16:0	S4881
15:0	S4881
17:0	S4881
18:3 n-6 c,c,c	S4881
Sodium, Na	S4881
22:0	S4881
16:1 undifferentiated	S4881
20:1	S4881
24:0	S4881
18:3 n-3 c,c,c	S4881
18:1 undifferentiated	S4881
18:3 undifferentiated	S4881
Fatty acids, total monounsaturated	S4881
18:2 t,t	S4881
20:2 n-6 c,c	S4881
Fatty acids, total trans-polyenoic	S4881
15:1	S4881

Reference Report

JUL-17-2008 02:00 PM

Page 2254 of 3136

NDB No. 21238 McDONALD'S, French Fries

Total lipid (fat)	S4881
18:2 undifferentiated	S4881
18:1 t	S4881
18:2 n-6 c,c	S4881
Fiber, total dietary	S4881
Vitamin C, total ascorbic acid	S4881
12:0	S4881
14:0	S4881
20:0	S4881
14:1	S4881
22:1 c	S4881

NDB No. 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Water	S1066
Riboflavin	S1066
Niacin	S1066
10:0	S1066
20:4 undifferentiated	S1066
22:5 n-3	S1066
Maltose	S1066
Iron, Fe	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Methionine	S1066
18:0	S1066
22:1 undifferentiated	S1066
Fatty acids, total polyunsaturated	S1066
17:1	S1066
Vitamin B-12	S1066
Arginine	S1066
Glycine	S1066
Serine	S1066
12:0	S1066
20:1	S1066
20:2 n-6 c,c	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 2255 of 3136

NDB No. 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Protein	S1066
Calcium, Ca	S1066
Magnesium, Mg	S1066
Zinc, Zn	S1066
Selenium, Se	S1066
Thiamin	S1066
Vitamin B-6	S1066
Histidine	S1066
8:0	S1066
16:0	S1066
Total lipid (fat)	S1066
Ash	S1066
Potassium, K	S1066
Sodium, Na	S1066
Vitamin C, total ascorbic acid	S1066
Pantothenic acid	S1066
Isoleucine	S1066
Leucine	S1066
Phenylalanine	S1066
Alanine	S1066
20:0	S1066
Fatty acids, total monounsaturated	S1066
15:0	S1066
17:0	S1066
Phosphorus, P	S1066
Manganese, Mn	S1066
Cystine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Cholesterol	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
22:6 n-3	S1066
16:1 undifferentiated	S1066
20:3 undifferentiated	S1066
Glucose (dextrose)	S1066
Fructose	S1066

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2256 of 3136

NDB No. 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Lactose	S1066
Fiber, total dietary	S1066
Copper, Cu	S1066
Lysine	S1066
Valine	S1066
Proline	S1066
Fatty acids, total saturated	S1066
18:3 undifferentiated	S1066
22:0	S1066
20:5 n-3	S1066
Starch	S1066
Sucrose	S1066
Tyrosine	S1066
14:0	S1066
14:1	S1066
18:4	S1066
24:0	S1066
15:1	S1066

NDB No. 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Ash	S1066
Lactose	S1066
Iron, Fe	S1066
Vitamin B-12	S1066
Cystine	S1066
Proline	S1066
6:0	S1066
20:5 n-3	S1066
15:0	S1066
17:1	S1066
20:3 n-6	S1066
Calcium, Ca	S1066
Selenium, Se	S1066
Threonine	S1066
Phenylalanine	S1066
Glutamic acid	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 2257 of 3136

NDB No. 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Serine	S1066
Fatty acids, total trans	S1066
10:0	S1066
18:0	S1066
22:6 n-3	S1066
18:2 i	S1066
16:1 c	S1066
Fatty acids, total trans-monoenoic	S1066
Fructose	S1066
Maltose	S1066
Zinc, Zn	S1066
Isoleucine	S1066
Lysine	S1066
Arginine	S1066
22:5 n-3	S1066
20:3 undifferentiated	S1066
Total lipid (fat)	S1066
Fiber, total dietary	S1066
Methionine	S1066
Aspartic acid	S1066
20:0	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
Protein	S1066
Glucose (dextrose)	S1066
Water	S1066
Vitamin C, total ascorbic acid	S1066
Niacin	S1066
Alanine	S1066
Glycine	S1066
Cholesterol	S1066
4:0	S1066
8:0	S1066
14:0	S1066
18:2 undifferentiated	S1066
22:0	S1066
16:1 undifferentiated	S1066

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2258 of 3136

NDB No. 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

20:1	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
24:0	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
Magnesium, Mg	S1066
Riboflavin	S1066
Tyrosine	S1066
16:0	S1066
18:1 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
17:0	S1066
20:4 n-6	S1066
Phosphorus, P	S1066
Manganese, Mn	S1066
Thiamin	S1066
Pantothenic acid	S1066
Tryptophan	S1066
Leucine	S1066
14:1	S1066
18:4	S1066
20:2 n-6 c,c	S1066
Starch	S1066
Sucrose	S1066
Potassium, K	S1066
Sodium, Na	S1066
Copper, Cu	S1066
Vitamin B-6	S1066
Vitamin K (phylloquinone)	S1066
Valine	S1066
Histidine	S1066
Fatty acids, total saturated	S1066
12:0	S1066
22:1 undifferentiated	S1066
16:1 t	S1066

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2259 of 3136

NDB No. 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

18:1 t	S1066
18:3 n-3 c,c,c	S1066

NDB No. 21241 WENDY'S, Jr. Hamburger, without cheese

Lactose	S1066
Maltose	S1066
Iron, Fe	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Vitamin C, total ascorbic acid	S1066
Pantothenic acid	S1066
Tyrosine	S1066
Cholesterol	S1066
16:0	S1066
18:3 undifferentiated	S1066
24:0	S1066
Total lipid (fat)	S1066
Glucose (dextrose)	S1066
Phosphorus, P	S1066
Riboflavin	S1066
Threonine	S1066
Methionine	S1066
Cystine	S1066
10:0	S1066
12:0	S1066
20:0	S1066
16:1 t	S1066
Sucrose	S1066
Fiber, total dietary	S1066
Potassium, K	S1066
Manganese, Mn	S1066
Leucine	S1066
Valine	S1066
14:0	S1066
18:2 undifferentiated	S1066
14:1	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 2260 of 3136

NDB No. 21241 WENDY'S, Jr. Hamburger, without cheese

Fatty acids, total monounsaturated	S1066
20:2 n-6 c,c	S1066
20:3 undifferentiated	S1066
20:4 n-6	S1066
Magnesium, Mg	S1066
Tryptophan	S1066
Phenylalanine	S1066
Proline	S1066
8:0	S1066
20:1	S1066
18:1 t	S1066
16:1 c	S1066
Ash	S1066
Selenium, Se	S1066
Niacin	S1066
Fatty acids, total trans	S1066
22:6 n-3	S1066
16:1 undifferentiated	S1066
18:4	S1066
22:5 n-3	S1066
18:1 c	S1066
Fatty acids, total trans-monoenoic	S1066
15:1	S1066
Water	S1066
Isoleucine	S1066
Lysine	S1066
6:0	S1066
18:0	S1066
22:0	S1066
22:1 undifferentiated	S1066
Fatty acids, total polyunsaturated	S1066
18:2 i	S1066
18:2 n-6 c,c	S1066
Fructose	S1066
Sodium, Na	S1066
Thiamin	S1066

Reference_Report

NDB No. 21241 WENDY'S, Jr. Hamburger, without cheese

Arginine	S1066
Histidine	S1066
Alanine	S1066
Serine	S1066
Fatty acids, total saturated	S1066
4:0	S1066
18:1 undifferentiated	S1066
20:4 undifferentiated	S1066
20:5 n-3	S1066
15:0	S1066
17:1	S1066
20:3 n-6	S1066
Protein	S1066
Starch	S1066
Calcium, Ca	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
17:0	S1066
Fatty acids, total trans-polyenoic	S1066
18:3 n-3 c,c,c	S1066

NDB No. 21242 WENDY'S, Jr. Hamburger, with cheese

Lactose	S1066
Water	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Vitamin C, total ascorbic acid	S1066
Niacin	S1066
Vitamin B-12	S1066
Leucine	S1066
Lysine	S1066
Tyrosine	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 2262 of 3136

NDB No. 21242 WENDY'S, Jr. Hamburger, with cheese

Proline	S1066
20:4 undifferentiated	S1066
20:2 n-6 c,c	S1066
17:1	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Manganese, Mn	S1066
Methionine	S1066
Cystine	S1066
Cholesterol	S1066
6:0	S1066
14:1	S1066
18:2 i	S1066
18:1 c	S1066
Ash	S1066
Starch	S1066
Glucose (dextrose)	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Thiamin	S1066
Tryptophan	S1066
Phenylalanine	S1066
16:0	S1066
18:2 undifferentiated	S1066
16:1 undifferentiated	S1066
22:5 n-3	S1066
20:3 undifferentiated	S1066
15:1	S1066
20:4 n-6	S1066
Protein	S1066
Total lipid (fat)	S1066
Sucrose	S1066
Iron, Fe	S1066
Copper, Cu	S1066
Riboflavin	S1066
Histidine	S1066
Alanine	S1066

Reference_Report

NDB No. 21242 WENDY'S, Jr. Hamburger, with cheese

Fatty acids, total saturated	S1066
8:0	S1066
18:0	S1066
18:1 undifferentiated	S1066
20:1	S1066
24:0	S1066
18:1 t	S1066
Fatty acids, total trans-polyenoic	S1066
Magnesium, Mg	S1066
Selenium, Se	S1066
Threonine	S1066
Arginine	S1066
Aspartic acid	S1066
20:0	S1066
22:6 n-3	S1066
15:0	S1066
17:0	S1066
18:2 n-6 c,c	S1066
Fatty acids, total trans-monoenoic	S1066
20:3 n-6	S1066
Pantothenic acid	S1066
Glutamic acid	S1066
18:3 undifferentiated	S1066
20:5 n-3	S1066
16:1 c	S1066
Maltose	S1066
Glycine	S1066
10:0	S1066
14:0	S1066
22:0	S1066
22:1 undifferentiated	S1066
Fatty acids, total polyunsaturated	S1066
18:3 n-3 c,c,c	S1066
Fructose	S1066
Vitamin B-6	S1066
Vitamin K (phylloquinone)	S1066
Isoleucine	S1066

Reference_Report

NDB No. 21242 WENDY'S, Jr. Hamburger, with cheese

Valine	S1066
Serine	S1066
Fatty acids, total trans	S1066
4:0	S1066
12:0	S1066
18:4	S1066
Fatty acids, total monounsaturated	S1066
16:1 t	S1066

NDB No. 21243 WENDY'S, CLASSIC DOUBLE, with cheese

Starch	S1066
Vitamin B-12	S1066
12:0	S1066
Fatty acids, total monounsaturated	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Histidine	S1066
Serine	S1066
18:3 undifferentiated	S1066
Fatty acids, total polyunsaturated	S1066
20:2 n-6 c,c	S1066
20:3 undifferentiated	S1066
Lactose	S1066
Water	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Zinc, Zn	S1066
Selenium, Se	S1066
Riboflavin	S1066
Threonine	S1066
Tyrosine	S1066
Glutamic acid	S1066
Proline	S1066
20:0	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 2265 of 3136

NDB No. 21243 WENDY'S, CLASSIC DOUBLE, with cheese

20:4 undifferentiated	S1066
22:5 n-3	S1066
Glucose (dextrose)	S1066
Potassium, K	S1066
Isoleucine	S1066
Methionine	S1066
Valine	S1066
Cholesterol	S1066
16:0	S1066
15:0	S1066
17:0	S1066
24:0	S1066
Total lipid (fat)	S1066
Ash	S1066
Sucrose	S1066
Fatty acids, total saturated	S1066
18:0	S1066
16:1 undifferentiated	S1066
22:1 undifferentiated	S1066
Maltose	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Sodium, Na	S1066
Niacin	S1066
Leucine	S1066
Lysine	S1066
Phenylalanine	S1066
8:0	S1066
14:0	S1066
20:1	S1066
20:5 n-3	S1066
Protein	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Pantothenic acid	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2266 of 3136

NDB No. 21243 WENDY'S, CLASSIC DOUBLE, with cheese

Alanine	S1066
Glycine	S1066
10:0	S1066
18:1 undifferentiated	S1066
22:0	S1066
15:1	S1066
Fructose	S1066
Vitamin B-6	S1066
Cystine	S1066
Arginine	S1066
Aspartic acid	S1066
18:2 undifferentiated	S1066
22:6 n-3	S1066
14:1	S1066
18:4	S1066
17:1	S1066

NDB No. 21244 WENDY'S, Homestyle Chicken Fillet Sandwich

Glucose (dextrose)	S1066
Potassium, K	S1066
Selenium, Se	S1066
Thiamin	S1066
Leucine	S1066
Histidine	S1066
Aspartic acid	S1066
6:0	S1066
22:6 n-3	S1066
14:1	S1066
20:5 n-3	S1066
18:2 i	S1066
18:2 n-6 c,c	S1066
Fatty acids, total trans-monoenoic	S1066
Water	S1066
Isoleucine	S1066
Cystine	S1066
Phenylalanine	S1066

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2267 of 3136

NDB No. 21244 WENDY'S, Homestyle Chicken Fillet Sandwich

Alanine	S1066
Glutamic acid	S1066
Cholesterol	S1066
4:0	S1066
20:2 n-6 c,c	S1066
20:4 n-6	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Serine	S1066
Fatty acids, total trans	S1066
10:0	S1066
14:0	S1066
22:1 undifferentiated	S1066
20:3 undifferentiated	S1066
Fructose	S1066
Glycine	S1066
Fatty acids, total saturated	S1066
18:2 undifferentiated	S1066
20:1	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
Lactose	S1066
Maltose	S1066
Fiber, total dietary	S1066
Iron, Fe	S1066
Phosphorus, P	S1066
Riboflavin	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Methionine	S1066
Valine	S1066

Reference_Report

NDB No. 21244 WENDY'S, Homestyle Chicken Fillet Sandwich

Arginine	S1066
8:0	S1066
20:0	S1066
16:1 undifferentiated	S1066
22:5 n-3	S1066
Protein	S1066
Sodium, Na	S1066
Threonine	S1066
Tyrosine	S1066
Proline	S1066
12:0	S1066
16:0	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
16:1 t	S1066
18:1 t	S1066
18:1 c	S1066
Zinc, Zn	S1066
Niacin	S1066
18:0	S1066
18:1 undifferentiated	S1066
18:4	S1066
17:0	S1066
16:1 c	S1066
17:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
Calcium, Ca	S1066
Magnesium, Mg	S1066
Vitamin C, total ascorbic acid	S1066
Pantothenic acid	S1066
Lysine	S1066
22:0	S1066
Fatty acids, total monounsaturated	S1066
24:0	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066

Reference_Report

NDB No. 21245 WENDY'S, Ultimate Chicken Grill Sandwich

Sucrose	S1066
Fiber, total dietary	S1066
Vitamin C, total ascorbic acid	S1066
Vitamin K (phylloquinone)	S1066
Methionine	S1066
Cystine	S1066
Tyrosine	S1066
Valine	S1066
8:0	S1066
16:0	S1066
18:4	S1066
20:1	S1066
20:2 n-6 c,c	S1066
Protein	S1066
Ash	S1066
Glucose (dextrose)	S1066
Vitamin B-12	S1066
20:0	S1066
20:4 undifferentiated	S1066
22:0	S1066
Total lipid (fat)	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Glutamic acid	S1066
Serine	S1066
Cholesterol	S1066
10:0	S1066
18:0	S1066
14:1	S1066
Fatty acids, total polyunsaturated	S1066
15:1	S1066
Maltose	S1066
Sodium, Na	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 2270 of 3136

NDB No. 21245 WENDY'S, Ultimate Chicken Grill Sandwich

Threonine	S1066
Glycine	S1066
Proline	S1066
18:3 undifferentiated	S1066
20:5 n-3	S1066
15:0	S1066
Starch	S1066
Zinc, Zn	S1066
Niacin	S1066
Vitamin B-6	S1066
Phenylalanine	S1066
Histidine	S1066
Alanine	S1066
Fatty acids, total saturated	S1066
18:2 undifferentiated	S1066
22:6 n-3	S1066
17:0	S1066
Selenium, Se	S1066
14:0	S1066
Water	S1066
Potassium, K	S1066
Thiamin	S1066
Tryptophan	S1066
18:1 undifferentiated	S1066
16:1 undifferentiated	S1066
22:1 undifferentiated	S1066
17:1	S1066
Fructose	S1066
Lactose	S1066
Phosphorus, P	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Riboflavin	S1066
Arginine	S1066
Aspartic acid	S1066
12:0	S1066
22:5 n-3	S1066

Reference_Report

NDB No. 21245 WENDY'S, Ultimate Chicken Grill Sandwich

Fatty acids, total monounsaturated	S1066
24:0	S1066
20:3 undifferentiated	S1066

NDB No. 21246 WENDY'S, Chicken Nuggets

Lactose	S1066
Maltose	S1066
Water	S1066
Manganese, Mn	S1066
Thiamin	S1066
Vitamin K (phylloquinone)	S1066
Cystine	S1066
Alanine	S1066
4:0	S1066
10:0	S1066
17:0	S1066
Ash	S1066
Iron, Fe	S1066
Isoleucine	S1066
Lysine	S1066
Cholesterol	S1066
Fatty acids, total monounsaturated	S1066
Potassium, K	S1066
Niacin	S1066
Leucine	S1066
Serine	S1066
14:0	S1066
16:0	S1066
Fiber, total dietary	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Valine	S1066
20:0	S1066
Protein	S1066
Tryptophan	S1066

Reference Report

JUL-17-2008 02:00 PM

Page 2272 of 3136

NDB No. 21246 WENDY'S, Chicken Nuggets

Methionine	S1066
Tyrosine	S1066
Glycine	S1066
Proline	S1066
6:0	S1066
12:0	S1066
Fatty acids, total polyunsaturated	S1066
Total lipid (fat)	S1066
Starch	S1066
Fructose	S1066
Magnesium, Mg	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Threonine	S1066
Aspartic acid	S1066
Fatty acids, total saturated	S1066
8:0	S1066
22:0	S1066
15:0	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Calcium, Ca	S1066
Sodium, Na	S1066
Phenylalanine	S1066
Histidine	S1066
18:0	S1066
Phosphorus, P	S1066
Riboflavin	S1066
Arginine	S1066
Glutamic acid	S1066
24:0	S1066

NDB No. 21247 WENDY'S, French Fries

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2273 of 3136

NDB No. 21247 WENDY'S, French Fries

Riboflavin	S1066
Threonine	S1066
Isoleucine	S1066
Tyrosine	S1066
Proline	S1066
8:0	S1066
Total lipid (fat)	S1066
Fructose	S1066
Serine	S1066
4:0	S1066
14:0	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Manganese, Mn	S1066
Leucine	S1066
6:0	S1066
18:0	S1066
Protein	S1066
Glucose (dextrose)	S1066
Lactose	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Methionine	S1066
Valine	S1066
Alanine	S1066
Fatty acids, total saturated	S1066
Maltose	S1066
Water	S1066
Magnesium, Mg	S1066
Vitamin C, total ascorbic acid	S1066
Folate, total	S1066
Phenylalanine	S1066
Glycine	S1066
12:0	S1066
22:0	S1066
Fatty acids, total monounsaturated	S1066
17:0	S1066

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2274 of 3136

NDB No. 21247 WENDY'S, French Fries

Ash	S1066
Starch	S1066
Selenium, Se	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin K (phylloquinone)	S1066
Histidine	S1066
Aspartic acid	S1066
10:0	S1066
24:0	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Tryptophan	S1066
Lysine	S1066
Cystine	S1066
Arginine	S1066
16:0	S1066
Fatty acids, total polyunsaturated	S1066
Sucrose	S1066
Fiber, total dietary	S1066
Copper, Cu	S1066
Thiamin	S1066
Vitamin B-6	S1066
Glutamic acid	S1066
20:0	S1066

NDB No. 21248 WENDY'S, Frosty Dairy Dessert

Ash	S1066
Phenylalanine	S1066
Histidine	S1066
Fatty acids, total saturated	S1066
10:0	S1066
16:0	S1066
20:0	S1066
20:4 undifferentiated	S1066
Total lipid (fat)	S1066

NDB No. 21248 WENDY'S, Frosty Dairy Dessert

Magnesium, Mg	S1066
Vitamin K (phylloquinone)	S1066
Threonine	S1066
Cholesterol	S1066
18:0	S1066
20:1	S1066
20:5 n-3	S1066
20:3 undifferentiated	S1066
Starch	S1066
Lactose	S1066
Fiber, total dietary	S1066
Potassium, K	S1066
Isoleucine	S1066
Valine	S1066
Proline	S1066
18:2 undifferentiated	S1066
Fatty acids, total polyunsaturated	S1066
Sucrose	S1066
Maltose	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Aspartic acid	S1066
Glycine	S1066
12:0	S1066
22:1 undifferentiated	S1066
Fatty acids, total monounsaturated	S1066
Fructose	S1066
Water	S1066
Phosphorus, P	S1066
Niacin	S1066
Glutamic acid	S1066
8:0	S1066
14:0	S1066
14:1	S1066
15:0	S1066
17:0	S1066
20:2 n-6 c,c	S1066

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2276 of 3136

NDB No. 21248 WENDY'S, Frosty Dairy Dessert

Calcium, Ca	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Betaine	S1066
Tryptophan	S1066
Tyrosine	S1066
Serine	S1066
18:3 undifferentiated	S1066
22:0	S1066
18:4	S1066
22:5 n-3	S1066
15:1	S1066
Glucose (dextrose)	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Choline, total	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Alanine	S1066
18:1 undifferentiated	S1066
Protein	S1066
Iron, Fe	S1066
Selenium, Se	S1066
Riboflavin	S1066
Vitamin B-12	S1066
Arginine	S1066
22:6 n-3	S1066
16:1 undifferentiated	S1066
24:0	S1066
17:1	S1066

NDB No. 21249 BURGER KING, French Fries

Reference_Report

NDB No. 21249 BURGER KING, French Fries

Total lipid (fat)	S1064
Sucrose	S1064
Sugars, total	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Lysine	S1064
Alanine	S1064
Fatty acids, total trans	S1064
22:1 undifferentiated	S1064
Fatty acids, total polyunsaturated	S1064
17:0	S1064
18:1 c	S1064
Ash	S1064
Tocopherol, beta	S1064
Thiamin	S1064
Tryptophan	S1064
Leucine	S1064
Phenylalanine	S1064
Valine	S1064
Histidine	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
8:0	S1064
16:0	S1064
20:1	S1064
24:0	S1064
18:2 n-6 c,c	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Manganese, Mn	S1064
14:0	S1064
18:0	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:5 n-3	S1064
18:2 i	S1064

NDB No. 21249 BURGER KING, French Fries

16:1 c	S1064
Galactose	S1064
Fiber, total dietary	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Threonine	S1064
18:1 undifferentiated	S1064
22:6 n-3	S1064
18:1 t	S1064
Fatty acids, total trans-monoenoic	S1064
Vitamin E (alpha-tocopherol)	S1064
Riboflavin	S1064
Niacin	S1064
Isoleucine	S1064
Methionine	S1064
Aspartic acid	S1064
Hydroxyproline	S1064
4:0	S1064
6:0	S1064
20:0	S1064
18:2 undifferentiated	S1064
22:0	S1064
16:1 undifferentiated	S1064
20:5 n-3	S1064
Calcium, Ca	S1064
Phosphorus, P	S1064
Potassium, K	S1064
10:0	S1064
12:0	S1064
Fatty acids, total trans-polyenoic	S1064
Starch	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Tocopherol, gamma	S1064
Vitamin K (phylloquinone)	S1064
Cystine	S1064

Reference_Report

NDB No. 21249 BURGER KING, French Fries

Arginine	S1064
18:4	S1064
Fatty acids, total monounsaturated	S1064
18:3 n-3 c,c,c	S1064
Protein	S1064
Glucose (dextrose)	S1064
Water	S1064
Copper, Cu	S1064
Selenium, Se	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Tyrosine	S1064
Glutamic acid	S1064
Fatty acids, total saturated	S1064

NDB No. 21250 BURGER KING, Hamburger

Ash	S1064
Manganese, Mn	S1064
Niacin	S1064
Phenylalanine	S1064
Valine	S1064
Arginine	S1064
Glycine	S1064
Serine	S1064
20:1	S1064
22:1 undifferentiated	S1064
20:3 undifferentiated	S1064
Protein	S1064
Total lipid (fat)	S1064
Maltose	S1064
Iron, Fe	S1064
Potassium, K	S1064
Vitamin C, total ascorbic acid	S1064
Vitamin K (phylloquinone)	S1064
Alanine	S1064
Fatty acids, total trans	S1064

NDB No. 21250 BURGER KING, Hamburger

8:0	S1064
18:2 undifferentiated	S1064
15:1	S1064
Sucrose	S1064
Vitamin E (alpha-tocopherol)	S1064
Riboflavin	S1064
Methionine	S1064
Aspartic acid	S1064
Fatty acids, total saturated	S1064
12:0	S1064
18:1 t	S1064
Calcium, Ca	S1064
Selenium, Se	S1064
Pantothenic acid	S1064
Folate, food	S1064
Cholesterol	S1064
15:0	S1064
Zinc, Zn	S1064
Thiamin	S1064
Tyrosine	S1064
Histidine	S1064
Glutamic acid	S1064
Hydroxyproline	S1064
4:0	S1064
10:0	S1064
14:0	S1064
16:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
20:2 n-6 c,c	S1064
13:0	S1064
18:3 n-3 c,c,c	S1064
Starch	S1064
Fructose	S1064
Sugars, total	S1064
Galactose	S1064
Phosphorus, P	S1064
Sodium, Na	S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2281 of 3136

NDB No. 21250 BURGER KING, Hamburger

Copper, Cu	S1064
Folate, total	S1064
Folic acid	S1064
Tryptophan	S1064
Isoleucine	S1064
Lysine	S1064
Cystine	S1064
Proline	S1064
20:0	S1064
22:6 n-3	S1064
18:3 n-6 c,c,c	S1064
Glucose (dextrose)	S1064
Lactose	S1064
Water	S1064
Fiber, total dietary	S1064
Magnesium, Mg	S1064
Tocopherol, delta	S1064
Vitamin B-6	S1064
6:0	S1064
16:0	S1064
18:1 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:0	S1064
17:0	S1064
Fatty acids, total trans-monoenoic	S1064
Threonine	S1064
Leucine	S1064
18:0	S1064
14:1	S1064
20:5 n-3	S1064
Fatty acids, total polyunsaturated	S1064
24:0	S1064
18:1 c	S1064
17:1	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2282 of 3136

NDB No. 21251 BURGER KING, Cheeseburger

Maltose	S1064
Zinc, Zn	S1064
Selenium, Se	S1064
Thiamin	S1064
Valine	S1064
Serine	S1064
4:0	S1064
18:3 undifferentiated	S1064
16:1 c	S1064
Total lipid (fat)	S1064
Lactose	S1064
Fiber, total dietary	S1064
Vitamin E (alpha-tocopherol)	S1064
Threonine	S1064
Lysine	S1064
Aspartic acid	S1064
Glycine	S1064
20:0	S1064
22:1 undifferentiated	S1064
15:0	S1064
18:2 i	S1064
Sucrose	S1064
Water	S1064
Iron, Fe	S1064
Potassium, K	S1064
Copper, Cu	S1064
Leucine	S1064
Arginine	S1064
Histidine	S1064
Fatty acids, total saturated	S1064
10:0	S1064
12:0	S1064
20:5 n-3	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
18:1 c	S1064
20:3 undifferentiated	S1064

Reference_Report

NDB No. 21251 BURGER KING, Cheeseburger

18:3 n-3 c,c,c	S1064
Calcium, Ca	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Pantothenic acid	S1064
Tryptophan	S1064
Phenylalanine	S1064
Tyrosine	S1064
Glutamic acid	S1064
Hydroxyproline	S1064
14:0	S1064
18:2 undifferentiated	S1064
14:1	S1064
20:1	S1064
Starch	S1064
Magnesium, Mg	S1064
6:0	S1064
20:4 undifferentiated	S1064
18:4	S1064
Fatty acids, total polyunsaturated	S1064
17:0	S1064
20:2 n-6 c,c	S1064
Fatty acids, total trans-monoenoic	S1064
Galactose	S1064
Vitamin C, total ascorbic acid	S1064
Methionine	S1064
Cystine	S1064
Alanine	S1064
Proline	S1064
Cholesterol	S1064
18:1 undifferentiated	S1064
22:6 n-3	S1064
16:1 undifferentiated	S1064
16:1 t	S1064
Protein	S1064
Ash	S1064
Glucose (dextrose)	S1064

Reference_Report

NDB No. 21251 BURGER KING, Cheeseburger

Sugars, total	S1064
Phosphorus, P	S1064
Tocopherol, beta	S1064
Riboflavin	S1064
Fatty acids, total trans	S1064
8:0	S1064
16:0	S1064
24:0	S1064
18:1 t	S1064
17:1	S1064
Fructose	S1064
Sodium, Na	S1064
Manganese, Mn	S1064
Niacin	S1064
Vitamin B-6	S1064
Vitamin K (phylloquinone)	S1064
Isoleucine	S1064
18:0	S1064
22:0	S1064
18:2 n-6 c,c	S1064
Fatty acids, total trans-polyenoic	S1064

NDB No. 21252 BURGER KING, WHOPPER, no cheese

Phosphorus, P	S1064
Manganese, Mn	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Tryptophan	S1064
Lysine	S1064
Methionine	S1064
8:0	S1064
16:0	S1064
18:1 undifferentiated	S1064
20:5 n-3	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2285 of 3136

NDB No. 21252 BURGER KING, WHOPPER, no cheese

17:0	S1064
18:2 i	S1064
Lactose	S1064
Maltose	S1064
Selenium, Se	S1064
12:0	S1064
14:0	S1064
22:6 n-3	S1064
18:1 c	S1064
17:1	S1064
Fatty acids, total trans-polyenoic	S1064
Ash	S1064
Vitamin E (alpha-tocopherol)	S1064
Vitamin K (phylloquinone)	S1064
Threonine	S1064
Histidine	S1064
Aspartic acid	S1064
Glycine	S1064
22:0	S1064
22:5 n-3	S1064
15:0	S1064
20:3 undifferentiated	S1064
13:0	S1064
Total lipid (fat)	S1064
Calcium, Ca	S1064
Magnesium, Mg	S1064
Potassium, K	S1064
Tocopherol, delta	S1064
Riboflavin	S1064
Niacin	S1064
20:2 n-6 c,c	S1064
Glucose (dextrose)	S1064
Water	S1064
Tocopherol, gamma	S1064
Folate, food	S1064
Valine	S1064
Alanine	S1064

Reference_Report

NDB No. 21252 BURGER KING, WHOPPER, no cheese

Glutamic acid	S1064
Serine	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
6:0	S1064
18:2 undifferentiated	S1064
16:1 c	S1064
18:2 n-6 c,c	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064
Sucrose	S1064
Sugars, total	S1064
Fiber, total dietary	S1064
Sodium, Na	S1064
Copper, Cu	S1064
Tocopherol, beta	S1064
Arginine	S1064
Proline	S1064
18:0	S1064
20:0	S1064
20:4 undifferentiated	S1064
16:1 undifferentiated	S1064
20:1	S1064
22:1 undifferentiated	S1064
Fatty acids, total polyunsaturated	S1064
24:0	S1064
18:3 n-6 c,c,c	S1064
Fatty acids, total trans- monoenoic	S1064
Galactose	S1064
Zinc, Zn	S1064
Leucine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Cholesterol	S1064
4:0	S1064
10:0	S1064
16:1 t	S1064

Reference_Report

NDB No. 21252 BURGER KING, WHOPPER, no cheese

Protein	S1064
Starch	S1064
Fructose	S1064
Iron, Fe	S1064
Folate, total	S1064
Folic acid	S1064
Isoleucine	S1064
Hydroxyproline	S1064
18:3 undifferentiated	S1064
14:1	S1064
18:4	S1064
Fatty acids, total monounsaturated	S1064
18:1 t	S1064

NDB No. 21253 BURGER KING, WHOPPER, with cheese

Ash	S1064
Lactose	S1064
Iron, Fe	S1064
Manganese, Mn	S1064
Tocopherol, beta	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Niacin	S1064
Folate, food	S1064
Serine	S1064
Cholesterol	S1064
18:2 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
18:1 t	S1064
20:3 undifferentiated	S1064
Galactose	S1064
Folic acid	S1064
Lysine	S1064
Valine	S1064
22:1 undifferentiated	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2288 of 3136

NDB No. 21253 BURGER KING, WHOPPER, with cheese

Maltose	S1064
Copper, Cu	S1064
Isoleucine	S1064
Methionine	S1064
Alanine	S1064
Proline	S1064
4:0	S1064
20:1	S1064
17:0	S1064
20:2 n-6 c,c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
Protein	S1064
Total lipid (fat)	S1064
Calcium, Ca	S1064
Riboflavin	S1064
Fatty acids, total trans	S1064
10:0	S1064
14:0	S1064
20:0	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
20:5 n-3	S1064
24:0	S1064
18:1 c	S1064
Glucose (dextrose)	S1064
Water	S1064
Fiber, total dietary	S1064
Potassium, K	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Vitamin B-6	S1064
Vitamin K (phylloquinone)	S1064
Threonine	S1064
Phenylalanine	S1064
Tyrosine	S1064

Reference_Report

NDB No. 21253 BURGER KING, WHOPPER, with cheese

Glutamic acid	S1064
Hydroxyproline	S1064
12:0	S1064
18:1 undifferentiated	S1064
Fatty acids, total polyunsaturated	S1064
13:0	S1064
Sucrose	S1064
Sugars, total	S1064
Magnesium, Mg	S1064
Zinc, Zn	S1064
Pantothenic acid	S1064
Folate, total	S1064
Tryptophan	S1064
Leucine	S1064
Cystine	S1064
16:0	S1064
Fatty acids, total trans-monoenoic	S1064
18:3 n-3 c,c,c	S1064
Phosphorus, P	S1064
Tocopherol, gamma	S1064
Thiamin	S1064
Arginine	S1064
Histidine	S1064
6:0	S1064
18:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
15:1	S1064
Fructose	S1064
Sodium, Na	S1064
Aspartic acid	S1064
Glycine	S1064
Fatty acids, total saturated	S1064
8:0	S1064
18:3 undifferentiated	S1064
15:0	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2290 of 3136

NDB No. 21254 BURGER KING, DOUBLE WHOPPER, no cheese

Total lipid (fat)	S1064
Sugars, total	S1064
Magnesium, Mg	S1064
Serine	S1064
Galactose	S1064
Sodium, Na	S1064
Thiamin	S1064
Folate, total	S1064
Folate, food	S1064
Alanine	S1064
Proline	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
18:2 undifferentiated	S1064
17:0	S1064
17:1	S1064
20:3 undifferentiated	S1064
Iron, Fe	S1064
Potassium, K	S1064
Zinc, Zn	S1064
Niacin	S1064
Vitamin K (phylloquinone)	S1064
Tryptophan	S1064
Lysine	S1064
Methionine	S1064
Cholesterol	S1064
20:4 undifferentiated	S1064
18:4	S1064
22:5 n-3	S1064
18:2 n-6 c,c	S1064
Fatty acids, total trans-polyenoic	S1064
Ash	S1064
Lactose	S1064
Vitamin C, total ascorbic acid	S1064
Aspartic acid	S1064
4:0	S1064
18:0	S1064

Reference_Report

NDB No. 21254 BURGER KING, DOUBLE WHOPPER, no cheese

18:1 undifferentiated	S1064
22:6 n-3	S1064
20:5 n-3	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
18:3 n-3 c,c,c	S1064
Sucrose	S1064
Copper, Cu	S1064
Cystine	S1064
Hydroxyproline	S1064
10:0	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
24:0	S1064
18:1 t	S1064
Leucine	S1064
6:0	S1064
8:0	S1064
12:0	S1064
14:0	S1064
14:1	S1064
Starch	S1064
Maltose	S1064
Water	S1064
Calcium, Ca	S1064
Phosphorus, P	S1064
Riboflavin	S1064
Pantothenic acid	S1064
Folic acid	S1064
Valine	S1064
Histidine	S1064
Glutamic acid	S1064
16:0	S1064
20:0	S1064
18:3 undifferentiated	S1064
22:0	S1064

Reference_Report

NDB No. 21254 BURGER KING, DOUBLE WHOPPER, no cheese

15:0	S1064
16:1 t	S1064
16:1 c	S1064
18:1 c	S1064
Fatty acids, total trans-monoenoic	S1064
Protein	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Fiber, total dietary	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin B-6	S1064
Threonine	S1064
Isoleucine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Arginine	S1064
Glycine	S1064
16:1 undifferentiated	S1064
20:1	S1064

NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese

Starch	S1064
Lactose	S1064
Magnesium, Mg	S1064
Tocopherol, gamma	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Arginine	S1064
Glutamic acid	S1064
Serine	S1064
12:0	S1064
18:1 undifferentiated	S1064
20:4 undifferentiated	S1064
Fatty acids, total polyunsaturated	S1064
24:0	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2293 of 3136

NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese

18:1 t	S1064
Total lipid (fat)	S1064
Maltose	S1064
Fiber, total dietary	S1064
Zinc, Zn	S1064
Vitamin E (alpha-tocopherol)	S1064
Vitamin C, total ascorbic acid	S1064
Aspartic acid	S1064
8:0	S1064
20:0	S1064
22:0	S1064
20:1	S1064
20:3 undifferentiated	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064
Iron, Fe	S1064
Thiamin	S1064
Vitamin K (phylloquinone)	S1064
Isoleucine	S1064
Lysine	S1064
Histidine	S1064
Hydroxyproline	S1064
6:0	S1064
14:1	S1064
22:1 undifferentiated	S1064
17:1	S1064
Glucose (dextrose)	S1064
Manganese, Mn	S1064
Riboflavin	S1064
Folate, food	S1064
Methionine	S1064
Phenylalanine	S1064
18:3 undifferentiated	S1064
22:6 n-3	S1064
Ash	S1064
Fructose	S1064
Sodium, Na	S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2294 of 3136

NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese

Tocopherol, beta	S1064
Tryptophan	S1064
Alanine	S1064
Glycine	S1064
Fatty acids, total trans	S1064
18:0	S1064
16:1 undifferentiated	S1064
17:0	S1064
Fatty acids, total trans-monoenoic	S1064
Water	S1064
Copper, Cu	S1064
Niacin	S1064
Folic acid	S1064
Tyrosine	S1064
Fatty acids, total saturated	S1064
10:0	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064
Protein	S1064
Sucrose	S1064
Sugars, total	S1064
Phosphorus, P	S1064
Selenium, Se	S1064
Leucine	S1064
Proline	S1064
4:0	S1064
20:5 n-3	S1064
18:3 n-6 c,c,c	S1064
13:0	S1064
Galactose	S1064
Calcium, Ca	S1064
Potassium, K	S1064
Tocopherol, delta	S1064
Folate, total	S1064
Threonine	S1064
Cystine	S1064
Valine	S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2295 of 3136

NDB No. 21255 BURGER KING, DOUBLE WHOPPER, with cheese

Cholesterol	S1064
14:0	S1064
16:0	S1064
18:2 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
15:0	S1064

NDB No. 21256 BURGER KING, CHICKEN TENDERS

Starch	S1064
Lactose	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Pantothenic acid	S1064
Isoleucine	S1064
Phenylalanine	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
10:0	S1064
22:5 n-3	S1064
18:1 t	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064
Glucose (dextrose)	S1064
Zinc, Zn	S1064
Niacin	S1064
Vitamin B-6	S1064
Folate, total	S1064
Leucine	S1064
Serine	S1064
12:0	S1064
14:0	S1064
18:1 c	S1064
Sucrose	S1064
Fructose	S1064
Phosphorus, P	S1064
Potassium, K	S1064

Reference_Report

NDB No. 21256 BURGER KING, CHICKEN TENDERS

Sodium, Na	S1064
Manganese, Mn	S1064
Riboflavin	S1064
Folic acid	S1064
Valine	S1064
Glutamic acid	S1064
Cholesterol	S1064
16:0	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
14:1	S1064
20:1	S1064
Total lipid (fat)	S1064
Ash	S1064
Sugars, total	S1064
Fiber, total dietary	S1064
Copper, Cu	S1064
Tryptophan	S1064
Threonine	S1064
Cystine	S1064
Arginine	S1064
4:0	S1064
Fatty acids, total polyunsaturated	S1064
17:0	S1064
20:3 undifferentiated	S1064
Protein	S1064
Galactose	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Folate, food	S1064
Methionine	S1064
Tyrosine	S1064
Histidine	S1064
Alanine	S1064
Glycine	S1064
6:0	S1064
8:0	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2297 of 3136

NDB No. 21256 BURGER KING, CHICKEN TENDERS

18:0	S1064
16:1 undifferentiated	S1064
18:4	S1064
16:1 t	S1064
18:2 n-6 c,c	S1064
Fatty acids, total trans-monoenoic	S1064
Maltose	S1064
Water	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Proline	S1064
Fatty acids, total monounsaturated	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, delta	S1064
Vitamin K (phylloquinone)	S1064
Lysine	S1064
Hydroxyproline	S1064
15:0	S1064
Calcium, Ca	S1064
Thiamin	S1064
Aspartic acid	S1064
20:0	S1064
18:1 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
24:0	S1064

NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich

Protein	S1064
---------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2298 of 3136

NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich

Thiamin	S1064
Vitamin B-6	S1064
Folic acid	S1064
Folate, food	S1064
Alanine	S1064
4:0	S1064
20:1	S1064
Fatty acids, total monounsaturated	S1064
20:3 undifferentiated	S1064
Sugars, total	S1064
Iron, Fe	S1064
Copper, Cu	S1064
Phenylalanine	S1064
Arginine	S1064
Glycine	S1064
Proline	S1064
8:0	S1064
20:4 undifferentiated	S1064
18:1 t	S1064
18:1 c	S1064
17:1	S1064
Maltose	S1064
Galactose	S1064
Calcium, Ca	S1064
Magnesium, Mg	S1064
Pantothenic acid	S1064
Glutamic acid	S1064
18:0	S1064
22:0	S1064
24:0	S1064
20:2 n-6 c,c	S1064
18:3 n-6 c,c,c	S1064
Water	S1064
Sodium, Na	S1064
Vitamin K (phylloquinone)	S1064
Tryptophan	S1064
Isoleucine	S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2299 of 3136

NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich

Methionine	S1064
Valine	S1064
Cholesterol	S1064
14:0	S1064
Fructose	S1064
Fiber, total dietary	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Vitamin C, total ascorbic acid	S1064
Riboflavin	S1064
Folate, total	S1064
Threonine	S1064
Lysine	S1064
18:1 undifferentiated	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
15:0	S1064
Fatty acids, total trans-monoenoic	S1064
18:3 n-3 c,c,c	S1064
Ash	S1064
Glucose (dextrose)	S1064
Fatty acids, total saturated	S1064
20:0	S1064
Fatty acids, total polyunsaturated	S1064
15:1	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Histidine	S1064
Serine	S1064
Hydroxyproline	S1064
12:0	S1064
16:0	S1064
18:2 undifferentiated	S1064
14:1	S1064
17:0	S1064
13:0	S1064
Total lipid (fat)	S1064

Reference_Report

NDB No. 21257 BURGER KING, Chicken WHOPPER Sandwich

Sucrose	S1064
Lactose	S1064
Zinc, Zn	S1064
Niacin	S1064
Leucine	S1064
Cystine	S1064
Tyrosine	S1064
Aspartic acid	S1064
Fatty acids, total trans	S1064
6:0	S1064
10:0	S1064
18:3 undifferentiated	S1064
22:6 n-3	S1064
16:1 undifferentiated	S1064

NDB No. 21259 BURGER KING, Original Chicken Sandwich

Total lipid (fat)	S1064
Ash	S1064
Vitamin C, total ascorbic acid	S1064
Vitamin B-6	S1064
Folate, food	S1064
Methionine	S1064
Tyrosine	S1064
Valine	S1064
Histidine	S1064
Proline	S1064
18:4	S1064
20:5 n-3	S1064
Sucrose	S1064
Water	S1064
Potassium, K	S1064
Pantothenic acid	S1064
Tryptophan	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
14:1	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2301 of 3136

NDB No. 21259 BURGER KING, Original Chicken Sandwich

22:5 n-3	S1064
15:0	S1064
17:0	S1064
16:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
18:3 n-3 c,c,c	S1064
Glucose (dextrose)	S1064
Sugars, total	S1064
Selenium, Se	S1064
Folate, total	S1064
Threonine	S1064
Fatty acids, total trans	S1064
4:0	S1064
14:0	S1064
20:0	S1064
20:2 n-6 c,c	S1064
Protein	S1064
Lactose	S1064
Calcium, Ca	S1064
Lysine	S1064
Aspartic acid	S1064
8:0	S1064
20:1	S1064
Fatty acids, total trans-polyenoic	S1064
13:0	S1064
Manganese, Mn	S1064
Leucine	S1064
Phenylalanine	S1064
Glycine	S1064
Cholesterol	S1064
Fatty acids, total saturated	S1064
18:0	S1064
24:0	S1064
16:1 t	S1064
18:1 c	S1064
15:1	S1064

Reference_Report

NDB No. 21259 BURGER KING, Original Chicken Sandwich

Phosphorus, P	S1064
Folic acid	S1064
Isoleucine	S1064
Arginine	S1064
Alanine	S1064
Serine	S1064
16:0	S1064
22:6 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
Fatty acids, total trans-monoenoic	S1064
Starch	S1064
Fructose	S1064
Fiber, total dietary	S1064
Iron, Fe	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Niacin	S1064
Vitamin K (phylloquinone)	S1064
18:1 undifferentiated	S1064
20:4 undifferentiated	S1064
22:0	S1064
16:1 undifferentiated	S1064
18:1 t	S1064
18:2 i	S1064
20:3 undifferentiated	S1064
Maltose	S1064
Galactose	S1064
Magnesium, Mg	S1064
Thiamin	S1064
Riboflavin	S1064
Cystine	S1064
Glutamic acid	S1064
Hydroxyproline	S1064
6:0	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2303 of 3136

NDB No. 21259 BURGER KING, Original Chicken Sandwich

10:0	S1064
12:0	S1064
18:2 n-6 c,c	S1064

NDB No. 21260 TACO BELL, Original Taco with beef

Glucose (dextrose)	S1082
Iron, Fe	S1082
Carotene, alpha	S1082
Vitamin B-12	S1082
Folate, food	S1082
Lysine	S1082
Glycine	S1082
Fatty acids, total saturated	S1082
20:0	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:5 n-3	S1082
22:5 n-3	S1082
Fatty acids, total polyunsaturated	S1082
20:3 undifferentiated	S1082
Lactose	S1082
Sodium, Na	S1082
Copper, Cu	S1082
Selenium, Se	S1082
Tocopherol, beta	S1082
Vitamin B-6	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Leucine	S1082
Cystine	S1082
12:0	S1082
18:4	S1082
Fructose	S1082
Zinc, Zn	S1082
Tocopherol, gamma	S1082
Threonine	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2304 of 3136

NDB No. 21260 TACO BELL, Original Taco with beef

Isoleucine	S1082
Methionine	S1082
Alanine	S1082
Aspartic acid	S1082
Serine	S1082
Fatty acids, total monounsaturated	S1082
24:0	S1082
Fiber, total dietary	S1082
Phosphorus, P	S1082
Carotene, beta	S1082
18:1 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
Ash	S1082
Magnesium, Mg	S1082
Manganese, Mn	S1082
Cryptoxanthin, beta	S1082
Tryptophan	S1082
Protein	S1082
Total lipid (fat)	S1082
Sucrose	S1082
Water	S1082
Riboflavin	S1082
Tyrosine	S1082
Arginine	S1082
10:0	S1082
20:4 undifferentiated	S1082
20:1	S1082
15:0	S1082
20:2 n-6 c,c	S1082
Calcium, Ca	S1082
Vitamin E (alpha-tocopherol)	S1082
Tocopherol, delta	S1082
Pantothenic acid	S1082
Folate, total	S1082
Valine	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2305 of 3136

NDB No. 21260 TACO BELL, Original Taco with beef

Histidine	S1082
Proline	S1082
8:0	S1082
14:0	S1082
22:1 undifferentiated	S1082
Starch	S1082
Maltose	S1082
Potassium, K	S1082
Thiamin	S1082
Niacin	S1082
Phenylalanine	S1082
Glutamic acid	S1082
Cholesterol	S1082
16:0	S1082
18:0	S1082
22:6 n-3	S1082
17:0	S1082
17:1	S1082
15:1	S1082

NDB No. 21261 TACO BELL, Soft Taco with beef

Ash	S1082
Magnesium, Mg	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Vitamin B-12	S1082
Leucine	S1082
Methionine	S1082
Arginine	S1082
Alanine	S1082
Proline	S1082
8:0	S1082
24:0	S1082
17:1	S1082
Total lipid (fat)	S1082
Fiber, total dietary	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2306 of 3136

NDB No. 21261 TACO BELL, Soft Taco with beef

Tryptophan	S1082
Cystine	S1082
Tyrosine	S1082
18:2 undifferentiated	S1082
16:1 undifferentiated	S1082
22:5 n-3	S1082
Iron, Fe	S1082
Potassium, K	S1082
Copper, Cu	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Niacin	S1082
Folate, total	S1082
Vitamin K (phylloquinone)	S1082
Glycine	S1082
20:0	S1082
20:4 undifferentiated	S1082
Fatty acids, total monounsaturated	S1082
20:3 undifferentiated	S1082
15:1	S1082
Maltose	S1082
Tocopherol, beta	S1082
Tocopherol, delta	S1082
Phenylalanine	S1082
Aspartic acid	S1082
Fatty acids, total saturated	S1082
Fatty acids, total polyunsaturated	S1082
Protein	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Sodium, Na	S1082
Manganese, Mn	S1082
Cryptoxanthin, beta	S1082
Folate, food	S1082
Threonine	S1082
Lysine	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2307 of 3136

NDB No. 21261 TACO BELL, Soft Taco with beef

Histidine	S1082
Serine	S1082
14:0	S1082
14:1	S1082
18:4	S1082
17:0	S1082
Fructose	S1082
Water	S1082
Isoleucine	S1082
Cholesterol	S1082
22:6 n-3	S1082
22:0	S1082
15:0	S1082
Lactose	S1082
Phosphorus, P	S1082
Thiamin	S1082
Folic acid	S1082
Glutamic acid	S1082
10:0	S1082
18:0	S1082
20:1	S1082
22:1 undifferentiated	S1082
20:2 n-6 c,c	S1082
Calcium, Ca	S1082
Zinc, Zn	S1082
Tocopherol, gamma	S1082
Riboflavin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Valine	S1082
12:0	S1082
16:0	S1082
18:1 undifferentiated	S1082
18:3 undifferentiated	S1082
20:5 n-3	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2308 of 3136

NDB No. 21262 TACO BELL, Soft Taco with chicken

Protein	S1082
Fiber, total dietary	S1082
Tocopherol, beta	S1082
Tryptophan	S1082
Isoleucine	S1082
10:0	S1082
22:6 n-3	S1082
15:0	S1082
Starch	S1082
Fructose	S1082
Cryptoxanthin, beta	S1082
Tocopherol, delta	S1082
Valine	S1082
16:0	S1082
18:1 undifferentiated	S1082
22:1 undifferentiated	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
24:0	S1082
Lactose	S1082
Maltose	S1082
Vitamin E (alpha-tocopherol)	S1082
Vitamin B-6	S1082
Vitamin K (phylloquinone)	S1082
Threonine	S1082
Tyrosine	S1082
Histidine	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
22:5 n-3	S1082
20:2 n-6 c,c	S1082
Iron, Fe	S1082
Sodium, Na	S1082
Carotene, alpha	S1082
Tocopherol, gamma	S1082
Thiamin	S1082
Folic acid	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2309 of 3136

NDB No. 21262 TACO BELL, Soft Taco with chicken

Lysine	S1082
Phenylalanine	S1082
Arginine	S1082
18:0	S1082
20:4 undifferentiated	S1082
14:1	S1082
16:1 undifferentiated	S1082
Total lipid (fat)	S1082
Calcium, Ca	S1082
Potassium, K	S1082
Zinc, Zn	S1082
Carotene, beta	S1082
Pantothenic acid	S1082
Vitamin B-12	S1082
Folate, food	S1082
Methionine	S1082
Cystine	S1082
Alanine	S1082
8:0	S1082
20:1	S1082
20:5 n-3	S1082
17:0	S1082
17:1	S1082
Ash	S1082
Glucose (dextrose)	S1082
Phosphorus, P	S1082
Copper, Cu	S1082
Riboflavin	S1082
Serine	S1082
Cholesterol	S1082
Magnesium, Mg	S1082
Selenium, Se	S1082
Niacin	S1082
Leucine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082

NDB No. 21262 TACO BELL, Soft Taco with chicken

Fatty acids, total saturated	S1082
12:0	S1082
14:0	S1082
22:0	S1082
18:4	S1082
15:1	S1082
Sucrose	S1082
Water	S1082
Manganese, Mn	S1082
Folate, total	S1082
Proline	S1082
20:0	S1082
20:3 undifferentiated	S1082

NDB No. 21263 TACO BELL, Soft Taco with steak

Ash	S1082
Tocopherol, beta	S1082
Tyrosine	S1082
Histidine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
20:4 undifferentiated	S1082
15:0	S1082
Starch	S1082
Glucose (dextrose)	S1082
Magnesium, Mg	S1082
Zinc, Zn	S1082
Carotene, beta	S1082
Pantothenic acid	S1082
Folate, total	S1082
Folic acid	S1082
Methionine	S1082
Valine	S1082
14:1	S1082
Sucrose	S1082
Fructose	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2311 of 3136

NDB No. 21263 TACO BELL, Soft Taco with steak

Water	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Thiamin	S1082
Leucine	S1082
22:6 n-3	S1082
16:1 undifferentiated	S1082
20:1	S1082
22:1 undifferentiated	S1082
Fatty acids, total monounsaturated	S1082
Maltose	S1082
Fiber, total dietary	S1082
Sodium, Na	S1082
Selenium, Se	S1082
Tocopherol, gamma	S1082
Glycine	S1082
10:0	S1082
14:0	S1082
18:4	S1082
20:3 undifferentiated	S1082
Total lipid (fat)	S1082
Lactose	S1082
Calcium, Ca	S1082
Riboflavin	S1082
Vitamin B-6	S1082
Proline	S1082
18:2 undifferentiated	S1082
15:1	S1082
Iron, Fe	S1082
Tocopherol, delta	S1082
12:0	S1082
16:0	S1082
18:1 undifferentiated	S1082
18:3 undifferentiated	S1082
22:5 n-3	S1082
Potassium, K	S1082
Copper, Cu	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2312 of 3136

NDB No. 21263 TACO BELL, Soft Taco with steak

Niacin	S1082
Tryptophan	S1082
Threonine	S1082
Lysine	S1082
Cystine	S1082
Alanine	S1082
Serine	S1082
8:0	S1082
18:0	S1082
20:0	S1082
22:0	S1082
20:5 n-3	S1082
Fatty acids, total polyunsaturated	S1082
17:0	S1082
Protein	S1082
Phosphorus, P	S1082
Manganese, Mn	S1082
Carotene, alpha	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folate, food	S1082
Isoleucine	S1082
Phenylalanine	S1082
Arginine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082

NDB No. 21264 TACO BELL, Bean Burrito

Lactose	S1082
Phosphorus, P	S1082
Tocopherol, gamma	S1082
Cystine	S1082
Valine	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2313 of 3136

NDB No. 21264 TACO BELL, Bean Burrito

Glycine	S1082
Cholesterol	S1082
8:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
20:5 n-3	S1082
22:5 n-3	S1082
15:0	S1082
24:0	S1082
15:1	S1082
Starch	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Water	S1082
Iron, Fe	S1082
Manganese, Mn	S1082
Vitamin B-6	S1082
Methionine	S1082
Glutamic acid	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Thiamin	S1082
Folic acid	S1082
Histidine	S1082
Serine	S1082
12:0	S1082
22:6 n-3	S1082
18:4	S1082
20:1	S1082
Fatty acids, total polyunsaturated	S1082
Sucrose	S1082
Potassium, K	S1082
Carotene, beta	S1082
Tocopherol, delta	S1082
18:3 undifferentiated	S1082
17:0	S1082
Total lipid (fat)	S1082

Reference_Report

NDB No. 21264 TACO BELL, Bean Burrito

Ash	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Tocopherol, beta	S1082
Niacin	S1082
Folate, food	S1082
Lysine	S1082
Tyrosine	S1082
Alanine	S1082
Proline	S1082
22:0	S1082
Fatty acids, total monounsaturated	S1082
17:1	S1082
Sodium, Na	S1082
Cryptoxanthin, beta	S1082
Vitamin K (phylloquinone)	S1082
Isoleucine	S1082
Aspartic acid	S1082
Fatty acids, total saturated	S1082
16:0	S1082
18:0	S1082
18:2 undifferentiated	S1082
14:1	S1082
16:1 undifferentiated	S1082
22:1 undifferentiated	S1082
20:3 undifferentiated	S1082
Protein	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Selenium, Se	S1082
Pantothenic acid	S1082
Threonine	S1082
Phenylalanine	S1082
10:0	S1082
20:0	S1082
Maltose	S1082
Magnesium, Mg	S1082

Reference_Report

NDB No. 21264 TACO BELL, Bean Burrito

Riboflavin	S1082
Folate, total	S1082
Vitamin B-12	S1082
Tryptophan	S1082
Leucine	S1082
Arginine	S1082
14:0	S1082
20:2 n-6 c,c	S1082

NDB No. 21265 TACO BELL, BURRITO SUPREME with beef

Ash	S1082
Lactose	S1082
Tocopherol, beta	S1082
Vitamin B-12	S1082
Isoleucine	S1082
Tyrosine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Serine	S1082
14:0	S1082
Starch	S1082
Water	S1082
Iron, Fe	S1082
Phosphorus, P	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin K (phylloquinone)	S1082
Proline	S1082
Cholesterol	S1082
10:0	S1082
18:1 undifferentiated	S1082
Fatty acids, total monounsaturated	S1082
Protein	S1082
Fructose	S1082
Calcium, Ca	S1082
Selenium, Se	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2316 of 3136

NDB No. 21265 TACO BELL, BURRITO SUPREME with beef

Thiamin	S1082
Niacin	S1082
Threonine	S1082
Leucine	S1082
Lysine	S1082
Arginine	S1082
Histidine	S1082
12:0	S1082
18:0	S1082
18:2 undifferentiated	S1082
14:1	S1082
Fatty acids, total polyunsaturated	S1082
20:2 n-6 c,c	S1082
20:3 undifferentiated	S1082
Magnesium, Mg	S1082
Zinc, Zn	S1082
Tocopherol, delta	S1082
Folate, total	S1082
16:0	S1082
16:1 undifferentiated	S1082
15:0	S1082
15:1	S1082
Glucose (dextrose)	S1082
Maltose	S1082
Fiber, total dietary	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Vitamin D	S1082
Phenylalanine	S1082
Valine	S1082
20:4 undifferentiated	S1082
17:0	S1082
24:0	S1082
Vitamin E (alpha-tocopherol)	S1082
Folic acid	S1082
Cystine	S1082
Fatty acids, total saturated	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2317 of 3136

NDB No. 21265 TACO BELL, BURRITO SUPREME with beef

20:0	S1082
18:3 undifferentiated	S1082
18:4	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
17:1	S1082
Total lipid (fat)	S1082
Potassium, K	S1082
Sodium, Na	S1082
Cryptoxanthin, beta	S1082
Tryptophan	S1082
Alanine	S1082
Glycine	S1082
8:0	S1082
22:6 n-3	S1082
22:0	S1082
22:5 n-3	S1082
Sucrose	S1082
Tocopherol, gamma	S1082
Riboflavin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, food	S1082
Methionine	S1082
20:1	S1082

NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken

Water	S1082
Calcium, Ca	S1082
Potassium, K	S1082
Manganese, Mn	S1082
Carotene, alpha	S1082
Riboflavin	S1082
Folate, total	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2318 of 3136

NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken

Glycine	S1082
16:1 undifferentiated	S1082
Fructose	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Vitamin E (alpha-tocopherol)	S1082
Proline	S1082
8:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
20:4 undifferentiated	S1082
20:3 undifferentiated	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fiber, total dietary	S1082
Phosphorus, P	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Leucine	S1082
Cystine	S1082
Arginine	S1082
Cholesterol	S1082
22:0	S1082
15:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
Total lipid (fat)	S1082
Ash	S1082
Maltose	S1082
Magnesium, Mg	S1082
Sodium, Na	S1082
Alanine	S1082
Serine	S1082
Fatty acids, total saturated	S1082
10:0	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2319 of 3136

NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken

20:0	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Iron, Fe	S1082
Thiamin	S1082
Folate, food	S1082
Threonine	S1082
Phenylalanine	S1082
Valine	S1082
Histidine	S1082
Glutamic acid	S1082
16:0	S1082
18:3 undifferentiated	S1082
17:0	S1082
15:1	S1082
Protein	S1082
Cryptoxanthin, beta	S1082
Isoleucine	S1082
Lysine	S1082
Methionine	S1082
12:0	S1082
18:0	S1082
22:6 n-3	S1082
Copper, Cu	S1082
Vitamin B-6	S1082
Vitamin B-12	S1082
Tryptophan	S1082
14:0	S1082
14:1	S1082
20:1	S1082
20:5 n-3	S1082
24:0	S1082
Lactose	S1082
Zinc, Zn	S1082
Niacin	S1082
Pantothenic acid	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2320 of 3136

NDB No. 21266 TACO BELL, BURRITO SUPREME with chicken

Tyrosine	S1082
Aspartic acid	S1082
18:4	S1082
Fatty acids, total polyunsaturated	S1082

NDB No. 21267 TACO BELL, BURRITO SUPREME with steak

Iron, Fe	S1082
Potassium, K	S1082
Selenium, Se	S1082
Cryptoxanthin, beta	S1082
Tocopherol, delta	S1082
Pantothenic acid	S1082
Tryptophan	S1082
Proline	S1082
Cholesterol	S1082
8:0	S1082
14:0	S1082
18:2 undifferentiated	S1082
22:6 n-3	S1082
18:4	S1082
20:5 n-3	S1082
15:0	S1082
20:2 n-6 c,c	S1082
15:1	S1082
Lactose	S1082
Calcium, Ca	S1082
Tocopherol, beta	S1082
Riboflavin	S1082
Vitamin B-6	S1082
Vitamin B-12	S1082
Folic acid	S1082
Fatty acids, total saturated	S1082
10:0	S1082
18:3 undifferentiated	S1082
17:0	S1082
Starch	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2321 of 3136

NDB No. 21267 TACO BELL, BURRITO SUPREME with steak

Water	S1082
Fiber, total dietary	S1082
Lysine	S1082
Glycine	S1082
Serine	S1082
20:1	S1082
17:1	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Tocopherol, gamma	S1082
Thiamin	S1082
Folate, total	S1082
Phenylalanine	S1082
18:0	S1082
14:1	S1082
24:0	S1082
Glucose (dextrose)	S1082
Sodium, Na	S1082
Manganese, Mn	S1082
Carotene, beta	S1082
Threonine	S1082
Isoleucine	S1082
Tyrosine	S1082
Alanine	S1082
12:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
Protein	S1082
Fructose	S1082
Vitamin K (phylloquinone)	S1082
Cystine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Fatty acids, total polyunsaturated	S1082
20:3 undifferentiated	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2322 of 3136

NDB No. 21267 TACO BELL, BURRITO SUPREME with steak

Total lipid (fat)	S1082
Sucrose	S1082
Folate, food	S1082
Aspartic acid	S1082
Glutamic acid	S1082
16:0	S1082
Fatty acids, total monounsaturated	S1082
Ash	S1082
Maltose	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Niacin	S1082
Leucine	S1082
Methionine	S1082
22:0	S1082
16:1 undifferentiated	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082

NDB No. 21268 TACO BELL, Nachos

Ash	S1082
Zinc, Zn	S1082
Tocopherol, beta	S1082
Pantothenic acid	S1082
Methionine	S1082
Tyrosine	S1082
Cholesterol	S1082
10:0	S1082
14:0	S1082
18:0	S1082
Fatty acids, total monounsaturated	S1082
15:0	S1082
Starch	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2323 of 3136

NDB No. 21268 TACO BELL, Nachos

Glucose (dextrose)	S1082
Iron, Fe	S1082
Folate, total	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Isoleucine	S1082
Histidine	S1082
Aspartic acid	S1082
Proline	S1082
22:6 n-3	S1082
20:5 n-3	S1082
22:5 n-3	S1082
24:0	S1082
Fructose	S1082
Fiber, total dietary	S1082
Manganese, Mn	S1082
Thiamin	S1082
Threonine	S1082
Leucine	S1082
Lysine	S1082
Arginine	S1082
8:0	S1082
12:0	S1082
16:0	S1082
16:1 undifferentiated	S1082
18:4	S1082
Carotene, beta	S1082
Riboflavin	S1082
Cystine	S1082
Valine	S1082
20:1	S1082
Calcium, Ca	S1082
Magnesium, Mg	S1082
Sodium, Na	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Tocopherol, gamma	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2324 of 3136

NDB No. 21268 TACO BELL, Nachos

Folate, food	S1082
Phenylalanine	S1082
Alanine	S1082
Glycine	S1082
Fatty acids, total saturated	S1082
20:3 undifferentiated	S1082
Sucrose	S1082
Maltose	S1082
Copper, Cu	S1082
Selenium, Se	S1082
Glutamic acid	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
22:0	S1082
14:1	S1082
22:1 undifferentiated	S1082
Fatty acids, total polyunsaturated	S1082
20:2 n-6 c,c	S1082
15:1	S1082
Protein	S1082
Water	S1082
Cryptoxanthin, beta	S1082
Tocopherol, delta	S1082
Tryptophan	S1082
20:0	S1082
20:4 undifferentiated	S1082
17:0	S1082
Total lipid (fat)	S1082
Lactose	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Niacin	S1082
Vitamin B-6	S1082
Vitamin B-12	S1082
Serine	S1082
17:1	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2325 of 3136

NDB No. 21269 TACO BELL, Nachos Supreme

Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Vitamin B-6	S1082
Alanine	S1082
Glutamic acid	S1082
Proline	S1082
14:0	S1082
20:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Starch	S1082
Folate, total	S1082
12:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
22:1 undifferentiated	S1082
Fructose	S1082
Lactose	S1082
Fiber, total dietary	S1082
Manganese, Mn	S1082
Carotene, beta	S1082
Cryptoxanthin, beta	S1082
Pantothenic acid	S1082
Tyrosine	S1082
10:0	S1082
16:0	S1082
20:2 n-6 c,c	S1082
Glucose (dextrose)	S1082
Maltose	S1082
Water	S1082
Calcium, Ca	S1082
Copper, Cu	S1082
Carotene, alpha	S1082
Niacin	S1082
Glycine	S1082
8:0	S1082
18:4	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2326 of 3136

NDB No. 21269 TACO BELL, Nachos Supreme

20:1	S1082
22:5 n-3	S1082
17:1	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Selenium, Se	S1082
Tocopherol, beta	S1082
Riboflavin	S1082
Folic acid	S1082
Methionine	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
Fatty acids, total polyunsaturated	S1082
24:0	S1082
20:3 undifferentiated	S1082
Potassium, K	S1082
Vitamin E (alpha-tocopherol)	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Phenylalanine	S1082
Aspartic acid	S1082
18:2 undifferentiated	S1082
14:1	S1082
15:1	S1082
Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Sodium, Na	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Leucine	S1082
Lysine	S1082
Arginine	S1082
Histidine	S1082
Cholesterol	S1082
18:3 undifferentiated	S1082

Reference_Report

NDB No. 21269 TACO BELL, Nachos Supreme

16:1 undifferentiated	S1082
Sucrose	S1082
Iron, Fe	S1082
Zinc, Zn	S1082
Thiamin	S1082
Isoleucine	S1082
Cystine	S1082
Valine	S1082
Serine	S1082
Fatty acids, total saturated	S1082
22:0	S1082
15:0	S1082
17:0	S1082

NDB No. 21270 TACO BELL, Taco Salad

Maltose	S1082
Manganese, Mn	S1082
Folate, total	S1082
Folic acid	S1082
Serine	S1082
18:3 undifferentiated	S1082
24:0	S1082
Ash	S1082
Carotene, alpha	S1082
Vitamin B-6	S1082
Folate, food	S1082
Isoleucine	S1082
Glutamic acid	S1082
8:0	S1082
18:0	S1082
18:1 undifferentiated	S1082
20:1	S1082
17:0	S1082
Starch	S1082
Sucrose	S1082
Copper, Cu	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 2328 of 3136

NDB No. 21270 TACO BELL, Taco Salad

Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Thiamin	S1082
Vitamin K (phylloquinone)	S1082
Phenylalanine	S1082
Alanine	S1082
20:0	S1082
14:1	S1082
22:1 undifferentiated	S1082
15:0	S1082
17:1	S1082
Total lipid (fat)	S1082
Fiber, total dietary	S1082
Zinc, Zn	S1082
Vitamin B-12	S1082
Lysine	S1082
Valine	S1082
Proline	S1082
12:0	S1082
16:0	S1082
18:4	S1082
22:5 n-3	S1082
Glucose (dextrose)	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Phosphorus, P	S1082
Tocopherol, delta	S1082
Niacin	S1082
Threonine	S1082
Methionine	S1082
16:1 undifferentiated	S1082
Fatty acids, total polyunsaturated	S1082
Protein	S1082
Lactose	S1082
Water	S1082
Sodium, Na	S1082
Vitamin E (alpha-tocopherol)	S1082

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2329 of 3136

NDB No. 21270 TACO BELL, Taco Salad

Riboflavin	S1082
Tryptophan	S1082
Tyrosine	S1082
Histidine	S1082
Aspartic acid	S1082
10:0	S1082
14:0	S1082
18:2 undifferentiated	S1082
22:0	S1082
Fructose	S1082
Magnesium, Mg	S1082
Cryptoxanthin, beta	S1082
Pantothenic acid	S1082
Leucine	S1082
Cystine	S1082
Arginine	S1082
Glycine	S1082
Cholesterol	S1082
20:4 undifferentiated	S1082
20:3 undifferentiated	S1082
Potassium, K	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Fatty acids, total saturated	S1082
22:6 n-3	S1082
20:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
20:2 n-6 c,c	S1082
15:1	S1082

NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

Maltose	S2108
Water	S2108
Selenium, Se	S2108
Tryptophan	S2108
Leucine	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2330 of 3136

NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

Aspartic acid	S2108
14:0	S2108
14:1	S2108
Ash	S2108
Sugars, total	S2108
Galactose	S2108
Retinol	S2108
Vitamin B-12	S2108
16:0	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:1	S2108
17:1	S2108
Protein	S2108
Total lipid (fat)	S2108
Cryptoxanthin, beta	S4901
Tocopherol, delta	S2108
Vitamin B-6	S2108
Cystine	S2108
Alanine	S2108
Glutamic acid	S2108
Serine	S2108
15:1	S2108
Fructose	S2108
Lycopene	S4901
Tocopherol, gamma	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Cholesterol	S2108
15:0	S2108
20:2 n-6 c,c	S2108
18:3 n-3 c,c,c	S2108
Magnesium, Mg	S2108
Copper, Cu	S2108
Tocopherol, beta	S2108
Threonine	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2331 of 3136

NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

Isoleucine	S2108
Lysine	S2108
Methionine	S2108
Fatty acids, total saturated	S2108
18:1 undifferentiated	S2108
Fatty acids, total polyunsaturated	S2108
Potassium, K	S2108
Carotene, beta	S4901
Pantothenic acid	S2108
Phenylalanine	S2108
8:0	S2108
18:0	S2108
22:0	S2108
Fatty acids, total monounsaturated	S2108
Calcium, Ca	S2108
Phosphorus, P	S2108
Manganese, Mn	S2108
Vitamin E (alpha-tocopherol)	S2108
Niacin	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Glycine	S2108
Proline	S2108
12:0	S2108
17:0	S2108
18:3 n-6 c,c,c	S2108
20:3 undifferentiated	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Lactose	S2108
Fiber, total dietary	S2108
Iron, Fe	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Carotene, alpha	S4901

Reference_Report

NDB No. 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

Lutein + zeaxanthin	S4901
Vitamin K (phylloquinone)	S2108
Tyrosine	S2108
10:0	S2108
20:0	S2108
20:4 undifferentiated	S2108
16:1 undifferentiated	S2108

NDB No. 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust

Ash	S2108
Galactose	S2108
Calcium, Ca	S2108
Retinol	S2108
18:0	S2108
18:1 undifferentiated	S2108
14:1	S2108
Fatty acids, total monounsaturated	S2108
Fructose	S2108
Copper, Cu	S2108
Vitamin C, total ascorbic acid	S2108
Vitamin K (phylloquinone)	S2108
Lysine	S2108
Glycine	S2108
Proline	S2108
Fatty acids, total saturated	S2108
16:0	S2108
20:4 undifferentiated	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
Total lipid (fat)	S2108
Lactose	S2108
Manganese, Mn	S2108
Tocopherol, beta	S2108
Cholesterol	S2108
8:0	S2108
17:0	S2108

Reference Report

JUL-17-2008 02:00 PM

Page 2333 of 3136

NDB No. 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust

Sucrose	S2108
Glucose (dextrose)	S2108
Sodium, Na	S2108
Selenium, Se	S2108
Thiamin	S2108
Vitamin B-6	S2108
Leucine	S2108
Methionine	S2108
Cystine	S2108
Alanine	S2108
12:0	S2108
Water	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Zinc, Zn	S2108
Tocopherol, delta	S2108
Isoleucine	S2108
Tyrosine	S2108
Histidine	S2108
10:0	S2108
16:1 undifferentiated	S2108
17:1	S2108
Starch	S2108
Sugars, total	S2108
Vitamin E (alpha-tocopherol)	S2108
Tocopherol, gamma	S2108
Riboflavin	S2108
Pantothenic acid	S2108
Threonine	S2108
Arginine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Serine	S2108
18:3 undifferentiated	S2108
22:0	S2108
20:1	S2108
18:3 n-3 c,c,c	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2334 of 3136

NDB No. 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust

Protein	S2108
Fiber, total dietary	S2108
Niacin	S2108
Phenylalanine	S2108
14:0	S2108
20:0	S2108
18:2 undifferentiated	S2108
15:0	S2108
20:3 undifferentiated	S2108
Maltose	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Vitamin B-12	S2108
Tryptophan	S2108
Valine	S2108
Fatty acids, total polyunsaturated	S2108
15:1	S2108

NDB No. 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Starch	S2108
Water	S2108
Retinol	S2108
Vitamin K (phylloquinone)	S2108
8:0	S2108
10:0	S2108
12:0	S2108
16:1 undifferentiated	S2108
Fatty acids, total polyunsaturated	S2108
20:3 undifferentiated	S2108
18:3 n-3 c,c,c	S2108
Protein	S2108
Fructose	S2108
Phosphorus, P	S2108
Zinc, Zn	S2108
Manganese, Mn	S2108
Tocopherol, beta	S2108

Reference Report

JUL-17-2008 02:00 PM

Page 2335 of 3136

NDB No. 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Isoleucine	S2108
Leucine	S2108
Cystine	S2108
16:0	S2108
18:2 undifferentiated	S2108
14:1	S2108
20:1	S2108
15:0	S2108
18:3 n-6 c,c,c	S2108
15:1	S2108
Magnesium, Mg	S2108
Niacin	S2108
Vitamin B-12	S2108
Tyrosine	S2108
Valine	S2108
Glycine	S2108
Proline	S2108
20:2 n-6 c,c	S2108
17:1	S2108
Ash	S2108
Maltose	S2108
Thiamin	S2108
Histidine	S2108
14:0	S2108
20:0	S2108
Glucose (dextrose)	S2108
Selenium, Se	S2108
Vitamin E (alpha-tocopherol)	S2108
Vitamin B-6	S2108
Tryptophan	S2108
Aspartic acid	S2108
Cholesterol	S2108
18:1 undifferentiated	S2108
Lactose	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2336 of 3136

NDB No. 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Vitamin C, total ascorbic acid	S2108
Threonine	S2108
Lysine	S2108
Methionine	S2108
22:0	S2108
Total lipid (fat)	S2108
Calcium, Ca	S2108
Potassium, K	S2108
Tocopherol, gamma	S2108
Phenylalanine	S2108
Alanine	S2108
Glutamic acid	S2108
Serine	S2108
Fatty acids, total saturated	S2108
18:0	S2108
18:3 undifferentiated	S2108
Fatty acids, total monounsaturated	S2108
Sucrose	S2108
Iron, Fe	S2108
Sodium, Na	S2108
Copper, Cu	S2108
Tocopherol, delta	S2108
Riboflavin	S2108
Pantothenic acid	S2108
Arginine	S2108
20:4 undifferentiated	S2108
17:0	S2108

NDB No. 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Protein	S2108
Glucose (dextrose)	S2108
Lactose	S2108
Galactose	S2108
Fiber, total dietary	S2108
Selenium, Se	S2108
Methionine	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2337 of 3136

NDB No. 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Tyrosine	S2108
Glutamic acid	S2108
18:0	S2108
22:0	S2108
20:2 n-6 c,c	S2108
20:3 undifferentiated	S2108
15:1	S2108
Ash	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Vitamin E (alpha-tocopherol)	S2108
Leucine	S2108
Cholesterol	S2108
18:1 undifferentiated	S2108
Sucrose	S2108
Fructose	S2108
Maltose	S2108
Zinc, Zn	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Fatty acids, total monounsaturated	S2108
17:1	S2108
18:3 n-3 c,c,c	S2108
Starch	S2108
Calcium, Ca	S2108
Potassium, K	S2108
Tocopherol, gamma	S2108
Threonine	S2108
Lysine	S2108
Arginine	S2108
Histidine	S2108
14:0	S2108
18:2 undifferentiated	S2108
20:4 undifferentiated	S2108
20:1	S2108
Fatty acids, total polyunsaturated	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2338 of 3136

NDB No. 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust

15:0	S2108
Iron, Fe	S2108
Copper, Cu	S2108
Tocopherol, beta	S2108
Tocopherol, delta	S2108
Phenylalanine	S2108
Aspartic acid	S2108
Fatty acids, total saturated	S2108
16:1 undifferentiated	S2108
Total lipid (fat)	S2108
Water	S2108
Sodium, Na	S2108
Manganese, Mn	S2108
Vitamin B-12	S2108
Cystine	S2108
Valine	S2108
Proline	S2108
8:0	S2108
16:0	S2108
20:0	S2108
14:1	S2108
Sugars, total	S2108
Vitamin B-6	S2108
Vitamin K (phylloquinone)	S2108
Isoleucine	S2108
Alanine	S2108
10:0	S2108
18:3 undifferentiated	S2108
Retinol	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Tryptophan	S2108
Glycine	S2108
Serine	S2108
12:0	S2108
17:0	S2108
18:3 n-6 c,c,c	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2339 of 3136

NDB No. 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Protein	S2108
Ash	S2108
Fiber, total dietary	S2108
Vitamin E (alpha-tocopherol)	S2108
Serine	S2108
Cholesterol	S2108
Copper, Cu	S2108
Tocopherol, beta	S2108
Niacin	S2108
Vitamin B-12	S2108
Tyrosine	S2108
Valine	S2108
18:2 undifferentiated	S2108
Lactose	S2108
Sugars, total	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin K (phylloquinone)	S2108
Lysine	S2108
Phenylalanine	S2108
Fatty acids, total saturated	S2108
14:0	S2108
18:0	S2108
22:0	S2108
Fatty acids, total polyunsaturated	S2108
17:1	S2108
Total lipid (fat)	S2108
Maltose	S2108
Sodium, Na	S2108
Threonine	S2108
Histidine	S2108
Proline	S2108
18:3 n-3 c,c,c	S2108
Fructose	S2108
Water	S2108
Galactose	S2108
Iron, Fe	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2340 of 3136

NDB No. 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Magnesium, Mg	S2108
Potassium, K	S2108
Selenium, Se	S2108
Thiamin	S2108
Riboflavin	S2108
Pantothenic acid	S2108
Tryptophan	S2108
Cystine	S2108
Glutamic acid	S2108
20:0	S2108
16:1 undifferentiated	S2108
18:3 n-6 c,c,c	S2108
20:3 undifferentiated	S2108
Starch	S2108
Zinc, Zn	S2108
Manganese, Mn	S2108
Retinol	S2108
Methionine	S2108
18:1 undifferentiated	S2108
20:1	S2108
17:0	S2108
Phosphorus, P	S2108
Vitamin C, total ascorbic acid	S2108
Isoleucine	S2108
Leucine	S2108
Arginine	S2108
Alanine	S2108
8:0	S2108
10:0	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
20:2 n-6 c,c	S2108
15:1	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Calcium, Ca	S2108
Vitamin B-6	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2341 of 3136

NDB No. 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Aspartic acid	S2108
Glycine	S2108
12:0	S2108
16:0	S2108
14:1	S2108
Fatty acids, total monounsaturated	S2108
15:0	S2108

NDB No. 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Starch	S2108
Maltose	S2108
Calcium, Ca	S2108
Potassium, K	S2108
Tocopherol, gamma	S2108
Niacin	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
18:3 n-6 c,c,c	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Selenium, Se	S2108
Pantothenic acid	S2108
Tyrosine	S2108
Histidine	S2108
Aspartic acid	S2108
Serine	S2108
14:1	S2108
17:0	S2108
Total lipid (fat)	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Tryptophan	S2108
Isoleucine	S2108
Lysine	S2108
Proline	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2342 of 3136

NDB No. 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust

8:0	S2108
22:0	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108
Lactose	S2108
Galactose	S2108
Phosphorus, P	S2108
Vitamin E (alpha-tocopherol)	S2108
Tocopherol, beta	S2108
Tocopherol, delta	S2108
Vitamin K (phylloquinone)	S2108
Threonine	S2108
Arginine	S2108
Alanine	S2108
18:0	S2108
18:2 undifferentiated	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total polyunsaturated	S2108
20:3 undifferentiated	S2108
Fiber, total dietary	S2108
Zinc, Zn	S2108
Manganese, Mn	S2108
Thiamin	S2108
Glutamic acid	S2108
12:0	S2108
20:0	S2108
20:4 undifferentiated	S2108
Retinol	S2108
Cholesterol	S2108
15:0	S2108
20:2 n-6 c,c	S2108
17:1	S2108
Protein	S2108
Water	S2108
Sugars, total	S2108
Sodium, Na	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2343 of 3136

NDB No. 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Copper, Cu	S2108
Riboflavin	S2108
Methionine	S2108
Phenylalanine	S2108
Glycine	S2108
Fatty acids, total saturated	S2108
10:0	S2108
14:0	S2108
Fatty acids, total monounsaturated	S2108
Ash	S2108
Vitamin C, total ascorbic acid	S2108
Leucine	S2108
Cystine	S2108
Valine	S2108
16:0	S2108
18:1 undifferentiated	S2108

NDB No. 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Glucose (dextrose)	S2110
Sugars, total	S2110
Potassium, K	S2110
Retinol	S2110
Vitamin E (alpha-tocopherol)	S2110
Tocopherol, beta	S2110
Riboflavin	S2110
10:0	S2110
22:1 undifferentiated	S2110
22:5 n-3	S2110
20:3 undifferentiated	S2110
Iron, Fe	S2110
Vitamin D	S2110
Tocopherol, delta	S2110
Pantothenic acid	S2110
14:0	S2110
20:0	S2110
14:1	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2344 of 3136

NDB No. 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

24:0	S2110
18:3 n-6 c,c,c	S2110
Protein	S2110
Sodium, Na	S2110
Tocopherol, gamma	S2110
Vitamin K (phylloquinone)	S2110
20:4 undifferentiated	S2110
16:1 undifferentiated	S2110
Fatty acids, total monounsaturated	S2110
Starch	S2110
Sucrose	S2110
Calcium, Ca	S2110
Selenium, Se	S2110
Vitamin B-6	S2110
8:0	S2110
18:0	S2110
22:6 n-3	S2110
18:4	S2110
Fatty acids, total polyunsaturated	S2110
20:2 n-6 c,c	S2110
Total lipid (fat)	S2110
Lactose	S2110
Magnesium, Mg	S2110
Vitamin B-12	S2110
Fatty acids, total saturated	S2110
12:0	S2110
18:3 undifferentiated	S2110
17:0	S2110
Ash	S2110
Manganese, Mn	S2110
18:2 undifferentiated	S2110
13:0	S2110
15:1	S2110
Fructose	S2110
Phosphorus, P	S2110
Copper, Cu	S2110
Thiamin	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2345 of 3136

NDB No. 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

16:0	S2110
18:1 undifferentiated	S2110
20:1	S2110
20:5 n-3	S2110
17:1	S2110
Maltose	S2110
Water	S2110
Galactose	S2110
Fiber, total dietary	S2110
Zinc, Zn	S2110
Vitamin C, total ascorbic acid	S2110
Niacin	S2110
22:0	S2110
15:0	S2110
18:3 n-3 c,c,c	S2110

NDB No. 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Starch	S2110
Sucrose	S2110
Maltose	S2110
Iron, Fe	S2110
Phosphorus, P	S2110
Tocopherol, delta	S2110
Lysine	S2110
Tyrosine	S2110
Glycine	S2110
10:0	S2110
12:0	S2110
18:2 undifferentiated	S2110
20:2 n-6 c,c	S2110
15:1	S2110
Total lipid (fat)	S2110
Glucose (dextrose)	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Copper, Cu	S2110

Reference Report

JUL-17-2008 02:00 PM

Page 2346 of 3136

NDB No. 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Vitamin C, total ascorbic acid	S2110
Threonine	S2110
Alanine	S2110
Glutamic acid	S2110
Fatty acids, total polyunsaturated	S2110
17:0	S2110
Fructose	S2110
Lactose	S2110
Zinc, Zn	S2110
Tocopherol, gamma	S2110
Thiamin	S2110
Pantothenic acid	S2110
Phenylalanine	S2110
Serine	S2110
22:0	S2110
14:1	S2110
20:1	S2110
18:3 n-6 c,c,c	S2110
20:3 undifferentiated	S2110
Protein	S2110
Ash	S2110
Tocopherol, beta	S2110
Aspartic acid	S2110
Fatty acids, total saturated	S2110
Fatty acids, total monounsaturated	S2110
17:1	S2110
18:3 n-3 c,c,c	S2110
Water	S2110
Sugars, total	S2110
Manganese, Mn	S2110
Vitamin E (alpha-tocopherol)	S2110
Riboflavin	S2110
Methionine	S2110
Arginine	S2110
15:0	S2110
Retinol	S2110
Leucine	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2347 of 3136

NDB No. 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Valine	S2110
Histidine	S2110
14:0	S2110
16:0	S2110
Galactose	S2110
Vitamin B-12	S2110
Tryptophan	S2110
18:1 undifferentiated	S2110
16:1 undifferentiated	S2110
Magnesium, Mg	S2110
Potassium, K	S2110
Selenium, Se	S2110
Niacin	S2110
Vitamin K (phylloquinone)	S2110
Isoleucine	S2110
Cystine	S2110
Proline	S2110
8:0	S2110
18:0	S2110
20:0	S2110
20:4 undifferentiated	S2110

NDB No. 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Starch	S2110
Maltose	S2110
Selenium, Se	S2110
Tryptophan	S2110
Cystine	S2110
Phenylalanine	S2110
Histidine	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Water	S2110
Fiber, total dietary	S2110
Copper, Cu	S2110
Manganese, Mn	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2348 of 3136

NDB No. 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Thiamin	S2110
Vitamin B-12	S2110
Leucine	S2110
Fatty acids, total saturated	S2110
8:0	S2110
16:0	S2110
Total lipid (fat)	S2110
Fructose	S2110
Threonine	S2110
Methionine	S2110
Arginine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
16:1 undifferentiated	S2110
Fatty acids, total polyunsaturated	S2110
17:0	S2110
18:3 n-3 c,c,c	S2110
Ash	S2110
Sugars, total	S2110
Potassium, K	S2110
Vitamin C, total ascorbic acid	S2110
Pantothenic acid	S2110
Vitamin K (phylloquinone)	S2110
Lysine	S2110
Tyrosine	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
14:1	S2110
17:1	S2110
Glucose (dextrose)	S2110
Lactose	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Tocopherol, beta	S2110
10:0	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2349 of 3136

NDB No. 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

18:0	S2110
18:2 undifferentiated	S2110
Sucrose	S2110
Iron, Fe	S2110
Riboflavin	S2110
Valine	S2110
12:0	S2110
14:0	S2110
15:0	S2110
20:2 n-6 c,c	S2110
15:1	S2110
Protein	S2110
Galactose	S2110
Zinc, Zn	S2110
Retinol	S2110
Vitamin E (alpha-tocopherol)	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Niacin	S2110
Isoleucine	S2110
20:4 undifferentiated	S2110
20:3 undifferentiated	S2110
20:0	S2110
18:1 undifferentiated	S2110
22:0	S2110
18:3 n-6 c,c,c	S2110

NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Retinol	S2110
Tocopherol, beta	S2110
Riboflavin	S2110
Isoleucine	S2110
18:1 undifferentiated	S2110
24:0	S2110
Potassium, K	S2110
Copper, Cu	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2350 of 3136

NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Niacin	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Valine	S2110
16:0	S2110
20:4 undifferentiated	S2110
20:5 n-3	S2110
Protein	S2110
Total lipid (fat)	S2110
Iron, Fe	S2110
Zinc, Zn	S2110
Vitamin B-6	S2110
18:4	S2110
Fatty acids, total monounsaturated	S2110
Starch	S2110
Fructose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Vitamin E (alpha-tocopherol)	S2110
Vitamin D	S2110
Tyrosine	S2110
Fatty acids, total saturated	S2110
18:0	S2110
18:2 undifferentiated	S2110
22:6 n-3	S2110
14:1	S2110
20:1	S2110
15:0	S2110
13:0	S2110
18:3 n-3 c,c,c	S2110
Ash	S2110
Sucrose	S2110
Maltose	S2110
Galactose	S2110
Phosphorus, P	S2110
Thiamin	S2110
Lysine	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2351 of 3136

NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Cystine	S2110
Arginine	S2110
Glycine	S2110
Proline	S2110
8:0	S2110
16:1 undifferentiated	S2110
Fatty acids, total polyunsaturated	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
Glucose (dextrose)	S2110
Water	S2110
Manganese, Mn	S2110
Tocopherol, gamma	S2110
Tryptophan	S2110
Alanine	S2110
Glutamic acid	S2110
14:0	S2110
20:0	S2110
18:3 undifferentiated	S2110
Lactose	S2110
Selenium, Se	S2110
Threonine	S2110
Phenylalanine	S2110
Histidine	S2110
Serine	S2110
17:0	S2110
20:3 undifferentiated	S2110
15:1	S2110
Sugars, total	S2110
Magnesium, Mg	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Pantothenic acid	S2110
Leucine	S2110
Methionine	S2110
Aspartic acid	S2110
10:0	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2352 of 3136

NDB No. 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

12:0	S2110
22:0	S2110
22:1 undifferentiated	S2110
22:5 n-3	S2110
20:2 n-6 c,c	S2110

NDB No. 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Protein	S2110
Tryptophan	S2110
Cystine	S2110
Tyrosine	S2110
Arginine	S2110
Total lipid (fat)	S2110
Magnesium, Mg	S2110
Tocopherol, delta	S2110
8:0	S2110
22:0	S2110
17:0	S2110
Starch	S2110
Phosphorus, P	S2110
Zinc, Zn	S2110
Thiamin	S2110
Threonine	S2110
Glycine	S2110
18:2 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
20:2 n-6 c,c	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Galactose	S2110
Tocopherol, beta	S2110
Niacin	S2110
Histidine	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2353 of 3136

NDB No. 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Serine	S2110
Fatty acids, total saturated	S2110
16:0	S2110
18:1 undifferentiated	S2110
Fatty acids, total polyunsaturated	S2110
Retinol	S2110
Vitamin E (alpha-tocopherol)	S2110
Isoleucine	S2110
Valine	S2110
Alanine	S2110
Aspartic acid	S2110
Proline	S2110
12:0	S2110
20:4 undifferentiated	S2110
15:1	S2110
Ash	S2110
Sucrose	S2110
Water	S2110
Sugars, total	S2110
Iron, Fe	S2110
Vitamin B-12	S2110
Phenylalanine	S2110
10:0	S2110
20:0	S2110
Vitamin C, total ascorbic acid	S2110
Pantothenic acid	S2110
Vitamin K (phylloquinone)	S2110
Leucine	S2110
Methionine	S2110
Glutamic acid	S2110
14:1	S2110
15:0	S2110
17:1	S2110
Fiber, total dietary	S2110
Potassium, K	S2110
Copper, Cu	S2110
Manganese, Mn	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2354 of 3136

NDB No. 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Selenium, Se	S2110
Tocopherol, gamma	S2110
Riboflavin	S2110
Lysine	S2110
14:0	S2110
18:0	S2110
16:1 undifferentiated	S2110
18:3 n-6 c,c,c	S2110
20:3 undifferentiated	S2110
18:3 n-3 c,c,c	S2110

NDB No. 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Protein	S2110
Sucrose	S2110
Copper, Cu	S2110
Retinol	S2110
Tocopherol, delta	S2110
Vitamin B-12	S2110
Phenylalanine	S2110
16:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
Total lipid (fat)	S2110
Starch	S2110
Glucose (dextrose)	S2110
Maltose	S2110
Thiamin	S2110
Pantothenic acid	S2110
Isoleucine	S2110
Valine	S2110
Glycine	S2110
14:1	S2110
18:3 n-3 c,c,c	S2110
Lactose	S2110
Iron, Fe	S2110
Riboflavin	S2110

Reference Report

JUL-17-2008 02:00 PM

Page 2355 of 3136

NDB No. 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Methionine	S2110
Tyrosine	S2110
Aspartic acid	S2110
Fatty acids, total saturated	S2110
10:0	S2110
12:0	S2110
22:0	S2110
Fructose	S2110
Selenium, Se	S2110
Leucine	S2110
Lysine	S2110
Alanine	S2110
8:0	S2110
14:0	S2110
18:0	S2110
18:2 undifferentiated	S2110
Magnesium, Mg	S2110
Potassium, K	S2110
Vitamin C, total ascorbic acid	S2110
Histidine	S2110
Glutamic acid	S2110
Proline	S2110
20:2 n-6 c,c	S2110
Galactose	S2110
Zinc, Zn	S2110
Manganese, Mn	S2110
Vitamin E (alpha-tocopherol)	S2110
Tocopherol, beta	S2110
Tryptophan	S2110
Threonine	S2110
Arginine	S2110
20:4 undifferentiated	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
15:0	S2110
18:3 n-6 c,c,c	S2110

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2356 of 3136

NDB No. 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

15:1	S2110
Ash	S2110
Water	S2110
Niacin	S2110
Vitamin K (phylloquinone)	S2110
Cystine	S2110
Serine	S2110
Fatty acids, total polyunsaturated	S2110
17:0	S2110
Sugars, total	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Phosphorus, P	S2110
Tocopherol, gamma	S2110
17:1	S2110
20:3 undifferentiated	S2110

NDB No. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

Sucrose	S2111
Fructose	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Zinc, Zn	S2111
Manganese, Mn	S2111
Cryptoxanthin, beta	S4901
Tocopherol, gamma	S2111
Niacin	S2111
Vitamin B-12	S2111
8:0	S2111
18:0	S2111
18:2 undifferentiated	S2111
22:6 n-3	S2111
15:0	S2111
18:3 n-6 c,c,c	S2111
20:3 undifferentiated	S2111
Glucose (dextrose)	S2111

Reference Report

JUL-17-2008 02:00 PM

Page 2357 of 3136

NDB No. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

Magnesium, Mg	S2111
Vitamin E (alpha-tocopherol)	S2111
Vitamin C, total ascorbic acid	S2111
Vitamin K (phylloquinone)	S2111
Total lipid (fat)	S2111
Lactose	S2111
Galactose	S2111
Fiber, total dietary	S2111
Thiamin	S2111
Folate, total	S2111
16:0	S2111
20:4 undifferentiated	S2111
22:0	S2111
17:0	S2111
24:0	S2111
Water	S2111
Sugars, total	S2111
Selenium, Se	S2111
Tocopherol, beta	S2111
Riboflavin	S2111
14:0	S2111
14:1	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:1	S2111
Ash	S2111
Maltose	S2111
Phosphorus, P	S2111
Copper, Cu	S2111
Retinol	S2111
Carotene, beta	S4901
Lycopene	S4901
Tocopherol, delta	S2111
Fatty acids, total saturated	S2111
18:1 undifferentiated	S2111
16:1 undifferentiated	S2111
20:1	S2111

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2358 of 3136

NDB No. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

20:2 n-6 c,c	S2111
17:1	S2111
Starch	S2111
Carotene, alpha	S4901
Lutein + zeaxanthin	S4901
Folate, food	S2111
Cholesterol	S2111
18:4	S2111
22:5 n-3	S2111
13:0	S2111
Potassium, K	S2111
Sodium, Na	S2111
Vitamin D	S2111
Pantothenic acid	S2111
Vitamin B-6	S2111
Folic acid	S2111
10:0	S2111
20:0	S2111
22:1 undifferentiated	S2111
18:3 n-3 c,c,c	S2111
Protein	S2111
12:0	S2111
18:3 undifferentiated	S2111
20:5 n-3	S2111

NDB No. 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Sucrose	S2111
Maltose	S2111
Calcium, Ca	S2111
Magnesium, Mg	S2111
Vitamin D	S2111
Tocopherol, delta	S2111
Vitamin B-6	S2111
20:5 n-3	S2111
20:3 undifferentiated	S2111
15:1	S2111

Reference Report

JUL-17-2008 02:00 PM

Page 2359 of 3136

NDB No. 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Fiber, total dietary	S2111
Potassium, K	S2111
Copper, Cu	S2111
Riboflavin	S2111
8:0	S2111
20:2 n-6 c,c	S2111
17:1	S2111
Protein	S2111
Glucose (dextrose)	S2111
Sugars, total	S2111
Galactose	S2111
Phosphorus, P	S2111
Sodium, Na	S2111
Manganese, Mn	S2111
Vitamin E (alpha-tocopherol)	S2111
Tocopherol, gamma	S2111
Niacin	S2111
Pantothenic acid	S2111
12:0	S2111
20:4 undifferentiated	S2111
18:4	S2111
Lactose	S2111
Retinol	S2111
Folate, total	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Cholesterol	S2111
18:2 undifferentiated	S2111
22:6 n-3	S2111
22:1 undifferentiated	S2111
18:3 n-3 c,c,c	S2111
Folate, food	S2111
16:0	S2111
18:1 undifferentiated	S2111
Fatty acids, total monounsaturated	S2111
17:0	S2111
24:0	S2111

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2360 of 3136

NDB No. 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Starch	S2111
Fructose	S2111
Iron, Fe	S2111
Zinc, Zn	S2111
Selenium, Se	S2111
Tocopherol, beta	S2111
Fatty acids, total saturated	S2111
20:0	S2111
22:0	S2111
14:1	S2111
15:0	S2111
Ash	S2111
Water	S2111
Thiamin	S2111
Folic acid	S2111
18:0	S2111
18:3 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total polyunsaturated	S2111
Total lipid (fat)	S2111
Vitamin C, total ascorbic acid	S2111
10:0	S2111
14:0	S2111
16:1 undifferentiated	S2111
20:1	S2111
18:3 n-6 c,c,c	S2111
13:0	S2111

NDB No. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

Iron, Fe	S2111
Copper, Cu	S2111
Tocopherol, gamma	S2111
Isoleucine	S2111
Lysine	S2111
Tyrosine	S2111
20:1	S2111

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2361 of 3136

NDB No. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

22:1 undifferentiated	S2111
Water	S2111
Magnesium, Mg	S2111
Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Tocopherol, delta	S2111
Tryptophan	S2111
Leucine	S2111
Cystine	S2111
Phenylalanine	S2111
Alanine	S2111
Aspartic acid	S2111
Cholesterol	S2111
17:1	S2111
Protein	S2111
Fructose	S2111
Fiber, total dietary	S2111
Phosphorus, P	S2111
Thiamin	S2111
Vitamin B-12	S2111
Folic acid	S2111
14:0	S2111
22:6 n-3	S2111
17:0	S2111
24:0	S2111
20:3 undifferentiated	S2111
Sugars, total	S2111
Calcium, Ca	S2111
Folate, total	S2111
Vitamin K (phylloquinone)	S2111
Histidine	S2111
16:0	S2111
20:0	S2111
18:2 undifferentiated	S2111
22:0	S2111
Fatty acids, total polyunsaturated	S2111

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2362 of 3136

NDB No. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

Vitamin C, total ascorbic acid	S2111
Niacin	S2111
Folate, food	S2111
Threonine	S2111
Glycine	S2111
Serine	S2111
12:0	S2111
Total lipid (fat)	S2111
Starch	S2111
Lactose	S2111
Maltose	S2111
Manganese, Mn	S2111
Methionine	S2111
Valine	S2111
Glutamic acid	S2111
Proline	S2111
18:0	S2111
20:4 undifferentiated	S2111
18:4	S2111
20:5 n-3	S2111
15:1	S2111
Glucose (dextrose)	S2111
Galactose	S2111
Selenium, Se	S2111
Retinol	S2111
Vitamin E (alpha-tocopherol)	S2111
Tocopherol, beta	S2111
Riboflavin	S2111
Pantothenic acid	S2111
Fatty acids, total saturated	S2111
8:0	S2111
18:1 undifferentiated	S2111
18:3 undifferentiated	S2111
14:1	S2111
16:1 undifferentiated	S2111
Fatty acids, total monounsaturated	S2111
13:0	S2111

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2363 of 3136

NDB No. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

Ash	S2111
Sucrose	S2111
Arginine	S2111
10:0	S2111
22:5 n-3	S2111
15:0	S2111

NDB No. 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Aspartic acid	S2111
Fatty acids, total saturated	S2111
18:2 undifferentiated	S2111
15:0	S2111
Phosphorus, P	S2111
Pantothenic acid	S2111
Leucine	S2111
14:0	S2111
14:1	S2111
Fructose	S2111
Sugars, total	S2111
Galactose	S2111
Vitamin C, total ascorbic acid	S2111
Niacin	S2111
Cystine	S2111
Tyrosine	S2111
Glutamic acid	S2111
10:0	S2111
22:6 n-3	S2111
16:1 undifferentiated	S2111
18:4	S2111
20:1	S2111
Fatty acids, total monounsaturated	S2111
13:0	S2111
15:1	S2111
Calcium, Ca	S2111
Potassium, K	S2111
Zinc, Zn	S2111

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2364 of 3136

NDB No. 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Selenium, Se	S2111
Vitamin E (alpha-tocopherol)	S2111
Glycine	S2111
Fatty acids, total polyunsaturated	S2111
Protein	S2111
Fiber, total dietary	S2111
Magnesium, Mg	S2111
Copper, Cu	S2111
Thiamin	S2111
Vitamin B-12	S2111
Threonine	S2111
Arginine	S2111
Histidine	S2111
12:0	S2111
18:1 undifferentiated	S2111
22:1 undifferentiated	S2111
20:3 undifferentiated	S2111
Total lipid (fat)	S2111
Sucrose	S2111
Iron, Fe	S2111
Sodium, Na	S2111
Tocopherol, beta	S2111
Tocopherol, delta	S2111
Isoleucine	S2111
Lysine	S2111
Alanine	S2111
Cholesterol	S2111
22:0	S2111
22:5 n-3	S2111
17:0	S2111
Ash	S2111
Glucose (dextrose)	S2111
Maltose	S2111
Water	S2111
Manganese, Mn	S2111
Tocopherol, gamma	S2111
Vitamin K (phylloquinone)	S2111

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2365 of 3136

NDB No. 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Tryptophan	S2111
8:0	S2111
18:0	S2111
20:0	S2111
20:4 undifferentiated	S2111
24:0	S2111
Starch	S2111
Lactose	S2111
Retinol	S2111
Riboflavin	S2111
Methionine	S2111
Phenylalanine	S2111
Valine	S2111
Proline	S2111
Serine	S2111
16:0	S2111
18:3 undifferentiated	S2111
20:5 n-3	S2111
17:1	S2111

NDB No. 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Sucrose	S2112
Sugars, total	S2112
Galactose	S2112
Riboflavin	S2112
Magnesium, Mg	S2112
Pantothenic acid	S2112
22:0	S2112
Sodium, Na	S2112
Copper, Cu	S2112
Vitamin B-12	S2112
12:0	S2112
20:1	S2112
Fatty acids, total polyunsaturated	S2112
17:1	S2112
Starch	S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2366 of 3136

NDB No. 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Vitamin E (alpha-tocopherol)	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
16:1 undifferentiated	S2112
18:3 n-6 c,c,c	S2112
20:3 undifferentiated	S2112
Ash	S2112
Glucose (dextrose)	S2112
Lactose	S2112
Fiber, total dietary	S2112
Manganese, Mn	S2112
Vitamin C, total ascorbic acid	S2112
Niacin	S2112
15:1	S2112
Protein	S2112
Potassium, K	S2112
Zinc, Zn	S2112
10:0	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
Total lipid (fat)	S2112
Maltose	S2112
Water	S2112
Phosphorus, P	S2112
Selenium, Se	S2112
Retinol	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Thiamin	S2112
Vitamin K (phylloquinone)	S2112
18:0	S2112
18:3 n-3 c,c,c	S2112
Fructose	S2112
Calcium, Ca	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2367 of 3136

NDB No. 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Iron, Fe	S2112
Vitamin D	S2112
14:0	S2112
16:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
14:1	S2112
Fatty acids, total monounsaturated	S2112

NDB No. 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Ash	S2112
Fructose	S2112
Maltose	S2112
Galactose	S2112
Calcium, Ca	S2112
Potassium, K	S2112
Tocopherol, beta	S2112
20:1	S2112
20:3 undifferentiated	S2112
Total lipid (fat)	S2112
Vitamin E (alpha-tocopherol)	S2112
Tocopherol, gamma	S2112
Thiamin	S2112
18:1 undifferentiated	S2112
Starch	S2112
Lactose	S2112
Sugars, total	S2112
Fiber, total dietary	S2112
Magnesium, Mg	S2112
14:0	S2112
18:0	S2112
22:0	S2112
14:1	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2368 of 3136

NDB No. 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Fatty acids, total monounsaturated	S2112
15:1	S2112
Phosphorus, P	S2112
Selenium, Se	S2112
Riboflavin	S2112
16:1 undifferentiated	S2112
Fatty acids, total polyunsaturated	S2112
17:1	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Water	S2112
Sodium, Na	S2112
Copper, Cu	S2112
Cholesterol	S2112
8:0	S2112
18:3 n-6 c,c,c	S2112
Manganese, Mn	S2112
10:0	S2112
12:0	S2112
18:2 undifferentiated	S2112
20:4 undifferentiated	S2112
17:0	S2112
20:2 n-6 c,c	S2112
Iron, Fe	S2112
Vitamin D	S2112
Pantothenic acid	S2112
Fatty acids, total saturated	S2112
20:0	S2112
18:3 undifferentiated	S2112
15:0	S2112
18:3 n-3 c,c,c	S2112
Protein	S2112
Zinc, Zn	S2112
Retinol	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Niacin	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2369 of 3136

NDB No. 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
16:0	S2112

NDB No. 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Ash	S2112
Starch	S2112
Maltose	S2112
Phosphorus, P	S2112
Manganese, Mn	S2112
Tryptophan	S2112
Tyrosine	S2112
Valine	S2112
Proline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
14:0	S2112
18:1 undifferentiated	S2112
20:1	S2112
20:3 undifferentiated	S2112
18:3 n-3 c,c,c	S2112
Magnesium, Mg	S2112
Copper, Cu	S2112
Thiamin	S2112
Riboflavin	S2112
Pantothenic acid	S2112
Threonine	S2112
18:0	S2112
18:2 undifferentiated	S2112
20:4 undifferentiated	S2112
14:1	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
Protein	S2112
Sucrose	S2112
Glucose (dextrose)	S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2370 of 3136

NDB No. 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Lactose	S2112
Fiber, total dietary	S2112
Zinc, Zn	S2112
Serine	S2112
10:0	S2112
12:0	S2112
22:0	S2112
15:1	S2112
Water	S2112
Galactose	S2112
Retinol	S2112
Fatty acids, total monounsaturated	S2112
17:0	S2112
17:1	S2112
Total lipid (fat)	S2112
Fructose	S2112
Calcium, Ca	S2112
Sodium, Na	S2112
Selenium, Se	S2112
Vitamin B-12	S2112
Leucine	S2112
Histidine	S2112
Aspartic acid	S2112
Fatty acids, total polyunsaturated	S2112
Sugars, total	S2112
Iron, Fe	S2112
Potassium, K	S2112
Tocopherol, delta	S2112
Methionine	S2112
8:0	S2112
15:0	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Vitamin C, total ascorbic acid	S2112
Vitamin K (phylloquinone)	S2112
Cystine	S2112
Phenylalanine	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2371 of 3136

NDB No. 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Arginine	S2112
Glutamic acid	S2112
20:0	S2112
16:1 undifferentiated	S2112
Vitamin E (alpha-tocopherol)	S2112
Niacin	S2112
Isoleucine	S2112
Lysine	S2112
Alanine	S2112
Glycine	S2112
16:0	S2112
18:3 undifferentiated	S2112

NDB No. 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Ash	S2112
Potassium, K	S2112
Vitamin E (alpha-tocopherol)	S2112
Vitamin B-12	S2112
Tryptophan	S2112
Aspartic acid	S2112
Serine	S2112
14:0	S2112
20:0	S2112
14:1	S2112
20:2 n-6 c,c	S2112
15:1	S2112
Protein	S2112
Sucrose	S2112
Fiber, total dietary	S2112
Selenium, Se	S2112
Tocopherol, beta	S2112
Thiamin	S2112
Vitamin K (phylloquinone)	S2112
Leucine	S2112
Methionine	S2112
Glutamic acid	S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2372 of 3136

NDB No. 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

8:0	S2112
20:4 undifferentiated	S2112
Starch	S2112
Galactose	S2112
Iron, Fe	S2112
Phosphorus, P	S2112
Isoleucine	S2112
Phenylalanine	S2112
Valine	S2112
Cholesterol	S2112
18:0	S2112
Lactose	S2112
Maltose	S2112
Magnesium, Mg	S2112
Copper, Cu	S2112
Riboflavin	S2112
Niacin	S2112
Arginine	S2112
Alanine	S2112
18:2 undifferentiated	S2112
Fatty acids, total polyunsaturated	S2112
18:3 n-3 c,c,c	S2112
Manganese, Mn	S2112
Retinol	S2112
Pantothenic acid	S2112
Lysine	S2112
Tyrosine	S2112
Fatty acids, total saturated	S2112
22:0	S2112
18:3 n-6 c,c,c	S2112
Total lipid (fat)	S2112
Sodium, Na	S2112
Cystine	S2112
Histidine	S2112
18:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2373 of 3136

NDB No. 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

15:0	S2112
Glucose (dextrose)	S2112
Water	S2112
Sugars, total	S2112
Calcium, Ca	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Glycine	S2112
Hydroxyproline	S2112
10:0	S2112
12:0	S2112
16:0	S2112
17:0	S2112
Fructose	S2112
Zinc, Zn	S2112
Threonine	S2112
Proline	S2112
18:3 undifferentiated	S2112
16:1 undifferentiated	S2112
17:1	S2112
20:3 undifferentiated	S2112

NDB No. 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Ash	S2112
Sucrose	S2112
Water	S2112
Copper, Cu	S2112
Selenium, Se	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Vitamin K (phylloquinone)	S2112
Isoleucine	S2112
15:1	S2112
Lactose	S2112
Maltose	S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2374 of 3136

NDB No. 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Phosphorus, P	S2112
Potassium, K	S2112
Pantothenic acid	S2112
Cystine	S2112
Histidine	S2112
Alanine	S2112
Glycine	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
20:4 undifferentiated	S2112
15:0	S2112
Starch	S2112
Glucose (dextrose)	S2112
Manganese, Mn	S2112
Leucine	S2112
Lysine	S2112
18:1 undifferentiated	S2112
20:1	S2112
17:1	S2112
18:3 n-3 c,c,c	S2112
Protein	S2112
Total lipid (fat)	S2112
Galactose	S2112
Thiamin	S2112
Methionine	S2112
Phenylalanine	S2112
12:0	S2112
14:0	S2112
18:3 undifferentiated	S2112
17:0	S2112
Vitamin E (alpha-tocopherol)	S2112
Vitamin B-12	S2112
Proline	S2112
Serine	S2112
8:0	S2112
10:0	S2112
16:0	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2375 of 3136

NDB No. 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

22:0	S2112
16:1 undifferentiated	S2112
Magnesium, Mg	S2112
Sodium, Na	S2112
Threonine	S2112
Valine	S2112
20:0	S2112
14:1	S2112
Fatty acids, total polyunsaturated	S2112
20:2 n-6 c,c	S2112
Fructose	S2112
Iron, Fe	S2112
Zinc, Zn	S2112
Retinol	S2112
Aspartic acid	S2112
Glutamic acid	S2112
18:0	S2112
20:3 undifferentiated	S2112
Sugars, total	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Riboflavin	S2112
Niacin	S2112
Tryptophan	S2112
Tyrosine	S2112
Arginine	S2112
18:2 undifferentiated	S2112
Fatty acids, total monounsaturated	S2112
18:3 n-6 c,c,c	S2112

NDB No. 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Total lipid (fat)	S2112
Water	S2112
Vitamin C, total ascorbic acid	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2376 of 3136

NDB No. 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Histidine	S2112
Proline	S2112
Fatty acids, total saturated	S2112
20:2 n-6 c,c	S2112
20:3 undifferentiated	S2112
Lactose	S2112
Calcium, Ca	S2112
Phosphorus, P	S2112
Zinc, Zn	S2112
Manganese, Mn	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
20:4 undifferentiated	S2112
14:1	S2112
15:0	S2112
17:0	S2112
Potassium, K	S2112
Tocopherol, delta	S2112
Vitamin K (phylloquinone)	S2112
Leucine	S2112
16:1 undifferentiated	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
Ash	S2112
Fructose	S2112
Galactose	S2112
Threonine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Alanine	S2112
Glycine	S2112
Serine	S2112
Fatty acids, total polyunsaturated	S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2377 of 3136

NDB No. 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Protein	S2112
Sugars, total	S2112
Vitamin B-12	S2112
14:0	S2112
20:1	S2112
Starch	S2112
Maltose	S2112
Fiber, total dietary	S2112
Tocopherol, beta	S2112
Pantothenic acid	S2112
Tyrosine	S2112
12:0	S2112
16:0	S2112
20:0	S2112
18:3 undifferentiated	S2112
Fatty acids, total monounsaturated	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Magnesium, Mg	S2112
Copper, Cu	S2112
Retinol	S2112
Tryptophan	S2112
Valine	S2112
Glutamic acid	S2112
Cholesterol	S2112
22:0	S2112
18:3 n-3 c,c,c	S2112
Iron, Fe	S2112
Sodium, Na	S2112
Selenium, Se	S2112
Vitamin E (alpha-tocopherol)	S2112
Tocopherol, gamma	S2112
Isoleucine	S2112
Lysine	S2112
Arginine	S2112
Aspartic acid	S2112
8:0	S2112

Reference_Report

NDB No. 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust

10:0	S2112
18:0	S2112
15:1	S2112

NDB No. 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

Total lipid (fat)	S2782
Sodium, Na	S2782
Tocopherol, gamma	S2782
Vitamin B-6	S2782
18:3 undifferentiated	S2782
20:3 undifferentiated	S2782
15:1	S2782
Maltose	S2782
Phosphorus, P	S2782
Tocopherol, delta	S2782
12:0	S2782
16:0	S2782
22:0	S2782
14:1	S2782
18:4	S2782
17:1	S2782
Ash	S2782
Glucose (dextrose)	S2782
Calcium, Ca	S2782
Riboflavin	S2782
Pantothenic acid	S2782
18:0	S2782
22:6 n-3	S2782
20:1	S2782
Fatty acids, total monounsaturated	S2782
Starch	S2782
Fructose	S2782
Iron, Fe	S2782
Vitamin E (alpha-tocopherol)	S2782
Tocopherol, beta	S2782
Folate, total	S2782

Reference Report

JUL-17-2008 02:00 PM

Page 2379 of 3136

NDB No. 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

Folate, food	S2782
Cholesterol	S2782
20:0	S2782
18:1 undifferentiated	S2782
16:1 undifferentiated	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
Sugars, total	S2782
Galactose	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
14:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
Protein	S2782
Water	S2782
Fiber, total dietary	S2782
Manganese, Mn	S2782
Retinol	S2782
Vitamin D	S2782
Thiamin	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
20:4 undifferentiated	S2782
Sucrose	S2782
Lactose	S2782
Niacin	S2782
Folic acid	S2782
Fatty acids, total saturated	S2782
18:2 undifferentiated	S2782
22:5 n-3	S2782
Magnesium, Mg	S2782
Potassium, K	S2782
Selenium, Se	S2782

Reference_Report

NDB No. 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

Vitamin C, total ascorbic acid	S2782
8:0	S2782
10:0	S2782

NDB No. 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust

Protein	S2782
Manganese, Mn	S2782
Riboflavin	S2782
Folate, total	S2782
Folic acid	S2782
8:0	S2782
18:3 undifferentiated	S2782
15:1	S2782
Fructose	S2782
Fiber, total dietary	S2782
Vitamin E (alpha-tocopherol)	S2782
18:0	S2782
20:0	S2782
20:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Sugars, total	S2782
Galactose	S2782
Calcium, Ca	S2782
Magnesium, Mg	S2782
Sodium, Na	S2782
Tocopherol, delta	S2782
Vitamin B-6	S2782
16:0	S2782
18:2 undifferentiated	S2782
Lactose	S2782
Water	S2782
Tocopherol, gamma	S2782
20:4 undifferentiated	S2782
16:1 undifferentiated	S2782
17:1	S2782
Selenium, Se	S2782

Reference Report

JUL-17-2008 02:00 PM

Page 2381 of 3136

NDB No. 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust

Vitamin B-12	S2782
22:6 n-3	S2782
22:0	S2782
Fatty acids, total polyunsaturated	S2782
Sucrose	S2782
Iron, Fe	S2782
Phosphorus, P	S2782
Zinc, Zn	S2782
Vitamin D	S2782
Tocopherol, beta	S2782
Folate, food	S2782
10:0	S2782
14:1	S2782
22:5 n-3	S2782
15:0	S2782
20:3 undifferentiated	S2782
Total lipid (fat)	S2782
Starch	S2782
Maltose	S2782
Thiamin	S2782
Vitamin K (phylloquinone)	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
18:1 undifferentiated	S2782
17:0	S2782
24:0	S2782
Ash	S2782
Glucose (dextrose)	S2782
Potassium, K	S2782
Retinol	S2782
Vitamin C, total ascorbic acid	S2782
Niacin	S2782
Pantothenic acid	S2782
12:0	S2782
14:0	S2782
18:4	S2782
20:1	S2782

Reference_Report

NDB No. 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust

22:1 undifferentiated	S2782
20:2 n-6 c,c	S2782

NDB No. 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Lactose	S2782
Selenium, Se	S2782
Tocopherol, delta	S2782
Vitamin B-12	S2782
Tryptophan	S2782
Lysine	S2782
Serine	S2782
14:0	S2782
20:0	S2782
16:1 undifferentiated	S2782
Fatty acids, total monounsaturated	S2782
24:0	S2782
Galactose	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Copper, Cu	S2782
Thiamin	S2782
Folate, food	S2782
Tyrosine	S2782
Valine	S2782
Arginine	S2782
Alanine	S2782
Aspartic acid	S2782
Glycine	S2782
8:0	S2782
18:1 undifferentiated	S2782
18:3 undifferentiated	S2782
Fatty acids, total polyunsaturated	S2782
20:2 n-6 c,c	S2782
Ash	S2782
Starch	S2782
Glucose (dextrose)	S2782

Reference Report

JUL-17-2008 02:00 PM

Page 2383 of 3136

NDB No. 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Water	S2782
Zinc, Zn	S2782
Manganese, Mn	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin B-6	S2782
Threonine	S2782
Fatty acids, total saturated	S2782
20:3 undifferentiated	S2782
Fiber, total dietary	S2782
Retinol	S2782
Folate, total	S2782
Isoleucine	S2782
Phenylalanine	S2782
Histidine	S2782
12:0	S2782
18:4	S2782
17:1	S2782
Maltose	S2782
Vitamin K (phylloquinone)	S2782
Cholesterol	S2782
10:0	S2782
18:0	S2782
18:2 undifferentiated	S2782
Fructose	S2782
Sugars, total	S2782
Vitamin C, total ascorbic acid	S2782
Riboflavin	S2782
Niacin	S2782
Leucine	S2782
Methionine	S2782
Glutamic acid	S2782
Proline	S2782
22:0	S2782
20:5 n-3	S2782
15:1	S2782
Protein	S2782
Sucrose	S2782

NDB No. 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Iron, Fe	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Pantothenic acid	S2782
16:0	S2782
14:1	S2782
22:5 n-3	S2782
17:0	S2782
Total lipid (fat)	S2782
Calcium, Ca	S2782
Magnesium, Mg	S2782
Sodium, Na	S2782
Folic acid	S2782
Cystine	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
20:1	S2782
22:1 undifferentiated	S2782
15:0	S2782

NDB No. 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Starch	S2782
Water	S2782
Galactose	S2782
Retinol	S2782
Thiamin	S2782
Riboflavin	S2782
Cholesterol	S2782
18:2 undifferentiated	S2782
14:1	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
17:1	S2782
Fiber, total dietary	S2782
Magnesium, Mg	S2782
Tocopherol, beta	S2782

Reference Report

JUL-17-2008 02:00 PM

Page 2385 of 3136

NDB No. 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Tocopherol, delta	S2782
Folate, total	S2782
Fatty acids, total saturated	S2782
8:0	S2782
Lactose	S2782
Calcium, Ca	S2782
Vitamin E (alpha-tocopherol)	S2782
Tocopherol, gamma	S2782
Niacin	S2782
Folic acid	S2782
14:0	S2782
18:4	S2782
20:2 n-6 c,c	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Potassium, K	S2782
Sodium, Na	S2782
Manganese, Mn	S2782
Pantothenic acid	S2782
Vitamin B-12	S2782
12:0	S2782
18:3 undifferentiated	S2782
20:5 n-3	S2782
24:0	S2782
20:3 undifferentiated	S2782
Protein	S2782
Fructose	S2782
Sugars, total	S2782
Vitamin C, total ascorbic acid	S2782
20:0	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
16:1 undifferentiated	S2782
20:1	S2782
Fatty acids, total polyunsaturated	S2782
17:0	S2782
Total lipid (fat)	S2782

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2386 of 3136

NDB No. 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Maltose	S2782
Vitamin B-6	S2782
Folate, food	S2782
22:0	S2782
15:0	S2782
Ash	S2782
Iron, Fe	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Selenium, Se	S2782
Vitamin D	S2782
10:0	S2782
16:0	S2782
18:1 undifferentiated	S2782
Phosphorus, P	S2782
Vitamin K (phylloquinone)	S2782
18:0	S2782
22:1 undifferentiated	S2782
15:1	S2782

NDB No. 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Calcium, Ca	S2782
Vitamin E (alpha-tocopherol)	S2782
Tocopherol, beta	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin K (phylloquinone)	S2782
8:0	S2782
18:4	S2782
22:5 n-3	S2782
Fatty acids, total polyunsaturated	S2782
24:0	S2782
Ash	S2782
Fiber, total dietary	S2782
Magnesium, Mg	S2782
Selenium, Se	S2782

Reference Report

JUL-17-2008 02:00 PM

Page 2387 of 3136

NDB No. 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Tocopherol, delta	S2782
Vitamin B-6	S2782
Vitamin B-12	S2782
Folate, food	S2782
14:1	S2782
20:3 undifferentiated	S2782
15:1	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Water	S2782
Galactose	S2782
Zinc, Zn	S2782
Vitamin C, total ascorbic acid	S2782
Folic acid	S2782
18:0	S2782
20:2 n-6 c,c	S2782
Phosphorus, P	S2782
Thiamin	S2782
Fatty acids, total saturated	S2782
20:0	S2782
17:1	S2782
Maltose	S2782
Iron, Fe	S2782
Potassium, K	S2782
Sodium, Na	S2782
14:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:1	S2782
Protein	S2782
Vitamin D	S2782
Tocopherol, gamma	S2782
Cholesterol	S2782
22:6 n-3	S2782
Total lipid (fat)	S2782
Starch	S2782

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2388 of 3136

NDB No. 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Lactose	S2782
Sugars, total	S2782
Manganese, Mn	S2782
10:0	S2782
20:4 undifferentiated	S2782
22:0	S2782
16:1 undifferentiated	S2782
20:5 n-3	S2782
15:0	S2782
17:0	S2782
Fructose	S2782
Retinol	S2782
Riboflavin	S2782
Folate, total	S2782
12:0	S2782
16:0	S2782
22:1 undifferentiated	S2782
Fatty acids, total monounsaturated	S2782

NDB No. 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Total lipid (fat)	S2782
Glucose (dextrose)	S2782
Lactose	S2782
Sugars, total	S2782
Potassium, K	S2782
Retinol	S2782
Valine	S2782
Glutamic acid	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:1 undifferentiated	S2782
Ash	S2782
Sucrose	S2782
Phosphorus, P	S2782

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2389 of 3136

NDB No. 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Folate, total	S2782
Folic acid	S2782
Phenylalanine	S2782
Aspartic acid	S2782
Serine	S2782
Fatty acids, total saturated	S2782
12:0	S2782
16:1 undifferentiated	S2782
20:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
17:1	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Tocopherol, beta	S2782
Tocopherol, delta	S2782
Thiamin	S2782
Niacin	S2782
Pantothenic acid	S2782
Leucine	S2782
Proline	S2782
22:0	S2782
22:5 n-3	S2782
24:0	S2782
15:1	S2782
Vitamin C, total ascorbic acid	S2782
Riboflavin	S2782
Isoleucine	S2782
Arginine	S2782
15:0	S2782
17:0	S2782
Calcium, Ca	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Vitamin B-12	S2782
Folate, food	S2782
Tryptophan	S2782
Tyrosine	S2782

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2390 of 3136

NDB No. 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust

8:0	S2782
20:2 n-6 c,c	S2782
Water	S2782
Fiber, total dietary	S2782
Tocopherol, gamma	S2782
Threonine	S2782
Histidine	S2782
Alanine	S2782
10:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:4	S2782
Protein	S2782
Starch	S2782
Maltose	S2782
Galactose	S2782
Vitamin E (alpha-tocopherol)	S2782
Lysine	S2782
Methionine	S2782
22:6 n-3	S2782
20:1	S2782
Fatty acids, total polyunsaturated	S2782
20:3 undifferentiated	S2782
Fructose	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Sodium, Na	S2782
Vitamin B-6	S2782
Vitamin K (phylloquinone)	S2782
Cystine	S2782
Glycine	S2782
Cholesterol	S2782
14:0	S2782
14:1	S2782

Reference Report

JUL-17-2008 02:00 PM

Page 2391 of 3136

NDB No. 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust

Total lipid (fat)	S2111, S2782, S2110, S2112
Water	S2111, S2782, S2110, S2112
Iron, Fe	S2111, S2782, S2110, S2112
Magnesium, Mg	S2111, S2782, S2110, S2112
Potassium, K	S2111, S2782, S2110, S2112
Zinc, Zn	S2111, S2782, S2110, S2112
Lycopene	S4901
Tocopherol, gamma	S2111, S2782, S2110, S2112
Thiamin	S2111, S2782, S2110, S2112
Vitamin B-6	S2111, S2782, S2110
Folic acid	S2111, S2782
Folate, food	S2111, S2782
Tryptophan	S2108
16:0	S2111, S2782, S2110, S2112
18:2 undifferentiated	S2111, S2782, S2110, S2112
20:1	S2111, S2782, S2110, S2112
Tocopherol, delta	S2111, S2782, S2110, S2112
Vitamin K (phylloquinone)	S2111, S2782, S2110, S2112
Isoleucine	S2108
8:0	S2111, S2782, S2110, S2112
Protein	S2111, S2782, S2110, S2112
Carotene, beta	S4901
Riboflavin	S2111, S2782, S2110, S2112
Lysine	S2108
Fatty acids, total saturated	S2111, S2782, S2110, S2112
18:4	S2111, S2782, S2110
20:5 n-3	S2111, S2782, S2110
15:0	S2111, S2782, S2110, S2112
18:3 n-3 c,c,c	S2111, S2110, S2112
Ash	S2111, S2782, S2110, S2112
Glucose (dextrose)	S2111, S2782, S2110, S2112
Maltose	S2111, S2782, S2110, S2112
Fiber, total dietary	S2111, S2782, S2110, S2112
Calcium, Ca	S2111, S2782, S2110, S2112
Copper, Cu	S2111, S2782, S2110, S2112
Vitamin D	S2111, S2782, S2110, S2112
Cholesterol	S2111, S2782, S2110, S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2392 of 3136

NDB No. 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust

20:0	S2111, S2782, S2110, S2112
18:1 undifferentiated	S2111, S2782, S2110, S2112
22:0	S2111, S2782, S2110, S2112
22:1 undifferentiated	S2111, S2782, S2110
17:0	S2111, S2782, S2110, S2112
24:0	S2111, S2782, S2110
20:2 n-6 c,c	S2111, S2782, S2110, S2112
17:1	S2111, S2782, S2110, S2112
Fructose	S2111, S2782, S2110, S2112
Selenium, Se	S2111, S2782, S2110, S2112
Carotene, alpha	S4901
Cryptoxanthin, beta	S4901
Vitamin B-12	S2111, S2782, S2110, S2112
Choline, total	S2111, S2782, S2108, S2110, S2112
Methionine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
18:0	S2111, S2782, S2110, S2112
20:4 undifferentiated	S2111, S2782, S2110, S2112
22:5 n-3	S2111, S2782, S2110
Fatty acids, total monounsaturated	S2111, S2782, S2110, S2112
18:3 n-6 c,c,c	S2111, S2110, S2112
13:0	S2111, S2110
15:1	S2111, S2782, S2110, S2112
Lactose	S2111, S2782, S2110, S2112
Galactose	S2111, S2782, S2110, S2112
Phosphorus, P	S2111, S2782, S2110, S2112
Manganese, Mn	S2111, S2782, S2110, S2112
Lutein + zeaxanthin	S4901
Pantothenic acid	S2111, S2782, S2110, S2112
Betaine	S2111, S2782, S2108, S2110, S2112
Leucine	S2108
Aspartic acid	S2108

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2393 of 3136

NDB No. 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust

10:0	S2111, S2782, S2110, S2112
18:3 undifferentiated	S2111, S2782, S2110, S2112
Fatty acids, total polyunsaturated	S2111, S2782, S2110, S2112
Tocopherol, beta	S2111, S2782, S2110, S2112
Folate, total	S2111, S2782
Cystine	S2108
Valine	S2108
Arginine	S2108
Alanine	S2108
22:6 n-3	S2111, S2782, S2110
14:1	S2111, S2782, S2110, S2112
16:1 undifferentiated	S2111, S2782, S2110, S2112
20:3 undifferentiated	S2111, S2782, S2110, S2112
Starch	S2111, S2782, S2110, S2112
Sucrose	S2111, S2782, S2110, S2112
Sugars, total	S2111, S2782, S2110, S2112
Sodium, Na	S2111, S2782, S2110, S2112
Retinol	S2111, S2782, S2110, S2112
Vitamin E (alpha-tocopherol)	S2111, S2782, S2110, S2112
Vitamin C, total ascorbic acid	S2111, S2782, S2110, S2112
Niacin	S2111, S2782, S2110, S2112
Threonine	S2108
Histidine	S2108
Hydroxyproline	S2110, S2112
12:0	S2111, S2782, S2110, S2112
14:0	S2111, S2782, S2110, S2112

NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

Copper, Cu	S2110, S2112
Niacin	S2782, S2110, S2112
Folic acid	S2782
Folate, food	S2782
Threonine	S2108, S2110, S2112
Methionine	S2108, S2110, S2112
Alanine	S2108, S2110, S2112
Aspartic acid	S2108, S2110, S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2394 of 3136

NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

20:0	S2782, S2110, S2112
18:1 undifferentiated	S2782, S2110, S2112
22:6 n-3	S2782
22:0	S2782, S2110, S2112
20:1	S2782, S2110, S2112
Sucrose	S2782, S2110, S2112
Galactose	S2782, S2110, S2112
Phosphorus, P	S2782, S2110, S2112
Zinc, Zn	S2782, S2110, S2112
Tocopherol, gamma	S2782, S2110, S2112
Tocopherol, delta	S2782, S2110, S2112
Proline	S2108, S2110, S2112
Serine	S2108, S2110, S2112
Hydroxyproline	S2110, S2112
18:2 undifferentiated	S2782, S2110, S2112
Calcium, Ca	S2782, S2110, S2112
Manganese, Mn	S2782, S2110, S2112
Thiamin	S2782, S2110, S2112
Cystine	S2108, S2110, S2112
Phenylalanine	S2108, S2110, S2112
14:0	S2782, S2110, S2112
22:1 undifferentiated	S2782
20:2 n-6 c,c	S2782, S2110, S2112
Protein	S2782, S2110, S2112
Lactose	S2782, S2110, S2112
Fiber, total dietary	S2782, S2110, S2112
Tocopherol, beta	S2782, S2110, S2112
Vitamin C, total ascorbic acid	S2782, S2110, S2112
Pantothenic acid	S2782, S2110, S2112
Folate, total	S2782
Betaine	S2782, S2108, S2110, S2112
Valine	S2108, S2110, S2112
Glycine	S2108, S2110, S2112
Fatty acids, total saturated	S2782, S2110, S2112
8:0	S2782, S2110, S2112
12:0	S2782, S2110, S2112
20:4 undifferentiated	S2782, S2110, S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2395 of 3136

NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

Total lipid (fat)	S2782, S2110, S2112
Glucose (dextrose)	S2782, S2110, S2112
Fructose	S2782, S2110, S2112
Vitamin B-12	S2782, S2110, S2112
Tryptophan	S2108, S2110, S2112
Leucine	S2108, S2110, S2112
18:0	S2782, S2110, S2112
14:1	S2782, S2110, S2112
18:4	S2782
20:5 n-3	S2782
17:0	S2782, S2110, S2112
20:3 undifferentiated	S2782, S2110, S2112
18:3 n-3 c,c,c	S2110, S2112
Water	S2782, S2110, S2112
Potassium, K	S2782, S2110, S2112
Riboflavin	S2782, S2110, S2112
Vitamin K (phylloquinone)	S2782, S2110, S2112
Lysine	S2108, S2110, S2112
Cholesterol	S2782, S2110, S2112
16:1 undifferentiated	S2782, S2110, S2112
Fatty acids, total polyunsaturated	S2782, S2110, S2112
17:1	S2782, S2110, S2112
Ash	S2782, S2110, S2112
Maltose	S2782, S2110, S2112
Sugars, total	S2782, S2110, S2112
Iron, Fe	S2782, S2110, S2112
Selenium, Se	S2782, S2110, S2112
Vitamin E (alpha-tocopherol)	S2782, S2110, S2112
Vitamin D	S2782
Vitamin B-6	S2782
Tyrosine	S2108, S2110, S2112
Arginine	S2108, S2110, S2112
10:0	S2782, S2110, S2112
Fatty acids, total monounsaturated	S2782, S2110, S2112
15:0	S2782, S2110, S2112
24:0	S2782
Starch	S2782, S2110, S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2396 of 3136

NDB No. 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

Magnesium, Mg	S2782, S2110, S2112
Sodium, Na	S2782, S2110, S2112
Choline, total	S2782, S2108, S2110, S2112
Isoleucine	S2108, S2110, S2112
Histidine	S2108, S2110, S2112
Glutamic acid	S2108, S2110, S2112
16:0	S2782, S2110, S2112
18:3 undifferentiated	S2782, S2112
22:5 n-3	S2782
18:3 n-6 c,c,c	S2110, S2112
15:1	S2782, S2110, S2112

NDB No. 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust

Protein	S2111, S2782, S2110, S2112
Ash	S2111, S2782, S2110, S2112
Magnesium, Mg	S2111, S2782, S2110, S2112
Manganese, Mn	S2111, S2782, S2110, S2112
Folic acid	S2782
Histidine	S2111, S2782, S2108, S2110, S2112
12:0	S2111, S2782, S2110, S2112
20:0	S2111, S2782, S2110, S2112
20:1	S2111, S2782, S2110, S2112
20:5 n-3	S2111, S2782
20:2 n-6 c,c	S2782, S2110, S2112
20:3 undifferentiated	S2111, S2782, S2110, S2112
Glucose (dextrose)	S2111, S2782, S2110, S2112
Lactose	S2111, S2782, S2110, S2112
Thiamin	S2111, S2782, S2110, S2112
Valine	S2111, S2782, S2108, S2110, S2112
Arginine	S2111, S2782, S2108, S2110, S2112
Fatty acids, total saturated	S2111, S2782, S2110, S2112
18:1 undifferentiated	S2111, S2782, S2110, S2112
18:3 undifferentiated	S2111, S2782, S2112
18:4	S2111, S2782
24:0	S2111, S2782
Maltose	S2111, S2782, S2110, S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2397 of 3136

NDB No. 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust

Galactose	S2111, S2782, S2110, S2112
Fiber, total dietary	S2111, S2782, S2110, S2112
Phosphorus, P	S2111, S2782, S2110, S2112
Tocopherol, delta	S2111, S2782, S2110, S2112
Riboflavin	S2111, S2782, S2110, S2112
Niacin	S2111, S2782, S2110, S2112
Folate, total	S2782
Tryptophan	S2111, S2782, S2108, S2110, S2112
Threonine	S2111, S2782, S2108, S2110, S2112
Methionine	S2111, S2782, S2108, S2110, S2112
Aspartic acid	S2111, S2782, S2108, S2110, S2112
Glycine	S2111, S2782, S2108, S2110, S2112
Proline	S2111, S2782, S2108, S2110, S2112
10:0	S2111, S2782, S2110, S2112
14:0	S2111, S2782, S2110, S2112
16:1 undifferentiated	S2111, S2782, S2110, S2112
Fatty acids, total polyunsaturated	S2111, S2782, S2110, S2112
15:0	S2111, S2782, S2110, S2112
Total lipid (fat)	S2111, S2782, S2110, S2112
Starch	S2111, S2782, S2110, S2112
Water	S2111, S2782, S2110, S2112
Tocopherol, gamma	S2111, S2782, S2110, S2112
Choline, total	S2111, S2108, S2110
Folate, food	S2782
Leucine	S2111, S2782, S2108, S2110, S2112
Glutamic acid	S2111, S2782, S2108, S2110, S2112
22:0	S2111, S2782, S2110, S2112
Sucrose	S2111, S2782, S2110, S2112
Sugars, total	S2111, S2782, S2110, S2112
Vitamin B-12	S2111, S2782, S2110, S2112
Vitamin K (phylloquinone)	S2111, S2782, S2110, S2112
Lysine	S2111, S2782, S2108, S2110, S2112
Serine	S2111, S2782, S2108, S2110, S2112
Hydroxyproline	S2110
8:0	S2111, S2782, S2110, S2112
16:0	S2111, S2782, S2110, S2112
14:1	S2111, S2782, S2110, S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2398 of 3136

NDB No. 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust

22:5 n-3	S2111, S2782
17:0	S2111, S2782, S2110, S2112
Calcium, Ca	S2111, S2782, S2110, S2112
Potassium, K	S2111, S2782, S2110, S2112
Copper, Cu	S2111, S2782, S2110, S2112
Selenium, Se	S2111, S2782, S2110, S2112
Tocopherol, beta	S2111, S2782, S2110, S2112
Vitamin B-6	S2782
18:2 undifferentiated	S2111, S2782, S2110, S2112
18:3 n-6 c,c,c	S2110, S2112
15:1	S2111, S2782, S2110, S2112
Fructose	S2111, S2782, S2110, S2112
Sodium, Na	S2111, S2782, S2110, S2112
Pantothenic acid	S2111, S2782, S2110, S2112
Betaine	S2111, S2108, S2110
Alanine	S2111, S2782, S2108, S2110, S2112
20:4 undifferentiated	S2111, S2782, S2110, S2112
Fatty acids, total monounsaturated	S2111, S2782, S2110, S2112
17:1	S2111, S2782, S2110, S2112
Iron, Fe	S2111, S2782, S2110, S2112
Zinc, Zn	S2111, S2782, S2110, S2112
Vitamin E (alpha-tocopherol)	S2111, S2782, S2110, S2112
Vitamin C, total ascorbic acid	S2111, S2782, S2110, S2112
Isoleucine	S2111, S2782, S2108, S2110, S2112
Cystine	S2111, S2782, S2108, S2110, S2112
Phenylalanine	S2111, S2782, S2108, S2110, S2112
Tyrosine	S2111, S2782, S2108, S2110, S2112
Cholesterol	S2111, S2782, S2110, S2112
18:0	S2111, S2782, S2110, S2112
22:6 n-3	S2111, S2782
22:1 undifferentiated	S2111, S2782
13:0	S2111
18:3 n-3 c,c,c	S2110, S2112

NDB No. 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Ash	S2111, S2782, S2110, S2112
-----	----------------------------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2399 of 3136

NDB No. 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Fiber, total dietary	S2111, S2782, S2110, S2112
Phosphorus, P	S2111, S2782, S2110, S2112
Leucine	S2108
Hydroxyproline	S2110, S2112
12:0	S2111, S2782, S2110, S2112
16:0	S2111, S2782, S2110, S2112
18:3 undifferentiated	S2111, S2782, S2110, S2112
20:1	S2111, S2782, S2110, S2112
Fatty acids, total monounsaturated	S2111, S2782, S2110, S2112
20:2 n-6 c,c	S2111, S2782, S2110, S2112
Sucrose	S2111, S2782, S2110, S2112
Water	S2111, S2782, S2110, S2112
Calcium, Ca	S2111, S2782, S2110, S2112
Potassium, K	S2111, S2782, S2110, S2112
Vitamin B-6	S2111, S2782, S2110
Vitamin B-12	S2111, S2782, S2110, S2112
Folate, food	S2111, S2782
Tryptophan	S2108
Proline	S2108
Serine	S2108
18:2 undifferentiated	S2111, S2782, S2110, S2112
24:0	S2111, S2782, S2110
Lactose	S2111, S2782, S2110, S2112
Galactose	S2111, S2782, S2110, S2112
Manganese, Mn	S2111, S2782, S2110, S2112
Vitamin C, total ascorbic acid	S2111, S2782, S2110, S2112
Pantothenic acid	S2111, S2782, S2110, S2112
Isoleucine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Cholesterol	S2111, S2782, S2110, S2112
18:0	S2111, S2782, S2110, S2112
18:1 undifferentiated	S2111, S2782, S2110, S2112
17:0	S2111, S2782, S2110, S2112
17:1	S2111, S2782, S2110, S2112
13:0	S2111, S2110
15:1	S2111, S2782, S2110, S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2400 of 3136

NDB No. 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Fructose	S2111, S2782, S2110, S2112
Tocopherol, gamma	S2111, S2782, S2110, S2112
Folate, total	S2111, S2782
Valine	S2108
Histidine	S2108
20:0	S2111, S2782, S2110, S2112
22:1 undifferentiated	S2111, S2782, S2110
18:3 n-6 c,c,c	S2111, S2110, S2112
Protein	S2111, S2782, S2110, S2112
Total lipid (fat)	S2111, S2782, S2110, S2112
Tocopherol, beta	S2111, S2782, S2110, S2112
Riboflavin	S2111, S2782, S2110, S2112
Niacin	S2111, S2782, S2110, S2112
Betaine	S2111, S2782, S2108, S2110
Threonine	S2108
Methionine	S2108
Arginine	S2108
Alanine	S2108
Aspartic acid	S2108
14:0	S2111, S2782, S2110, S2112
20:4 undifferentiated	S2111, S2782, S2110, S2112
22:0	S2111, S2782, S2110, S2112
15:0	S2111, S2782, S2110, S2112
Sugars, total	S2111, S2782, S2110, S2112
Copper, Cu	S2111, S2782, S2110, S2112
Vitamin D	S2111, S2782, S2110, S2112
Thiamin	S2111, S2782, S2110, S2112
Glutamic acid	S2108
Glycine	S2108
Fatty acids, total saturated	S2111, S2782, S2110, S2112
22:6 n-3	S2111, S2782, S2110
18:4	S2111, S2782, S2110
20:5 n-3	S2111, S2782, S2110
18:3 n-3 c,c,c	S2111, S2110, S2112
Starch	S2111, S2782, S2110, S2112
Maltose	S2111, S2782, S2110, S2112
Sodium, Na	S2111, S2782, S2110, S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2401 of 3136

NDB No. 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

Tocopherol, delta	S2111, S2782, S2110, S2112
Folic acid	S2111, S2782
Lysine	S2108
16:1 undifferentiated	S2111, S2782, S2110, S2112
Fatty acids, total polyunsaturated	S2111, S2782, S2110, S2112
Glucose (dextrose)	S2111, S2782, S2110, S2112
Iron, Fe	S2111, S2782, S2110, S2112
Magnesium, Mg	S2111, S2782, S2110, S2112
Zinc, Zn	S2111, S2782, S2110, S2112
Selenium, Se	S2111, S2782, S2110, S2112
Vitamin E (alpha-tocopherol)	S2111, S2782, S2110, S2112
Choline, total	S2111, S2782, S2108, S2110
Vitamin K (phylloquinone)	S2111, S2782, S2110, S2112
Cystine	S2108
8:0	S2111, S2782, S2110, S2112
10:0	S2111, S2782, S2110, S2112
14:1	S2111, S2782, S2110, S2112
22:5 n-3	S2111, S2782, S2110
20:3 undifferentiated	S2111, S2782, S2110, S2112

NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Sugars, total	S2782, S2110, S2112
Calcium, Ca	S2782, S2110, S2112
Magnesium, Mg	S2782, S2110, S2112
Potassium, K	S2782, S2110, S2112
Sodium, Na	S2782, S2110, S2112
Pantothenic acid	S2782, S2110, S2112
Lysine	S2108, S2110, S2112
Cystine	S2108, S2110, S2112
Glycine	S2108, S2110, S2112
Serine	S2108, S2110, S2112
Fatty acids, total saturated	S2782, S2110, S2112
16:0	S2782, S2110, S2112
18:2 undifferentiated	S2782, S2110, S2112
22:1 undifferentiated	S2782
Sucrose	S2782, S2110, S2112

Reference Report

JUL-17-2008 02:00 PM

Page 2402 of 3136

NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Selenium, Se	S2782, S2110, S2112
Niacin	S2782, S2110, S2112
Histidine	S2108, S2110, S2112
20:0	S2782, S2110, S2112
15:0	S2782, S2110, S2112
18:3 n-3 c,c,c	S2110, S2112
Maltose	S2782, S2110, S2112
Galactose	S2782, S2110, S2112
Vitamin K (phylloquinone)	S2782, S2110, S2112
Threonine	S2108, S2110, S2112
Glutamic acid	S2108, S2110, S2112
8:0	S2782, S2110, S2112
18:4	S2782
18:3 n-6 c,c,c	S2110, S2112
Ash	S2782, S2110, S2112
Glucose (dextrose)	S2782, S2110, S2112
Phosphorus, P	S2782, S2110, S2112
Zinc, Zn	S2782, S2110, S2112
Copper, Cu	S2110, S2112
Vitamin D	S2782
Vitamin C, total ascorbic acid	S2782, S2110, S2112
Betaine	S2782, S2108, S2110, S2112
Isoleucine	S2108, S2110, S2112
Leucine	S2108, S2110, S2112
Aspartic acid	S2108, S2110, S2112
18:0	S2782, S2110, S2112
20:4 undifferentiated	S2782, S2110, S2112
22:6 n-3	S2782
16:1 undifferentiated	S2782, S2110, S2112
20:1	S2782, S2110, S2112
20:5 n-3	S2782
17:0	S2782, S2110, S2112
20:3 undifferentiated	S2782, S2110, S2112
Starch	S2782, S2110, S2112
Tocopherol, beta	S2782, S2110, S2112
Vitamin B-6	S2782
Folate, total	S2782

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2403 of 3136

NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Choline, total	S2782, S2108, S2110, S2112
Folate, food	S2782
Tryptophan	S2108, S2110, S2112
Alanine	S2108, S2110, S2112
10:0	S2782, S2110, S2112
18:1 undifferentiated	S2782, S2110, S2112
22:0	S2782, S2110, S2112
Manganese, Mn	S2782, S2110, S2112
Retinol	S2782, S2110, S2112
Vitamin E (alpha-tocopherol)	S2782, S2110, S2112
Tocopherol, delta	S2782, S2110, S2112
Thiamin	S2782, S2110, S2112
Tyrosine	S2108, S2110, S2112
Cholesterol	S2782, S2110, S2112
14:0	S2782, S2110, S2112
22:5 n-3	S2782
Fiber, total dietary	S2782, S2110, S2112
Riboflavin	S2782, S2110, S2112
Methionine	S2108, S2110, S2112
Arginine	S2108, S2110, S2112
12:0	S2782, S2110, S2112
Fatty acids, total polyunsaturated	S2782, S2110, S2112
15:1	S2782, S2110, S2112
Protein	S2782, S2110, S2112
Total lipid (fat)	S2782, S2110, S2112
Fructose	S2782, S2110, S2112
Lactose	S2782, S2110, S2112
Water	S2782, S2110, S2112
Iron, Fe	S2782, S2110, S2112
Tocopherol, gamma	S2782, S2110, S2112
Vitamin B-12	S2782, S2110, S2112
Folic acid	S2782
Phenylalanine	S2108, S2110, S2112
Valine	S2108, S2110, S2112
Proline	S2108, S2110, S2112
Hydroxyproline	S2110, S2112
18:3 undifferentiated	S2782, S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2404 of 3136

NDB No. 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

14:1	S2782, S2110, S2112
Fatty acids, total monounsaturated	S2782, S2110, S2112
24:0	S2782
20:2 n-6 c,c	S2782, S2110, S2112
17:1	S2782, S2110, S2112

NDB No. 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

Galactose	S2111, S2782, S2110, S2112
Vitamin C, total ascorbic acid	S2111, S2782, S2110, S2112
Tryptophan	S2111, S2782, S2108, S2110, S2112
Glutamic acid	S2111, S2782, S2108, S2110, S2112
Cholesterol	S2111, S2782, S2110, S2112
10:0	S2111, S2782, S2110, S2112
18:3 undifferentiated	S2111, S2782, S2112
22:0	S2111, S2782, S2110, S2112
14:1	S2111, S2782, S2110, S2112
17:0	S2111, S2782, S2110, S2112
24:0	S2111, S2782
Fructose	S2111, S2782, S2110, S2112
Phosphorus, P	S2111, S2782, S2110, S2112
Potassium, K	S2111, S2782, S2110, S2112
Zinc, Zn	S2111, S2782, S2110, S2112
Copper, Cu	S2111, S2782, S2110, S2112
Folic acid	S2111, S2782
Proline	S2111, S2782, S2108, S2110, S2112
Hydroxyproline	S2110, S2112
17:1	S2111, S2782, S2110, S2112
Total lipid (fat)	S2111, S2782, S2110, S2112
Ash	S2111, S2782, S2110, S2112
Lactose	S2111, S2782, S2110, S2112
Pantothenic acid	S2111, S2782, S2110, S2112
Methionine	S2111, S2782, S2108, S2110, S2112
Cystine	S2111, S2782, S2108, S2110, S2112
12:0	S2111, S2782, S2110, S2112
18:2 undifferentiated	S2111, S2782, S2110, S2112
16:1 undifferentiated	S2111, S2782, S2110, S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2405 of 3136

NDB No. 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

18:4	S2111, S2782
15:0	S2111, S2782, S2110, S2112
18:3 n-6 c,c,c	S2110, S2112
20:3 undifferentiated	S2111, S2782, S2110, S2112
15:1	S2111, S2782, S2110, S2112
Iron, Fe	S2111, S2782, S2110, S2112
Riboflavin	S2111, S2782, S2110, S2112
Folate, total	S2111, S2782
Lysine	S2111, S2782, S2108, S2110, S2112
Glycine	S2111, S2782, S2108, S2110, S2112
14:0	S2111, S2782, S2110, S2112
Fatty acids, total monounsaturated	S2111, S2782, S2110, S2112
13:0	S2111
Glucose (dextrose)	S2111, S2782, S2110, S2112
Water	S2111, S2782, S2110, S2112
Sodium, Na	S2111, S2782, S2110, S2112
Manganese, Mn	S2111, S2782, S2110, S2112
Selenium, Se	S2111, S2782, S2110, S2112
Thiamin	S2111, S2782, S2110, S2112
Folate, food	S2111, S2782
Betaine	S2111, S2108, S2110, S2112
Leucine	S2111, S2782, S2108, S2110, S2112
Phenylalanine	S2111, S2782, S2108, S2110, S2112
Tyrosine	S2111, S2782, S2108, S2110, S2112
Histidine	S2111, S2782, S2108, S2110, S2112
20:4 undifferentiated	S2111, S2782, S2110, S2112
Starch	S2111, S2782, S2110, S2112
Maltose	S2111, S2782, S2110, S2112
Sugars, total	S2111, S2782, S2110, S2112
Fiber, total dietary	S2111, S2782, S2110, S2112
Magnesium, Mg	S2111, S2782, S2110, S2112
Tocopherol, gamma	S2111, S2782, S2110, S2112
Vitamin B-6	S2782
Threonine	S2111, S2782, S2108, S2110, S2112
Arginine	S2111, S2782, S2108, S2110, S2112
Aspartic acid	S2111, S2782, S2108, S2110, S2112
8:0	S2111, S2782, S2110, S2112

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2406 of 3136

NDB No. 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

18:0	S2111, S2782, S2110, S2112
20:0	S2111, S2782, S2110, S2112
Protein	S2111, S2782, S2110, S2112
Choline, total	S2111, S2108, S2110, S2112
18:1 undifferentiated	S2111, S2782, S2110, S2112
20:1	S2111, S2782, S2110, S2112
22:5 n-3	S2111, S2782
Sucrose	S2111, S2782, S2110, S2112
Calcium, Ca	S2111, S2782, S2110, S2112
Vitamin E (alpha-tocopherol)	S2111, S2782, S2110, S2112
Tocopherol, beta	S2111, S2782, S2110, S2112
Tocopherol, delta	S2111, S2782, S2110, S2112
Niacin	S2111, S2782, S2110, S2112
Vitamin B-12	S2111, S2782, S2110, S2112
Vitamin K (phylloquinone)	S2111, S2782, S2110, S2112
Isoleucine	S2111, S2782, S2108, S2110, S2112
Valine	S2111, S2782, S2108, S2110, S2112
Alanine	S2111, S2782, S2108, S2110, S2112
Serine	S2111, S2782, S2108, S2110, S2112
Fatty acids, total saturated	S2111, S2782, S2110, S2112
16:0	S2111, S2782, S2110, S2112
22:6 n-3	S2111, S2782
20:5 n-3	S2111, S2782
22:1 undifferentiated	S2111, S2782
Fatty acids, total polyunsaturated	S2111, S2782, S2110, S2112
20:2 n-6 c,c	S2782, S2110, S2112
18:3 n-3 c,c,c	S2110, S2112

NDB No. 21308 McDONALD'S, Chicken SELECTS Premium Breast Strips

Water	S4881
Sugars, total	S4881
Pantothenic acid	S2801
Folate, total	S2801
12:0	S4881
14:0	S4881
18:1 undifferentiated	S4881

Reference Report

JUL-17-2008 02:00 PM

Page 2407 of 3136

NDB No. 21308 McDONALD'S, Chicken SELECTS Premium Breast Strips

20:4 undifferentiated	S4881
16:1 undifferentiated	S4881
Fatty acids, total monounsaturated	S4881
Copper, Cu	S2801
Vitamin A, IU	S4881
Vitamin B-12	S2801
Fatty acids, total saturated	S4881
4:0	S4881
18:2 undifferentiated	S4881
22:0	S4881
24:0	S4881
18:2 t,t	S4881
Vitamin B-6	S2801
10:0	S4881
18:3 undifferentiated	S4881
18:1 c	S4881
17:1	S4881
15:1	S4881
Fiber, total dietary	S4881
Calcium, Ca	S4881
Iron, Fe	S4881
Magnesium, Mg	S2801
20:1	S4881
20:2 n-6 c,c	S4881
18:2 n-6 c,c	S4881
22:1 c	S4881
Protein	S4881
Zinc, Zn	S2801
Riboflavin	S2801
Fatty acids, total trans	S4881
15:0	S4881
20:3 undifferentiated	S4881
Manganese, Mn	S2801
Niacin	S2801
18:0	S4881
20:0	S4881
17:0	S4881

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2408 of 3136

NDB No. 21308 McDonald'S, Chicken SELECTS Premium Breast Strips

18:3 n-6 c,c,c	S4881
18:3 n-3 c,c,c	S4881
Total lipid (fat)	S4881
Ash	S4881
Phosphorus, P	S2801
Vitamin C, total ascorbic acid	S4881
Thiamin	S2801
8:0	S4881
22:1 undifferentiated	S4881
Fatty acids, total polyunsaturated	S4881
18:1 t	S4881
Potassium, K	S2801
Sodium, Na	S4881
Cholesterol	S4881
6:0	S4881
16:0	S4881
14:1	S4881

NDB No. 21309 McDonald'S, Chicken McNUGGETS

Potassium, K	S2801
Sodium, Na	S4881
Manganese, Mn	S2801
Thiamin	S2801
Riboflavin	S2801
Pantothenic acid	S2801
20:4 undifferentiated	S4881
14:1	S4881
Calcium, Ca	S4881
Cholesterol	S4881
6:0	S4881
22:0	S4881
20:3 undifferentiated	S4881
Water	S4881
Fiber, total dietary	S4881
Iron, Fe	S4881
Phosphorus, P	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2409 of 3136

NDB No. 21309 McDONALD'S, Chicken McNUGGETS

16:0	S4881
18:0	S4881
22:1 undifferentiated	S4881
Fatty acids, total monounsaturated	S4881
20:2 n-6 c,c	S4881
15:1	S4881
18:3 n-3 c,c,c	S4881
Sugars, total	S4881
Magnesium, Mg	S2801
Zinc, Zn	S2801
Vitamin A, IU	S4881
20:0	S4881
16:1 undifferentiated	S4881
15:0	S4881
18:2 n-6 c,c	S4881
Vitamin C, total ascorbic acid	S4881
Fatty acids, total trans	S4881
10:0	S4881
12:0	S4881
14:0	S4881
18:1 t	S4881
4:0	S4881
8:0	S4881
18:2 undifferentiated	S4881
17:0	S4881
18:2 t,t	S4881
18:3 n-6 c,c,c	S4881
Protein	S4881
Total lipid (fat)	S4881
Ash	S4881
Copper, Cu	S2801
Folate, total	S2801
Vitamin B-12	S2801
18:1 undifferentiated	S4881
18:3 undifferentiated	S4881
20:1	S4881
Fatty acids, total polyunsaturated	S4881

Reference_Report

NDB No. 21309 McDONALD'S, Chicken McNUGGETS

17:1	S4881
Niacin	S2801
Vitamin B-6	S2801
Fatty acids, total saturated	S4881
24:0	S4881
18:1 c	S4881
22:1 c	S4881

NDB No. 21310 McDONALD'S, Barbeque Sauce

Sucrose	S2801
Lactose	S2801
Fiber, total dietary	S2801
Iron, Fe	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
10:0	S2801
22:0	S2801
Galactose	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin B-6	S2801
8:0	S2801
14:1	S2801
Fatty acids, total monounsaturated	S2801
20:2 n-6 c,c	S2801
17:1	S2801
Total lipid (fat)	S2801
Vitamin E (alpha-tocopherol)	S2801
Riboflavin	S2801
12:0	S2801
18:3 n-6 c,c,c	S2801
15:1	S2801
Glucose (dextrose)	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Carotene, beta	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2411 of 3136

NDB No. 21310 McDONALD'S, Barbeque Sauce

14:0	S2801
16:0	S2801
18:1 t	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
Fatty acids, total trans-monoenoic	S2801
Ash	S2801
Fructose	S2801
Thiamin	S2801
16:1 undifferentiated	S2801
20:1	S2801
Niacin	S2801
Pantothenic acid	S2801
20:3 undifferentiated	S2801
18:3 n-3 c,c,c	S2801
Protein	S2801
Maltose	S2801
Sugars, total	S2801
Magnesium, Mg	S2801
Vitamin C, total ascorbic acid	S2801
Fatty acids, total saturated	S2801
18:0	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
Water	S2801
Calcium, Ca	S2801
Phosphorus, P	S2801
Potassium, K	S2801
20:0	S2801
20:4 undifferentiated	S2801
18:2 t,t	S2801
Fatty acids, total trans-polyenoic	S2801

NDB No. 21311 McDONALD'S, Creamy Ranch Sauce

Total lipid (fat)	S2801
-------------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2412 of 3136

NDB No. 21311 McDONALD'S, Creamy Ranch Sauce

Calcium, Ca	S2801
Thiamin	S2801
10:0	S2801
15:0	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-polyenoic	S2801
18:3 n-3 c,c,c	S2801
Water	S2801
Galactose	S2801
Phosphorus, P	S2801
Retinol	S2801
Vitamin B-6	S2801
Cholesterol	S2801
14:0	S2801
22:0	S2801
18:1 t	S2801
Ash	S2801
Glucose (dextrose)	S2801
Magnesium, Mg	S2801
Potassium, K	S2801
Pantothenic acid	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
18:0	S2801
20:0	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:3 n-6 c,c,c	S2801
Fatty acids, total trans-monoenoic	S2801
Lactose	S2801
18:2 n-6 c,c	S2801
Protein	S2801
Copper, Cu	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
8:0	S2801
16:0	S2801

Reference_Report

NDB No. 21311 McDONALD'S, Creamy Ranch Sauce

17:0	S2801
18:2 t,t	S2801
Maltose	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Manganese, Mn	S2801
Vitamin C, total ascorbic acid	S2801
Folate, total	S2801
Fatty acids, total polyunsaturated	S2801
17:1	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Sucrose	S2801
Fructose	S2801
Iron, Fe	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Riboflavin	S2801
Niacin	S2801
Vitamin B-12	S2801
12:0	S2801
20:4 undifferentiated	S2801
14:1	S2801
16:1 undifferentiated	S2801
15:1	S2801

NDB No. 21312 McDONALD'S, Honey

Lactose	S2801
Potassium, K	S2801
Manganese, Mn	S2801
Folate, total	S2801
Fatty acids, total saturated	S2801
18:1 undifferentiated	S2801
15:0	S2801
Protein	S2801
Fructose	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2414 of 3136

NDB No. 21312 McDONALD'S, Honey

Calcium, Ca	S2801
Iron, Fe	S2801
8:0	S2801
20:4 undifferentiated	S2801
17:1	S2801
Zinc, Zn	S2801
Riboflavin	S2801
10:0	S2801
12:0	S2801
14:0	S2801
18:0	S2801
22:0	S2801
20:1	S2801
20:2 n-6 c,c	S2801
Glucose (dextrose)	S2801
Magnesium, Mg	S2801
18:2 undifferentiated	S2801
14:1	S2801
18:1 t	S2801
20:3 undifferentiated	S2801
18:3 n-3 c,c,c	S2801
Ash	S2801
Phosphorus, P	S2801
Sodium, Na	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
16:0	S2801
16:1 undifferentiated	S2801
Fatty acids, total monounsaturated	S2801
18:3 n-6 c,c,c	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
Total lipid (fat)	S2801
Sucrose	S2801
Maltose	S2801
Galactose	S2801

Reference_Report

NDB No. 21312 McDONALD'S, Honey

Vitamin C, total ascorbic acid	S2801
20:0	S2801
18:3 undifferentiated	S2801
18:2 t,t	S2801
15:1	S2801
Niacin	S2801
Fatty acids, total polyunsaturated	S2801
Water	S2801
Sugars, total	S2801
Copper, Cu	S2801
Thiamin	S2801
Fatty acids, total trans	S2801
17:0	S2801

NDB No. 21313 McDONALD'S, Hot Mustard Sauce

Manganese, Mn	S2801
Niacin	S2801
Folate, total	S2801
Fatty acids, total saturated	S2801
14:0	S2801
16:0	S2801
22:0	S2801
15:0	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
Ash	S2801
Sucrose	S2801
Calcium, Ca	S2801
18:0	S2801
18:2 t,t	S2801
Water	S2801
Galactose	S2801
Magnesium, Mg	S2801
Potassium, K	S2801
Thiamin	S2801
Vitamin B-12	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2416 of 3136

NDB No. 21313 McDONALD'S, Hot Mustard Sauce

10:0	S2801
20:4 undifferentiated	S2801
17:1	S2801
Iron, Fe	S2801
Zinc, Zn	S2801
Vitamin B-6	S2801
12:0	S2801
16:1 undifferentiated	S2801
18:3 n-3 c,c,c	S2801
Glucose (dextrose)	S2801
Sugars, total	S2801
Carotene, beta	S2801
20:1	S2801
Fatty acids, total polyunsaturated	S2801
18:1 t	S2801
20:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
Lactose	S2801
Copper, Cu	S2801
Vitamin E (alpha-tocopherol)	S2801
Fatty acids, total trans	S2801
Fatty acids, total monounsaturated	S2801
18:3 n-6 c,c,c	S2801
Fructose	S2801
Maltose	S2801
Fiber, total dietary	S2801
Phosphorus, P	S2801
Riboflavin	S2801
20:0	S2801
14:1	S2801
17:0	S2801
15:1	S2801
Protein	S2801
Total lipid (fat)	S2801
Sodium, Na	S2801
Retinol	S2801
Vitamin C, total ascorbic acid	S2801

Reference_Report

NDB No. 21313 McDONALD'S, Hot Mustard Sauce

Pantothenic acid	S2801
8:0	S2801

NDB No. 21314 McDONALD'S, Spicy Buffalo Sauce

Sucrose	S2801
Iron, Fe	S2801
Carotene, beta	S2801
Fatty acids, total saturated	S2801
8:0	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
18:2 t,t	S2801
18:3 n-6 c,c,c	S2801
Glucose (dextrose)	S2801
Sugars, total	S2801
Sodium, Na	S2801
Cholesterol	S2801
Vitamin C, total ascorbic acid	S2801
14:0	S2801
17:0	S2801
Water	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
16:0	S2801
20:1	S2801
Total lipid (fat)	S2801
Fructose	S2801
Fiber, total dietary	S2801
Vitamin B-6	S2801
Folate, total	S2801
18:1 t	S2801
18:1 c	S2801
18:3 n-3 c,c,c	S2801
Maltose	S2801
Calcium, Ca	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2418 of 3136

NDB No. 21314 McDonald'S, Spicy Buffalo Sauce

Potassium, K	S2801
Riboflavin	S2801
Pantothenic acid	S2801
Vitamin B-12	S2801
10:0	S2801
20:0	S2801
22:0	S2801
20:3 undifferentiated	S2801
Ash	S2801
Lactose	S2801
12:0	S2801
18:0	S2801
20:4 undifferentiated	S2801
17:1	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
Protein	S2801
Galactose	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Manganese, Mn	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Niacin	S2801
Fatty acids, total trans	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:2 n-6 c,c	S2801
18:2 n-6 c,c	S2801

NDB No. 21315 McDonald'S, Sweet 'N Sour Sauce

Fructose	S2801
Iron, Fe	S2801
Manganese, Mn	S2801
Vitamin E (alpha-tocopherol)	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2419 of 3136

NDB No. 21315 McDONALD'S, Sweet 'N Sour Sauce

Niacin	S2801
12:0	S2801
18:3 n-6 c,c,c	S2801
Protein	S2801
Maltose	S2801
Sodium, Na	S2801
Vitamin C, total ascorbic acid	S2801
16:1 undifferentiated	S2801
17:0	S2801
Total lipid (fat)	S2801
Glucose (dextrose)	S2801
Lactose	S2801
Fiber, total dietary	S2801
Copper, Cu	S2801
Thiamin	S2801
Folate, total	S2801
8:0	S2801
16:0	S2801
18:0	S2801
14:1	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
17:1	S2801
Potassium, K	S2801
Carotene, beta	S2801
Fatty acids, total saturated	S2801
14:0	S2801
15:0	S2801
Fatty acids, total trans-monoenoic	S2801
18:3 n-3 c,c,c	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Zinc, Zn	S2801
Vitamin B-6	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2420 of 3136

NDB No. 21315 McDONALD'S, Sweet 'N Sour Sauce

18:2 t,t	S2801
Ash	S2801
Phosphorus, P	S2801
10:0	S2801
Fatty acids, total trans-polyenoic	S2801
Riboflavin	S2801
Pantothenic acid	S2801
Fatty acids, total trans	S2801
20:0	S2801
22:0	S2801
Fatty acids, total polyunsaturated	S2801
18:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
Sucrose	S2801
Magnesium, Mg	S2801
20:4 undifferentiated	S2801
18:1 t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
15:1	S2801

NDB No. 21316 McDONALD'S, Tangy Honey Mustard Sauce

Total lipid (fat)	S2801
Ash	S2801
Zinc, Zn	S2801
Fatty acids, total saturated	S2801
10:0	S2801
20:4 undifferentiated	S2801
18:2 t,t	S2801
17:1	S2801
Lactose	S2801
Maltose	S2801
Copper, Cu	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Niacin	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2421 of 3136

NDB No. 21316 McDONALD'S, Tangy Honey Mustard Sauce

Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
18:0	S2801
20:0	S2801
18:3 n-6 c,c,c	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
Fiber, total dietary	S2801
Magnesium, Mg	S2801
Potassium, K	S2801
Sodium, Na	S2801
16:1 undifferentiated	S2801
Fatty acids, total monounsaturated	S2801
20:3 undifferentiated	S2801
18:3 n-3 c,c,c	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Riboflavin	S2801
17:0	S2801
18:2 n-6 c,c	S2801
Fructose	S2801
Sugars, total	S2801
Galactose	S2801
Carotene, beta	S2801
Fatty acids, total trans	S2801
Fatty acids, total polyunsaturated	S2801
18:1 t	S2801
Water	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
16:0	S2801
20:1	S2801
15:0	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2422 of 3136

NDB No. 21316 McDonald'S, Tangy Honey Mustard Sauce

20:2 n-6 c,c	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Phosphorus, P	S2801
14:0	S2801
22:0	S2801
14:1	S2801
18:1 c	S2801
Protein	S2801
Manganese, Mn	S2801
8:0	S2801
12:0	S2801

NDB No. 21318 McDonald'S, Deluxe Warm Cinnamon Roll

Phosphorus, P	S2801
17:0	S2801
18:3 n-6 c,c,c	S2801
Total lipid (fat)	S2801
Potassium, K	S2801
Fatty acids, total saturated	S2801
12:0	S2801
16:0	S2801
18:0	S2801
15:0	S2801
18:2 n-6 c,c	S2801
Fructose	S2801
Sugars, total	S2801
Niacin	S2801
Fatty acids, total polyunsaturated	S2801
18:1 c	S2801
17:1	S2801
Water	S2801
Iron, Fe	S2801
Zinc, Zn	S2801
Vitamin C, total ascorbic acid	S2801
8:0	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2423 of 3136

NDB No. 21318 McDONALD'S, Deluxe Warm Cinnamon Roll

Maltose	S2801
Copper, Cu	S2801
Vitamin B-6	S2801
20:0	S2801
Fatty acids, total monounsaturated	S2801
15:1	S2801
Protein	S2801
Lactose	S2801
Calcium, Ca	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Riboflavin	S2801
10:0	S2801
22:0	S2801
20:1	S2801
18:3 n-3 c,c,c	S2801
Sucrose	S2801
Galactose	S2801
Magnesium, Mg	S2801
Sodium, Na	S2801
Manganese, Mn	S2801
Retinol	S2801
Thiamin	S2801
Folate, total	S2801
16:1 undifferentiated	S2801
18:1 t	S2801
20:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
Ash	S2801
Glucose (dextrose)	S2801
Fiber, total dietary	S2801
Pantothenic acid	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
14:0	S2801
20:4 undifferentiated	S2801
14:1	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2424 of 3136

NDB No. 21318 McDONALD'S, Deluxe Warm Cinnamon Roll

18:2 t,t S2801

NDB No. 21319 McDONALD'S, Hash Browns

Vitamin C, total ascorbic acid S4881

Thiamin S2801

Cholesterol S4881

Fatty acids, total trans S4881

14:0 S4881

20:0 S4881

16:1 undifferentiated S4881

20:1 S4881

18:2 t,t S4881

15:1 S4881

Total lipid (fat) S4881

Sugars, total S4881

Iron, Fe S4881

Copper, Cu S2801

Vitamin B-6 S2801

4:0 S4881

18:2 undifferentiated S4881

15:0 S4881

18:1 c S4881

Calcium, Ca S4881

Fatty acids, total saturated S4881

20:4 undifferentiated S4881

Fatty acids, total trans-
monoenoic S4881

Fiber, total dietary S4881

Riboflavin S2801

16:0 S4881

Fatty acids, total polyunsaturated S4881

18:1 t S4881

18:2 n-6 c,c S4881

22:1 c S4881

Ash S2801

Phosphorus, P S2801

Manganese, Mn S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2425 of 3136

NDB No. 21319 McDONALD'S, Hash Browns

Pantothenic acid	S2801
24:0	S4881
18:3 n-6 c,c,c	S4881
18:3 n-3 c,c,c	S4881
Protein	S4881
Magnesium, Mg	S2801
Sodium, Na	S4881
Zinc, Zn	S2801
Folate, total	S2801
8:0	S4881
18:0	S4881
18:3 undifferentiated	S4881
22:0	S4881
17:0	S4881
20:2 n-6 c,c	S4881
Fatty acids, total trans-polyenoic	S4881
Niacin	S2801
10:0	S4881
12:0	S4881
18:1 undifferentiated	S4881
22:1 undifferentiated	S4881
20:3 undifferentiated	S4881
Water	S2801
Potassium, K	S2801
6:0	S4881
14:1	S4881
Fatty acids, total monounsaturated	S4881
17:1	S4881

NDB No. 21321 McDONALD'S, Hotcakes (plain)

Total lipid (fat)	S2801
Fructose	S2801
Sugars, total	S2801
Galactose	S2801
Potassium, K	S2801
Cholesterol	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2426 of 3136

NDB No. 21321 McDONALD'S, Hotcakes (plain)

14:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
18:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
Carotene, beta	S2801
Pantothenic acid	S2801
18:0	S2801
Fatty acids, total trans-monoenoic	S2801
Ash	S2801
Magnesium, Mg	S2801
Manganese, Mn	S2801
Thiamin	S2801
Vitamin B-6	S2801
18:2 t,t	S2801
18:3 n-3 c,c,c	S2801
Fiber, total dietary	S2801
Riboflavin	S2801
Niacin	S2801
17:1	S2801
15:1	S2801
10:0	S2801
12:0	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
Fatty acids, total trans-polyenoic	S2801
Protein	S2801
Maltose	S2801
Water	S2801
Iron, Fe	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2427 of 3136

NDB No. 21321 McDonald'S, Hotcakes (plain)

Phosphorus, P	S2801
Vitamin E (alpha-tocopherol)	S2801
16:0	S2801
20:0	S2801
18:3 n-6 c,c,c	S2801
Glucose (dextrose)	S2801
Sodium, Na	S2801
Retinol	S2801
8:0	S2801
18:1 t	S2801
Sucrose	S2801
Lactose	S2801
Calcium, Ca	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
17:0	S2801

NDB No. 21322 McDonald'S, Warm Cinnamon Roll

Phosphorus, P	S2801
16:0	S2801
22:0	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Water	S2801
Copper, Cu	S2801
Niacin	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
14:0	S2801
20:0	S2801
Fatty acids, total polyunsaturated	S2801
18:2 n-6 c,c	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2428 of 3136

NDB No. 21322 McDONALD'S, Warm Cinnamon Roll

18:3 n-6 c,c,c	S2801
Ash	S2801
Potassium, K	S2801
Manganese, Mn	S2801
20:4 undifferentiated	S2801
20:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
Glucose (dextrose)	S2801
Magnesium, Mg	S2801
Zinc, Zn	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Pantothenic acid	S2801
17:0	S2801
18:2 t,t	S2801
18:1 c	S2801
17:1	S2801
Lactose	S2801
Fatty acids, total saturated	S2801
10:0	S2801
18:3 n-3 c,c,c	S2801
Total lipid (fat)	S2801
Sucrose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Sodium, Na	S2801
15:0	S2801
Fructose	S2801
Sugars, total	S2801
Iron, Fe	S2801
Retinol	S2801
Thiamin	S2801
Folate, total	S2801
18:1 t	S2801
Protein	S2801
Maltose	S2801
Galactose	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2429 of 3136

NDB No. 21322 McDONALD'S, Warm Cinnamon Roll

Carotene, beta	S2801
Riboflavin	S2801
Vitamin B-6	S2801
8:0	S2801
12:0	S2801
18:0	S2801
14:1	S2801
15:1	S2801

NDB No. 21323 McDONALD'S, Sausage Patty

Total lipid (fat)	S2801
Sugars, total	S2801
Galactose	S2801
Vitamin B-12	S2801
14:0	S2801
20:0	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
Fatty acids, total trans-monoenoic	S2801
Ash	S2801
Sucrose	S2801
Maltose	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Pantothenic acid	S2801
12:0	S2801
16:1 undifferentiated	S2801
Fatty acids, total polyunsaturated	S2801
18:3 n-3 c,c,c	S2801
Manganese, Mn	S2801
Niacin	S2801
Fatty acids, total monounsaturated	S2801
15:0	S2801
Glucose (dextrose)	S2801
Magnesium, Mg	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2430 of 3136

NDB No. 21323 McDONALD'S, Sausage Patty

Cholesterol	S2801
18:0	S2801
22:0	S2801
14:1	S2801
20:1	S2801
17:0	S2801
18:1 t	S2801
Fructose	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Retinol	S2801
16:0	S2801
20:4 undifferentiated	S2801
18:2 t,t	S2801
Fatty acids, total trans-polyenoic	S2801
Calcium, Ca	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Vitamin B-6	S2801
Protein	S2801
Lactose	S2801
Iron, Fe	S2801
Vitamin C, total ascorbic acid	S2801
Riboflavin	S2801
Fatty acids, total trans	S2801
8:0	S2801
10:0	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
Water	S2801
Copper, Cu	S2801
Fatty acids, total saturated	S2801
18:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
15:1	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2431 of 3136

NDB No. 21324 McDONALD'S, Baked Apple Pie

Glucose (dextrose)	S2801
Fructose	S2801
Vitamin C, total ascorbic acid	S2801
Fatty acids, total saturated	S2801
14:0	S2801
16:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:2 n-6 c,c	S2801
Sucrose	S2801
Water	S2801
Thiamin	S2801
Fatty acids, total trans	S2801
18:0	S2801
18:1 c	S2801
20:3 undifferentiated	S2801
15:1	S2801
Galactose	S2801
Fiber, total dietary	S2801
10:0	S2801
Sugars, total	S2801
Vitamin E (alpha-tocopherol)	S2801
Protein	S2801
Lactose	S2801
Maltose	S2801
Calcium, Ca	S2801
Potassium, K	S2801
Sodium, Na	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Folate, total	S2801
12:0	S2801
22:0	S2801
15:0	S2801
17:0	S2801
18:3 n-6 c,c,c	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2432 of 3136

NDB No. 21324 McDONALD'S, Baked Apple Pie

Total lipid (fat)	S2801
Phosphorus, P	S2801
Zinc, Zn	S2801
Pantothenic acid	S2801
20:0	S2801
14:1	S2801
Ash	S2801
Iron, Fe	S2801
Riboflavin	S2801
Niacin	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
17:1	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
Magnesium, Mg	S2801
Vitamin B-6	S2801
8:0	S2801
20:4 undifferentiated	S2801
16:1 undifferentiated	S2801
Fatty acids, total polyunsaturated	S2801
18:3 n-3 c,c,c	S2801

NDB No. 21325 McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Sugars, total	S2801
Vitamin E (alpha-tocopherol)	S2801
Riboflavin	S2801
Folate, total	S2801
Fatty acids, total saturated	S2801
Galactose	S2801
Calcium, Ca	S2801
Magnesium, Mg	S2801
Vitamin B-6	S2801
Fatty acids, total polyunsaturated	S2801
Sucrose	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2433 of 3136

NDB No. 21325 McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Water	S2801
Potassium, K	S2801
Fatty acids, total trans	S2801
8:0	S2801
10:0	S2801
20:4 undifferentiated	S2801
16:1 undifferentiated	S2801
Total lipid (fat)	S2801
Glucose (dextrose)	S2801
Lactose	S2801
Maltose	S2801
16:0	S2801
20:0	S2801
20:1	S2801
17:0	S2801
18:1 c	S2801
Phosphorus, P	S2801
12:0	S2801
18:0	S2801
15:0	S2801
18:1 t	S2801
18:2 t,t	S2801
17:1	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801
Zinc, Zn	S2801
Vitamin B-12	S2801
22:0	S2801
14:1	S2801
Fatty acids, total monounsaturated	S2801
18:3 n-6 c,c,c	S2801
Protein	S2801
Fructose	S2801
Fiber, total dietary	S2801
Iron, Fe	S2801
Sodium, Na	S2801
Thiamin	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2434 of 3136

NDB No. 21325 McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Niacin	S2801
Pantothenic acid	S2801
Cholesterol	S2801
14:0	S2801
20:2 n-6 c,c	S2801
18:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
Ash	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801

NDB No. 21326 McDONALD'S, McDONALDLAND Cookies

Sucrose	S2801
Lactose	S2801
Fiber, total dietary	S2801
8:0	S2801
10:0	S2801
14:0	S2801
16:0	S2801
16:1 undifferentiated	S2801
Fatty acids, total monounsaturated	S2801
20:2 n-6 c,c	S2801
18:2 n-6 c,c	S2801
Calcium, Ca	S2801
Magnesium, Mg	S2801
Zinc, Zn	S2801
Retinol	S2801
Niacin	S2801
18:0	S2801
15:0	S2801
18:1 c	S2801
Protein	S2801
Ash	S2801
Fructose	S2801
Thiamin	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2435 of 3136

NDB No. 21326 McDONALD'S, McDONALDLAND Cookies

Pantothenic acid	S2801
20:4 undifferentiated	S2801
Maltose	S2801
Phosphorus, P	S2801
Vitamin E (alpha-tocopherol)	S2801
12:0	S2801
20:0	S2801
18:3 n-3 c,c,c	S2801
Total lipid (fat)	S2801
Sodium, Na	S2801
Manganese, Mn	S2801
Riboflavin	S2801
Fatty acids, total saturated	S2801
18:1 t	S2801
17:1	S2801
20:3 undifferentiated	S2801
Glucose (dextrose)	S2801
Galactose	S2801
Fatty acids, total trans	S2801
22:0	S2801
14:1	S2801
15:1	S2801
Potassium, K	S2801
Copper, Cu	S2801
Vitamin B-6	S2801
17:0	S2801
18:2 t,t	S2801
Water	S2801
Sugars, total	S2801
Iron, Fe	S2801
Folate, total	S2801
20:1	S2801
Fatty acids, total polyunsaturated	S2801
18:3 n-6 c,c,c	S2801

NDB No. 21337 McDONALD'S, Peanuts (for Sundaes)

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2436 of 3136

NDB No. 21337 McDONALD'S, Peanuts (for Sundaes)

Maltose	S2801
Calcium, Ca	S2801
Magnesium, Mg	S2801
Potassium, K	S2801
Sodium, Na	S2801
Vitamin E (alpha-tocopherol)	S2801
Folate, total	S2801
10:0	S2801
17:1	S2801
Protein	S2801
Water	S2801
Phosphorus, P	S2801
12:0	S2801
20:4 undifferentiated	S2801
18:1 t	S2801
Lactose	S2801
Riboflavin	S2801
Vitamin B-6	S2801
15:0	S2801
17:0	S2801
Fatty acids, total trans-polyenoic	S2801
18:3 n-3 c,c,c	S2801
Sucrose	S2801
Iron, Fe	S2801
Pantothenic acid	S2801
14:1	S2801
Zinc, Zn	S2801
16:1 undifferentiated	S2801
18:2 t,t	S2801
18:3 n-6 c,c,c	S2801
Sugars, total	S2801
Thiamin	S2801
Fatty acids, total trans	S2801
14:0	S2801
20:0	S2801
Fatty acids, total monounsaturated	S2801
18:1 c	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2437 of 3136

NDB No. 21337 McDONALD'S, Peanuts (for Sundaes)

18:2 n-6 c,c	S2801
15:1	S2801
Total lipid (fat)	S2801
Glucose (dextrose)	S2801
Manganese, Mn	S2801
Fatty acids, total saturated	S2801
16:0	S2801
22:0	S2801
Fatty acids, total polyunsaturated	S2801
20:2 n-6 c,c	S2801
20:3 undifferentiated	S2801
Ash	S2801
Fructose	S2801
Galactose	S2801
Copper, Cu	S2801
Niacin	S2801
8:0	S2801
18:0	S2801
20:1	S2801
Fatty acids, total trans-monoenoic	S2801

NDB No. 21342 McDONALD'S, Apple Dippers

Sucrose	S2801
Glucose (dextrose)	S2801
Maltose	S2801
Sugars, total	S2801
Galactose	S2801
Sodium, Na	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Total lipid (fat)	S2801
Ash	S2801
Fructose	S2801
Vitamin C, total ascorbic acid	S2801
Lactose	S2801
Water	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2438 of 3136

NDB No. 21342 McDONALD'S, Apple Dippers

Calcium, Ca	S2801
Iron, Fe	S2801
Vitamin B-12	S2801
Protein	S2801

NDB No. 21343 McDONALD'S, Low Fat Caramel Sauce

Calcium, Ca	S2801
Riboflavin	S2801
14:0	S2801
20:4 undifferentiated	S2801
17:0	S2801
Fatty acids, total trans-polyenoic	S2801
Protein	S2801
Retinol	S2801
Vitamin B-12	S2801
18:1 undifferentiated	S2801
22:0	S2801
18:2 n-6 c,c	S2801
18:3 n-3 c,c,c	S2801
Glucose (dextrose)	S2801
Lactose	S2801
Sugars, total	S2801
Zinc, Zn	S2801
Pantothenic acid	S2801
Fatty acids, total saturated	S2801
18:0	S2801
18:3 n-6 c,c,c	S2801
Water	S2801
Potassium, K	S2801
Sodium, Na	S2801
Copper, Cu	S2801
Vitamin E (alpha-tocopherol)	S2801
Niacin	S2801
Folate, total	S2801
10:0	S2801
12:0	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2439 of 3136

NDB No. 21343 McDONALD'S, Low Fat Caramel Sauce

20:0	S2801
18:2 undifferentiated	S2801
20:3 undifferentiated	S2801
Sucrose	S2801
Fructose	S2801
Magnesium, Mg	S2801
Manganese, Mn	S2801
Vitamin A, IU	S2801
16:0	S2801
16:1 undifferentiated	S2801
18:1 c	S2801
Fatty acids, total trans-monoenoic	S2801
15:1	S2801
Maltose	S2801
Iron, Fe	S2801
Fatty acids, total trans	S2801
18:3 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Ash	S2801
Galactose	S2801
Phosphorus, P	S2801
Thiamin	S2801
Vitamin B-6	S2801
Cholesterol	S2801
8:0	S2801
15:0	S2801
Total lipid (fat)	S2801
14:1	S2801
Fatty acids, total polyunsaturated	S2801
18:1 t	S2801
18:2 t not further defined	S2801
20:2 n-6 c,c	S2801
17:1	S2801

Reference Report

JUL-17-2008 02:00 PM

Page 2440 of 3136

NDB No. 21346 McDONALD'S, NEWMAN'S OWN Cobb Dressing

Water	S2801
Manganese, Mn	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin D	S2801
Ash	S2801
Sodium, Na	S2801
Vitamin C, total ascorbic acid	S2801
Niacin	S2801
Fatty acids, total saturated	S2801
Copper, Cu	S2801
Vitamin A, IU	S2801
Pantothenic acid	S2801
Fatty acids, total polyunsaturated	S2801
Total lipid (fat)	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Magnesium, Mg	S2801
Potassium, K	S2801
Fatty acids, total monounsaturated	S2801
Protein	S2801
Cholesterol	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Thiamin	S2801
Vitamin B-12	S2801
Phosphorus, P	S2801
Zinc, Zn	S2801
Riboflavin	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Selenium, Se	S2801

NDB No. 21347 McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

Sugars, total	S2801
Zinc, Zn	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2441 of 3136

NDB No. 21347 McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

Vitamin C, total ascorbic acid	S2801
Potassium, K	S2801
Sodium, Na	S2801
Niacin	S2801
Fatty acids, total saturated	S2801
Copper, Cu	S2801
Vitamin B-12	S2801
Iron, Fe	S2801
Pantothenic acid	S2801
Calcium, Ca	S2801
Fatty acids, total monounsaturated	S2801
Total lipid (fat)	S2801
Water	S2801
Fiber, total dietary	S2801
Phosphorus, P	S2801
Selenium, Se	S2801
Cholesterol	S2801
Protein	S2801
Vitamin A, IU	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total polyunsaturated	S2801
Magnesium, Mg	S2801
Thiamin	S2801
Riboflavin	S2801

NDB No. 21348 McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

Niacin	S2801
Protein	S2801
Total lipid (fat)	S2801
Vitamin C, total ascorbic acid	S2801
Fatty acids, total polyunsaturated	S2801
Ash	S2801
Sugars, total	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2442 of 3136

NDB No. 21348 McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

Fiber, total dietary	S2801
Selenium, Se	S2801
Riboflavin	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Iron, Fe	S2801
Phosphorus, P	S2801
Sodium, Na	S2801
Cholesterol	S2801
Potassium, K	S2801
Zinc, Zn	S2801
Magnesium, Mg	S2801
Manganese, Mn	S2801
Pantothenic acid	S2801
Fatty acids, total saturated	S2801
Calcium, Ca	S2801
Vitamin A, IU	S2801
Vitamin D	S2801
Thiamin	S2801
Vitamin B-6	S2801
Fatty acids, total monounsaturated	S2801
Water	S2801
Copper, Cu	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin B-12	S2801

NDB No. 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing

Vitamin C, total ascorbic acid	S2801
Folate, total	S2801
Vitamin B-12	S2801
Fatty acids, total saturated	S2801
Calcium, Ca	S2801
Niacin	S2801
Pantothenic acid	S2801
Cholesterol	S2801
Fatty acids, total polyunsaturated	S2801

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2443 of 3136

NDB No. 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing

Iron, Fe	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801
Fatty acids, total monounsaturated	S2801
Protein	S2801
Thiamin	S2801
Total lipid (fat)	S2801
Fiber, total dietary	S2801
Potassium, K	S2801
Fatty acids, total trans	S2801
Manganese, Mn	S2801
Riboflavin	S2801
Sugars, total	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Vitamin B-6	S2801

NDB No. 21383 BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Protein	S2102
Starch	S2102
Sucrose	S2102
Maltose	S2102
Phosphorus, P	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Pantothenic acid	S2102
Lysine	S2102
Arginine	S2102
Proline	S2102
Serine	S2102
10:0	S2102
Fatty acids, total polyunsaturated	S2102
17:0	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2444 of 3136

NDB No. 21383 BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

20:3 undifferentiated	S2102
Fiber, total dietary	S2102
Calcium, Ca	S2102
Iron, Fe	S2102
Zinc, Zn	S2102
Vitamin E (alpha-tocopherol)	S2102
Tocopherol, beta	S2102
Tryptophan	S2102
Threonine	S2102
Leucine	S2102
Valine	S2102
20:0	S2102
18:1 undifferentiated	S2102
18:3 undifferentiated	S2102
Sugars, total	S2102
Galactose	S2102
Sodium, Na	S2102
Aspartic acid	S2102
18:2 undifferentiated	S2102
22:0	S2102
20:2 n-6 c,c	S2102
Phenylalanine	S2102
Cholesterol	S2102
16:0	S2102
18:0	S2102
Tocopherol, delta	S2102
Niacin	S2102
Cystine	S2102
Tyrosine	S2102
Histidine	S2102
16:1 undifferentiated	S2102
Magnesium, Mg	S2102
Potassium, K	S2102
Tocopherol, gamma	S2102
Riboflavin	S2102
Vitamin B-12	S2102
Alanine	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2445 of 3136

NDB No. 21383 BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Fatty acids, total saturated	S2102
14:1	S2102
15:0	S2102
17:1	S2102
Ash	S2102
Glucose (dextrose)	S2102
Copper, Cu	S2102
Isoleucine	S2102
Methionine	S2102
15:1	S2102
18:3 n-3 c,c,c	S2102
Total lipid (fat)	S2102
Fructose	S2102
Lactose	S2102
Water	S2102
Manganese, Mn	S2102
Selenium, Se	S2102
Vitamin B-6	S2102
Vitamin K (phylloquinone)	S2102
Glutamic acid	S2102
Glycine	S2102
8:0	S2102
12:0	S2102
14:0	S2102
20:4 undifferentiated	S2102
20:1	S2102
Fatty acids, total monounsaturated	S2102
18:3 n-6 c,c,c	S2102

NDB No. 21384 BURGER KING, CROISSAN'WICH with Sausage and Cheese

Sucrose	S2102
Sugars, total	S2102
Iron, Fe	S2102
Potassium, K	S2102
Sodium, Na	S2102
Manganese, Mn	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2446 of 3136

NDB No. 21384 BURGER KING, CROISSAN'WICH with Sausage and Cheese

Niacin	S2102
Cystine	S2102
Tyrosine	S2102
Arginine	S2102
Serine	S2102
Fatty acids, total saturated	S2102
12:0	S2102
18:2 undifferentiated	S2102
Ash	S2102
Starch	S2102
Calcium, Ca	S2102
Magnesium, Mg	S2102
Copper, Cu	S2102
Leucine	S2102
Alanine	S2102
20:3 undifferentiated	S2102
18:3 n-3 c,c,c	S2102
Thiamin	S2102
Pantothenic acid	S2102
Vitamin B-6	S2102
Methionine	S2102
Valine	S2102
Aspartic acid	S2102
Glycine	S2102
Proline	S2102
14:0	S2102
18:1 undifferentiated	S2102
18:3 undifferentiated	S2102
15:0	S2102
15:1	S2102
Galactose	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Threonine	S2102
Cholesterol	S2102
18:0	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2447 of 3136

NDB No. 21384 BURGER KING, CROISSAN'WICH with Sausage and Cheese

22:0	S2102
Protein	S2102
Glucose (dextrose)	S2102
Lactose	S2102
Water	S2102
Riboflavin	S2102
Vitamin K (phylloquinone)	S2102
Glutamic acid	S2102
20:0	S2102
18:3 n-6 c,c,c	S2102
17:1	S2102
Fiber, total dietary	S2102
Selenium, Se	S2102
Vitamin E (alpha-tocopherol)	S2102
Vitamin B-12	S2102
Tryptophan	S2102
Isoleucine	S2102
Lysine	S2102
Histidine	S2102
20:4 undifferentiated	S2102
Fatty acids, total polyunsaturated	S2102
17:0	S2102
Total lipid (fat)	S2102
Fructose	S2102
Maltose	S2102
8:0	S2102
16:0	S2102
16:1 undifferentiated	S2102
20:1	S2102
Phosphorus, P	S2102
Zinc, Zn	S2102
Tocopherol, beta	S2102
Phenylalanine	S2102
10:0	S2102
14:1	S2102
Fatty acids, total monounsaturated	S2102
20:2 n-6 c,c	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2448 of 3136

NDB No. 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese

Starch	S2102
Sugars, total	S2102
Galactose	S2102
Iron, Fe	S2102
Tyrosine	S2102
Alanine	S2102
Glycine	S2102
20:4 undifferentiated	S2102
14:1	S2102
Total lipid (fat)	S2102
Sucrose	S2102
Niacin	S2102
Cystine	S2102
Histidine	S2102
Fatty acids, total saturated	S2102
8:0	S2102
10:0	S2102
12:0	S2102
14:0	S2102
18:3 n-6 c,c,c	S2102
20:3 undifferentiated	S2102
Water	S2102
Calcium, Ca	S2102
Phosphorus, P	S2102
Zinc, Zn	S2102
Riboflavin	S2102
Threonine	S2102
Glutamic acid	S2102
18:3 undifferentiated	S2102
22:0	S2102
15:1	S2102
Protein	S2102
Lactose	S2102
Magnesium, Mg	S2102
Potassium, K	S2102
Tocopherol, beta	S2102
Pantothenic acid	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2449 of 3136

NDB No. 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese

18:2 undifferentiated	S2102
15:0	S2102
17:0	S2102
Maltose	S2102
Copper, Cu	S2102
Tocopherol, gamma	S2102
Vitamin C, total ascorbic acid	S2102
Vitamin K (phylloquinone)	S2102
Arginine	S2102
Aspartic acid	S2102
16:1 undifferentiated	S2102
20:1	S2102
Ash	S2102
Fiber, total dietary	S2102
Selenium, Se	S2102
Vitamin B-12	S2102
Tryptophan	S2102
Phenylalanine	S2102
Valine	S2102
18:0	S2102
18:1 undifferentiated	S2102
Fructose	S2102
Isoleucine	S2102
Lysine	S2102
Methionine	S2102
Proline	S2102
16:0	S2102
20:0	S2102
Fatty acids, total polyunsaturated	S2102
20:2 n-6 c,c	S2102
Glucose (dextrose)	S2102
Sodium, Na	S2102
Manganese, Mn	S2102
Vitamin E (alpha-tocopherol)	S2102
Tocopherol, delta	S2102
Thiamin	S2102
Vitamin B-6	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2450 of 3136

NDB No. 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese

Leucine	S2102
Serine	S2102
Cholesterol	S2102
Fatty acids, total monounsaturated	S2102
17:1	S2102
18:3 n-3 c,c,c	S2102

NDB No. 21386 BURGER KING, French Toast Sticks

Starch	S2102
Sucrose	S2102
Maltose	S2102
Sodium, Na	S2102
Tocopherol, beta	S2102
Tyrosine	S2102
Glutamic acid	S2102
Serine	S2102
20:0	S2102
18:2 undifferentiated	S2102
Galactose	S2102
Potassium, K	S2102
Selenium, Se	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Niacin	S2102
Cystine	S2102
Valine	S2102
Glycine	S2102
10:0	S2102
16:0	S2102
20:1	S2102
Sugars, total	S2102
Zinc, Zn	S2102
Lysine	S2102
Methionine	S2102
Histidine	S2102
Alanine	S2102

Reference_Report

NDB No. 21386 BURGER KING, French Toast Sticks

18:1 undifferentiated	S2102
Ash	S2102
Fructose	S2102
Lactose	S2102
Water	S2102
Iron, Fe	S2102
Copper, Cu	S2102
Manganese, Mn	S2102
Riboflavin	S2102
Vitamin B-6	S2102
Aspartic acid	S2102
Cholesterol	S2102
17:1	S2102
15:1	S2102
Protein	S2102
Phosphorus, P	S2102
Tocopherol, gamma	S2102
Tryptophan	S2102
Phenylalanine	S2102
Proline	S2102
8:0	S2102
14:0	S2102
18:0	S2102
20:4 undifferentiated	S2102
14:1	S2102
16:1 undifferentiated	S2102
20:2 n-6 c,c	S2102
18:3 n-6 c,c,c	S2102
Magnesium, Mg	S2102
Vitamin E (alpha-tocopherol)	S2102
Tocopherol, delta	S2102
Pantothenic acid	S2102
Vitamin K (phylloquinone)	S2102
Leucine	S2102
Fatty acids, total saturated	S2102
12:0	S2102
Fatty acids, total monounsaturated	S2102

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2452 of 3136

NDB No. 21386 BURGER KING, French Toast Sticks

18:3 n-3 c,c,c	S2102
Total lipid (fat)	S2102
Glucose (dextrose)	S2102
Calcium, Ca	S2102
Vitamin B-12	S2102
Threonine	S2102
15:0	S2102
17:0	S2102
Fiber, total dietary	S2102
Isoleucine	S2102
Arginine	S2102
18:3 undifferentiated	S2102
22:0	S2102
Fatty acids, total polyunsaturated	S2102
20:3 undifferentiated	S2102

NDB No. 21387 BURGER KING, Hash Brown Rounds

Maltose	S2102
Calcium, Ca	S2102
Magnesium, Mg	S2102
Zinc, Zn	S2102
Valine	S2102
8:0	S2102
18:2 undifferentiated	S2102
Total lipid (fat)	S2102
Glucose (dextrose)	S2102
Water	S2102
Potassium, K	S2102
Tocopherol, gamma	S2102
Riboflavin	S2102
Alanine	S2102
Glutamic acid	S2102
Proline	S2102
20:4 undifferentiated	S2102
Protein	S2102
Sodium, Na	S2102

NDB No. 21387 BURGER KING, Hash Brown Rounds

Carotene, beta	S2102
Tyrosine	S2102
Glycine	S2102
Cholesterol	S2102
10:0	S2102
20:0	S2102
18:3 undifferentiated	S2102
22:0	S2102
14:1	S2102
20:5 n-3	S2102
22:5 n-3	S2102
17:0	S2102
17:1	S2102
Sucrose	S2102
Fructose	S2102
Phosphorus, P	S2102
Vitamin E (alpha-tocopherol)	S2102
Cryptoxanthin, beta	S2102
Histidine	S2102
Serine	S2102
Fatty acids, total saturated	S2102
16:0	S2102
24:0	S2102
15:1	S2102
Sugars, total	S2102
Iron, Fe	S2102
Tocopherol, beta	S2102
Niacin	S2102
Vitamin B-6	S2102
Tryptophan	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Arginine	S2102
16:1 undifferentiated	S2102
18:4	S2102
15:0	S2102

Reference Report

JUL-17-2008 02:00 PM

Page 2454 of 3136

NDB No. 21387 BURGER KING, Hash Brown Rounds

Copper, Cu	S2102
Pantothenic acid	S2102
Threonine	S2102
12:0	S2102
22:6 n-3	S2102
Ash	S2102
Starch	S2102
Lactose	S2102
Galactose	S2102
Fiber, total dietary	S2102
Carotene, alpha	S2102
Vitamin B-12	S2102
Isoleucine	S2102
Leucine	S2102
14:0	S2102
18:0	S2102
20:1	S2102
Fatty acids, total monounsaturated	S2102
Fatty acids, total polyunsaturated	S2102
20:2 n-6 c,c	S2102
20:3 undifferentiated	S2102
21:5	S2102
Manganese, Mn	S2102
Selenium, Se	S2102
Lycopene	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Lysine	S2102
Aspartic acid	S2102
18:1 undifferentiated	S2102
22:1 undifferentiated	S2102

NDB No. 21388 Fast foods, miniature cinnamon rolls

Lactose	S2102
Water	S2102

Reference_Report

NDB No. 21388 Fast foods, miniature cinnamon rolls

Tryptophan	S2102
Isoleucine	S2102
15:0	S2102
Niacin	S2102
Pantothenic acid	S2102
Histidine	S2102
18:2 undifferentiated	S2102
20:4 undifferentiated	S2102
14:1	S2102
Fatty acids, total monounsaturated	S2102
20:3 undifferentiated	S2102
Glucose (dextrose)	S2102
Sugars, total	S2102
Phosphorus, P	S2102
Vitamin E (alpha-tocopherol)	S2102
Proline	S2102
14:0	S2102
Fatty acids, total polyunsaturated	S2102
Ash	S2102
Selenium, Se	S2102
Leucine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Alanine	S2102
Aspartic acid	S2102
Cholesterol	S2102
10:0	S2102
18:3 n-6 c,c,c	S2102
Fructose	S2102
Fiber, total dietary	S2102
Iron, Fe	S2102
Copper, Cu	S2102
Threonine	S2102
Methionine	S2102
16:0	S2102
18:1 undifferentiated	S2102
16:1 undifferentiated	S2102

Reference_Report

NDB No. 21388 Fast foods, miniature cinnamon rolls

Starch	S2102
Calcium, Ca	S2102
Potassium, K	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Vitamin B-12	S2102
Fatty acids, total saturated	S2102
8:0	S2102
18:0	S2102
18:3 undifferentiated	S2102
20:2 n-6 c,c	S2102
Protein	S2102
Total lipid (fat)	S2102
Sucrose	S2102
Maltose	S2102
Magnesium, Mg	S2102
Sodium, Na	S2102
Tocopherol, beta	S2102
Vitamin B-6	S2102
Vitamin K (phylloquinone)	S2102
Betaine	S2102
Lysine	S2102
Cystine	S2102
Valine	S2102
Arginine	S2102
Glutamic acid	S2102
Glycine	S2102
20:0	S2102
20:1	S2102
17:0	S2102
17:1	S2102
Galactose	S2102
Zinc, Zn	S2102
Manganese, Mn	S2102
Thiamin	S2102
Riboflavin	S2102

NDB No. 21388 Fast foods, miniature cinnamon rolls

Choline, total	S2102
Serine	S2102
12:0	S2102
22:0	S2102
15:1	S2102
18:3 n-3 c,c,c	S2102

NDB No. 21389 Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Protein	S1064
Water	S1064
Fiber, total dietary	S1064
Vitamin C, total ascorbic acid	S1064
16:0	S1064
20:4 undifferentiated	S1064
15:0	S1064
Sucrose	S1064
Galactose	S1064
Phosphorus, P	S1064
Copper, Cu	S1064
Thiamin	S1064
Vitamin B-6	S1064
Folate, total	S1064
Folate, food	S1064
8:0	S1064
18:3 undifferentiated	S1064
16:1 c	S1064
Fatty acids, total trans-monoenoic	S1064
Potassium, K	S1064
Cholesterol	S1064
22:6 n-3	S1064
Fatty acids, total monounsaturated	S1064
18:2 i	S1064
20:3 undifferentiated	S1064
Glucose (dextrose)	S1064
Riboflavin	S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2458 of 3136

NDB No. 21389 Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Folic acid	S1064
Fatty acids, total trans	S1064
6:0	S1064
18:1 undifferentiated	S1064
20:5 n-3	S1064
22:5 n-3	S1064
24:0	S1064
Starch	S1064
Sugars, total	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Manganese, Mn	S1064
4:0	S1064
10:0	S1064
14:1	S1064
18:4	S1064
16:1 t	S1064
Fatty acids, total trans-polyenoic	S1064
Total lipid (fat)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Sodium, Na	S1064
12:0	S1064
14:0	S1064
18:0	S1064
20:0	S1064
22:0	S1064
16:1 undifferentiated	S1064
22:1 undifferentiated	S1064
18:1 t	S1064
17:1	S1064
Selenium, Se	S1064
Niacin	S1064
Fatty acids, total saturated	S1064
Fatty acids, total polyunsaturated	S1064
17:0	S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2459 of 3136

NDB No. 21389 Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

18:1 c	S1064
18:2 n-6 c,c	S1064
18:3 n-3 c,c,c	S1064
Ash	S1064
Magnesium, Mg	S1064
Zinc, Zn	S1064
Pantothenic acid	S1064
Vitamin K (phylloquinone)	S1064
18:2 undifferentiated	S1064
20:1	S1064
20:2 n-6 c,c	S1064

NDB No. 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

Sucrose	S1066, S1064
Maltose	S1066, S1064
Magnesium, Mg	S1066, S1064
Selenium, Se	S1066, S1064
Riboflavin	S1066, S1064
Leucine	S1066, S1064
Valine	S1066, S1064
Glycine	S1066, S1064
10:0	S1066, S1064
14:0	S1066, S1064
22:0	S1066, S1064
18:4	S1066, S1064
17:0	S1066, S1064
18:2 n-6 c,c	S1064
Lactose	S1066, S1064
Fiber, total dietary	S1066, S1064
Sodium, Na	S1066, S1064
Tocopherol, delta	S1064
Serine	S1066, S1064
4:0	S1064
20:0	S1066, S1064
22:5 n-3	S1066, S1064
15:1	S1066, S1064

NDB No. 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

Total lipid (fat)	S1066, S1064
Ash	S1066, S1064
Glucose (dextrose)	S1066, S1064
Phosphorus, P	S1066, S1064
Manganese, Mn	S1066, S1064
Vitamin E (alpha-tocopherol)	S1064
Folate, total	S1064
Isoleucine	S1066, S1064
Histidine	S1066, S1064
18:1 t	S1064
18:2 i	S1064
18:3 n-6 c,c,c	S1064
18:3 n-3 c,c,c	S1064
Starch	S1066, S1064
Water	S1066, S1064
Potassium, K	S1066, S1064
Zinc, Zn	S1066, S1064
Thiamin	S1066, S1064
Niacin	S1066, S1064
Pantothenic acid	S1066, S1064
Vitamin B-6	S1066, S1064
Folate, food	S1064
Tryptophan	S1066, S1064
Arginine	S1066, S1064
Alanine	S1066, S1064
Cholesterol	S1066, S1064
16:0	S1066, S1064
18:1 undifferentiated	S1066, S1064
15:0	S1066, S1064
16:1 t	S1064
20:3 undifferentiated	S1066, S1064
Calcium, Ca	S1066, S1064
Tocopherol, beta	S1064
Threonine	S1066, S1064
Methionine	S1066, S1064
Aspartic acid	S1066, S1064
Glutamic acid	S1066, S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2461 of 3136

NDB No. 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

8:0	S1066, S1064
12:0	S1066, S1064
20:5 n-3	S1066, S1064
22:1 undifferentiated	S1066, S1064
24:0	S1066, S1064
Protein	S1066, S1064
Galactose	S1064
Copper, Cu	S1066, S1064
Tocopherol, gamma	S1064
Phenylalanine	S1066, S1064
Proline	S1066, S1064
6:0	S1064
16:1 undifferentiated	S1066, S1064
20:1	S1066, S1064
18:1 c	S1064
Sugars, total	S1064
Vitamin C, total ascorbic acid	S1066, S1064
Vitamin B-12	S1066
Cystine	S1066, S1064
Tyrosine	S1066, S1064
18:3 undifferentiated	S1066, S1064
22:6 n-3	S1066, S1064
14:1	S1066, S1064
16:1 c	S1064
Fructose	S1066, S1064
Iron, Fe	S1066, S1064
Vitamin K (phylloquinone)	S1066, S1064
Folic acid	S1064
18:0	S1066, S1064
18:2 undifferentiated	S1066, S1064
20:4 undifferentiated	S1066, S1064
20:2 n-6 c,c	S1066, S1064
17:1	S1066, S1064
13:0	S1064

NDB No. 21391 Fast foods, hamburger; single, large patty; with condiments

Reference_Report

NDB No. 21391 Fast foods, hamburger; single, large patty; with condiments

Fiber, total dietary	S1122
Potassium, K	S1122
Pantothenic acid	S1122
Cholesterol	S1122
18:0	S1122
22:1 undifferentiated	S1122
24:0	S1122
Maltose	S1122
Magnesium, Mg	S1122
Vitamin E (alpha-tocopherol)	S1122
Tocopherol, gamma	S1122
Thiamin	S1122
Vitamin K (phylloquinone)	S1122
16:0	S1122
20:0	S1122
18:2 undifferentiated	S1122
20:1	S1122
17:0	S1122
Starch	S1122
Lactose	S1122
8:0	S1122
14:0	S1122
18:1 undifferentiated	S1122
18:3 undifferentiated	S1122
22:0	S1122
18:4	S1122
20:2 n-6 c,c	S1122
Calcium, Ca	S1122
Phosphorus, P	S1122
Tocopherol, beta	S1122
Vitamin B-12	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Tocopherol, delta	S1122
Vitamin B-6	S1122
Folic acid	S1122
10:0	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2463 of 3136

NDB No. 21391 Fast foods, hamburger; single, large patty; with condiments

22:6 n-3	S1122
Fatty acids, total polyunsaturated	S1122
Protein	S1122
Glucose (dextrose)	S1122
Iron, Fe	S1122
Copper, Cu	S1122
Vitamin C, total ascorbic acid	S1122
Niacin	S1122
15:0	S1122
15:1	S1122
Ash	S1122
Zinc, Zn	S1122
Manganese, Mn	S1122
Riboflavin	S1122
Folate, food	S1122
20:4 undifferentiated	S1122
14:1	S1122
20:5 n-3	S1122
17:1	S1122
Total lipid (fat)	S1122
Sucrose	S1122
Fructose	S1122
Water	S1122
Sodium, Na	S1122
Selenium, Se	S1122
Folate, total	S1122
Fatty acids, total saturated	S1122
12:0	S1122
20:3 undifferentiated	S1122

NDB No. 21393 Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

Glucose (dextrose)	S1122
Phosphorus, P	S1122
Tocopherol, delta	S1122
Riboflavin	S1122
Vitamin B-6	S1122

Reference Report

JUL-17-2008 02:00 PM

Page 2464 of 3136

NDB No. 21393 Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

Cystine	S1122
10:0	S1122
14:0	S1122
18:2 undifferentiated	S1122
18:3 undifferentiated	S1122
15:0	S1122
17:0	S1122
20:3 undifferentiated	S1122
Total lipid (fat)	S1122
Tocopherol, beta	S1122
Folate, food	S1122
Threonine	S1122
Phenylalanine	S1122
Arginine	S1122
18:0	S1122
14:1	S1122
22:5 n-3	S1122
20:2 n-6 c,c	S1122
15:1	S1122
Protein	S1122
Starch	S1122
Calcium, Ca	S1122
Iron, Fe	S1122
Tocopherol, gamma	S1122
Vitamin K (phylloquinone)	S1122
Lysine	S1122
Histidine	S1122
Alanine	S1122
Cholesterol	S1122
18:1 undifferentiated	S1122
20:1	S1122
22:1 undifferentiated	S1122
Fatty acids, total polyunsaturated	S1122
17:1	S1122
Ash	S1122
Sucrose	S1122
Fructose	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2465 of 3136

NDB No. 21393 Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

Vitamin E (alpha-tocopherol)	S1122
Folic acid	S1122
Leucine	S1122
Glutamic acid	S1122
24:0	S1122
Water	S1122
Fiber, total dietary	S1122
Magnesium, Mg	S1122
Sodium, Na	S1122
Vitamin C, total ascorbic acid	S1122
Thiamin	S1122
Tryptophan	S1122
Tyrosine	S1122
Glycine	S1122
20:0	S1122
Fatty acids, total monounsaturated	S1122
Pantothenic acid	S1122
Folate, total	S1122
Methionine	S1122
Serine	S1122
8:0	S1122
22:0	S1122
Potassium, K	S1122
Copper, Cu	S1122
Manganese, Mn	S1122
Valine	S1122
Fatty acids, total saturated	S1122
12:0	S1122
20:4 undifferentiated	S1122
22:6 n-3	S1122
18:4	S1122
Lactose	S1122
Maltose	S1122
Zinc, Zn	S1122
Selenium, Se	S1122
Niacin	S1122
Vitamin B-12	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2466 of 3136

NDB No. 21393 Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

Isoleucine	S1122
Aspartic acid	S1122
Proline	S1122
16:0	S1122
20:5 n-3	S1122

NDB No. 21397 Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise

Ash	S1066, S1064
Magnesium, Mg	S1066, S1064
12:0	S1066, S1064
18:2 undifferentiated	S1066, S1064
22:0	S1066, S1064
20:5 n-3	S1066, S1064
17:0	S1066, S1064
17:1	S1066, S1064
Manganese, Mn	S1066, S1064
Vitamin E (alpha-tocopherol)	S1064
Vitamin B-6	S1066, S1064
4:0	S1066, S1064
8:0	S1066, S1064
18:1 t	S1066, S1064
16:1 c	S1066
18:1 c	S1066, S1064
18:3 n-6 c,c,c	S1064
13:0	S1064
Sugars, total	S1064
Calcium, Ca	S1066, S1064
Phosphorus, P	S1066, S1064
Vitamin C, total ascorbic acid	S1066, S1064
Thiamin	S1066, S1064
6:0	S1066, S1064
14:1	S1066, S1064
20:1	S1066, S1064
22:5 n-3	S1066
15:0	S1066, S1064
15:1	S1066, S1064

NDB No. 21397 Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise

Glucose (dextrose)	S1066
Maltose	S1066, S1064
Water	S1066, S1064
Riboflavin	S1066, S1064
Vitamin B-12	S1066
22:1 undifferentiated	S1066, S1064
20:4 n-6	S1066
Sucrose	S1064
Fructose	S1066, S1064
Iron, Fe	S1066, S1064
Sodium, Na	S1066, S1064
Zinc, Zn	S1066, S1064
Copper, Cu	S1066, S1064
Folate, total	S1064
16:0	S1066, S1064
18:0	S1066, S1064
18:2 n-6 c,c	S1066
20:3 n-6	S1066
Protein	S1066, S1064
Galactose	S1064
Vitamin K (phylloquinone)	S1066, S1064
Folic acid	S1064
16:1 undifferentiated	S1066, S1064
18:4	S1066
16:1 t	S1066
20:2 n-6 c,c	S1066, S1064
20:3 undifferentiated	S1066, S1064
Lactose	S1066, S1064
Potassium, K	S1066, S1064
Selenium, Se	S1066, S1064
Pantothenic acid	S1066, S1064
Cholesterol	S1066, S1064
10:0	S1066, S1064
20:0	S1066, S1064
18:3 undifferentiated	S1066, S1064
Total lipid (fat)	S1066, S1064
Fiber, total dietary	S1066, S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2468 of 3136

NDB No. 21397 Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise

Niacin	S1066, S1064
14:0	S1066, S1064
18:1 undifferentiated	S1066, S1064
20:4 undifferentiated	S1066, S1064
22:6 n-3	S1066, S1064
24:0	S1066, S1064
18:2 i	S1066
18:3 n-3 c,c,c	S1066, S1064

NDB No. 21398 Fast foods, cheeseburger; single, large patty; with condiments

Glucose (dextrose)	S1122
Fructose	S1122
Iron, Fe	S1122
Copper, Cu	S1122
Tocopherol, gamma	S1122
16:0	S1122
18:3 undifferentiated	S1122
Zinc, Zn	S1122
Tocopherol, beta	S1122
Vitamin B-6	S1122
8:0	S1122
18:0	S1122
16:1 undifferentiated	S1122
17:0	S1122
17:1	S1122
Phosphorus, P	S1122
Potassium, K	S1122
Manganese, Mn	S1122
Riboflavin	S1122
Niacin	S1122
10:0	S1122
22:1 undifferentiated	S1122
15:0	S1122
Protein	S1122
Water	S1122
Calcium, Ca	S1122

Reference Report

JUL-17-2008 02:00 PM

Page 2469 of 3136

NDB No. 21398 Fast foods, cheeseburger; single, large patty; with condiments

Vitamin K (phylloquinone)	S1122
12:0	S1122
22:6 n-3	S1122
20:1	S1122
20:5 n-3	S1122
Fatty acids, total polyunsaturated	S1122
20:3 undifferentiated	S1122
Vitamin E (alpha-tocopherol)	S1122
Pantothenic acid	S1122
Fatty acids, total saturated	S1122
20:0	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
24:0	S1122
Starch	S1122
Sucrose	S1122
Maltose	S1122
Fiber, total dietary	S1122
Magnesium, Mg	S1122
Sodium, Na	S1122
Thiamin	S1122
18:2 undifferentiated	S1122
20:4 undifferentiated	S1122
22:0	S1122
Total lipid (fat)	S1122
Ash	S1122
Lactose	S1122
Selenium, Se	S1122
Tocopherol, delta	S1122
Vitamin C, total ascorbic acid	S1122
Folate, total	S1122
Vitamin B-12	S1122
Folic acid	S1122
Folate, food	S1122
Cholesterol	S1122
14:0	S1122
18:1 undifferentiated	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2470 of 3136

NDB No. 21398 Fast foods, cheeseburger; single, large patty; with condiments

14:1	S1122
18:4	S1122
20:2 n-6 c,c	S1122
15:1	S1122

NDB No. 21399 Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

Ash	S1066, S1064
Starch	S1066, S1064
Thiamin	S1066, S1064
8:0	S1066, S1064
12:0	S1066, S1064
20:0	S1066, S1064
18:1 undifferentiated	S1066, S1064
17:1	S1066, S1064
15:1	S1066, S1064
Protein	S1066, S1064
Glucose (dextrose)	S1066, S1064
Magnesium, Mg	S1066, S1064
Manganese, Mn	S1066, S1064
Tocopherol, beta	S1064
Vitamin K (phylloquinone)	S1066, S1064
6:0	S1064
18:4	S1066
20:1	S1066, S1064
20:2 n-6 c,c	S1066, S1064
Total lipid (fat)	S1066, S1064
Zinc, Zn	S1066, S1064
Niacin	S1066, S1064
Folate, food	S1064
18:2 undifferentiated	S1066, S1064
22:0	S1066, S1064
18:1 t	S1064
18:1 c	S1064
13:0	S1064
Sucrose	S1066, S1064
Sodium, Na	S1066, S1064

Reference Report

JUL-17-2008 02:00 PM

Page 2471 of 3136

NDB No. 21399 Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

Vitamin C, total ascorbic acid	S1066, S1064
Riboflavin	S1066, S1064
10:0	S1066, S1064
14:0	S1066, S1064
22:1 undifferentiated	S1066, S1064
22:5 n-3	S1066
15:0	S1066, S1064
20:3 undifferentiated	S1066, S1064
Iron, Fe	S1066, S1064
Tocopherol, gamma	S1064
4:0	S1064
16:1 undifferentiated	S1066, S1064
24:0	S1066, S1064
Fructose	S1066, S1064
Lactose	S1066, S1064
Water	S1066, S1064
Calcium, Ca	S1066, S1064
Selenium, Se	S1066, S1064
Pantothenic acid	S1066, S1064
Vitamin B-6	S1066, S1064
Vitamin B-12	S1066
Fatty acids, total trans	S1064
18:3 undifferentiated	S1066, S1064
22:6 n-3	S1066, S1064
18:3 n-6 c,c,c	S1064
Fiber, total dietary	S1066, S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, delta	S1064
Cholesterol	S1066, S1064
20:5 n-3	S1066, S1064
17:0	S1066, S1064
Sugars, total	S1064
Phosphorus, P	S1066, S1064
Potassium, K	S1066, S1064
Copper, Cu	S1066, S1064
Folate, total	S1064
Folic acid	S1064

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2472 of 3136

NDB No. 21399 Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

16:0	S1066, S1064
18:0	S1066, S1064
20:4 undifferentiated	S1066, S1064
14:1	S1066, S1064
18:3 n-3 c,c,c	S1064

NDB No. 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

Glucose (dextrose)	S1122
Fiber, total dietary	S1122
Magnesium, Mg	S1122
Tocopherol, beta	S1122
Riboflavin	S1122
Folate, total	S1122
Vitamin B-12	S1122
Tryptophan	S1122
Tyrosine	S1122
Valine	S1122
8:0	S1122
10:0	S1122
20:0	S1122
14:1	S1122
Fatty acids, total polyunsaturated	S1122
Iron, Fe	S1122
Phosphorus, P	S1122
Zinc, Zn	S1122
Copper, Cu	S1122
Tocopherol, gamma	S1122
Folate, food	S1122
Serine	S1122
18:2 undifferentiated	S1122
Potassium, K	S1122
Selenium, Se	S1122
Niacin	S1122
Vitamin B-6	S1122
Vitamin K (phylloquinone)	S1122
Histidine	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2473 of 3136

NDB No. 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

18:4	S1122
20:5 n-3	S1122
Protein	S1122
Fructose	S1122
Vitamin E (alpha-tocopherol)	S1122
Pantothenic acid	S1122
Leucine	S1122
Cholesterol	S1122
12:0	S1122
14:0	S1122
22:0	S1122
20:2 n-6 c,c	S1122
Ash	S1122
Water	S1122
Lysine	S1122
Aspartic acid	S1122
Glutamic acid	S1122
Proline	S1122
Fatty acids, total saturated	S1122
18:1 undifferentiated	S1122
22:6 n-3	S1122
15:0	S1122
15:1	S1122
Lactose	S1122
Manganese, Mn	S1122
Vitamin C, total ascorbic acid	S1122
Thiamin	S1122
Folic acid	S1122
Isoleucine	S1122
Phenylalanine	S1122
Arginine	S1122
16:0	S1122
20:1	S1122
17:0	S1122
Starch	S1122
Sucrose	S1122
Calcium, Ca	S1122

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2474 of 3136

NDB No. 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

Tocopherol, delta	S1122
Threonine	S1122
Cystine	S1122
18:0	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
24:0	S1122
17:1	S1122
20:3 undifferentiated	S1122
Total lipid (fat)	S1122
Maltose	S1122
Sodium, Na	S1122
Methionine	S1122
Alanine	S1122
Glycine	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
16:1 undifferentiated	S1122
22:1 undifferentiated	S1122

NDB No. 21401 Fast foods, chicken tenders

Ash	S4881, S1064
Folate, total	S2801, S1064
Choline, total	S1064
Betaine	S1064
Methionine	S1066, S1122, S1064
Aspartic acid	S1066, S1122, S1064
Hydroxyproline	S1064
20:0	S4881, S1064
18:4	S1064
17:0	S4881, S1064
18:2 i	S1064
20:2 n-6 c,c	S4881, S1064
Phosphorus, P	S2801, S1064
Sodium, Na	S4881, S1064

NDB No. 21401 Fast foods, chicken tenders

Manganese, Mn	S2801, S1064
Niacin	S2801, S1064
Vitamin B-6	S2801, S1064
Vitamin K (phylloquinone)	S1064
Tyrosine	S1066, S1122, S1064
Arginine	S1066, S1122, S1064
Histidine	S1066, S1122, S1064
20:4 undifferentiated	S4881, S1064
16:1 t	S1064
Protein	S4881, S1064
Tryptophan	S1066, S1122, S1064
Serine	S1066, S1122, S1064
4:0	S1064
22:6 n-3	S1064
16:1 undifferentiated	S4881, S1064
22:1 undifferentiated	S1064
15:0	S4881, S1064
18:2 t,t	S4881
18:3 n-6 c,c,c	S4881
17:1	S4881
Lactose	S1064
Galactose	S1064
Pantothenic acid	S2801, S1064
Vitamin B-12	S2801
Folic acid	S1064
Valine	S1066, S1122, S1064
Alanine	S1066, S1122, S1064
Cholesterol	S4881, S1064
14:1	S4881, S1064
20:5 n-3	S1064
18:1 t	S4881, S1064
Glucose (dextrose)	S1064
Maltose	S1064
Magnesium, Mg	S2801, S1064
Potassium, K	S2801, S1064
Selenium, Se	S1064
Thiamin	S2801, S1064

NDB No. 21401 Fast foods, chicken tenders

Phenylalanine	S1066, S1122, S1064
6:0	S1064
14:0	S4881, S1064
22:5 n-3	S1064
Total lipid (fat)	S4881, S1064
Sugars, total	S4881, S1064
Fiber, total dietary	S4881, S1064
Calcium, Ca	S4881, S1064
Iron, Fe	S4881, S1064
Copper, Cu	S2801, S1064
Tocopherol, beta	S1064
Vitamin C, total ascorbic acid	S4881, S1064
Cystine	S1066, S1122, S1064
Glutamic acid	S1066, S1122, S1064
Glycine	S1066, S1122, S1064
8:0	S4881, S1064
12:0	S4881, S1064
22:0	S4881, S1064
20:1	S4881, S1064
18:1 c	S4881, S1064
20:3 undifferentiated	S4881, S1064
15:1	S4881
Water	S4881, S1064
Vitamin A, IU	S4881
Vitamin E (alpha-tocopherol)	S1064
Riboflavin	S2801, S1064
Threonine	S1066, S1122, S1064
Lysine	S1066, S1122, S1064
24:0	S1064
18:3 n-3 c,c,c	S4881, S1064
Starch	S1064
Sucrose	S1064
Fructose	S1064
Zinc, Zn	S2801, S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Isoleucine	S1066, S1122, S1064

NDB No. 21401 Fast foods, chicken tenders

Leucine	S1066, S1122, S1064
Proline	S1066, S1122, S1064
10:0	S4881, S1064
16:0	S4881, S1064
18:0	S4881, S1064
16:1 c	S1064
18:2 n-6 c,c	S4881, S1064

NDB No. 21409 Fast foods, bagel, with ham, egg, and cheese

Starch	S1165
Magnesium, Mg	S1165
Potassium, K	S1165
Copper, Cu	S1165
Retinol	S1165
Pantothenic acid	S1165
Vitamin K (phylloquinone)	S1165
12:0	S1165
18:2 undifferentiated	S1165
14:1	S1165
16:1 undifferentiated	S1165
18:4	S1165
20:1	S1165
22:5 n-3	S1165
Fatty acids, total monounsaturated	S1165
Total lipid (fat)	S1165
Ash	S1165
Glucose (dextrose)	S1165
Fiber, total dietary	S1165
Thiamin	S1165
16:0	S1165
20:0	S1165
22:6 n-3	S1165
20:5 n-3	S1165
17:0	S1165
Sucrose	S1165
Selenium, Se	S1165

Reference Report

JUL-17-2008 02:00 PM

Page 2478 of 3136

NDB No. 21409 Fast foods, bagel, with ham, egg, and cheese

Tocopherol, delta	S1165
8:0	S1165
10:0	S1165
18:1 undifferentiated	S1165
22:1 undifferentiated	S1165
Fatty acids, total polyunsaturated	S1165
20:2 n-6 c,c	S1165
Sugars, total	S1165
Calcium, Ca	S1165
Phosphorus, P	S1165
Sodium, Na	S1165
Manganese, Mn	S1165
Vitamin E (alpha-tocopherol)	S1165
Tocopherol, beta	S1165
Folic acid	S1165
Fatty acids, total saturated	S1165
14:0	S1165
20:4 undifferentiated	S1165
15:0	S1165
Riboflavin	S1165
24:0	S1165
Fructose	S1165
Water	S1165
Zinc, Zn	S1165
Vitamin C, total ascorbic acid	S1165
Vitamin B-6	S1165
Folate, total	S1165
Vitamin B-12	S1165
Betaine	S1165
20:3 undifferentiated	S1165
Protein	S1165
Lactose	S1165
Iron, Fe	S1165
Tocopherol, gamma	S1165
Niacin	S1165
Choline, total	S1165
15:1	S1165

Reference_Report

NDB No. 21409 Fast foods, bagel, with ham, egg, and cheese

Maltose	S1165
Galactose	S1165
Cholesterol	S1165
18:0	S1165
18:3 undifferentiated	S1165
22:0	S1165
17:1	S1165

NDB No. 21410 Fast foods, bagel, with egg, sausage patty, cheese, and condiments

Ash	S1165
Maltose	S1165
Copper, Cu	S1165
Niacin	S1165
Vitamin B-6	S1165
Fatty acids, total saturated	S1165
22:6 n-3	S1165
20:2 n-6 c,c	S1165
Total lipid (fat)	S1165
Fructose	S1165
Folic acid	S1165
14:0	S1165
20:4 undifferentiated	S1165
14:1	S1165
20:5 n-3	S1165
22:5 n-3	S1165
Fatty acids, total polyunsaturated	S1165
24:0	S1165
Glucose (dextrose)	S1165
Vitamin E (alpha-tocopherol)	S1165
Tocopherol, beta	S1165
Tocopherol, delta	S1165
Folate, total	S1165
Cholesterol	S1165
18:4	S1165
15:0	S1165
17:1	S1165

Reference Report

JUL-17-2008 02:00 PM

Page 2480 of 3136

NDB No. 21410 Fast foods, bagel, with egg, sausage patty, cheese, and condiments

Galactose	S1165
Fiber, total dietary	S1165
Iron, Fe	S1165
Selenium, Se	S1165
Cryptoxanthin, beta	S1165
Lycopene	S1165
Vitamin C, total ascorbic acid	S1165
Thiamin	S1165
Pantothenic acid	S1165
Vitamin K (phylloquinone)	S1165
8:0	S1165
18:3 undifferentiated	S1165
22:0	S1165
22:1 undifferentiated	S1165
Lactose	S1165
Sodium, Na	S1165
Vitamin B-12	S1165
Choline, total	S1165
Folate, food	S1165
16:0	S1165
20:0	S1165
18:1 undifferentiated	S1165
16:1 undifferentiated	S1165
20:1	S1165
Water	S1165
Sugars, total	S1165
Tocopherol, gamma	S1165
Riboflavin	S1165
Betaine	S1165
Protein	S1165
Starch	S1165
Phosphorus, P	S1165
Potassium, K	S1165
Zinc, Zn	S1165
Carotene, alpha	S1165
10:0	S1165
Fatty acids, total monounsaturated	S1165

Reference_Report

NDB No. 21410 Fast foods, bagel, with egg, sausage patty, cheese, and condiments

20:3 undifferentiated	S1165
15:1	S1165
Sucrose	S1165
Calcium, Ca	S1165
Magnesium, Mg	S1165
Manganese, Mn	S1165
Retinol	S1165
Carotene, beta	S1165
12:0	S1165
18:0	S1165
18:2 undifferentiated	S1165
17:0	S1165

NDB No. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

Lactose	S1165
Iron, Fe	S1165
Potassium, K	S1165
Copper, Cu	S1165
Tocopherol, beta	S1165
Thiamin	S1165
Pantothenic acid	S1165
Folic acid	S1165
Betaine	S1165
Cholesterol	S1165
12:0	S1165
18:4	S1165
17:0	S1165
Ash	S1165
Glucose (dextrose)	S1165
Fructose	S1165
Fiber, total dietary	S1165
Sodium, Na	S1165
Manganese, Mn	S1165
Vitamin B-6	S1165
18:0	S1165
22:1 undifferentiated	S1165

NDB No. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

22:5 n-3	S1165
15:0	S1165
17:1	S1165
Magnesium, Mg	S1165
Vitamin C, total ascorbic acid	S1165
Riboflavin	S1165
Niacin	S1165
Fatty acids, total saturated	S1165
14:0	S1165
18:1 undifferentiated	S1165
Fatty acids, total monounsaturated	S1165
Tocopherol, gamma	S1165
Folate, total	S1165
16:0	S1165
16:1 undifferentiated	S1165
Sugars, total	S1165
Choline, total	S1165
Folate, food	S1165
18:3 undifferentiated	S1165
Fatty acids, total polyunsaturated	S1165
Protein	S1165
Total lipid (fat)	S1165
Starch	S1165
Maltose	S1165
Zinc, Zn	S1165
Tocopherol, delta	S1165
20:0	S1165
22:6 n-3	S1165
14:1	S1165
20:2 n-6 c,c	S1165
Sucrose	S1165
Water	S1165
Selenium, Se	S1165
Vitamin B-12	S1165
10:0	S1165
20:3 undifferentiated	S1165
15:1	S1165

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2483 of 3136

NDB No. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

Galactose	S1165
Calcium, Ca	S1165
Phosphorus, P	S1165
Retinol	S1165
Vitamin E (alpha-tocopherol)	S1165
Vitamin K (phylloquinone)	S1165
8:0	S1165
18:2 undifferentiated	S1165
20:4 undifferentiated	S1165
22:0	S1165
20:1	S1165
20:5 n-3	S1165
24:0	S1165

NDB No. 21414 POPEYES, Batter Fries, analyzed prior to December 2006

Vitamin C, total ascorbic acid	S3773
Pantothenic acid	S3773
Vitamin B-6	S3773
Serine	S3773
22:0	S3773
Fatty acids, total monounsaturated	S3773
Sugars, total	S3773
Copper, Cu	S3773
Leucine	S3773
Phenylalanine	S3773
14:0	S3773
18:3 undifferentiated	S3773
20:2 n-6 c,c	S3773
17:1	S3773
20:3 undifferentiated	S3773
Ash	S3773
Fructose	S3773
Magnesium, Mg	S3773
Zinc, Zn	S3773
Niacin	S3773
Lysine	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2484 of 3136

NDB No. 21414 POPEYES, Batter Fries, analyzed prior to December 2006

4:0	S3773
20:0	S3773
22:6 n-3	S3773
20:1	S3773
15:0	S3773
18:2 CLAs	S3773
18:3 n-3 c,c,c	S3773
Maltose	S3773
Phosphorus, P	S3773
Potassium, K	S3773
Selenium, Se	S3773
Vitamin B-12	S3773
Cholesterol	S3773
10:0	S3773
16:0	S3773
20:4 undifferentiated	S3773
22:1 undifferentiated	S3773
18:2 t not further defined	S3773
24:1 c	S3773
18:1 c	S3773
Sucrose	S3773
Galactose	S3773
Sodium, Na	S3773
Manganese, Mn	S3773
Tryptophan	S3773
Isoleucine	S3773
Methionine	S3773
Glutamic acid	S3773
Proline	S3773
12:0	S3773
18:0	S3773
14:1	S3773
16:1 undifferentiated	S3773
Fatty acids, total polyunsaturated	S3773
24:0	S3773
16:1 t	S3773
22:1 c	S3773

Reference Report

JUL-17-2008 02:00 PM

Page 2485 of 3136

NDB No. 21414 POPEYES, Batter Fries, analyzed prior to December 2006

18:3 n-6 c,c,c	S3773
15:1	S3773
22:4	S3773
Total lipid (fat)	S3773
Lactose	S3773
Fiber, total dietary	S3773
Cystine	S3773
18:4	S3773
22:5 n-3	S3773
17:0	S3773
Protein	S3773
Glucose (dextrose)	S3773
Thiamin	S3773
Riboflavin	S3773
Threonine	S3773
Arginine	S3773
Histidine	S3773
Alanine	S3773
Glycine	S3773
Fatty acids, total saturated	S3773
8:0	S3773
18:1 undifferentiated	S3773
18:2 undifferentiated	S3773
20:5 n-3	S3773
22:1 t	S3773
Starch	S3773
Water	S3773
Calcium, Ca	S3773
Iron, Fe	S3773
Tyrosine	S3773
Valine	S3773
Aspartic acid	S3773
Fatty acids, total trans	S3773
6:0	S3773
18:1 t	S3773
16:1 c	S3773
18:2 n-6 c,c	S3773

Reference Report

JUL-17-2008 02:00 PM

Page 2486 of 3136

NDB No. 21414 POPEYES, Batter Fries, analyzed prior to December 2006

20:3 n-3	S3773
20:3 n-6	S3773

NDB No. 21415 POPEYES, Biscuit, analyzed prior to November 2006

Glucose (dextrose)	S3773
Iron, Fe	S3773
Magnesium, Mg	S3773
Thiamin	S3773
Pantothenic acid	S3773
Threonine	S3773
Arginine	S3773
Glycine	S3773
Serine	S3773
8:0	S3773
18:0	S3773
20:4 undifferentiated	S3773
22:6 n-3	S3773
22:0	S3773
Fatty acids, total polyunsaturated	S3773
17:0	S3773
16:1 c	S3773
18:3 n-3 c,c,c	S3773
Total lipid (fat)	S3773
Ash	S3773
Starch	S3773
Lactose	S3773
Selenium, Se	S3773
Lysine	S3773
Phenylalanine	S3773
Valine	S3773
Aspartic acid	S3773
4:0	S3773
12:0	S3773
18:3 undifferentiated	S3773
14:1	S3773
24:0	S3773

NDB No. 21415 POPEYES, Biscuit, analyzed prior to November 2006

20:2 n-6 c,c	S3773
Protein	S3773
Maltose	S3773
Water	S3773
Manganese, Mn	S3773
Leucine	S3773
10:0	S3773
18:4	S3773
20:5 n-3	S3773
18:1 t	S3773
20:3 n-3	S3773
Fiber, total dietary	S3773
Sodium, Na	S3773
Vitamin B-12	S3773
Cystine	S3773
Tyrosine	S3773
Alanine	S3773
Proline	S3773
Cholesterol	S3773
6:0	S3773
14:0	S3773
17:1	S3773
Sucrose	S3773
Fructose	S3773
Phosphorus, P	S3773
Niacin	S3773
Isoleucine	S3773
Glutamic acid	S3773
18:1 undifferentiated	S3773
22:1 t	S3773
18:2 CLAs	S3773
22:1 c	S3773
18:3 n-6 c,c,c	S3773
Sugars, total	S3773
Zinc, Zn	S3773
Copper, Cu	S3773
16:1 undifferentiated	S3773

NDB No. 21415 POPEYES, Biscuit, analyzed prior to November 2006

Fatty acids, total monounsaturated	S3773
22:4	S3773
Galactose	S3773
Riboflavin	S3773
Tryptophan	S3773
18:2 undifferentiated	S3773
22:5 n-3	S3773
16:1 t	S3773
18:2 n-6 c,c	S3773
20:3 undifferentiated	S3773
15:1	S3773
20:3 n-6	S3773
Calcium, Ca	S3773
Potassium, K	S3773
Vitamin C, total ascorbic acid	S3773
Vitamin B-6	S3773
Methionine	S3773
Histidine	S3773
Fatty acids, total trans	S3773
Fatty acids, total saturated	S3773
16:0	S3773
20:0	S3773
20:1	S3773
22:1 undifferentiated	S3773
15:0	S3773
18:2 t not further defined	S3773
24:1 c	S3773
18:1 c	S3773

NDB No. 21416 POPEYES, Coleslaw

Zinc, Zn	S3773
Copper, Cu	S3773
Pantothenic acid	S3773
Vitamin B-6	S3773
20:4 undifferentiated	S3773
16:1 undifferentiated	S3773

NDB No. 21416 POPEYES, Coleslaw

20:2 n-6 c,c	S3773
Fatty acids, total trans-monoenoic	S3773
Isoleucine	S3773
Valine	S3773
Alanine	S3773
Serine	S3773
12:0	S3773
14:0	S3773
18:2 undifferentiated	S3773
18:2 t not further defined	S3773
18:2 n-6 c,c	S3773
17:1	S3773
Ash	S3773
Sucrose	S3773
Fructose	S3773
Water	S3773
Phosphorus, P	S3773
Potassium, K	S3773
Lysine	S3773
Cystine	S3773
Tyrosine	S3773
Arginine	S3773
Aspartic acid	S3773
Fatty acids, total saturated	S3773
18:1 undifferentiated	S3773
22:6 n-3	S3773
18:4	S3773
22:1 undifferentiated	S3773
Fatty acids, total polyunsaturated	S3773
22:1 t	S3773
24:1 c	S3773
18:1 c	S3773
20:3 n-3	S3773
Lactose	S3773
Methionine	S3773
4:0	S3773
6:0	S3773

Reference_Report

NDB No. 21416 POPEYES, Coleslaw

8:0	S3773
10:0	S3773
14:1	S3773
18:3 n-6 c,c,c	S3773
18:3 n-3 c,c,c	S3773
Manganese, Mn	S3773
Retinol	S3773
Vitamin C, total ascorbic acid	S3773
Riboflavin	S3773
Glutamic acid	S3773
20:0	S3773
18:3 undifferentiated	S3773
20:1	S3773
22:5 n-3	S3773
Protein	S3773
Maltose	S3773
Fiber, total dietary	S3773
Iron, Fe	S3773
Magnesium, Mg	S3773
Histidine	S3773
Fatty acids, total trans	S3773
16:0	S3773
22:0	S3773
17:0	S3773
18:1 t	S3773
16:1 c	S3773
22:1 c	S3773
Glucose (dextrose)	S3773
Calcium, Ca	S3773
Thiamin	S3773
Niacin	S3773
Vitamin B-12	S3773
Tryptophan	S3773
Threonine	S3773
Leucine	S3773
Cholesterol	S3773
15:0	S3773

NDB No. 21416 POPEYES, Coleslaw

24:0	S3773
18:2 CLAs	S3773
15:1	S3773
Total lipid (fat)	S3773
Sugars, total	S3773
Galactose	S3773
Sodium, Na	S3773
Phenylalanine	S3773
Glycine	S3773
Proline	S3773
18:0	S3773
20:5 n-3	S3773
Fatty acids, total monounsaturated	S3773
16:1 t	S3773
20:3 undifferentiated	S3773
Fatty acids, total trans-polyenoic	S3773
20:3 n-6	S3773
22:4	S3773

NDB No. 21417 POPEYES, Mild Chicken Strips, analyzed 2006

Protein	S3773
Sucrose	S3773
Fructose	S3773
Selenium, Se	S3773
Cystine	S3773
Valine	S3773
Arginine	S3773
Glutamic acid	S3773
8:0	S3773
20:1	S3773
17:0	S3773
18:2 CLAs	S3773
24:1 c	S3773
20:2 n-6 c,c	S3773
17:1	S3773
Phosphorus, P	S3773

Reference Report

JUL-17-2008 02:00 PM

Page 2492 of 3136

NDB No. 21417 POPEYES, Mild Chicken Strips, analyzed 2006

Potassium, K	S3773
Sodium, Na	S3773
Copper, Cu	S3773
Vitamin C, total ascorbic acid	S3773
Thiamin	S3773
Glycine	S3773
20:4 undifferentiated	S3773
22:1 undifferentiated	S3773
15:0	S3773
18:2 t not further defined	S3773
15:1	S3773
Glucose (dextrose)	S3773
Water	S3773
Lysine	S3773
Methionine	S3773
Histidine	S3773
4:0	S3773
18:0	S3773
18:1 undifferentiated	S3773
18:3 undifferentiated	S3773
16:1 undifferentiated	S3773
20:5 n-3	S3773
16:1 t	S3773
22:1 t	S3773
Sugars, total	S3773
Iron, Fe	S3773
Riboflavin	S3773
Tryptophan	S3773
Cholesterol	S3773
10:0	S3773
16:0	S3773
Fatty acids, total polyunsaturated	S3773
18:1 t	S3773
16:1 c	S3773
20:3 undifferentiated	S3773
Fatty acids, total trans-polyenoic	S3773
20:3 n-3	S3773

Reference Report

JUL-17-2008 02:00 PM

Page 2493 of 3136

NDB No. 21417 POPEYES, Mild Chicken Strips, analyzed 2006

20:3 n-6	S3773
Pantothenic acid	S3773
6:0	S3773
14:0	S3773
14:1	S3773
18:1 c	S3773
22:1 c	S3773
Fatty acids, total trans- monoenoic	S3773
Ash	S3773
Maltose	S3773
Magnesium, Mg	S3773
Vitamin B-6	S3773
Threonine	S3773
Isoleucine	S3773
Phenylalanine	S3773
Alanine	S3773
Aspartic acid	S3773
18:2 undifferentiated	S3773
22:5 n-3	S3773
24:0	S3773
18:2 n-6 c,c	S3773
18:3 n-6 c,c,c	S3773
Starch	S3773
Lactose	S3773
Zinc, Zn	S3773
Niacin	S3773
Vitamin B-12	S3773
Leucine	S3773
Tyrosine	S3773
Fatty acids, total trans	S3773
12:0	S3773
20:0	S3773
22:0	S3773
Total lipid (fat)	S3773
Galactose	S3773
Fiber, total dietary	S3773
Calcium, Ca	S3773

Reference_Report

NDB No. 21417 POPEYES, Mild Chicken Strips, analyzed 2006

Manganese, Mn	S3773
Proline	S3773
Serine	S3773
Fatty acids, total saturated	S3773
22:6 n-3	S3773
18:4	S3773
Fatty acids, total monounsaturated	S3773
18:3 n-3 c,c,c	S3773
22:4	S3773

NDB No. 21418 POPEYES, Spicy Chicken Strips, analyzed 2006

Protein	S3773
Total lipid (fat)	S3773
Selenium, Se	S3773
Vitamin C, total ascorbic acid	S3773
Pantothenic acid	S3773
Isoleucine	S3773
Proline	S3773
14:0	S3773
16:1 undifferentiated	S3773
20:1	S3773
24:0	S3773
18:1 c	S3773
18:3 n-3 c,c,c	S3773
Fiber, total dietary	S3773
Iron, Fe	S3773
Vitamin B-12	S3773
Tryptophan	S3773
Lysine	S3773
Phenylalanine	S3773
16:0	S3773
20:0	S3773
18:1 undifferentiated	S3773
18:2 undifferentiated	S3773
20:4 undifferentiated	S3773
14:1	S3773

Reference Report

JUL-17-2008 02:00 PM

Page 2495 of 3136

NDB No. 21418 POPEYES, Spicy Chicken Strips, analyzed 2006

18:2 n-6 c,c	S3773
17:1	S3773
Potassium, K	S3773
Methionine	S3773
18:1 t	S3773
22:1 t	S3773
18:2 t not further defined	S3773
22:4	S3773
Fructose	S3773
Sodium, Na	S3773
Manganese, Mn	S3773
Thiamin	S3773
Riboflavin	S3773
Niacin	S3773
Aspartic acid	S3773
10:0	S3773
22:0	S3773
18:4	S3773
22:5 n-3	S3773
24:1 c	S3773
20:3 n-6	S3773
Ash	S3773
Water	S3773
Sugars, total	S3773
Phosphorus, P	S3773
Zinc, Zn	S3773
Histidine	S3773
Glycine	S3773
Cholesterol	S3773
18:0	S3773
22:1 undifferentiated	S3773
Fatty acids, total monounsaturated	S3773
15:0	S3773
22:1 c	S3773
18:3 n-6 c,c,c	S3773
20:3 undifferentiated	S3773
20:3 n-3	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2496 of 3136

NDB No. 21418 POPEYES, Spicy Chicken Strips, analyzed 2006

Lactose	S3773
Magnesium, Mg	S3773
Cystine	S3773
Arginine	S3773
Alanine	S3773
6:0	S3773
18:3 undifferentiated	S3773
20:5 n-3	S3773
16:1 t	S3773
Fatty acids, total trans-monoenoic	S3773
Sucrose	S3773
Glucose (dextrose)	S3773
Maltose	S3773
Calcium, Ca	S3773
Copper, Cu	S3773
Vitamin B-6	S3773
Threonine	S3773
Leucine	S3773
Valine	S3773
Glutamic acid	S3773
4:0	S3773
8:0	S3773
12:0	S3773
Fatty acids, total polyunsaturated	S3773
18:2 CLAs	S3773
Fatty acids, total trans-polyenoic	S3773
15:1	S3773
Starch	S3773
Galactose	S3773
Tyrosine	S3773
Serine	S3773
Fatty acids, total trans	S3773
Fatty acids, total saturated	S3773
22:6 n-3	S3773
17:0	S3773
20:2 n-6 c,c	S3773
16:1 c	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2497 of 3136

NDB No. 21419 KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007

Fructose	S3557
Zinc, Zn	S3557
Selenium, Se	S3557
Tocopherol, delta	S3557
Pantothenic acid	S3557
Proline	S3557
12:0	S3557
18:1 undifferentiated	S3557
20:4 undifferentiated	S3557
15:0	S3557
17:0	S3557
24:0	S3557
22:1 t	S3557
18:2 t not further defined	S3557
Protein	S3557
Water	S3557
Iron, Fe	S3557
Vitamin E (alpha-tocopherol)	S3557
Tocopherol, beta	S3557
Vitamin K (phylloquinone)	S3557
Tryptophan	S3557
Isoleucine	S3557
Leucine	S3557
Lysine	S3557
Methionine	S3557
Valine	S3557
Arginine	S3557
Glutamic acid	S3557
Serine	S3557
Fatty acids, total trans	S3557
14:1	S3557
20:5 n-3	S3557
24:1 c	S3557
16:1 c	S3557
Sucrose	S3557
Sugars, total	S3557
Sodium, Na	S3557

Reference Report

JUL-17-2008 02:00 PM

Page 2498 of 3136

NDB No. 21419 KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007

Tocopherol, gamma	S3557
Cystine	S3557
Histidine	S3557
Aspartic acid	S3557
18:2 undifferentiated	S3557
22:0	S3557
16:1 undifferentiated	S3557
Fatty acids, total monounsaturated	S3557
Fatty acids, total polyunsaturated	S3557
Starch	S3557
Phosphorus, P	S3557
Potassium, K	S3557
Thiamin	S3557
4:0	S3557
6:0	S3557
20:2 n-6 c,c	S3557
18:2 n-6 c,c	S3557
Fatty acids, total trans-polyenoic	S3557
Vitamin B-6	S3557
Vitamin B-12	S3557
8:0	S3557
10:0	S3557
20:1	S3557
18:1 c	S3557
Fatty acids, total trans-monoenoic	S3557
20:3 n-6	S3557
22:4	S3557
Ash	S3557
Glucose (dextrose)	S3557
Maltose	S3557
Niacin	S3557
Tyrosine	S3557
18:3 undifferentiated	S3557
22:6 n-3	S3557
18:4	S3557
22:1 c	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2499 of 3136

NDB No. 21419 KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007

18:3 n-6 c,c,c	S3557
18:3 n-3 c,c,c	S3557
Total lipid (fat)	S3557
Lactose	S3557
Fatty acids, total saturated	S3557
22:5 n-3	S3557
18:1 t	S3557
18:2 CLAs	S3557
Galactose	S3557
Fiber, total dietary	S3557
Calcium, Ca	S3557
Magnesium, Mg	S3557
Copper, Cu	S3557
Manganese, Mn	S3557
Riboflavin	S3557
Threonine	S3557
Phenylalanine	S3557
Alanine	S3557
Glycine	S3557
Cholesterol	S3557
14:0	S3557
16:0	S3557
18:0	S3557
20:0	S3557
22:1 undifferentiated	S3557
16:1 t	S3557
17:1	S3557
20:3 undifferentiated	S3557
15:1	S3557
20:3 n-3	S3557

NDB No. 21420 KENTUCKY FRIED CHICKEN, Coleslaw

Ash	S3557
Water	S3557
Sugars, total	S3557
Galactose	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2500 of 3136

NDB No. 21420 KENTUCKY FRIED CHICKEN, Coleslaw

Phosphorus, P	S3557
Tocopherol, delta	S3557
Thiamin	S3557
Lysine	S3557
Methionine	S3557
Phenylalanine	S3557
Valine	S3557
Cholesterol	S3557
6:0	S3557
16:1 t	S3557
20:3 undifferentiated	S3557
Fatty acids, total trans-polyenoic	S3557
20:3 n-6	S3557
Protein	S3557
Total lipid (fat)	S3557
Magnesium, Mg	S3557
Retinol	S3557
Riboflavin	S3557
Vitamin B-6	S3557
Vitamin K (phylloquinone)	S3557
Threonine	S3557
Proline	S3557
14:0	S3557
18:0	S3557
18:1 undifferentiated	S3557
Fatty acids, total polyunsaturated	S3557
22:1 c	S3557
Fatty acids, total trans-monoenoic	S3557
Manganese, Mn	S3557
Tocopherol, gamma	S3557
Fatty acids, total saturated	S3557
18:2 undifferentiated	S3557
22:1 undifferentiated	S3557
Fatty acids, total monounsaturated	S3557
15:0	S3557
18:2 CLAs	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2501 of 3136

NDB No. 21420 KENTUCKY FRIED CHICKEN, Coleslaw

20:2 n-6 c,c	S3557
20:3 n-3	S3557
22:4	S3557
Calcium, Ca	S3557
Potassium, K	S3557
Niacin	S3557
Cystine	S3557
Tyrosine	S3557
Glutamic acid	S3557
Glycine	S3557
8:0	S3557
12:0	S3557
18:3 undifferentiated	S3557
22:6 n-3	S3557
18:1 t	S3557
24:1 c	S3557
16:1 c	S3557
18:2 n-6 c,c	S3557
17:1	S3557
Glucose (dextrose)	S3557
Maltose	S3557
Iron, Fe	S3557
Copper, Cu	S3557
Vitamin C, total ascorbic acid	S3557
Fatty acids, total trans	S3557
4:0	S3557
20:0	S3557
22:5 n-3	S3557
17:0	S3557
18:2 t not further defined	S3557
15:1	S3557
Fiber, total dietary	S3557
Sodium, Na	S3557
Tocopherol, beta	S3557
Isoleucine	S3557
Leucine	S3557
Histidine	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2502 of 3136

NDB No. 21420 KENTUCKY FRIED CHICKEN, Coleslaw

Alanine	S3557
16:0	S3557
14:1	S3557
18:1 c	S3557
Fructose	S3557
Lactose	S3557
Zinc, Zn	S3557
Vitamin B-12	S3557
Serine	S3557
10:0	S3557
18:4	S3557
20:5 n-3	S3557
18:3 n-6 c,c,c	S3557
18:3 n-3 c,c,c	S3557
Sucrose	S3557
Vitamin E (alpha-tocopherol)	S3557
Pantothenic acid	S3557
Tryptophan	S3557
Arginine	S3557
Aspartic acid	S3557
20:4 undifferentiated	S3557
22:0	S3557
16:1 undifferentiated	S3557
20:1	S3557
24:0	S3557
22:1 t	S3557

NDB No. 21421 KENTUCKY FRIED CHICKEN, Crispy Chicken Strips, analyzed prior to January 2007

Iron, Fe	S3557
Zinc, Zn	S3557
Threonine	S3557
10:0	S3557
18:3 undifferentiated	S3557
22:5 n-3	S3557
Fatty acids, total monounsaturated	S3557
18:1 c	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2503 of 3136

NDB No. 21421 KENTUCKY FRIED CHICKEN, Crispy Chicken Strips, analyzed prior to January 2007

20:3 undifferentiated	S3557
18:3 n-3 c,c,c	S3557
Starch	S3557
Lactose	S3557
Water	S3557
Galactose	S3557
Calcium, Ca	S3557
Sodium, Na	S3557
Tryptophan	S3557
Methionine	S3557
Proline	S3557
Cholesterol	S3557
22:6 n-3	S3557
16:1 undifferentiated	S3557
22:1 undifferentiated	S3557
Fatty acids, total polyunsaturated	S3557
18:2 CLAs	S3557
Protein	S3557
Fiber, total dietary	S3557
Pantothenic acid	S3557
Arginine	S3557
Alanine	S3557
6:0	S3557
8:0	S3557
12:0	S3557
16:0	S3557
22:0	S3557
20:1	S3557
18:1 t	S3557
Fatty acids, total trans-monoenoic	S3557
Fatty acids, total trans-polyenoic	S3557
20:3 n-6	S3557
Glucose (dextrose)	S3557
Sugars, total	S3557
Tocopherol, beta	S3557
Tocopherol, gamma	S3557
Thiamin	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2504 of 3136

NDB No. 21421 KENTUCKY FRIED CHICKEN, Crispy Chicken Strips, analyzed prior to January 2007

Cystine	S3557
Aspartic acid	S3557
Glutamic acid	S3557
14:0	S3557
18:1 undifferentiated	S3557
20:4 undifferentiated	S3557
15:0	S3557
16:1 t	S3557
18:2 t not further defined	S3557
24:1 c	S3557
20:2 n-6 c,c	S3557
Magnesium, Mg	S3557
Phosphorus, P	S3557
Vitamin E (alpha-tocopherol)	S3557
Valine	S3557
Glycine	S3557
Fatty acids, total trans	S3557
20:0	S3557
20:3 n-3	S3557
Total lipid (fat)	S3557
Ash	S3557
Maltose	S3557
Selenium, Se	S3557
Vitamin B-12	S3557
Isoleucine	S3557
Leucine	S3557
Lysine	S3557
Tyrosine	S3557
Fatty acids, total saturated	S3557
14:1	S3557
20:5 n-3	S3557
17:0	S3557
24:0	S3557
22:1 t	S3557
18:2 n-6 c,c	S3557
15:1	S3557
Sucrose	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2505 of 3136

NDB No. 21421 KENTUCKY FRIED CHICKEN, Crispy Chicken Strips, analyzed prior to January 2007

Fructose	S3557
Potassium, K	S3557
Copper, Cu	S3557
Manganese, Mn	S3557
Niacin	S3557
Phenylalanine	S3557
Histidine	S3557
18:0	S3557
18:2 undifferentiated	S3557
18:4	S3557
22:1 c	S3557
Tocopherol, delta	S3557
Riboflavin	S3557
Vitamin B-6	S3557
Vitamin K (phylloquinone)	S3557
Serine	S3557
4:0	S3557
16:1 c	S3557
18:3 n-6 c,c,c	S3557
17:1	S3557
22:4	S3557

NDB No. 21422 KENTUCKY FRIED CHICKEN, Popcorn Chicken, analyzed prior to January 2007

Sodium, Na	S3557
Vitamin K (phylloquinone)	S3557
Cystine	S3557
20:0	S3557
18:3 undifferentiated	S3557
Fatty acids, total monounsaturated	S3557
15:0	S3557
16:1 t	S3557
18:3 n-6 c,c,c	S3557
20:3 n-3	S3557
Starch	S3557
Maltose	S3557
Thiamin	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2506 of 3136

NDB No. 21422 KENTUCKY FRIED CHICKEN, Popcorn Chicken, analyzed prior to January 2007

Niacin	S3557
Vitamin B-6	S3557
Methionine	S3557
Proline	S3557
Serine	S3557
Fatty acids, total trans	S3557
4:0	S3557
6:0	S3557
10:0	S3557
16:0	S3557
22:0	S3557
16:1 undifferentiated	S3557
24:1 c	S3557
20:3 n-6	S3557
Lactose	S3557
Fiber, total dietary	S3557
Calcium, Ca	S3557
Zinc, Zn	S3557
Arginine	S3557
Histidine	S3557
Alanine	S3557
Aspartic acid	S3557
Glycine	S3557
8:0	S3557
18:2 undifferentiated	S3557
24:0	S3557
22:1 t	S3557
22:1 c	S3557
20:3 undifferentiated	S3557
Ash	S3557
Sugars, total	S3557
Copper, Cu	S3557
Tocopherol, gamma	S3557
Threonine	S3557
Isoleucine	S3557
Tyrosine	S3557
20:4 undifferentiated	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2507 of 3136

NDB No. 21422 KENTUCKY FRIED CHICKEN, Popcorn Chicken, analyzed prior to January 2007

22:6 n-3	S3557
17:0	S3557
18:1 t	S3557
18:1 c	S3557
15:1	S3557
Sucrose	S3557
Glucose (dextrose)	S3557
Magnesium, Mg	S3557
Tryptophan	S3557
14:0	S3557
14:1	S3557
20:1	S3557
22:5 n-3	S3557
Fatty acids, total trans-monoenoic	S3557
22:4	S3557
Total lipid (fat)	S3557
Riboflavin	S3557
Vitamin B-12	S3557
Leucine	S3557
Valine	S3557
Glutamic acid	S3557
Cholesterol	S3557
18:0	S3557
18:4	S3557
22:1 undifferentiated	S3557
18:2 t not further defined	S3557
20:2 n-6 c,c	S3557
16:1 c	S3557
18:3 n-3 c,c,c	S3557
Protein	S3557
Fructose	S3557
Water	S3557
Galactose	S3557
Iron, Fe	S3557
Phosphorus, P	S3557
Manganese, Mn	S3557
Pantothenic acid	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2508 of 3136

NDB No. 21422 KENTUCKY FRIED CHICKEN, Popcorn Chicken, analyzed prior to January 2007

Fatty acids, total saturated	S3557
12:0	S3557
18:2 CLAs	S3557
18:2 n-6 c,c	S3557
Potassium, K	S3557
Selenium, Se	S3557
Vitamin E (alpha-tocopherol)	S3557
Tocopherol, beta	S3557
Tocopherol, delta	S3557
Lysine	S3557
Phenylalanine	S3557
18:1 undifferentiated	S3557
20:5 n-3	S3557
Fatty acids, total polyunsaturated	S3557
17:1	S3557
Fatty acids, total trans-polyenoic	S3557

NDB No. 21423 KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed prior to January 2007

Maltose	S3557
Galactose	S3557
Copper, Cu	S3557
Vitamin E (alpha-tocopherol)	S3557
Arginine	S3557
Glycine	S3557
16:0	S3557
22:6 n-3	S3557
22:1 undifferentiated	S3557
22:5 n-3	S3557
Fatty acids, total polyunsaturated	S3557
24:0	S3557
22:1 c	S3557
Sucrose	S3557
Lactose	S3557
Water	S3557
Tryptophan	S3557
Histidine	S3557

Reference Report

JUL-17-2008 02:00 PM

Page 2509 of 3136

NDB No. 21423 KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed prior to January 2007

14:0	S3557
18:2 undifferentiated	S3557
15:0	S3557
17:0	S3557
18:2 t not further defined	S3557
20:3 n-6	S3557
Sugars, total	S3557
Magnesium, Mg	S3557
Potassium, K	S3557
Vitamin K (phylloquinone)	S3557
Threonine	S3557
Fatty acids, total trans	S3557
4:0	S3557
18:0	S3557
20:0	S3557
20:4 undifferentiated	S3557
14:1	S3557
18:2 CLAs	S3557
17:1	S3557
20:3 n-3	S3557
Fiber, total dietary	S3557
Sodium, Na	S3557
Tocopherol, delta	S3557
Methionine	S3557
Tyrosine	S3557
Glutamic acid	S3557
Proline	S3557
10:0	S3557
16:1 t	S3557
18:1 t	S3557
22:1 t	S3557
20:2 n-6 c,c	S3557
Vitamin B-6	S3557
Valine	S3557
Aspartic acid	S3557
6:0	S3557
18:1 undifferentiated	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2510 of 3136

NDB No. 21423 KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed prior to January 2007

16:1 undifferentiated	S3557
20:5 n-3	S3557
24:1 c	S3557
18:1 c	S3557
Fatty acids, total trans-monoenoic	S3557
Fatty acids, total trans-polyenoic	S3557
Protein	S3557
Total lipid (fat)	S3557
Glucose (dextrose)	S3557
Calcium, Ca	S3557
Tocopherol, gamma	S3557
Thiamin	S3557
Niacin	S3557
Serine	S3557
22:0	S3557
Fatty acids, total monounsaturated	S3557
16:1 c	S3557
18:3 n-6 c,c,c	S3557
15:1	S3557
22:4	S3557
Ash	S3557
Fructose	S3557
Phosphorus, P	S3557
Tocopherol, beta	S3557
Isoleucine	S3557
Leucine	S3557
Lysine	S3557
8:0	S3557
12:0	S3557
18:3 undifferentiated	S3557
18:4	S3557
20:1	S3557
18:2 n-6 c,c	S3557
Starch	S3557
Iron, Fe	S3557
Zinc, Zn	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2511 of 3136

NDB No. 21423 KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed prior to January 2007

Manganese, Mn	S3557
Riboflavin	S3557
Pantothenic acid	S3557
Cystine	S3557
Phenylalanine	S3557
Alanine	S3557
Fatty acids, total saturated	S3557
20:3 undifferentiated	S3557
18:3 n-3 c,c,c	S3557

NDB No. 21424 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Skin and Breeding, analyzed prior to January 2007

Sucrose	S3557
Maltose	S3557
Magnesium, Mg	S3557
Retinol	S3557
Threonine	S3773, S3557
Phenylalanine	S3773, S3557
Fatty acids, total saturated	S3557
4:0	S3557
8:0	S3557
16:0	S3557
Fatty acids, total polyunsaturated	S3557
18:2 CLAs	S3557
22:4	S3557
Ash	S3557
Fructose	S3557
Vitamin B-6	S3557
Isoleucine	S3773, S3557
Cystine	S3773, S3557
10:0	S3557
18:0	S3557
18:3 undifferentiated	S3557
22:6 n-3	S3557
20:1	S3557
16:1 t	S3557
16:1 c	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2512 of 3136

NDB No. 21424 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Skin and Breeding, analyzed prior to January 2007

18:1 c	S3557
20:3 n-6	S3557
Glucose (dextrose)	S3557
Sodium, Na	S3557
Selenium, Se	S3557
Riboflavin	S3557
Methionine	S3773, S3557
Valine	S3773, S3557
14:0	S3557
16:1 undifferentiated	S3557
18:4	S3557
22:5 n-3	S3557
18:2 n-6 c,c	S3557
20:3 undifferentiated	S3557
Starch	S3557
Fiber, total dietary	S3557
Calcium, Ca	S3557
Potassium, K	S3557
Copper, Cu	S3557
Leucine	S3773, S3557
Aspartic acid	S3773, S3557
18:2 undifferentiated	S3557
14:1	S3557
20:5 n-3	S3557
17:0	S3557
24:0	S3557
20:2 n-6 c,c	S3557
18:3 n-6 c,c,c	S3557
20:3 n-3	S3557
Zinc, Zn	S3557
Thiamin	S3557
Lysine	S3773, S3557
Tyrosine	S3773, S3557
Histidine	S3773, S3557
Alanine	S3773, S3557
20:4 undifferentiated	S3557
Fatty acids, total	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2513 of 3136

NDB No. 21424 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Skin and Breeding, analyzed prior to January 2007

monounsaturated

22:1 t	S3557
Lactose	S3557
Phosphorus, P	S3557
Vitamin B-12	S3557
Tryptophan	S3773, S3557
Glycine	S3773, S3557
Proline	S3773, S3557
Serine	S3773, S3557
20:0	S3557
22:0	S3557
18:2 t not further defined	S3557
22:1 c	S3557
Total lipid (fat)	S3557
Water	S3557
Manganese, Mn	S3557
Niacin	S3557
Pantothenic acid	S3557
6:0	S3557
22:1 undifferentiated	S3557
15:0	S3557
17:1	S3557
15:1	S3557
Protein	S3557
Galactose	S3557
Iron, Fe	S3557
Arginine	S3773, S3557
Glutamic acid	S3773, S3557
Cholesterol	S3557
Fatty acids, total trans	S3557
12:0	S3557
18:1 undifferentiated	S3557
18:1 t	S3557
24:1 c	S3557
18:3 n-3 c,c,c	S3557

Reference Report

JUL-17-2008 02:00 PM

Page 2514 of 3136

NDB No. 21425 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed, analyzed prior to January 2007

Water	S3557
Manganese, Mn	S3557
Cystine	S3773, S3557
12:0	S3557
14:1	S3557
20:5 n-3	S3557
Iron, Fe	S3557
Niacin	S3557
Pantothenic acid	S3557
Valine	S3773, S3557
Glutamic acid	S3773, S3557
4:0	S3557
16:0	S3557
22:0	S3557
22:5 n-3	S3557
18:1 t	S3557
22:1 t	S3557
24:1 c	S3557
16:1 c	S3557
22:4	S3557
Sodium, Na	S3557
Riboflavin	S3557
Tyrosine	S3773, S3557
Aspartic acid	S3773, S3557
Glycine	S3773, S3557
Serine	S3773, S3557
Fatty acids, total trans	S3557
8:0	S3557
20:0	S3557
20:4 undifferentiated	S3557
16:1 undifferentiated	S3557
Fatty acids, total polyunsaturated	S3557
18:2 n-6 c,c	S3557
15:1	S3557
Magnesium, Mg	S3557
Selenium, Se	S3557
Tryptophan	S3773, S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2515 of 3136

NDB No. 21425 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed, analyzed prior to January 2007

Threonine	S3773, S3557
Leucine	S3773, S3557
Lysine	S3773, S3557
Phenylalanine	S3773, S3557
Histidine	S3773, S3557
Fatty acids, total saturated	S3557
10:0	S3557
18:1 undifferentiated	S3557
20:1	S3557
Fatty acids, total monounsaturated	S3557
Total lipid (fat)	S3557
Ash	S3557
Copper, Cu	S3557
Vitamin B-6	S3557
Methionine	S3773, S3557
18:0	S3557
18:4	S3557
18:3 n-3 c,c,c	S3557
20:3 n-3	S3557
20:3 n-6	S3557
Thiamin	S3557
Cholesterol	S3557
18:3 undifferentiated	S3557
15:0	S3557
18:2 t not further defined	S3557
18:2 CLAs	S3557
20:3 undifferentiated	S3557
Isoleucine	S3773, S3557
Arginine	S3773, S3557
Proline	S3773, S3557
17:0	S3557
16:1 t	S3557
20:2 n-6 c,c	S3557
18:1 c	S3557
22:1 c	S3557
18:3 n-6 c,c,c	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2516 of 3136

NDB No. 21425 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed, analyzed prior to January 2007

Protein	S3557
Calcium, Ca	S3557
Phosphorus, P	S3557
Potassium, K	S3557
Zinc, Zn	S3557
Vitamin B-12	S3557
Alanine	S3773, S3557
6:0	S3557
14:0	S3557
18:2 undifferentiated	S3557
22:6 n-3	S3557
22:1 undifferentiated	S3557
24:0	S3557
17:1	S3557

NDB No. 21426 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed, analyzed prior to January 2007

Ash	S3557
Magnesium, Mg	S3557
Phosphorus, P	S3557
Manganese, Mn	S3557
Methionine	S3773, S3557
Cystine	S3773, S3557
6:0	S3557
10:0	S3557
22:0	S3557
20:5 n-3	S3557
24:0	S3557
18:1 c	S3557
22:1 c	S3557
Calcium, Ca	S3557
Thiamin	S3557
Tyrosine	S3773, S3557
Alanine	S3773, S3557
Proline	S3773, S3557
8:0	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2517 of 3136

**NDB No. 21426 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and
breeding removed, analyzed prior to January 2007**

14:0	S3557
22:1 t	S3557
20:2 n-6 c,c	S3557
18:3 n-6 c,c,c	S3557
18:3 n-3 c,c,c	S3557
20:3 n-3	S3557
20:3 n-6	S3557
Pantothenic acid	S3557
Leucine	S3773, S3557
Lysine	S3773, S3557
16:0	S3557
18:0	S3557
18:3 undifferentiated	S3557
18:1 t	S3557
20:3 undifferentiated	S3557
Iron, Fe	S3557
Potassium, K	S3557
Arginine	S3773, S3557
Fatty acids, total saturated	S3557
4:0	S3557
18:1 undifferentiated	S3557
20:1	S3557
22:1 undifferentiated	S3557
22:5 n-3	S3557
15:0	S3557
18:2 t not further defined	S3557
Protein	S3557
Vitamin B-6	S3557
Isoleucine	S3773, S3557
Glutamic acid	S3773, S3557
Cholesterol	S3557
Fatty acids, total trans	S3557
20:0	S3557
17:0	S3557
16:1 c	S3557
17:1	S3557
Sodium, Na	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2518 of 3136

NDB No. 21426 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed, analyzed prior to January 2007

Zinc, Zn	S3557
Riboflavin	S3557
Tryptophan	S3773, S3557
Threonine	S3773, S3557
Histidine	S3773, S3557
Serine	S3773, S3557
12:0	S3557
24:1 c	S3557
22:4	S3557
Selenium, Se	S3557
Vitamin B-12	S3557
20:4 undifferentiated	S3557
14:1	S3557
18:4	S3557
Fatty acids, total monounsaturated	S3557
18:2 n-6 c,c	S3557
15:1	S3557
Total lipid (fat)	S3557
Water	S3557
Copper, Cu	S3557
Niacin	S3557
Phenylalanine	S3773, S3557
Valine	S3773, S3557
Aspartic acid	S3773, S3557
Glycine	S3773, S3557
18:2 undifferentiated	S3557
22:6 n-3	S3557
16:1 undifferentiated	S3557
Fatty acids, total polyunsaturated	S3557
16:1 t	S3557
18:2 CLAs	S3557

NDB No. 21427 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed, analyzed prior to January 2007

Zinc, Zn	S3557
Copper, Cu	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2519 of 3136

NDB No. 21427 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breadding removed, analyzed prior to January 2007

Selenium, Se	S3557
Tyrosine	S3773, S3557
Glutamic acid	S3773, S3557
Serine	S3773, S3557
12:0	S3557
16:0	S3557
22:5 n-3	S3557
22:1 t	S3557
18:2 CLAs	S3557
17:1	S3557
20:3 undifferentiated	S3557
Riboflavin	S3557
Vitamin B-12	S3557
Arginine	S3773, S3557
Histidine	S3773, S3557
Fatty acids, total saturated	S3557
4:0	S3557
20:0	S3557
16:1 t	S3557
20:2 n-6 c,c	S3557
16:1 c	S3557
20:3 n-3	S3557
Ash	S3557
Calcium, Ca	S3557
Tryptophan	S3773, S3557
Aspartic acid	S3773, S3557
18:1 undifferentiated	S3557
18:2 undifferentiated	S3557
20:4 undifferentiated	S3557
24:0	S3557
18:1 t	S3557
18:2 t not further defined	S3557
Water	S3557
Glycine	S3773, S3557
Proline	S3773, S3557
Cholesterol	S3557
6:0	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2520 of 3136

NDB No. 21427 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed, analyzed prior to January 2007

8:0	S3557
10:0	S3557
22:6 n-3	S3557
22:0	S3557
20:1	S3557
Fatty acids, total monounsaturated	S3557
18:3 n-3 c,c,c	S3557
Protein	S3557
Manganese, Mn	S3557
Vitamin B-6	S3557
Leucine	S3773, S3557
Valine	S3773, S3557
14:0	S3557
18:0	S3557
14:1	S3557
20:5 n-3	S3557
Fatty acids, total polyunsaturated	S3557
24:1 c	S3557
22:1 c	S3557
15:1	S3557
Phosphorus, P	S3557
Potassium, K	S3557
Sodium, Na	S3557
Thiamin	S3557
Niacin	S3557
Threonine	S3773, S3557
22:1 undifferentiated	S3557
17:0	S3557
18:3 n-6 c,c,c	S3557
22:4	S3557
Total lipid (fat)	S3557
Magnesium, Mg	S3557
Pantothenic acid	S3557
Lysine	S3773, S3557
Methionine	S3773, S3557
Cystine	S3773, S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2521 of 3136

NDB No. 21427 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed, analyzed prior to January 2007

Fatty acids, total trans	S3557
16:1 undifferentiated	S3557
18:4	S3557
18:2 n-6 c,c	S3557
Iron, Fe	S3557
Isoleucine	S3773, S3557
Phenylalanine	S3773, S3557
Alanine	S3773, S3557
18:3 undifferentiated	S3557
15:0	S3557
18:1 c	S3557
20:3 n-6	S3557

NDB No. 21428 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed, analyzed prior to January 2007

Water	S3557
Magnesium, Mg	S3557
Phosphorus, P	S3557
Sodium, Na	S3557
Copper, Cu	S3557
12:0	S3557
14:0	S3557
16:0	S3557
20:2 n-6 c,c	S3557
20:3 n-3	S3557
Calcium, Ca	S3557
Potassium, K	S3557
Manganese, Mn	S3557
Riboflavin	S3557
Leucine	S3773, S3557
Cystine	S3773, S3557
Phenylalanine	S3773, S3557
18:1 undifferentiated	S3557
18:2 undifferentiated	S3557
18:4	S3557
20:1	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2522 of 3136

NDB No. 21428 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed, analyzed prior to January 2007

20:5 n-3	S3557
Fatty acids, total polyunsaturated	S3557
24:0	S3557
18:1 t	S3557
Selenium, Se	S3557
Vitamin B-6	S3557
Alanine	S3773, S3557
20:0	S3557
14:1	S3557
15:0	S3557
18:2 t not further defined	S3557
18:1 c	S3557
15:1	S3557
20:3 n-6	S3557
22:4	S3557
Total lipid (fat)	S3557
Iron, Fe	S3557
Lysine	S3773, S3557
Valine	S3773, S3557
Serine	S3773, S3557
18:0	S3557
16:1 undifferentiated	S3557
Ash	S3557
Pantothenic acid	S3557
Vitamin B-12	S3557
Arginine	S3773, S3557
22:6 n-3	S3557
22:1 undifferentiated	S3557
22:5 n-3	S3557
22:1 t	S3557
17:1	S3557
Niacin	S3557
Tyrosine	S3773, S3557
Glycine	S3773, S3557
Proline	S3773, S3557
Cholesterol	S3557
Fatty acids, total saturated	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2523 of 3136

NDB No. 21428 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed, analyzed prior to January 2007

4:0	S3557
6:0	S3557
20:4 undifferentiated	S3557
22:0	S3557
18:3 n-6 c,c,c	S3557
Protein	S3557
Zinc, Zn	S3557
Thiamin	S3557
Threonine	S3773, S3557
Histidine	S3773, S3557
Fatty acids, total trans	S3557
8:0	S3557
18:3 undifferentiated	S3557
17:0	S3557
16:1 t	S3557
18:2 n-6 c,c	S3557
18:3 n-3 c,c,c	S3557
Tryptophan	S3773, S3557
Isoleucine	S3773, S3557
Methionine	S3773, S3557
Aspartic acid	S3773, S3557
Glutamic acid	S3773, S3557
10:0	S3557
Fatty acids, total monounsaturated	S3557
18:2 CLAs	S3557
24:1 c	S3557
16:1 c	S3557
22:1 c	S3557
20:3 undifferentiated	S3557

NDB No. 21429 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Skin and Breading, analyzed prior to January 2007

Protein	S3557
Ash	S3557
Maltose	S3557
Phosphorus, P	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2524 of 3136

NDB No. 21429 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Skin and Breeding, analyzed prior to January 2007

Sodium, Na	S3557
Copper, Cu	S3557
Retinol	S3557
Riboflavin	S3557
Niacin	S3557
Isoleucine	S3773, S3557
Tyrosine	S3773, S3557
18:0	S3557
Fatty acids, total polyunsaturated	S3557
18:1 t	S3557
20:3 n-3	S3557
Lactose	S3557
Selenium, Se	S3557
Vitamin B-6	S3557
Cystine	S3773, S3557
Histidine	S3773, S3557
4:0	S3557
14:0	S3557
18:3 undifferentiated	S3557
14:1	S3557
18:2 n-6 c,c	S3557
Sucrose	S3557
Glutamic acid	S3773, S3557
18:1 undifferentiated	S3557
20:5 n-3	S3557
16:1 t	S3557
18:2 CLAs	S3557
20:2 n-6 c,c	S3557
18:1 c	S3557
18:3 n-3 c,c,c	S3557
22:4	S3557
Glucose (dextrose)	S3557
Potassium, K	S3557
Zinc, Zn	S3557
Manganese, Mn	S3557
Pantothenic acid	S3557
Tryptophan	S3773, S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2525 of 3136

NDB No. 21429 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Skin and Breeding, analyzed prior to January 2007

Proline	S3773, S3557
Serine	S3773, S3557
Fatty acids, total trans	S3557
20:1	S3557
22:5 n-3	S3557
15:0	S3557
18:2 t not further defined	S3557
24:1 c	S3557
Water	S3557
Calcium, Ca	S3557
Threonine	S3773, S3557
Phenylalanine	S3773, S3557
Glycine	S3773, S3557
20:0	S3557
Fatty acids, total monounsaturated	S3557
22:1 c	S3557
Vitamin B-12	S3557
Valine	S3773, S3557
Arginine	S3773, S3557
Cholesterol	S3557
6:0	S3557
16:0	S3557
18:2 undifferentiated	S3557
22:0	S3557
22:1 undifferentiated	S3557
22:1 t	S3557
15:1	S3557
Fructose	S3557
Galactose	S3557
Iron, Fe	S3557
Magnesium, Mg	S3557
Leucine	S3773, S3557
Lysine	S3773, S3557
Alanine	S3773, S3557
Aspartic acid	S3773, S3557
12:0	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2526 of 3136

NDB No. 21429 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Skin and Breeding, analyzed prior to January 2007

17:0	S3557
24:0	S3557
18:3 n-6 c,c,c	S3557
17:1	S3557
Total lipid (fat)	S3557
Starch	S3557
Sugars, total	S3557
Fiber, total dietary	S3557
Thiamin	S3557
Methionine	S3773, S3557
Fatty acids, total saturated	S3557
8:0	S3557
10:0	S3557
20:4 undifferentiated	S3557
22:6 n-3	S3557
16:1 undifferentiated	S3557
18:4	S3557
16:1 c	S3557
20:3 undifferentiated	S3557
20:3 n-6	S3557

NDB No. 21430 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breeding removed, analyzed prior to January 2007

Threonine	S3773, S3557
Histidine	S3773, S3557
Tryptophan	S3773, S3557
Isoleucine	S3773, S3557
Methionine	S3773, S3557
Glutamic acid	S3773, S3557
Water	S3557
Phenylalanine	S3773, S3557
Tyrosine	S3773, S3557
Valine	S3773, S3557
Aspartic acid	S3773, S3557
Protein	S3557
Ash	S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2527 of 3136

NDB No. 21430 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed, analyzed prior to January 2007

Alanine	S3773, S3557
Serine	S3773, S3557
Leucine	S3773, S3557
Arginine	S3773, S3557
Total lipid (fat)	S3557
Lysine	S3773, S3557
Cystine	S3773, S3557
Glycine	S3773, S3557
Proline	S3773, S3557

NDB No. 21431 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed, analyzed prior to January 2007

Total lipid (fat)	S3557
Phenylalanine	S3773, S3557
Valine	S3773, S3557
Arginine	S3773, S3557
Protein	S3557
Water	S3557
Threonine	S3773, S3557
Cystine	S3773, S3557
Aspartic acid	S3773, S3557
Ash	S3557
Lysine	S3773, S3557
Methionine	S3773, S3557
Tyrosine	S3773, S3557
Alanine	S3773, S3557
Serine	S3773, S3557
Leucine	S3773, S3557
Glutamic acid	S3773, S3557
Glycine	S3773, S3557
Tryptophan	S3773, S3557
Isoleucine	S3773, S3557
Histidine	S3773, S3557
Proline	S3773, S3557

Reference Report

JUL-17-2008 02:00 PM

Page 2528 of 3136

NDB No. 21432 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed, analyzed prior to January 2007

Water	S3557
Proline	S3773, S3557
Methionine	S3773, S3557
Cystine	S3773, S3557
Histidine	S3773, S3557
Threonine	S3773, S3557
Aspartic acid	S3773, S3557
Protein	S3557
Tryptophan	S3773, S3557
Isoleucine	S3773, S3557
Leucine	S3773, S3557
Phenylalanine	S3773, S3557
Arginine	S3773, S3557
Serine	S3773, S3557
Total lipid (fat)	S3557
Lysine	S3773, S3557
Alanine	S3773, S3557
Glutamic acid	S3773, S3557
Tyrosine	S3773, S3557
Valine	S3773, S3557
Glycine	S3773, S3557
Ash	S3557

NDB No. 21433 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed, analyzed prior to January 2007

Threonine	S3773, S3557
Phenylalanine	S3773, S3557
Glutamic acid	S3773, S3557
Protein	S3557
Water	S3557
Methionine	S3773, S3557
Arginine	S3773, S3557
Histidine	S3773, S3557
Total lipid (fat)	S3557
Ash	S3557
Lysine	S3773, S3557

Reference Report

JUL-17-2008 02:00 PM

Page 2529 of 3136

NDB No. 21433 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed, analyzed prior to January 2007

Valine	S3773, S3557
Alanine	S3773, S3557
Serine	S3773, S3557
Isoleucine	S3773, S3557
Leucine	S3773, S3557
Tyrosine	S3773, S3557
Tryptophan	S3773, S3557
Cystine	S3773, S3557
Glycine	S3773, S3557
Aspartic acid	S3773, S3557
Proline	S3773, S3557

NDB No. 21442 POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed, analyzed prior to January 2007

Protein	S3773
Tryptophan	S3773, S3557
Leucine	S3773, S3557
Arginine	S3773, S3557
Serine	S3773, S3557
Total lipid (fat)	S3773
Ash	S3773
Proline	S3773, S3557
Cystine	S3773, S3557
Valine	S3773, S3557
Histidine	S3773, S3557
Glutamic acid	S3773, S3557
Lysine	S3773, S3557
Methionine	S3773, S3557
Phenylalanine	S3773, S3557
Tyrosine	S3773, S3557
Glycine	S3773, S3557
Water	S3773
Isoleucine	S3773, S3557
Alanine	S3773, S3557
Threonine	S3773, S3557
Aspartic acid	S3773, S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2530 of 3136

NDB No. 21443 POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed, analyzed prior to January 2007

Total lipid (fat)	S3773
Histidine	S3773, S3557
Glutamic acid	S3773, S3557
Ash	S3773
Methionine	S3773, S3557
Cystine	S3773, S3557
Valine	S3773, S3557
Aspartic acid	S3773, S3557
Leucine	S3773, S3557
Water	S3773
Arginine	S3773, S3557
Alanine	S3773, S3557
Glycine	S3773, S3557
Serine	S3773, S3557
Tryptophan	S3773, S3557
Isoleucine	S3773, S3557
Phenylalanine	S3773, S3557
Protein	S3773
Threonine	S3773, S3557
Lysine	S3773, S3557
Tyrosine	S3773, S3557
Proline	S3773, S3557

NDB No. 21444 POPEYES, Fried Chicken, Mild, Skin and Breading, analyzed prior to January 2007

Lactose	S3773
Galactose	S3773
Selenium, Se	S3773
Pantothenic acid	S3773
Threonine	S3773, S3557
Phenylalanine	S3773, S3557
Serine	S3773, S3557
Cholesterol	S3773
6:0	S3773
12:0	S3773
18:4	S3773
22:1 undifferentiated	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2531 of 3136

NDB No. 21444 POPEYES, Fried Chicken, Mild, Skin and Breeding, analyzed prior to January 2007

24:0	S3773
22:1 c	S3773
17:1	S3773
Starch	S3773
Vitamin B-6	S3773
Tryptophan	S3773, S3557
Isoleucine	S3773, S3557
Histidine	S3773, S3557
Glutamic acid	S3773, S3557
Glycine	S3773, S3557
8:0	S3773
10:0	S3773
20:0	S3773
18:2 undifferentiated	S3773
22:1 t	S3773
18:2 t not further defined	S3773
24:1 c	S3773
20:3 undifferentiated	S3773
18:3 n-3 c,c,c	S3773
Total lipid (fat)	S3773
Glucose (dextrose)	S3773
Fructose	S3773
Iron, Fe	S3773
Sodium, Na	S3773
Thiamin	S3773
Riboflavin	S3773
Leucine	S3773, S3557
Valine	S3773, S3557
Fatty acids, total trans	S3773
16:1 undifferentiated	S3773
Fatty acids, total monounsaturated	S3773
18:2 CLAs	S3773
20:2 n-6 c,c	S3773
16:1 c	S3773
18:2 n-6 c,c	S3773
22:4	S3773
Water	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2532 of 3136

NDB No. 21444 POPEYES, Fried Chicken, Mild, Skin and Breeding, analyzed prior to January 2007

Sugars, total	S3773
Potassium, K	S3773
Niacin	S3773
20:4 undifferentiated	S3773
20:1	S3773
22:5 n-3	S3773
Fatty acids, total polyunsaturated	S3773
16:1 t	S3773
Protein	S3773
Ash	S3773
Fiber, total dietary	S3773
Calcium, Ca	S3773
Zinc, Zn	S3773
Retinol	S3773
Vitamin B-12	S3773
Proline	S3773, S3557
14:0	S3773
16:0	S3773
18:1 undifferentiated	S3773
22:0	S3773
20:5 n-3	S3773
15:0	S3773
17:0	S3773
18:1 c	S3773
15:1	S3773
20:3 n-6	S3773
Maltose	S3773
Magnesium, Mg	S3773
Manganese, Mn	S3773
Methionine	S3773, S3557
Arginine	S3773, S3557
4:0	S3773
18:0	S3773
20:3 n-3	S3773
Sucrose	S3773
Aspartic acid	S3773, S3557
18:3 undifferentiated	S3773

NDB No. 21444 POPEYES, Fried Chicken, Mild, Skin and Breadding, analyzed prior to January 2007

22:6 n-3	S3773
14:1	S3773
18:3 n-6 c,c,c	S3773
Phosphorus, P	S3773
Copper, Cu	S3773
Lysine	S3773, S3557
Cystine	S3773, S3557
Tyrosine	S3773, S3557
Alanine	S3773, S3557
Fatty acids, total saturated	S3773
18:1 t	S3773

NDB No. 21445 POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breadding removed, analyzed prior to January 2007

Protein	S3773
Alanine	S3773, S3557
Phenylalanine	S3773, S3557
Tyrosine	S3773, S3557
Total lipid (fat)	S3773
Water	S3773
Lysine	S3773, S3557
Valine	S3773, S3557
Histidine	S3773, S3557
Serine	S3773, S3557
Isoleucine	S3773, S3557
Aspartic acid	S3773, S3557
Glutamic acid	S3773, S3557
Tryptophan	S3773, S3557
Methionine	S3773, S3557
Cystine	S3773, S3557
Proline	S3773, S3557
Leucine	S3773, S3557
Glycine	S3773, S3557
Ash	S3773
Threonine	S3773, S3557
Arginine	S3773, S3557

Reference Report

JUL-17-2008 02:00 PM

Page 2534 of 3136

NDB No. 21446 POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed, analyzed prior to January 2007

Methionine	S3773, S3557
Valine	S3773, S3557
Proline	S3773, S3557
Lysine	S3773, S3557
Cystine	S3773, S3557
Phenylalanine	S3773, S3557
Alanine	S3773, S3557
Protein	S3773
Total lipid (fat)	S3773
Tryptophan	S3773, S3557
Leucine	S3773, S3557
Tyrosine	S3773, S3557
Glutamic acid	S3773, S3557
Ash	S3773
Arginine	S3773, S3557
Glycine	S3773, S3557
Serine	S3773, S3557
Isoleucine	S3773, S3557
Water	S3773
Histidine	S3773, S3557
Threonine	S3773, S3557
Aspartic acid	S3773, S3557

NDB No. 21447 POPEYES, Fried Chicken, Spicy, Breast, meat only, skin and breading removed, analyzed prior to January 2007

Protein	S3773
Magnesium, Mg	S3773
Phosphorus, P	S3773
Potassium, K	S3773
Vitamin B-12	S3773
4:0	S3773
18:1 undifferentiated	S3773
22:0	S3773
Fatty acids, total polyunsaturated	S3773
15:0	S3773
17:0	S3773

Reference Report

JUL-17-2008 02:00 PM

Page 2535 of 3136

NDB No. 21447 POPEYES, Fried Chicken, Spicy, Breast, meat only, skin and breading removed, analyzed prior to January 2007

16:1 t	S3773
18:2 CLAs	S3773
18:3 n-6 c,c,c	S3773
15:1	S3773
Water	S3773
Iron, Fe	S3773
Zinc, Zn	S3773
Manganese, Mn	S3773
Valine	S3773, S3557
Alanine	S3773, S3557
6:0	S3773
12:0	S3773
18:3 undifferentiated	S3773
22:1 undifferentiated	S3773
22:5 n-3	S3773
18:1 t	S3773
18:1 c	S3773
20:3 undifferentiated	S3773
Riboflavin	S3773
Phenylalanine	S3773, S3557
18:4	S3773
24:0	S3773
18:2 t not further defined	S3773
16:1 c	S3773
18:2 n-6 c,c	S3773
22:1 c	S3773
Sodium, Na	S3773
Methionine	S3773, S3557
18:0	S3773
20:3 n-6	S3773
Pantothenic acid	S3773
Threonine	S3773, S3557
Leucine	S3773, S3557
Cystine	S3773, S3557
Tyrosine	S3773, S3557
Serine	S3773, S3557
Cholesterol	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2536 of 3136

NDB No. 21447 POPEYES, Fried Chicken, Spicy, Breast, meat only, skin and breading removed, analyzed prior to January 2007

16:0	S3773
20:0	S3773
22:6 n-3	S3773
22:1 t	S3773
20:3 n-3	S3773
Total lipid (fat)	S3773
Ash	S3773
Copper, Cu	S3773
Thiamin	S3773
Niacin	S3773
Tryptophan	S3773, S3557
Lysine	S3773, S3557
Histidine	S3773, S3557
Glutamic acid	S3773, S3557
18:2 undifferentiated	S3773
14:1	S3773
20:1	S3773
18:3 n-3 c,c,c	S3773
Calcium, Ca	S3773
Selenium, Se	S3773
Vitamin B-6	S3773
Isoleucine	S3773, S3557
Glycine	S3773, S3557
Fatty acids, total trans	S3773
Fatty acids, total saturated	S3773
20:4 undifferentiated	S3773
16:1 undifferentiated	S3773
20:5 n-3	S3773
24:1 c	S3773
20:2 n-6 c,c	S3773
17:1	S3773
22:4	S3773
Arginine	S3773, S3557
Aspartic acid	S3773, S3557
Proline	S3773, S3557
8:0	S3773
10:0	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2537 of 3136

NDB No. 21447 POPEYES, Fried Chicken, Spicy, Breast, meat only, skin and breading removed, analyzed prior to January 2007

14:0	S3773
Fatty acids, total monounsaturated	S3773

NDB No. 21448 POPEYES, Fried Chicken, Spicy, Drumstick, meat only, skin and breading removed, analyzed prior to January 2007

Total lipid (fat)	S3773
Water	S3773
Iron, Fe	S3773
Threonine	S3773, S3557
Arginine	S3773, S3557
20:4 undifferentiated	S3773
18:4	S3773
20:2 n-6 c,c	S3773
22:4	S3773
Protein	S3773
Riboflavin	S3773
Vitamin B-12	S3773
Fatty acids, total trans	S3773
12:0	S3773
14:0	S3773
14:1	S3773
24:0	S3773
18:1 c	S3773
18:2 n-6 c,c	S3773
Phosphorus, P	S3773
Vitamin B-6	S3773
Tryptophan	S3773, S3557
Lysine	S3773, S3557
Tyrosine	S3773, S3557
Valine	S3773, S3557
16:0	S3773
20:0	S3773
20:5 n-3	S3773
22:1 undifferentiated	S3773
17:0	S3773
22:1 c	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2538 of 3136

NDB No. 21448 POPEYES, Fried Chicken, Spicy, Drumstick, meat only, skin and breadding removed, analyzed prior to January 2007

18:3 n-6 c,c,c	S3773
18:3 n-3 c,c,c	S3773
20:3 n-6	S3773
Magnesium, Mg	S3773
Sodium, Na	S3773
Zinc, Zn	S3773
Methionine	S3773, S3557
Cystine	S3773, S3557
Phenylalanine	S3773, S3557
Glycine	S3773, S3557
Proline	S3773, S3557
22:6 n-3	S3773
22:0	S3773
16:1 c	S3773
Potassium, K	S3773
Leucine	S3773, S3557
4:0	S3773
8:0	S3773
10:0	S3773
18:3 undifferentiated	S3773
20:1	S3773
Fatty acids, total monounsaturated	S3773
16:1 t	S3773
17:1	S3773
Thiamin	S3773
Glutamic acid	S3773, S3557
Cholesterol	S3773
Fatty acids, total saturated	S3773
22:5 n-3	S3773
Fatty acids, total polyunsaturated	S3773
18:1 t	S3773
20:3 undifferentiated	S3773
20:3 n-3	S3773
Calcium, Ca	S3773
Manganese, Mn	S3773
Selenium, Se	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2539 of 3136

NDB No. 21448 POPEYES, Fried Chicken, Spicy, Drumstick, meat only, skin and breading removed, analyzed prior to January 2007

Alanine	S3773, S3557
Aspartic acid	S3773, S3557
Serine	S3773, S3557
6:0	S3773
18:0	S3773
18:1 undifferentiated	S3773
22:1 t	S3773
18:2 CLAs	S3773
24:1 c	S3773
15:1	S3773
Ash	S3773
Copper, Cu	S3773
Niacin	S3773
Pantothenic acid	S3773
Isoleucine	S3773, S3557
Histidine	S3773, S3557
18:2 undifferentiated	S3773
16:1 undifferentiated	S3773
15:0	S3773
18:2 t not further defined	S3773

NDB No. 21449 POPEYES, Fried Chicken, Spicy, Skin and Breading, analyzed prior to January 2007

Protein	S3773
Maltose	S3773
Fiber, total dietary	S3773
Calcium, Ca	S3773
Potassium, K	S3773
Vitamin B-12	S3773
Cystine	S3773, S3557
Valine	S3773, S3557
Histidine	S3773, S3557
Alanine	S3773, S3557
Aspartic acid	S3773, S3557
Glycine	S3773, S3557
22:0	S3773
14:1	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2540 of 3136

NDB No. 21449 POPEYES, Fried Chicken, Spicy, Skin and Breeding, analyzed prior to January 2007

Fatty acids, total monounsaturated	S3773
Fatty acids, total polyunsaturated	S3773
16:1 t	S3773
18:3 n-6 c,c,c	S3773
Ash	S3773
Fructose	S3773
Iron, Fe	S3773
Phosphorus, P	S3773
Sodium, Na	S3773
Tryptophan	S3773, S3557
Tyrosine	S3773, S3557
Proline	S3773, S3557
18:2 n-6 c,c	S3773
22:1 c	S3773
Magnesium, Mg	S3773
Riboflavin	S3773
Niacin	S3773
22:5 n-3	S3773
17:0	S3773
18:1 t	S3773
18:2 CLAs	S3773
22:4	S3773
Sucrose	S3773
Threonine	S3773, S3557
Phenylalanine	S3773, S3557
4:0	S3773
8:0	S3773
10:0	S3773
12:0	S3773
14:0	S3773
18:2 undifferentiated	S3773
15:0	S3773
15:1	S3773
18:3 n-3 c,c,c	S3773
20:3 n-3	S3773
20:3 n-6	S3773
Starch	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2541 of 3136

NDB No. 21449 POPEYES, Fried Chicken, Spicy, Skin and Breeding, analyzed prior to January 2007

Glucose (dextrose)	S3773
Sugars, total	S3773
Thiamin	S3773
Serine	S3773, S3557
Fatty acids, total trans	S3773
20:5 n-3	S3773
20:2 n-6 c,c	S3773
16:1 c	S3773
18:1 c	S3773
Total lipid (fat)	S3773
Selenium, Se	S3773
Pantothenic acid	S3773
Vitamin B-6	S3773
Methionine	S3773, S3557
16:0	S3773
18:0	S3773
20:0	S3773
20:4 undifferentiated	S3773
22:6 n-3	S3773
16:1 undifferentiated	S3773
22:1 undifferentiated	S3773
Galactose	S3773
Manganese, Mn	S3773
Retinol	S3773
Lysine	S3773, S3557
Glutamic acid	S3773, S3557
Cholesterol	S3773
Fatty acids, total saturated	S3773
6:0	S3773
18:4	S3773
24:0	S3773
18:2 t not further defined	S3773
24:1 c	S3773
17:1	S3773
20:3 undifferentiated	S3773
Lactose	S3773
Water	S3773

Reference Report

JUL-17-2008 02:00 PM

Page 2542 of 3136

NDB No. 21449 POPEYES, Fried Chicken, Spicy, Skin and Breeding, analyzed prior to January 2007

Zinc, Zn	S3773
Copper, Cu	S3773
Isoleucine	S3773, S3557
Leucine	S3773, S3557
Arginine	S3773, S3557
18:1 undifferentiated	S3773
18:3 undifferentiated	S3773
20:1	S3773
22:1 t	S3773

NDB No. 21450 POPEYES, Fried Chicken, Spicy, Thigh, meat only, skin and breeding removed, analyzed prior to January 2007

Vitamin B-6	S3773
Isoleucine	S3773, S3557
Methionine	S3773, S3557
Cystine	S3773, S3557
Alanine	S3773, S3557
12:0	S3773
14:0	S3773
20:4 undifferentiated	S3773
18:1 t	S3773
20:2 n-6 c,c	S3773
20:3 undifferentiated	S3773
15:1	S3773
20:3 n-3	S3773
Potassium, K	S3773
Riboflavin	S3773
Tryptophan	S3773, S3557
Glycine	S3773, S3557
17:0	S3773
18:2 CLAs	S3773
Sodium, Na	S3773
Threonine	S3773, S3557
Fatty acids, total saturated	S3773
18:4	S3773
16:1 t	S3773
Arginine	S3773, S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2543 of 3136

NDB No. 21450 POPEYES, Fried Chicken, Spicy, Thigh, meat only, skin and breading removed, analyzed prior to January 2007

Aspartic acid	S3773, S3557
Serine	S3773, S3557
22:6 n-3	S3773
22:0	S3773
16:1 undifferentiated	S3773
20:1	S3773
18:3 n-6 c,c,c	S3773
Manganese, Mn	S3773
Selenium, Se	S3773
Niacin	S3773
Vitamin B-12	S3773
Histidine	S3773, S3557
Glutamic acid	S3773, S3557
18:1 undifferentiated	S3773
18:2 undifferentiated	S3773
18:3 undifferentiated	S3773
20:5 n-3	S3773
18:1 c	S3773
18:3 n-3 c,c,c	S3773
Total lipid (fat)	S3773
Ash	S3773
Calcium, Ca	S3773
Phosphorus, P	S3773
Zinc, Zn	S3773
Thiamin	S3773
Tyrosine	S3773, S3557
4:0	S3773
6:0	S3773
8:0	S3773
20:0	S3773
14:1	S3773
24:0	S3773
18:2 n-6 c,c	S3773
Protein	S3773
Water	S3773
Iron, Fe	S3773
Magnesium, Mg	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2544 of 3136

NDB No. 21450 POPEYES, Fried Chicken, Spicy, Thigh, meat only, skin and breading removed, analyzed prior to January 2007

Lysine	S3773, S3557
Valine	S3773, S3557
Cholesterol	S3773
10:0	S3773
16:0	S3773
18:0	S3773
22:1 undifferentiated	S3773
22:5 n-3	S3773
Fatty acids, total polyunsaturated	S3773
22:1 t	S3773
22:1 c	S3773
20:3 n-6	S3773
Copper, Cu	S3773
Pantothenic acid	S3773
Leucine	S3773, S3557
Phenylalanine	S3773, S3557
Proline	S3773, S3557
Fatty acids, total trans	S3773
Fatty acids, total monounsaturated	S3773
15:0	S3773
18:2 t not further defined	S3773
24:1 c	S3773
16:1 c	S3773
17:1	S3773
22:4	S3773

NDB No. 21451 POPEYES, Fried Chicken, Spicy, Wing, meat only, skin and breading removed, analyzed prior to January 2007

Protein	S3773
Magnesium, Mg	S3773
Phosphorus, P	S3773
Manganese, Mn	S3773
Pantothenic acid	S3773
Isoleucine	S3773, S3557
Arginine	S3773, S3557
Glutamic acid	S3773, S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2545 of 3136

NDB No. 21451 POPEYES, Fried Chicken, Spicy, Wing, meat only, skin and breading removed, analyzed prior to January 2007

17:0	S3773
16:1 c	S3773
18:3 n-6 c,c,c	S3773
Thiamin	S3773
Leucine	S3773, S3557
10:0	S3773
20:4 undifferentiated	S3773
20:5 n-3	S3773
18:2 CLAs	S3773
17:1	S3773
Tyrosine	S3773, S3557
Fatty acids, total trans	S3773
Fatty acids, total saturated	S3773
14:0	S3773
20:0	S3773
22:6 n-3	S3773
14:1	S3773
20:1	S3773
16:1 t	S3773
22:1 t	S3773
18:1 c	S3773
15:1	S3773
18:3 n-3 c,c,c	S3773
Calcium, Ca	S3773
Iron, Fe	S3773
Sodium, Na	S3773
Threonine	S3773, S3557
12:0	S3773
20:3 n-6	S3773
Potassium, K	S3773
Selenium, Se	S3773
Tryptophan	S3773, S3557
Glycine	S3773, S3557
18:0	S3773
18:1 undifferentiated	S3773
18:3 undifferentiated	S3773
16:1 undifferentiated	S3773

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2546 of 3136

NDB No. 21451 POPEYES, Fried Chicken, Spicy, Wing, meat only, skin and breading removed, analyzed prior to January 2007

24:0	S3773
24:1 c	S3773
22:1 c	S3773
Ash	S3773
Vitamin B-12	S3773
Cystine	S3773, S3557
Valine	S3773, S3557
Histidine	S3773, S3557
Proline	S3773, S3557
6:0	S3773
22:0	S3773
Fatty acids, total monounsaturated	S3773
Fatty acids, total polyunsaturated	S3773
15:0	S3773
18:2 t not further defined	S3773
20:3 undifferentiated	S3773
22:4	S3773
Total lipid (fat)	S3773
Copper, Cu	S3773
Niacin	S3773
Phenylalanine	S3773, S3557
Alanine	S3773, S3557
Serine	S3773, S3557
8:0	S3773
18:2 undifferentiated	S3773
18:4	S3773
22:1 undifferentiated	S3773
18:1 t	S3773
18:2 n-6 c,c	S3773
20:3 n-3	S3773
Water	S3773
Zinc, Zn	S3773
Riboflavin	S3773
Vitamin B-6	S3773
Lysine	S3773, S3557
Methionine	S3773, S3557

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2547 of 3136

NDB No. 21451 POPEYES, Fried Chicken, Spicy, Wing, meat only, skin and breading removed, analyzed prior to January 2007

Aspartic acid	S3773, S3557
Cholesterol	S3773
4:0	S3773
16:0	S3773
22:5 n-3	S3773
20:2 n-6 c,c	S3773

NDB No. 22118 MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared

Total lipid (fat)	S4662
Sodium, Na	S4662
Thiamin	S4662
Cholesterol	S4662
Carbohydrate, by difference	S4662
Niacin	S4662
Protein	S4662
Ash	S4662
Phosphorus, P	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total saturated	S4662
Energy	S4662
Fiber, total dietary	S4662
Water	S4662
Zinc, Zn	S4662
Vitamin A, IU	S4662
Fatty acids, total monounsaturated	S4662
Sugars, total	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Potassium, K	S4662
Riboflavin	S4662
Vitamin B-6	S4662
Fatty acids, total trans	S4662
Fatty acids, total polyunsaturated	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 2548 of 3136

NDB No. 22119 MORNINGSTAR FARMS America's Original Veggie Dog, frozen, unprepared

Total lipid (fat)	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Water	S4662
Fiber, total dietary	S4662
Vitamin C, total ascorbic acid	S4662
Vitamin B-12	S4662
Fatty acids, total polyunsaturated	S4662
Iron, Fe	S4662
Potassium, K	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Thiamin	S4662
Riboflavin	S4662
Cholesterol	S4662
Fatty acids, total trans	S4662
Phosphorus, P	S4662
Fatty acids, total monounsaturated	S4662
Vitamin A, IU	S4662
Fatty acids, total saturated	S4662
Sugars, total	S4662
Protein	S4662
Ash	S4662
Calcium, Ca	S4662
Vitamin B-6	S4662

NDB No. 22120 MORNINGSTAR FARMS Grillers Recipe Crumbles, frozen, unprepared

Sugars, total	S4662
Zinc, Zn	S4662
Vitamin C, total ascorbic acid	S4662
Vitamin B-12	S4662
Protein	S4662
Vitamin A, IU	S4662
Energy	S4662
Fiber, total dietary	S4662
Potassium, K	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2549 of 3136

NDB No. 22120 MORNINGSTAR FARMS Grillers Recipe Crumbles, frozen, unprepared

Vitamin B-6	S4662
Folate, total	S4662
Fatty acids, total trans	S4662
Fatty acids, total polyunsaturated	S4662
Sodium, Na	S4662
Fatty acids, total saturated	S4662
Total lipid (fat)	S4662
Water	S4662
Phosphorus, P	S4662
Thiamin	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Riboflavin	S4662
Cholesterol	S4662
Niacin	S4662
Fatty acids, total monounsaturated	S4662

NDB No. 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared

Energy	S4662
Calcium, Ca	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Iron, Fe	S4662
Fatty acids, total trans	S4662
Ash	S4662
Sodium, Na	S4662
Protein	S4662
Sugars, total	S4662
Riboflavin	S4662
Potassium, K	S4662
Zinc, Zn	S4662
Vitamin C, total ascorbic acid	S4662
Thiamin	S4662
Cholesterol	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2550 of 3136

NDB No. 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared

Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Water	S4662
Carbohydrate, by difference	S4662
Fiber, total dietary	S4662
Phosphorus, P	S4662
Vitamin A, IU	S4662

NDB No. 22122 MORNINGSTAR FARMS Veggie Sausage Patties, frozen, unprepared

Protein	S4662
Total lipid (fat)	S4662
Phosphorus, P	S4662
Thiamin	S4662
Vitamin B-12	S4662
Water	S4662
Niacin	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Fatty acids, total monounsaturated	S4662
Ash	S4662
Vitamin C, total ascorbic acid	S4662
Vitamin B-6	S4662
Cholesterol	S4662
Fatty acids, total polyunsaturated	S4662
Riboflavin	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Potassium, K	S4662
Vitamin A, IU	S4662
Fatty acids, total saturated	S4662
Carbohydrate, by difference	S4662
Energy	S4662
Fatty acids, total trans	S4662

Reference Report

JUL-17-2008 02:00 PM

Page 2551 of 3136

NDB No. 22123 MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared

Ash	S4662
Phosphorus, P	S4662
Potassium, K	S4662
Fatty acids, total trans	S4662
Fatty acids, total polyunsaturated	S4662
Sugars, total	S4662
Magnesium, Mg	S4662
Folate, total	S4662
Calcium, Ca	S4662
Copper, Cu	S4662
Vitamin B-6	S4662
Vitamin A, IU	S4662
Riboflavin	S4662
Carbohydrate, by difference	S4662
Iron, Fe	S4662
Fatty acids, total monounsaturated	S4662
Protein	S4662
Sodium, Na	S4662
Zinc, Zn	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Fiber, total dietary	S4662
Manganese, Mn	S4662
Thiamin	S4662
Vitamin B-12	S4662
Total lipid (fat)	S4662
Energy	S4662
Water	S4662
Vitamin C, total ascorbic acid	S4662
Niacin	S4662

NDB No. 22126 LOMA LINDA Big Franks, canned, unprepared

Protein	S4662
Total lipid (fat)	S4662
Energy	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2552 of 3136

NDB No. 22126 LOMA LINDA Big Franks, canned, unprepared

Phosphorus, P	S4662
Fiber, total dietary	S4662
Pantothenic acid	S4662
Vitamin C, total ascorbic acid	S4662
Niacin	S4662
Water	S4662
Calcium, Ca	S4662
Iron, Fe	S4662
Sodium, Na	S4662
Vitamin A, IU	S4662
Thiamin	S4662
Fatty acids, total monounsaturated	S4662
Riboflavin	S4662
Zinc, Zn	S4662
Vitamin B-6	S4662
Vitamin B-12	S4662
Fatty acids, total trans	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Sugars, total	S4662
Potassium, K	S4662
Cholesterol	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662

NDB No. 22128 MORNINGSTAR FARMS Vegan Burger made with Organic Soy, frozen, unprepared

Calcium, Ca	S4662
Vitamin A, IU	S4662
Fatty acids, total saturated	S4662
Carbohydrate, by difference	S4662
Ash	S4662
Iron, Fe	S4662
Fatty acids, total polyunsaturated	S4662
Protein	S4662
Water	S4662
Potassium, K	S4662

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2553 of 3136

NDB No. 22128 MORNINGSTAR FARMS Vegan Burger made with Organic Soy, frozen, unprepared

Cholesterol	S4662
Sodium, Na	S4662
Vitamin C, total ascorbic acid	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Total lipid (fat)	S4662
Energy	S4662
Sugars, total	S4662
Fiber, total dietary	S4662
Zinc, Zn	S4662

NDB No. 22215 NESTLE, CHEF-MATE Chili with Beans, canned entree

Sugars, total	S3744
Fiber, total dietary	S3744
Iron, Fe	S3744
Calcium, Ca	S3744
Cholesterol	S3744
Protein	S3744
Energy	S3744
Carbohydrate, by difference	S3744
Total lipid (fat)	S3744
Fatty acids, total saturated	S3744
Vitamin C, total ascorbic acid	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Fatty acids, total trans	S3744

NDB No. 22216 NESTLE, CHEF-MATE Chili without Beans, canned entree

Energy	S3744
Sodium, Na	S3744
Total lipid (fat)	S3744
Vitamin A, IU	S3744
Cholesterol	S3744
Carbohydrate, by difference	S3744
Calcium, Ca	S3744

Reference Report

JUL-17-2008 02:00 PM

Page 2554 of 3136

NDB No. 22216 NESTLE, CHEF-MATE Chili without Beans, canned entree

Iron, Fe	S3744
Vitamin C, total ascorbic acid	S3744
Sugars, total	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Protein	S3744
Fiber, total dietary	S3744

NDB No. 22217 NESTLE, CHEF-MATE Corned Beef Hash, canned entree

Sugars, total	S3744
Fiber, total dietary	S3744
Fatty acids, total saturated	S3744
Cholesterol	S3744
Protein	S3744
Calcium, Ca	S3744
Carbohydrate, by difference	S3744
Sodium, Na	S3744
Fatty acids, total trans	S3744
Total lipid (fat)	S3744
Energy	S3744
Iron, Fe	S3744
Vitamin C, total ascorbic acid	S3744
Vitamin A, IU	S3744

NDB No. 22247 Macaroni and Cheese, canned entree

Lactose	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Niacin	S20
4:0	S20
18:1 undifferentiated	S20
18:4	S20
15:0	S20
Ash	S20
Glucose (dextrose)	S20
Potassium, K	S20

Reference_Report

NDB No. 22247 Macaroni and Cheese, canned entree

Manganese, Mn	S20
12:0	S20
18:2 undifferentiated	S20
20:4 undifferentiated	S20
24:0	S20
20:3 undifferentiated	S20
Sucrose	S20
Fiber, total dietary	S20
Zinc, Zn	S20
Riboflavin	S20
6:0	S20
22:1 undifferentiated	S20
Iron, Fe	S20
16:1 undifferentiated	S20
17:1	S20
Water	S20
Galactose	S20
Cholesterol	S20
20:0	S20
18:3 undifferentiated	S20
20:5 n-3	S20
22:5 n-3	S20
13:0	S20
Protein	S20
Total lipid (fat)	S20
Fructose	S20
Calcium, Ca	S20
Sodium, Na	S20
Copper, Cu	S20
Thiamin	S20
8:0	S20
14:0	S20
16:0	S20
18:0	S20
20:1	S20
17:0	S20
Pantothenic acid	S20

Reference Report

JUL-17-2008 02:00 PM

Page 2556 of 3136

NDB No. 22247 Macaroni and Cheese, canned entree

Vitamin B-12	S20
Starch	S20
Maltose	S20
Sugars, total	S20
Selenium, Se	S20
Vitamin C, total ascorbic acid	S20
Vitamin B-6	S20
10:0	S20
22:6 n-3	S20
22:0	S20
14:1	S20

NDB No. 22515 CHEF BOYARDEE Beef Ravioli in Tomato and Meat Sauce, canned entree

Total lipid (fat)	S3742
Ash	S3742
Water	S3742
Energy	S3742
Carbohydrate, by difference	S3742
Vitamin A, IU	S3742
Fatty acids, total polyunsaturated	S3742
Calcium, Ca	S3742
Sodium, Na	S3742
Vitamin C, total ascorbic acid	S3742
Fatty acids, total monounsaturated	S3742
Sugars, total	S3742
Iron, Fe	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Protein	S3742
Fiber, total dietary	S3742
Cholesterol	S3742

NDB No. 22516 CHEF BOYARDEE Beefaroni, Macaroni w/Beef in tomato Sauce, canned entree

Fatty acids, total saturated	S3742
Energy	S3742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2557 of 3136

NDB No. 22516 CHEF BOYARDEE Beefaroni, Macaroni w/Beef in tomato Sauce, canned entree

Fiber, total dietary	S3742
Calcium, Ca	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Fatty acids, total trans	S3742
Ash	S3742
Water	S3742
Sodium, Na	S3742
Fatty acids, total monounsaturated	S3742
Carbohydrate, by difference	S3742
Total lipid (fat)	S3742
Sugars, total	S3742
Cholesterol	S3742
Fatty acids, total polyunsaturated	S3742
Protein	S3742
Iron, Fe	S3742

NDB No. 22517 CHEF BOYARDEE Mini Ravioli, Beef Ravioli in Tomato and Meat Sauce, canned entree

Ash	S3742
Energy	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Vitamin C, total ascorbic acid	S3742
Water	S3742
Sugars, total	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742
Protein	S3742
Total lipid (fat)	S3742
Vitamin A, IU	S3742
Sodium, Na	S3742
Carbohydrate, by difference	S3742
Fiber, total dietary	S3742

Reference Report

JUL-17-2008 02:00 PM

Page 2558 of 3136

NDB No. 22517 CHEF BOYARDEE Mini Ravioli, Beef Ravioli in Tomato and Meat Sauce, canned entree

Cholesterol S3742

NDB No. 22518 CHEF BOYARDEE Spaghetti and Meatballs in tomato Sauce, canned entree

Calcium, Ca S3742

Vitamin C, total ascorbic acid S3742

Protein S3742

Fiber, total dietary S3742

Fatty acids, total trans S3742

Total lipid (fat) S3742

Water S3742

Sugars, total S3742

Vitamin A, IU S3742

Fatty acids, total saturated S3742

Energy S3742

Cholesterol S3742

Carbohydrate, by difference S3742

Fatty acids, total monounsaturated S3742

Fatty acids, total polyunsaturated S3742

Ash S3742

Iron, Fe S3742

Sodium, Na S3742

NDB No. 22522 Pasta with Sliced Franks in Tomato Sauce, canned entree

Choline, total S19

NDB No. 22525 BANQUET Chicken Pot pie, frozen entree'

Fatty acids, total monounsaturated S3762

Protein S3762

Fatty acids, total saturated S3762

Fatty acids, total polyunsaturated S3762

Carbohydrate, by difference S3762

Sugars, total S3762

Fiber, total dietary S3762

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2559 of 3136

NDB No. 22525 BANQUET Chicken Pot pie, frozen entree'

Calcium, Ca	S3762
Vitamin A, IU	S3762
Total lipid (fat)	S3762
Energy	S3762
Iron, Fe	S3762
Water	S3762
Cholesterol	S3762
Ash	S3762
Sodium, Na	S3762
Fatty acids, total trans	S3762

NDB No. 22526 MARIE CALLENDER'S Chicken Pot Pie, frozen entree

Carbohydrate, by difference	S3742
Fatty acids, total polyunsaturated	S3742
Protein	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Calcium, Ca	S3742
Sodium, Na	S3742
Fatty acids, total monounsaturated	S3742
Total lipid (fat)	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Vitamin A, IU	S3742
Energy	S3742
Water	S3742
Ash	S3742
Iron, Fe	S3742

NDB No. 22527 STOUFFER'S Chicken Pie, frozen entree

Ash	S3744
Energy	S3744

Reference Report

JUL-17-2008 02:00 PM

Page 2560 of 3136

NDB No. 22527 STOUFFER'S Chicken Pie, frozen entree

Vitamin C, total ascorbic acid	S3744
Niacin	S3744
Fatty acids, total saturated	S3744
Protein	S3744
Cholesterol	S3744
Thiamin	S3744
Total lipid (fat)	S3744
Fiber, total dietary	S3744
Sugars, total	S3744
Calcium, Ca	S3744
Vitamin A, IU	S3744
Carbohydrate, by difference	S3744
Water	S3744
Potassium, K	S3744
Sodium, Na	S3744
Riboflavin	S3744
Fatty acids, total trans	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744
Iron, Fe	S3744

NDB No. 22529 Beef Pot Pie, frozen entree, prepared

Total lipid (fat)	S2941
Sucrose	S2941
Iron, Fe	S2941
Tocopherol, beta	S2941
Vitamin C, total ascorbic acid	S2941
Isoleucine	S2941
Phenylalanine	S2941
Arginine	S2941
Aspartic acid	S2941
10:0	S2941
20:4 undifferentiated	S2941
14:1	S2941
22:5 n-3	S2941
15:0	S2941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2561 of 3136

NDB No. 22529 Beef Pot Pie, frozen entree, prepared

Protein	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin B-12	S2941
Folic acid	S2941
Alanine	S2941
Serine	S2941
8:0	S2941
20:0	S2941
20:1	S2941
Fatty acids, total polyunsaturated	S2941
17:0	S2941
17:1	S2941
22:4	S2941
Lactose	S2941
Vitamin E (alpha-tocopherol)	S2941
Choline, total	S2941
Tryptophan	S2941
Tyrosine	S2941
Glycine	S2941
21:5	S2941
Maltose	S2941
Water	S2941
Tocopherol, gamma	S2941
Leucine	S2941
Glutamic acid	S2941
Cholesterol	S2941
16:1 undifferentiated	S2941
20:5 n-3	S2941
20:2 n-6 c,c	S2941
Thiamin	S2941
Niacin	S2941
Lysine	S2941
Cystine	S2941
16:0	S2941

Reference Report

JUL-17-2008 02:00 PM

Page 2562 of 3136

NDB No. 22529 Beef Pot Pie, frozen entree, prepared

18:0	S2941
22:6 n-3	S2941
24:1 c	S2941
Fructose	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Vitamin K (phylloquinone)	S2941
Folate, food	S2941
Threonine	S2941
Methionine	S2941
12:0	S2941
14:0	S2941
22:0	S2941
Starch	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Betaine	S2941
Proline	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
24:0	S2941
15:1	S2941
Ash	S2941
Glucose (dextrose)	S2941
Potassium, K	S2941
Copper, Cu	S2941
Tocopherol, delta	S2941
Riboflavin	S2941
Folate, total	S2941
Valine	S2941
Histidine	S2941
Fatty acids, total saturated	S2941
18:1 undifferentiated	S2941
18:4	S2941
22:1 undifferentiated	S2941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2563 of 3136

NDB No. 22529 Beef Pot Pie, frozen entree, prepared

Fatty acids, total monounsaturated	S2941
20:3 undifferentiated	S2941

NDB No. 22569 STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree

Carbohydrate, by difference	S3744
Energy	S3744
Potassium, K	S3744
Vitamin C, total ascorbic acid	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Total lipid (fat)	S3744
Sugars, total	S3744
Sodium, Na	S3744
Thiamin	S3744
Fatty acids, total polyunsaturated	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Fatty acids, total saturated	S3744
Ash	S3744
Water	S3744
Iron, Fe	S3744
Riboflavin	S3744
Protein	S3744
Vitamin A, IU	S3744
Fatty acids, total monounsaturated	S3744

NDB No. 22570 STOUFFER'S Lasagna with Meat & Sauce, frozen entree

Energy	S3744
Water	S3744
Fiber, total dietary	S3744
Fatty acids, total polyunsaturated	S3744
Protein	S3744
Potassium, K	S3744

Reference Report

JUL-17-2008 02:00 PM

Page 2564 of 3136

NDB No. 22570 STOUFFER'S Lasagna with Meat & Sauce, frozen entree

Sodium, Na	S3744
Riboflavin	S3744
Calcium, Ca	S3744
Niacin	S3744
Carbohydrate, by difference	S3744
Total lipid (fat)	S3744
Vitamin A, IU	S3744
Sugars, total	S3744
Fatty acids, total trans	S3744
Fatty acids, total monounsaturated	S3744
Ash	S3744
Thiamin	S3744
Cholesterol	S3744
Iron, Fe	S3744
Vitamin C, total ascorbic acid	S3744
Fatty acids, total saturated	S3744

NDB No. 22571 BANQUET Original Fried Chicken Thigh Meal, w/Mashed Potatoes and Corn in Seasoned Sauce

Ash	S3762
Water	S3762
Calcium, Ca	S3762
Energy	S3762
Vitamin A, IU	S3762
Vitamin C, total ascorbic acid	S3762
Fiber, total dietary	S3762
Sodium, Na	S3762
Fatty acids, total trans	S3762
Fatty acids, total monounsaturated	S3762
Protein	S3762
Sugars, total	S3762
Carbohydrate, by difference	S3762
Cholesterol	S3762
Fatty acids, total saturated	S3762
Iron, Fe	S3762
Fatty acids, total polyunsaturated	S3762

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2565 of 3136

NDB No. 22571 BANQUET Original Fried Chicken Thigh Meal, w/Mashed Potatoes and Corn in Seasoned Sauce

Total lipid (fat) S3762

NDB No. 22572 STOUFFER'S LEAN CUISINE Spaghetti with Meatballs and Sauce, frozen entree

Protein S3201

Total lipid (fat) S3201

Ash S3201

Sugars, total S3201

Fatty acids, total polyunsaturated S3201

Energy S3201

Calcium, Ca S3201

Sodium, Na S3201

Cholesterol S3201

Fiber, total dietary S3201

Iron, Fe S3201

Vitamin C, total ascorbic acid S3201

Potassium, K S3201

Niacin S3201

Fatty acids, total saturated S3201

Fatty acids, total monounsaturated S3201

Vitamin A, IU S3201

Carbohydrate, by difference S3201

Water S3201

Thiamin S3201

Riboflavin S3201

Fatty acids, total trans S3201

NDB No. 22573 STOUFFER'S LEAN CUISINE Swedish Meatballs with Paste, frozen entree

Energy S3744

Potassium, K S3744

Vitamin A, IU S3744

Cholesterol S3744

Ash S3744

Sugars, total S3744

Protein S3744

Water S3744

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2566 of 3136

NDB No. 22573 STOUFFER'S LEAN CUISINE Swedish Meatballs with Paste, frozen entree

Calcium, Ca	S3744
Iron, Fe	S3744
Fatty acids, total saturated	S3744
Fatty acids, total polyunsaturated	S3744
Fiber, total dietary	S3744
Riboflavin	S3744
Niacin	S3744
Fatty acids, total trans	S3744
Sodium, Na	S3744
Vitamin C, total ascorbic acid	S3744
Fatty acids, total monounsaturated	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Thiamin	S3744

NDB No. 22576 STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree

Water	S3744
Calcium, Ca	S3744
Riboflavin	S3744
Fatty acids, total polyunsaturated	S3744
Sugars, total	S3744
Potassium, K	S3744
Carbohydrate, by difference	S3744
Energy	S3744
Fiber, total dietary	S3744
Total lipid (fat)	S3744
Ash	S3744
Vitamin A, IU	S3744
Fatty acids, total trans	S3744
Fatty acids, total monounsaturated	S3744
Sodium, Na	S3744
Vitamin C, total ascorbic acid	S3744
Protein	S3744
Iron, Fe	S3744
Thiamin	S3744

Reference Report

JUL-17-2008 02:00 PM

Page 2567 of 3136

NDB No. 22576 STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree

Niacin	S3744
Cholesterol	S3744
Fatty acids, total saturated	S3744

NDB No. 22577 STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree

Protein	S3744
Calcium, Ca	S3744
Sodium, Na	S3744
Fatty acids, total polyunsaturated	S3744
Fatty acids, total trans	S3744
Vitamin C, total ascorbic acid	S3744
Riboflavin	S3744
Energy	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Fiber, total dietary	S3744
Potassium, K	S3744
Vitamin A, IU	S3744
Niacin	S3744
Cholesterol	S3744
Total lipid (fat)	S3744
Water	S3744
Thiamin	S3744
Sugars, total	S3744
Iron, Fe	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744

NDB No. 22578 STOUFFER'S LEAN CUISINE Homestyle Beef Pot Roast with Whipped Potatoes, frozen entree

Protein	S3744
Energy	S3744
Water	S3744
Potassium, K	S3744
Vitamin C, total ascorbic acid	S3744
Cholesterol	S3744

Reference Report

JUL-17-2008 02:00 PM

Page 2568 of 3136

NDB No. 22578 STOUFFER'S LEAN CUISINE Homestyle Beef Pot Roast with Whipped Potatoes, frozen entree

Sugars, total	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Calcium, Ca	S3744
Vitamin A, IU	S3744
Fatty acids, total saturated	S3744
Total lipid (fat)	S3744
Ash	S3744
Sodium, Na	S3744
Fatty acids, total monounsaturated	S3744
Carbohydrate, by difference	S3744
Fiber, total dietary	S3744
Iron, Fe	S3744
Fatty acids, total trans	S3744
Fatty acids, total polyunsaturated	S3744

NDB No. 22579 STOUFFER'S Creamed Chipped Beef, frozen entree

Calcium, Ca	S3744
Iron, Fe	S3744
Sugars, total	S3744
Thiamin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Vitamin C, total ascorbic acid	S3744
Fatty acids, total polyunsaturated	S3744
Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Energy	S3744
Sodium, Na	S3744
Riboflavin	S3744
Fatty acids, total saturated	S3744
Fiber, total dietary	S3744
Potassium, K	S3744
Vitamin A, IU	S3744

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2569 of 3136

NDB No. 22579 STOUFFER'S Creamed Chipped Beef, frozen entree

Ash	S3744
Water	S3744
Niacin	S3744
Fatty acids, total monounsaturated	S3744

NDB No. 22580 STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree

Total lipid (fat)	S3744
Energy	S3744
Sugars, total	S3744
Cholesterol	S3744
Fatty acids, total saturated	S3744
Protein	S3744
Calcium, Ca	S3744
Riboflavin	S3744
Fatty acids, total trans	S3744
Fatty acids, total monounsaturated	S3744
Thiamin	S3744
Vitamin C, total ascorbic acid	S3744
Potassium, K	S3744
Ash	S3744
Fatty acids, total polyunsaturated	S3744
Water	S3744
Fiber, total dietary	S3744
Niacin	S3744
Carbohydrate, by difference	S3744
Iron, Fe	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744

NDB No. 22582 STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen entree

Water	S3744
Sodium, Na	S3744
Niacin	S3744
Riboflavin	S3744

Reference Report

JUL-17-2008 02:00 PM

Page 2570 of 3136

NDB No. 22582 STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen entree

Cholesterol	S3744
Carbohydrate, by difference	S3744
Fiber, total dietary	S3744
Potassium, K	S3744
Vitamin C, total ascorbic acid	S3744
Ash	S3744
Protein	S3744
Fatty acids, total saturated	S3744
Sugars, total	S3744
Thiamin	S3744
Fatty acids, total monounsaturated	S3744
Energy	S3744
Calcium, Ca	S3744
Vitamin A, IU	S3744
Fatty acids, total trans	S3744
Fatty acids, total polyunsaturated	S3744
Total lipid (fat)	S3744
Iron, Fe	S3744

NDB No. 22583 STOUFFER'S HOMESTYLE Salisbury Steak in Gravy & Macaroni and Cheese, frozen entree

Calcium, Ca	S3744
Sodium, Na	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Carbohydrate, by difference	S3744
Water	S3744
Fiber, total dietary	S3744
Fatty acids, total trans	S3744
Fatty acids, total polyunsaturated	S3744
Ash	S3744
Sugars, total	S3744
Total lipid (fat)	S3744
Energy	S3744
Potassium, K	S3744
Riboflavin	S3744
Cholesterol	S3744

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2571 of 3136

NDB No. 22583 STOUFFER'S HOMESTYLE Salisbury Steak in Gravy & Macaroni and Cheese, frozen entree

Fatty acids, total saturated	S3744
Vitamin A, IU	S3744
Protein	S3744
Iron, Fe	S3744
Niacin	S3744
Fatty acids, total monounsaturated	S3744

NDB No. 22584 PATIO Beef and Bean Burrito, mild, frozen

Total lipid (fat)	S3742
Ash	S3742
Protein	S3742
Energy	S3742
Water	S3742
Vitamin A, IU	S3742
Fatty acids, total polyunsaturated	S3742
Sodium, Na	S3742
Cholesterol	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Vitamin C, total ascorbic acid	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Carbohydrate, by difference	S3742
Sugars, total	S3742
Fatty acids, total monounsaturated	S3742

NDB No. 22585 STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal

Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Water	S3744
Fiber, total dietary	S3744
Potassium, K	S3744
Fatty acids, total trans	S3744

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2572 of 3136

NDB No. 22585 STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal

Sugars, total	S3744
Calcium, Ca	S3744
Energy	S3744
Niacin	S3744
Protein	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Ash	S3744
Thiamin	S3744
Iron, Fe	S3744
Riboflavin	S3744
Cholesterol	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

NDB No. 22587 HEALTHY CHOICE Chicken Teriyaki w/Rice Medley Broccoli, frozen meal

Vitamin A, IU	S3742
Fatty acids, total saturated	S3742
Sodium, Na	S3742
Fatty acids, total monounsaturated	S3742
Cholesterol	S3742
Ash	S3742
Fatty acids, total polyunsaturated	S3742
Total lipid (fat)	S3742
Energy	S3742
Water	S3742
Iron, Fe	S3742
Carbohydrate, by difference	S3742
Fiber, total dietary	S3742
Fatty acids, total trans	S3742
Protein	S3742
Vitamin C, total ascorbic acid	S3742
Sugars, total	S3742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2573 of 3136

NDB No. 22587 HEALTHY CHOICE Chicken Teriyaki w/Rice Medley Broccoli, frozen meal

Calcium, Ca S3742

NDB No. 22588 HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, frozen meal

Protein S3742

Carbohydrate, by difference S3742

Sugars, total S3742

Iron, Fe S3742

Cholesterol S3742

Energy S3742

Calcium, Ca S3742

Sodium, Na S3742

Fatty acids, total polyunsaturated S3742

Fatty acids, total trans S3742

Fatty acids, total saturated S3742

Ash S3742

Fatty acids, total monounsaturated S3742

Total lipid (fat) S3742

Fiber, total dietary S3742

Water S3742

Vitamin A, IU S3742

NDB No. 22607 BANQUET Turkey and Gravy w/Dressing Meal, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal

Carbohydrate, by difference S3762

Fatty acids, total saturated S3762

Protein S3762

Calcium, Ca S3762

Vitamin C, total ascorbic acid S3762

Cholesterol S3762

Fatty acids, total monounsaturated S3762

Total lipid (fat) S3762

Water S3762

Iron, Fe S3762

Fatty acids, total trans S3762

Reference Report

JUL-17-2008 02:00 PM

Page 2574 of 3136

NDB No. 22607 BANQUET Turkey and Gravy w/Dressing Meal, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal

Vitamin A, IU	S3762
Fatty acids, total polyunsaturated	S3762
Ash	S3762
Energy	S3762
Fiber, total dietary	S3762
Sugars, total	S3762
Sodium, Na	S3762

NDB No. 22611 STOUFFER'S LEAN CUISINE Chicken Enchilada Suiza with Sour Cream Sauce and Mexican-Style Rice, frozen entree

Carbohydrate, by difference	S3744
Protein	S3744
Sugars, total	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Fatty acids, total monounsaturated	S3744
Total lipid (fat)	S3744
Calcium, Ca	S3744
Riboflavin	S3744
Fatty acids, total saturated	S3744
Water	S3744
Sodium, Na	S3744
Energy	S3744
Vitamin A, IU	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Potassium, K	S3744
Ash	S3744
Fiber, total dietary	S3744
Iron, Fe	S3744
Fatty acids, total polyunsaturated	S3744

NDB No. 22615 STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree

Reference Report

JUL-17-2008 02:00 PM

Page 2575 of 3136

NDB No. 22615 STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree

Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total monounsaturated	S3744
Vitamin A, IU	S3744
Potassium, K	S3744
Sodium, Na	S3744
Protein	S3744
Carbohydrate, by difference	S3744
Calcium, Ca	S3744
Fatty acids, total polyunsaturated	S3744
Ash	S3744
Fiber, total dietary	S3744
Total lipid (fat)	S3744
Water	S3744
Sugars, total	S3744
Energy	S3744
Vitamin C, total ascorbic acid	S3744
Iron, Fe	S3744
Fatty acids, total saturated	S3744

NDB No. 22671 WEIGHT WATCHERS SMART ONES, Chicken Enchiladas Suiza, Sour Cream w/Cheese, frozen entree

Total lipid (fat)	S3765
Cholesterol	S3765
Fatty acids, total polyunsaturated	S3765
Iron, Fe	S3765
Fatty acids, total saturated	S3765
Vitamin A, IU	S3765
Fatty acids, total trans	S3765
Sodium, Na	S3765
Vitamin C, total ascorbic acid	S3765
Fatty acids, total monounsaturated	S3765
Protein	S3765
Water	S3765
Sugars, total	S3765
Fiber, total dietary	S3765

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2576 of 3136

NDB No. 22671 WEIGHT WATCHERS SMART ONES, Chicken Enchiladas Suiza, Sour Cream w/Cheese, frozen entree

Calcium, Ca	S3765
Carbohydrate, by difference	S3765
Ash	S3765
Energy	S3765

NDB No. 22672 WEIGHT WATCHERS SMART ONES, Roast Turkey Medallions, Mushrooms in Sauce w/Rice and Vegetables, frozen meal

Protein	S3765
Vitamin C, total ascorbic acid	S3765
Carbohydrate, by difference	S3765
Sugars, total	S3765
Calcium, Ca	S3765
Iron, Fe	S3765
Cholesterol	S3765
Total lipid (fat)	S3765
Energy	S3765
Vitamin A, IU	S3765
Fatty acids, total saturated	S3765
Fatty acids, total monounsaturated	S3765
Water	S3765
Ash	S3765
Fiber, total dietary	S3765
Sodium, Na	S3765
Fatty acids, total polyunsaturated	S3765

NDB No. 22677 MARIE CALLENDER'S Beef Stroganoff and Noodles w/Carrots and Peas, frozen

Fatty acids, total trans	S3742
Fatty acids, total polyunsaturated	S3742
Total lipid (fat)	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Sodium, Na	S3742
Vitamin C, total ascorbic acid	S3742
Fatty acids, total monounsaturated	S3742
Protein	S3742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2577 of 3136

NDB No. 22677 MARIE CALLENDER'S Beef Stroganoff and Noodles w/Carrots and Peas, frozen

Energy	S3742
Vitamin A, IU	S3742
Cholesterol	S3742
Ash	S3742
Water	S3742
Sugars, total	S3742
Carbohydrate, by difference	S3742
Iron, Fe	S3742
Fatty acids, total saturated	S3742

NDB No. 22687 TYSON Chicken Fajita Kit, frozen, Product Code #2266-910

Fatty acids, total monounsaturated	S3768
Water	S3768
Fiber, total dietary	S3768
Vitamin C, total ascorbic acid	S3768
Energy	S3768
Sugars, total	S3768
Vitamin A, IU	S3768
Total lipid (fat)	S3768
Carbohydrate, by difference	S3768
Ash	S3768
Iron, Fe	S3768
Fatty acids, total trans	S3768
Sodium, Na	S3768
Fatty acids, total polyunsaturated	S3768
Calcium, Ca	S3768
Fatty acids, total saturated	S3768
Protein	S3768
Cholesterol	S3768

NDB No. 22689 BANQUET HEARTY ONES Salisbury Steak Dinner, w/Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal

Energy	S3762
Water	S3762
Fiber, total dietary	S3762

Reference Report

JUL-17-2008 02:00 PM

Page 2578 of 3136

NDB No. 22689 BANQUET HEARTY ONES Salisbury Steak Dinner, w/Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal

Fatty acids, total monounsaturated	S3762
Ash	S3762
Sugars, total	S3762
Calcium, Ca	S3762
Total lipid (fat)	S3762
Carbohydrate, by difference	S3762
Vitamin C, total ascorbic acid	S3762
Fatty acids, total saturated	S3762
Fatty acids, total polyunsaturated	S3762
Iron, Fe	S3762
Sodium, Na	S3762
Vitamin A, IU	S3762
Fatty acids, total trans	S3762
Protein	S3762
Cholesterol	S3762

NDB No. 22690 KID CUISINE Chicken Nuggets w/Pasta in Cheese Sauce, Corn in a Seasoned Sauce and Chocolate Pudding w/Sprinkles

Total lipid (fat)	S3742
Ash	S3742
Fiber, total dietary	S3742
Iron, Fe	S3742
Protein	S3742
Vitamin A, IU	S3742
Cholesterol	S3742
Fatty acids, total monounsaturated	S3742
Water	S3742
Fatty acids, total saturated	S3742
Calcium, Ca	S3742
Vitamin C, total ascorbic acid	S3742
Fatty acids, total trans	S3742
Fatty acids, total polyunsaturated	S3742
Energy	S3742
Sugars, total	S3742
Sodium, Na	S3742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2579 of 3136

NDB No. 22690 KID CUISINE Chicken Nuggets w/Pasta in Cheese Sauce, Corn in a Seasoned Sauce and Chocolate Pudding w/Sprinkles

Carbohydrate, by difference S3742

NDB No. 22691 BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal

Protein S3762

Vitamin A, IU S3762

Fatty acids, total saturated S3762

Fatty acids, total monounsaturated S3762

Fiber, total dietary S3762

Iron, Fe S3762

Carbohydrate, by difference S3762

Water S3762

Vitamin C, total ascorbic acid S3762

Fatty acids, total trans S3762

Ash S3762

Cholesterol S3762

Total lipid (fat) S3762

Calcium, Ca S3762

Sodium, Na S3762

Fatty acids, total polyunsaturated S3762

Energy S3762

Sugars, total S3762

NDB No. 22711 BANQUET Salisbury Steak Meal, Gravy & Salisbury Steak w/ Mashed Potatoes and Corn in Seasoned Sauce, frozen meal

Energy S3762

Sodium, Na S3762

Vitamin A, IU S3762

Cholesterol S3762

Fatty acids, total saturated S3762

Sugars, total S3762

Ash S3762

Fatty acids, total monounsaturated S3762

Fatty acids, total polyunsaturated S3762

Carbohydrate, by difference S3762

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2580 of 3136

NDB No. 22711 BANQUET Salisbury Steak Meal, Gravy & Salisbury Steak w/ Mashed Potatoes and Corn in Seasoned Sauce, frozen meal

Iron, Fe	S3762
Vitamin C, total ascorbic acid	S3762
Protein	S3762
Total lipid (fat)	S3762
Fiber, total dietary	S3762
Water	S3762
Calcium, Ca	S3762
Fatty acids, total trans	S3762

NDB No. 22713 HEALTHY CHOICE Mesquite Chicken BBQ, Roasted Red Potatoes, Mixed Vegetables in Sauce, frozen meal

Fatty acids, total saturated	S3742
Protein	S3742
Total lipid (fat)	S3742
Ash	S3742
Fiber, total dietary	S3742
Vitamin C, total ascorbic acid	S3742
Carbohydrate, by difference	S3742
Iron, Fe	S3742
Fatty acids, total trans	S3742
Fatty acids, total monounsaturated	S3742
Sugars, total	S3742
Sodium, Na	S3742
Cholesterol	S3742
Fatty acids, total polyunsaturated	S3742
Calcium, Ca	S3742
Vitamin A, IU	S3742
Energy	S3742
Water	S3742

NDB No. 22903 Pizza, pepperoni topping, regular crust, frozen, cooked

Sucrose	S21
Iron, Fe	S21
Zinc, Zn	S21
Vitamin B-12	S21

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2581 of 3136

NDB No. 22903 Pizza, pepperoni topping, regular crust, frozen, cooked

18:2 undifferentiated	S21
18:3 undifferentiated	S21
16:1 undifferentiated	S21
Total lipid (fat)	S21
Ash	S21
Calcium, Ca	S21
Folate, total	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Thiamin	S21
Betaine	S21
14:0	S21
Protein	S21
Water	S21
Potassium, K	S21
Riboflavin	S21
Choline, total	S21
18:0	S21
Glucose (dextrose)	S21
Fructose	S21
Vitamin B-6	S21
Fatty acids, total saturated	S21
Starch	S21
Maltose	S21
Pantothenic acid	S21
12:0	S21
16:0	S21
Fatty acids, total monounsaturated	S21
Lactose	S21
Fiber, total dietary	S21
Sodium, Na	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Niacin	S21
18:1 undifferentiated	S21
Fatty acids, total polyunsaturated	S21

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2582 of 3136

NDB No. 22903 Pizza, pepperoni topping, regular crust, frozen, cooked

Vitamin C, total ascorbic acid	S21
Cholesterol	S21

NDB No. 22904 Chili con carne with beans, canned entree

Water	S18
Iron, Fe	S18
Zinc, Zn	S18
Vitamin B-6	S18
Fatty acids, total saturated	S18
Calcium, Ca	S18
Cholesterol	S18
16:0	S18
18:1 undifferentiated	S18
22:1 undifferentiated	S18
Total lipid (fat)	S18
Sodium, Na	S18
Manganese, Mn	S18
Vitamin B-12	S18
20:3 undifferentiated	S18
13:0	S18
Protein	S18
Ash	S18
Thiamin	S18
20:0	S18
17:0	S18
17:1	S18
Phosphorus, P	S18
Potassium, K	S18
Copper, Cu	S18
Pantothenic acid	S18
12:0	S18
18:3 undifferentiated	S18
20:1	S18
Fiber, total dietary	S18
14:0	S18
18:2 undifferentiated	S18

NDB No. 22904 Chili con carne with beans, canned entree

Selenium, Se	S18
Vitamin C, total ascorbic acid	S18
Niacin	S18
Fatty acids, total monounsaturated	S18
15:0	S18
24:0	S18
Starch	S18
Magnesium, Mg	S18
Riboflavin	S18
18:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
Fatty acids, total polyunsaturated	S18

NDB No. 22905 Beef stew, canned entree

Choline, total	S18
Betaine	S18

NDB No. 22906 Chicken pot pie, frozen entree, prepared

Starch	S2941
Water	S2941
Zinc, Zn	S2941
Tocopherol, delta	S2941
Riboflavin	S2941
Choline, total	S2941
Tryptophan	S2941
Leucine	S2941
Aspartic acid	S2941
Cholesterol	S2941
Fatty acids, total saturated	S2941
10:0	S2941
12:0	S2941
14:0	S2941

Reference Report

JUL-17-2008 02:00 PM

Page 2584 of 3136

NDB No. 22906 Chicken pot pie, frozen entree, prepared

20:0	S2941
18:3 undifferentiated	S2941
17:1	S2941
20:3 undifferentiated	S2941
21:5	S2941
Calcium, Ca	S2941
Phosphorus, P	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Pantothenic acid	S2941
Vitamin B-12	S2941
Folate, food	S2941
Betaine	S2941
Isoleucine	S2941
8:0	S2941
16:1 undifferentiated	S2941
20:2 n-6 c,c	S2941
22:4	S2941
Copper, Cu	S2941
Niacin	S2941
Tyrosine	S2941
18:0	S2941
18:2 undifferentiated	S2941
18:4	S2941
20:1	S2941
22:1 undifferentiated	S2941
Fatty acids, total monounsaturated	S2941
15:1	S2941
Total lipid (fat)	S2941
Sucrose	S2941
Potassium, K	S2941
Manganese, Mn	S2941
Thiamin	S2941
Threonine	S2941
Methionine	S2941
Cystine	S2941
Histidine	S2941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2585 of 3136

NDB No. 22906 Chicken pot pie, frozen entree, prepared

Alanine	S2941
Glutamic acid	S2941
16:0	S2941
20:4 undifferentiated	S2941
Glucose (dextrose)	S2941
Selenium, Se	S2941
Phenylalanine	S2941
Proline	S2941
Serine	S2941
18:1 undifferentiated	S2941
22:5 n-3	S2941
Ash	S2941
Magnesium, Mg	S2941
Sodium, Na	S2941
Tocopherol, gamma	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Lysine	S2941
Valine	S2941
Glycine	S2941
Maltose	S2941
Iron, Fe	S2941
Fatty acids, total polyunsaturated	S2941
Protein	S2941
Fructose	S2941
Lactose	S2941
Fiber, total dietary	S2941
Vitamin C, total ascorbic acid	S2941
Vitamin B-6	S2941
Folic acid	S2941
Arginine	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
20:5 n-3	S2941
15:0	S2941
17:0	S2941

NDB No. 22906 Chicken pot pie, frozen entree, prepared

24:0	S2941
24:1 c	S2941

NDB No. 22907 Pasta with meatballs in tomato sauce, canned entree

Choline, total	S19
----------------	-----

NDB No. 22908 Beef, corned beef hash, with potato, canned

Choline, total	S18
----------------	-----

NDB No. 22910 Lasagna, Cheese, frozen, prepared

Ash	S22
Water	S22
Sugars, total	S22
Zinc, Zn	S22
Vitamin C, total ascorbic acid	S22
Niacin	S22
4:0	S22
18:2 undifferentiated	S22
20:4 undifferentiated	S22
22:6 n-3	S22
Fatty acids, total polyunsaturated	S22
24:0	S22
Fiber, total dietary	S22
Calcium, Ca	S22
Selenium, Se	S22
Riboflavin	S22
Folate, total	S22
Arginine	S22
Glycine	S22
Hydroxyproline	S22
Fatty acids, total saturated	S22
20:5 n-3	S22
22:1 undifferentiated	S22
15:0	S22
Total lipid (fat)	S22

NDB No. 22910 Lasagna, Cheese, frozen, prepared

Copper, Cu	S22
Vitamin E (alpha-tocopherol)	S22
Vitamin B-12	S22
Phenylalanine	S22
Valine	S22
10:0	S22
16:1 undifferentiated	S22
22:5 n-3	S22
17:0	S22
Iron, Fe	S22
Manganese, Mn	S22
Thiamin	S22
Tryptophan	S22
Serine	S22
Cholesterol	S22
12:0	S22
14:0	S22
Phosphorus, P	S22
Vitamin B-6	S22
Threonine	S22
Alanine	S22
6:0	S22
18:0	S22
14:1	S22
18:4	S22
20:1	S22
Fatty acids, total monounsaturated	S22
Protein	S22
Potassium, K	S22
Vitamin K (phylloquinone)	S22
Isoleucine	S22
Leucine	S22
Tyrosine	S22
Histidine	S22
Aspartic acid	S22
Glutamic acid	S22
16:0	S22

Reference_Report

NDB No. 22910 Lasagna, Cheese, frozen, prepared

18:1 undifferentiated	S22
Magnesium, Mg	S22
Pantothenic acid	S22
Lysine	S22
Methionine	S22
Cystine	S22
22:0	S22
Sodium, Na	S22
Retinol	S22
Proline	S22
8:0	S22
20:0	S22
18:3 undifferentiated	S22

NDB No. 22911 Chili, no beans, canned entree

Starch	S18
Zinc, Zn	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Arginine	S18
Alanine	S18
Aspartic acid	S18
Cholesterol	S18
18:0	S18
14:1	S18
20:1	S18
Fructose	S18
Water	S18
Serine	S18
12:0	S18
16:0	S18
Selenium, Se	S18
Pantothenic acid	S18
Vitamin B-12	S18
Methionine	S18
14:0	S18

NDB No. 22911 Chili, no beans, canned entree

18:1 undifferentiated	S18
18:2 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
17:1	S18
Protein	S18
Total lipid (fat)	S18
Sucrose	S18
Calcium, Ca	S18
Phosphorus, P	S18
Riboflavin	S18
Lysine	S18
Valine	S18
16:1 undifferentiated	S18
22:1 undifferentiated	S18
Sodium, Na	S18
Copper, Cu	S18
Isoleucine	S18
Histidine	S18
Fatty acids, total saturated	S18
20:3 undifferentiated	S18
Ash	S18
Iron, Fe	S18
Magnesium, Mg	S18
Leucine	S18
Phenylalanine	S18
Glycine	S18
22:0	S18
17:0	S18
Potassium, K	S18
Manganese, Mn	S18
Niacin	S18
Threonine	S18
20:0	S18
15:0	S18
Vitamin B-6	S18
Tyrosine	S18

Reference_Report

NDB No. 22911 Chili, no beans, canned entree

Glutamic acid	S18
Proline	S18
18:3 undifferentiated	S18
24:0	S18

NDB No. 22912 Spaghetti, with meatballs, canned

Phosphorus, P	S19
Thiamin	S19
Riboflavin	S19
14:1	S19
20:1	S19
Total lipid (fat)	S19
Niacin	S19
Folate, total	S19
20:0	S19
16:1 undifferentiated	S19
Sodium, Na	S19
Vitamin B-6	S19
Fatty acids, total saturated	S19
18:2 undifferentiated	S19
22:0	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
Water	S19
Iron, Fe	S19
Copper, Cu	S19
Selenium, Se	S19
18:3 undifferentiated	S19
20:2 n-6 c,c	S19
Calcium, Ca	S19
Vitamin K (phylloquinone)	S19
22:1 undifferentiated	S19
17:1	S19
20:3 undifferentiated	S19
Magnesium, Mg	S19
Vitamin B-12	S19

Reference Report

JUL-17-2008 02:00 PM

Page 2591 of 3136

NDB No. 22912 Spaghetti, with meatballs, canned

Choline, total	S19
15:0	S19
Protein	S19
Starch	S19
Potassium, K	S19
Betaine	S19
Cholesterol	S19
12:0	S19
18:0	S19
18:1 undifferentiated	S19
17:0	S19
Ash	S19
Zinc, Zn	S19
Manganese, Mn	S19
14:0	S19
16:0	S19
20:4 undifferentiated	S19

NDB No. 22914 Spaghetti, no meat, canned

18:2 undifferentiated	S19
22:1 undifferentiated	S19
Lactose	S19
Calcium, Ca	S19
Sodium, Na	S19
14:0	S19
Riboflavin	S19
18:1 undifferentiated	S19
18:3 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
Glucose (dextrose)	S19
Vitamin K (phylloquinone)	S19
16:0	S19
14:1	S19
17:0	S19

Reference_Report

NDB No. 22914 Spaghetti, no meat, canned

20:3 undifferentiated	S19
Maltose	S19
Iron, Fe	S19
Selenium, Se	S19
12:0	S19
22:0	S19
20:1	S19
17:1	S19
Total lipid (fat)	S19
Starch	S19
Phosphorus, P	S19
16:1 undifferentiated	S19
20:2 n-6 c,c	S19
Water	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Thiamin	S19
Niacin	S19
Vitamin B-6	S19
Fatty acids, total saturated	S19
10:0	S19
18:0	S19
Protein	S19
Ash	S19
Fructose	S19
Magnesium, Mg	S19
Potassium, K	S19
Folate, total	S19

NDB No. 22915 Lasagna with meat & sauce, low-fat, frozen entree

Niacin	S19
Folate, total	S19
8:0	S19
14:1	S19
Pantothenic acid	S19

Reference Report

JUL-17-2008 02:00 PM

Page 2593 of 3136

NDB No. 22915 Lasagna with meat & sauce, low-fat, frozen entree

10:0	S19
Fatty acids, total monounsaturated	S19
13:0	S19
Total lipid (fat)	S19
Manganese, Mn	S19
Vitamin C, total ascorbic acid	S19
Riboflavin	S19
12:0	S19
18:3 undifferentiated	S19
17:0	S19
Calcium, Ca	S19
Zinc, Zn	S19
Selenium, Se	S19
Fructose	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Sodium, Na	S19
Fatty acids, total saturated	S19
14:0	S19
18:2 undifferentiated	S19
17:1	S19
Glucose (dextrose)	S19
Water	S19
Copper, Cu	S19
Thiamin	S19
18:0	S19
22:1 undifferentiated	S19
Starch	S19
Sucrose	S19
Potassium, K	S19
Cholesterol	S19
16:0	S19
20:0	S19
18:1 undifferentiated	S19
16:1 undifferentiated	S19
Fatty acids, total polyunsaturated	S19

Reference_Report

NDB No. 22915 Lasagna with meat & sauce, low-fat, frozen entree

15:0	S19
Protein	S19
Ash	S19
Fiber, total dietary	S19
Vitamin B-6	S19
Vitamin B-12	S19
22:0	S19
20:3 undifferentiated	S19

NDB No. 22916 Lasagna with meat & sauce, frozen entree

Magnesium, Mg	S19
Riboflavin	S19
18:0	S19
18:1 undifferentiated	S19
22:0	S19
Ash	S19
Copper, Cu	S19
Iron, Fe	S19
Vitamin C, total ascorbic acid	S19
Folate, total	S19
16:1 undifferentiated	S19
20:1	S19
17:1	S19
13:0	S19
Starch	S19
Phosphorus, P	S19
Sodium, Na	S19
Zinc, Zn	S19
Cholesterol	S19
Fatty acids, total saturated	S19
8:0	S19
Fatty acids, total polyunsaturated	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Potassium, K	S19
Manganese, Mn	S19

Reference Report

JUL-17-2008 02:00 PM

Page 2595 of 3136

NDB No. 22916 Lasagna with meat & sauce, frozen entree

Vitamin B-6	S19
Vitamin B-12	S19
16:0	S19
20:0	S19
18:2 undifferentiated	S19
22:1 undifferentiated	S19
Protein	S19
Selenium, Se	S19
Pantothenic acid	S19
14:1	S19
Niacin	S19
10:0	S19
12:0	S19
Fatty acids, total monounsaturated	S19
17:0	S19
20:3 undifferentiated	S19
Total lipid (fat)	S19
Water	S19
Thiamin	S19
14:0	S19
18:3 undifferentiated	S19
15:0	S19
24:0	S19

NDB No. 22917 Burrito, beef and bean, frozen

Starch	S23
Vitamin B-6	S23
12:0	S23
18:1 undifferentiated	S23
20:1	S23
22:5 n-3	S23
15:0	S23
24:0	S23
Ash	S23
Fiber, total dietary	S23
Vitamin K (phylloquinone)	S23

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2596 of 3136

NDB No. 22917 Burrito, beef and bean, frozen

20:0	S23
18:4	S23
Total lipid (fat)	S23
Iron, Fe	S23
Phosphorus, P	S23
Selenium, Se	S23
14:1	S23
Magnesium, Mg	S23
17:0	S23
Zinc, Zn	S23
10:0	S23
18:0	S23
18:2 undifferentiated	S23
22:6 n-3	S23
22:0	S23
20:5 n-3	S23
Water	S23
6:0	S23
14:0	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
Potassium, K	S23
Manganese, Mn	S23
Cholesterol	S23
4:0	S23
8:0	S23
22:1 undifferentiated	S23
Calcium, Ca	S23
Sodium, Na	S23
Copper, Cu	S23
Retinol	S23
Riboflavin	S23
Pantothenic acid	S23
Folate, total	S23
16:0	S23

Reference Report

JUL-17-2008 02:00 PM

Page 2597 of 3136

NDB No. 22918 Burrito, bean and cheese, frozen

Starch	S23
Maltose	S23
Water	S23
Fiber, total dietary	S23
Iron, Fe	S23
Riboflavin	S23
Total lipid (fat)	S23
Glucose (dextrose)	S23
Galactose	S23
Vitamin B-6	S23
10:0	S23
20:0	S23
22:5 n-3	S23
Fructose	S23
Copper, Cu	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
22:0	S23
16:1 undifferentiated	S23
Potassium, K	S23
Sodium, Na	S23
Manganese, Mn	S23
6:0	S23
12:0	S23
20:4 undifferentiated	S23
Ash	S23
Lactose	S23
Sugars, total	S23
Magnesium, Mg	S23
Fatty acids, total saturated	S23
Fatty acids, total polyunsaturated	S23
24:0	S23
Sucrose	S23
4:0	S23
14:1	S23
18:4	S23
22:1 undifferentiated	S23

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2598 of 3136

NDB No. 22918 Burrito, bean and cheese, frozen

Selenium, Se	S23
8:0	S23
14:0	S23
18:0	S23
18:3 undifferentiated	S23
22:6 n-3	S23
20:1	S23
Fatty acids, total monounsaturated	S23
15:0	S23
17:0	S23
Protein	S23
Calcium, Ca	S23
Phosphorus, P	S23
Zinc, Zn	S23
Folate, total	S23
Vitamin K (phylloquinone)	S23
16:0	S23
20:5 n-3	S23

NDB No. 22920 HEALTHY CHOICE Traditional Meat Loaf w/Brown Sauce, Mashed Potatoes, Green Beans and Apple Praline Crisp, frozen meal

Total lipid (fat)	S3742
Fiber, total dietary	S3742
Cholesterol	S3742
Iron, Fe	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Water	S3742
Protein	S3742
Calcium, Ca	S3742
Sodium, Na	S3742
Vitamin C, total ascorbic acid	S3742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2599 of 3136

NDB No. 22920 HEALTHY CHOICE Traditional Meat Loaf w/Brown Sauce, Mashed Potatoes, Green Beans and Apple Praline Crisp, frozen meal

Fatty acids, total polyunsaturated S3742
Sugars, total S3742
Vitamin A, IU S3742

NDB No. 22921 HEALTHY CHOICE Salisbury Steak w/Mushroom Gravy, Roasted Red Potatoes, Green Beans, Corn, Carrot Medley, Caramel Apple Dessert, frozen meal

Water S3742
Total lipid (fat) S3742
Fiber, total dietary S3742
Sodium, Na S3742
Fatty acids, total monounsaturated S3742
Vitamin C, total ascorbic acid S3742
Fatty acids, total trans S3742
Sugars, total S3742
Calcium, Ca S3742
Fatty acids, total saturated S3742
Ash S3742
Iron, Fe S3742
Vitamin A, IU S3742
Cholesterol S3742
Protein S3742
Carbohydrate, by difference S3742
Energy S3742
Fatty acids, total polyunsaturated S3742

NDB No. 22922 HEALTHY CHOICE Country Roasted Turkey w/Cranberry Apple Sauce, Green Beans & Carrot Blend

Ash S3742
Fiber, total dietary S3742
Vitamin A, IU S3742
Vitamin C, total ascorbic acid S3742
Fatty acids, total monounsaturated S3742
Carbohydrate, by difference S3742
Energy S3742
Sugars, total S3742

Reference Report

JUL-17-2008 02:00 PM

Page 2600 of 3136

NDB No. 22922 HEALTHY CHOICE Country Roasted Turkey w/Cranberry Apple Sauce, Green Beans & Carrot Blend

Fatty acids, total saturated	S3742
Total lipid (fat)	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Protein	S3742
Cholesterol	S3742
Fatty acids, total polyunsaturated	S3742
Water	S3742
Calcium, Ca	S3742

NDB No. 22923 HEALTHY CHOICE Mesquite Beef w/BBQ Sauce, Roasted Red Potatoes, and Corn,Carrot Pea Medley, frozen meal

Energy	S3742
Water	S3742
Fatty acids, total polyunsaturated	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Vitamin A, IU	S3742
Protein	S3742
Fiber, total dietary	S3742
Iron, Fe	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Total lipid (fat)	S3742
Calcium, Ca	S3742
Sodium, Na	S3742
Vitamin C, total ascorbic acid	S3742
Sugars, total	S3742
Fatty acids, total monounsaturated	S3742

NDB No. 22924 MARIE CALLENDER'S Turkey w/Gravy and Dressing with Mashed Potatoes, Green Beans and Cranberries

Vitamin C, total ascorbic acid	S3742
Fatty acids, total saturated	S3742
Iron, Fe	S3742

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2601 of 3136

NDB No. 22924 MARIE CALLENDER'S Turkey w/Gravy and Dressing with Mashed Potatoes, Green Beans and Cranberries

Fatty acids, total trans	S3742
Total lipid (fat)	S3742
Sodium, Na	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742
Carbohydrate, by difference	S3742
Sugars, total	S3742
Cholesterol	S3742
Energy	S3742
Fiber, total dietary	S3742
Protein	S3742
Water	S3742
Calcium, Ca	S3742
Ash	S3742
Vitamin A, IU	S3742

NDB No. 22925 WEIGHT WATCHERS SMART ONES, Chicken Tenderloins w/ BBQ Sauce

Sodium, Na	S3765
Ash	S3765
Fatty acids, total trans	S3765
Total lipid (fat)	S3765
Calcium, Ca	S3765
Fiber, total dietary	S3765
Vitamin C, total ascorbic acid	S3765
Cholesterol	S3765
Fatty acids, total saturated	S3765
Carbohydrate, by difference	S3765
Vitamin A, IU	S3765
Water	S3765
Sugars, total	S3765
Iron, Fe	S3765
Fatty acids, total monounsaturated	S3765
Fatty acids, total polyunsaturated	S3765
Protein	S3765
Energy	S3765

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2602 of 3136

NDB No. 22926 MORNINGSTAR FARMS Veggie Medley made from Organic Soy, frozen, unprepared

Iron, Fe	S4662
Protein	S4662
Total lipid (fat)	S4662
Vitamin A, IU	S4662
Vitamin C, total ascorbic acid	S4662
Carbohydrate, by difference	S4662
Fatty acids, total trans	S4662
Fatty acids, total monounsaturated	S4662
Energy	S4662
Calcium, Ca	S4662
Fatty acids, total saturated	S4662
Fatty acids, total polyunsaturated	S4662
Zinc, Zn	S4662
Sugars, total	S4662
Potassium, K	S4662
Sodium, Na	S4662
Cholesterol	S4662
Ash	S4662
Water	S4662
Fiber, total dietary	S4662

NDB No. 22927 Burrito, bean and cheese, microwaved

Sucrose	S23
Calcium, Ca	S23
Folate, total	S23
14:0	S23
18:3 undifferentiated	S23
22:6 n-3	S23
20:1	S23
24:0	S23
Ash	S23
Glucose (dextrose)	S23
Lactose	S23
Water	S23
Choline, total	S23
4:0	S23

Reference_Report

NDB No. 22927 Burrito, bean and cheese, microwaved

22:1 undifferentiated	S23
Fructose	S23
Fiber, total dietary	S23
Copper, Cu	S23
Pantothenic acid	S23
Vitamin B-6	S23
16:0	S23
20:4 undifferentiated	S23
22:0	S23
16:1 undifferentiated	S23
18:4	S23
15:0	S23
Protein	S23
Total lipid (fat)	S23
Iron, Fe	S23
Magnesium, Mg	S23
Riboflavin	S23
Cholesterol	S23
6:0	S23
12:0	S23
20:0	S23
14:1	S23
Manganese, Mn	S23
Selenium, Se	S23
Betaine	S23
8:0	S23
18:0	S23
20:5 n-3	S23
17:0	S23
Sugars, total	S23
Galactose	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
18:2 undifferentiated	S23
Starch	S23
Maltose	S23

NDB No. 22927 Burrito, bean and cheese, microwaved

Zinc, Zn	S23
10:0	S23
18:1 undifferentiated	S23
22:5 n-3	S23

NDB No. 22928 Burrito, beef and bean, microwaved

Iron, Fe	S23
Zinc, Zn	S23
Selenium, Se	S23
Vitamin K (phylloquinone)	S23
Betaine	S23
22:0	S23
24:0	S23
Total lipid (fat)	S23
Ash	S23
Calcium, Ca	S23
8:0	S23
22:6 n-3	S23
14:1	S23
18:4	S23
20:1	S23
22:1 undifferentiated	S23
Fatty acids, total monounsaturated	S23
Galactose	S23
4:0	S23
20:0	S23
18:2 undifferentiated	S23
20:4 undifferentiated	S23
22:5 n-3	S23
Fatty acids, total polyunsaturated	S23
10:0	S23
20:5 n-3	S23
Starch	S23
Fructose	S23
Water	S23

Reference Report

JUL-17-2008 02:00 PM

Page 2605 of 3136

NDB No. 22928 Burrito, beef and bean, microwaved

Copper, Cu	S23
Pantothenic acid	S23
Folate, total	S23
18:3 undifferentiated	S23
16:1 undifferentiated	S23
Sugars, total	S23
Sodium, Na	S23
Manganese, Mn	S23
Riboflavin	S23
6:0	S23
18:1 undifferentiated	S23
Glucose (dextrose)	S23
Magnesium, Mg	S23
Potassium, K	S23
Choline, total	S23
Cholesterol	S23
Fatty acids, total saturated	S23
14:0	S23
16:0	S23
18:0	S23
15:0	S23
17:0	S23
Protein	S23
Sucrose	S23
Lactose	S23
Maltose	S23
Fiber, total dietary	S23
Phosphorus, P	S23
Vitamin B-6	S23
12:0	S23

NDB No. 22929 CAMPBELL Soup Company, SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce

Water	S3921
-------	-------

NDB No. 22930 CAMPBELL Soup Company, SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2606 of 3136

NDB No. 22930 CAMPBELL Soup Company, SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce

Water S3921

NDB No. 22931 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs Original

Water S3921

NDB No. 22932 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs A to Z's

Water S3921

NDB No. 22935 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs Danny PhantomShaped Pasta with Sliced Franks

Water S3921

Cholesterol S3921

NDB No. 22936 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs Dora the ExplorerShaped Pasta

Water S3921

NDB No. 22937 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs in Meat Sauce

Water S3921

NDB No. 22938 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs plus Calcium

Water S3921

NDB No. 22939 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce

Water S3921

NDB No. 22940 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiO's with Meatballs

Water S3921

NDB No. 22941 CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiO's with Sliced Franks

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 2607 of 3136

NDB No. 22942 CAMPBELL Soup Company, SPAGHETTIOS, SpaghtettiOs A to Z's with Meatballs

Water S3921

NDB No. 22943 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta

Water S3921

NDB No. 22944 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta

Water S3921

NDB No. 22945 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Garlic Chicken with pasta

Water S3921

NDB No. 22946 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Herb Chicken with rice

Water S3921

NDB No. 22947 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice

Water S3921

NDB No. 22948 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing

Water S3921

NDB No. 22949 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice

Water S3921

NDB No. 22950 CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing

Water S3921

NDB No. 22951 CAMPBELL Soup Company, SWANSON, Chicken A La King

Water S3921

NDB No. 22952 CAMPBELL Soup Company, SWANSON, Chicken and Dumplings

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2608 of 3136

NDB No. 22952 CAMPBELL Soup Company, SWANSON, Chicken and Dumplings

Water S3921

NDB No. 22953 Egg rolls, pork, refrigerated, heated

Starch S3558
Calcium, Ca S3558
Vitamin E (alpha-tocopherol) S3558
Thiamin S3558
22:6 n-3 S3558
20:5 n-3 S3558
17:1 S3558
22:4 S3558
Protein S3558
Zinc, Zn S3558
Selenium, Se S3558
Riboflavin S3558
Tryptophan S3558
Leucine S3558
Cystine S3558
Tyrosine S3558
Cholesterol S3558
14:0 S3558
20:0 S3558
Sodium, Na S3558
Niacin S3558
Pantothenic acid S3558
Glycine S3558
22:5 n-3 S3558
20:3 undifferentiated S3558
15:1 S3558
Maltose S3558
Magnesium, Mg S3558
Vitamin B-6 S3558
Vitamin B-12 S3558
Isoleucine S3558
Arginine S3558
16:0 S3558

Reference Report

JUL-17-2008 02:00 PM

Page 2609 of 3136

NDB No. 22953 Egg rolls, pork, refrigerated, heated

18:2 undifferentiated	S3558
22:0	S3558
14:1	S3558
24:0	S3558
24:1 c	S3558
Total lipid (fat)	S3558
Sugars, total	S3558
Fiber, total dietary	S3558
Iron, Fe	S3558
Copper, Cu	S3558
Glutamic acid	S3558
Proline	S3558
12:0	S3558
18:3 undifferentiated	S3558
17:0	S3558
Sucrose	S3558
Lactose	S3558
Potassium, K	S3558
Threonine	S3558
Lysine	S3558
Valine	S3558
Histidine	S3558
Alanine	S3558
Serine	S3558
18:0	S3558
Ash	S3558
Glucose (dextrose)	S3558
Fructose	S3558
Water	S3558
8:0	S3558
10:0	S3558
18:1 undifferentiated	S3558
18:4	S3558
20:1	S3558
Galactose	S3558
Phosphorus, P	S3558
Manganese, Mn	S3558

Reference_Report

NDB No. 22953 Egg rolls, pork, refrigerated, heated

Vitamin K (phylloquinone)	S3558
Methionine	S3558
Phenylalanine	S3558
Aspartic acid	S3558
4:0	S3558
6:0	S3558
20:4 undifferentiated	S3558
16:1 undifferentiated	S3558
22:1 undifferentiated	S3558
15:0	S3558
20:2 n-6 c,c	S3558

NDB No. 22954 Egg rolls, chicken, refrigerated, heated

Ash	S3558
Sucrose	S3558
Sodium, Na	S3558
Lysine	S3558
Tyrosine	S3558
Histidine	S3558
Proline	S3558
14:0	S3558
18:0	S3558
20:0	S3558
22:6 n-3	S3558
16:1 undifferentiated	S3558
20:5 n-3	S3558
15:0	S3558
17:1	S3558
Total lipid (fat)	S3558
Galactose	S3558
Riboflavin	S3558
Pantothenic acid	S3558
Isoleucine	S3558
Methionine	S3558
Phenylalanine	S3558
Arginine	S3558

Reference Report

JUL-17-2008 02:00 PM

Page 2611 of 3136

NDB No. 22954 Egg rolls, chicken, refrigerated, heated

8:0	S3558
18:2 undifferentiated	S3558
20:4 undifferentiated	S3558
15:1	S3558
22:4	S3558
Glucose (dextrose)	S3558
Sugars, total	S3558
Zinc, Zn	S3558
Tryptophan	S3558
Leucine	S3558
Cystine	S3558
Serine	S3558
22:5 n-3	S3558
Fructose	S3558
Maltose	S3558
Calcium, Ca	S3558
Selenium, Se	S3558
Thiamin	S3558
Vitamin B-6	S3558
Vitamin B-12	S3558
20:1	S3558
24:0	S3558
Potassium, K	S3558
Copper, Cu	S3558
Vitamin E (alpha-tocopherol)	S3558
Niacin	S3558
Valine	S3558
18:3 undifferentiated	S3558
14:1	S3558
Starch	S3558
Vitamin K (phylloquinone)	S3558
Alanine	S3558
Glutamic acid	S3558
4:0	S3558
10:0	S3558
18:1 undifferentiated	S3558
20:2 n-6 c,c	S3558

Reference_Report

NDB No. 22954 Egg rolls, chicken, refrigerated, heated

Protein	S3558
Lactose	S3558
Iron, Fe	S3558
Magnesium, Mg	S3558
Phosphorus, P	S3558
Threonine	S3558
6:0	S3558
16:0	S3558
18:4	S3558
22:1 undifferentiated	S3558
17:0	S3558
Water	S3558
Fiber, total dietary	S3558
Manganese, Mn	S3558
Aspartic acid	S3558
Glycine	S3558
Cholesterol	S3558
12:0	S3558
22:0	S3558
20:3 undifferentiated	S3558

NDB No. 22955 Egg rolls, vegetable, refrigerated, heated

Starch	S3558
Sucrose	S3558
Calcium, Ca	S3558
Manganese, Mn	S3558
Thiamin	S3558
Vitamin B-6	S3558
Vitamin K (phylloquinone)	S3558
Aspartic acid	S3558
6:0	S3558
10:0	S3558
18:0	S3558
18:1 undifferentiated	S3558
22:5 n-3	S3558
Total lipid (fat)	S3558

NDB No. 22955 Egg rolls, vegetable, refrigerated, heated

Iron, Fe	S3558
Potassium, K	S3558
Sodium, Na	S3558
Vitamin E (alpha-tocopherol)	S3558
Lysine	S3558
Valine	S3558
Arginine	S3558
20:5 n-3	S3558
Fiber, total dietary	S3558
Phosphorus, P	S3558
Zinc, Zn	S3558
Riboflavin	S3558
4:0	S3558
12:0	S3558
22:0	S3558
15:1	S3558
Lactose	S3558
Galactose	S3558
Tryptophan	S3558
Histidine	S3558
Proline	S3558
Protein	S3558
Sugars, total	S3558
Selenium, Se	S3558
Niacin	S3558
Isoleucine	S3558
Phenylalanine	S3558
Tyrosine	S3558
20:0	S3558
18:2 undifferentiated	S3558
16:1 undifferentiated	S3558
20:2 n-6 c,c	S3558
22:4	S3558
Ash	S3558
Magnesium, Mg	S3558
Copper, Cu	S3558
Vitamin B-12	S3558

Reference Report

JUL-17-2008 02:00 PM

Page 2614 of 3136

NDB No. 22955 Egg rolls, vegetable, refrigerated, heated

Threonine	S3558
Methionine	S3558
Serine	S3558
20:4 undifferentiated	S3558
20:1	S3558
22:1 undifferentiated	S3558
17:0	S3558
Fructose	S3558
Pantothenic acid	S3558
Cystine	S3558
Alanine	S3558
Glycine	S3558
Cholesterol	S3558
14:0	S3558
18:3 undifferentiated	S3558
24:0	S3558
17:1	S3558
Glucose (dextrose)	S3558
Maltose	S3558
Water	S3558
Leucine	S3558
Glutamic acid	S3558
8:0	S3558
16:0	S3558
22:6 n-3	S3558
14:1	S3558
18:4	S3558
15:0	S3558
20:3 undifferentiated	S3558

NDB No. 22956 Lasagna, Vegetable, frozen, baked

Protein	S3546
Calcium, Ca	S3546
Potassium, K	S3546
Selenium, Se	S3546
Thiamin	S3546

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2615 of 3136

NDB No. 22956 Lasagna, Vegetable, frozen, baked

Vitamin B-6	S3546
22:6 n-3	S3546
22:0	S3546
20:1	S3546
20:3 undifferentiated	S3546
Cholesterol	S3546
20:0	S3546
20:2 n-6 c,c	S3546
Vitamin B-12	S3546
22:5 n-3	S3546
15:0	S3546
Sodium, Na	S3546
Copper, Cu	S3546
Niacin	S3546
10:0	S3546
12:0	S3546
14:0	S3546
16:1 undifferentiated	S3546
20:5 n-3	S3546
22:1 undifferentiated	S3546
17:0	S3546
24:0	S3546
22:4	S3546
Zinc, Zn	S3546
Manganese, Mn	S3546
8:0	S3546
18:1 undifferentiated	S3546
Ash	S3546
Phosphorus, P	S3546
Riboflavin	S3546
18:2 undifferentiated	S3546
17:1	S3546
15:1	S3546
Water	S3546
Iron, Fe	S3546
16:0	S3546
18:0	S3546

Reference_Report

NDB No. 22956 Lasagna, Vegetable, frozen, baked

18:3 undifferentiated	S3546
18:4	S3546
24:1 c	S3546
Total lipid (fat)	S3546
Magnesium, Mg	S3546
Pantothenic acid	S3546
20:4 undifferentiated	S3546
14:1	S3546
21:5	S3546

NDB No. 22957 Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved

Folate, total	S3546
20:0	S3546
22:0	S3546
20:2 n-6 c,c	S3546
17:1	S3546
Vitamin A, IU	S3546
Thiamin	S3546
Riboflavin	S3546
Pantothenic acid	S3546
Folate, food	S3546
15:1	S3546
Total lipid (fat)	S3546
Lactose	S3546
Water	S3546
Magnesium, Mg	S3546
Tocopherol, beta	S3546
Tocopherol, delta	S3546
12:0	S3546
18:0	S3546
16:1 undifferentiated	S3546
15:0	S3546
20:3 undifferentiated	S3546
Sucrose	S3546
Glucose (dextrose)	S3546
Fructose	S3546

Reference Report

JUL-17-2008 02:00 PM

Page 2617 of 3136

NDB No. 22957 Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved

Calcium, Ca	S3546
Iron, Fe	S3546
Potassium, K	S3546
8:0	S3546
18:3 undifferentiated	S3546
Fiber, total dietary	S3546
20:4 undifferentiated	S3546
20:5 n-3	S3546
17:0	S3546
21:5	S3546
Protein	S3546
Copper, Cu	S3546
Selenium, Se	S3546
Vitamin E (alpha-tocopherol)	S3546
Tocopherol, gamma	S3546
Folic acid	S3546
18:2 undifferentiated	S3546
22:6 n-3	S3546
14:1	S3546
18:4	S3546
Ash	S3546
Maltose	S3546
Phosphorus, P	S3546
Zinc, Zn	S3546
Choline, total	S3546
Vitamin K (phylloquinone)	S3546
Cholesterol	S3546
18:1 undifferentiated	S3546
22:1 undifferentiated	S3546
24:0	S3546
Sodium, Na	S3546
Manganese, Mn	S3546
Vitamin C, total ascorbic acid	S3546
Niacin	S3546
Vitamin B-6	S3546
Vitamin B-12	S3546
Betaine	S3546

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2618 of 3136

NDB No. 22957 Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved

Hydroxyproline	S3546
10:0	S3546
14:0	S3546
16:0	S3546
20:1	S3546
22:5 n-3	S3546
24:1 c	S3546
22:4	S3546

NDB No. 22958 Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)

Riboflavin	S2941
Threonine	S2941
Methionine	S2941
Serine	S2941
8:0	S2941
22:0	S2941
16:1 undifferentiated	S2941
Fatty acids, total monounsaturated	S2941
Glucose (dextrose)	S2941
Maltose	S2941
Zinc, Zn	S2941
Manganese, Mn	S2941
Lysine	S2941
Phenylalanine	S2941
Valine	S2941
Histidine	S2941
Alanine	S2941
Proline	S2941
Lactose	S2941
Phosphorus, P	S2941
Tocopherol, beta	S2941
Pantothenic acid	S2941
Tryptophan	S2941
14:0	S2941
22:6 n-3	S2941

Reference Report

JUL-17-2008 02:00 PM

Page 2619 of 3136

NDB No. 22958 Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)

20:5 n-3	S2941
21:5	S2941
Protein	S2941
Total lipid (fat)	S2941
Sugars, total	S2941
Magnesium, Mg	S2941
Niacin	S2941
Vitamin B-6	S2941
Folate, food	S2941
Betaine	S2941
Leucine	S2941
Cystine	S2941
Arginine	S2941
16:0	S2941
18:1 undifferentiated	S2941
14:1	S2941
22:1 undifferentiated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
20:2 n-6 c,c	S2941
Copper, Cu	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, gamma	S2941
Isoleucine	S2941
Aspartic acid	S2941
20:4 undifferentiated	S2941
22:5 n-3	S2941
Starch	S2941
Water	S2941
Iron, Fe	S2941
Potassium, K	S2941
Sodium, Na	S2941
Selenium, Se	S2941
Vitamin C, total ascorbic acid	S2941
Choline, total	S2941
Vitamin K (phylloquinone)	S2941

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2620 of 3136

NDB No. 22958 Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)

Tyrosine	S2941
Glutamic acid	S2941
Glycine	S2941
12:0	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:1	S2941
24:0	S2941
22:4	S2941
Ash	S2941
Galactose	S2941
Tocopherol, delta	S2941
Thiamin	S2941
Vitamin B-12	S2941
Fatty acids, total saturated	S2941
10:0	S2941
24:1 c	S2941
15:1	S2941
Sucrose	S2941
Fructose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Folate, total	S2941
Folic acid	S2941
Cholesterol	S2941
18:0	S2941
20:0	S2941
18:4	S2941
17:1	S2941
20:3 undifferentiated	S2941

NDB No. 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Protein	S2703
Potassium, K	S2703
Selenium, Se	S2703
Retinol	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2621 of 3136

NDB No. 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Choline, total	S2703
Isoleucine	S14, S2
18:0	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:1	S2703
18:2 n-6 c,c	S2703
Magnesium, Mg	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Leucine	S14, S2
Lysine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Proline	S14, S2
Cholesterol	S2703
10:0	S2703
14:1	S2703
Iron, Fe	S2703
Tyrosine	S14, S2
12:0	S2703
18:1 undifferentiated	S2703
18:1 t	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Water	S2703
Calcium, Ca	S2703
Sodium, Na	S2703
Copper, Cu	S2703
Tocopherol, delta	S2703
Vitamin B-6	S2703
Threonine	S14, S2
Methionine	S14, S2
Aspartic acid	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2622 of 3136

NDB No. 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Glutamic acid	S14, S2
Serine	S14, S2
Fatty acids, total saturated	S2703
Fatty acids, total monounsaturated	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
Ash	S2703
Zinc, Zn	S2703
Manganese, Mn	S2703
Tocopherol, beta	S2703
Phenylalanine	S14, S2
Fatty acids, total trans	S2703
16:0	S2703
22:0	S2703
16:1 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
Total lipid (fat)	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, gamma	S2703
Pantothenic acid	S2703
Glycine	S14, S2
Hydroxyproline	S2703
14:0	S2703
Phosphorus, P	S2703
Folate, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Cystine	S14, S2
Arginine	S14, S2
8:0	S2703
20:0	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703
Alanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2623 of 3136

NDB No. 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

20:4 undifferentiated	S2703
18:1 c	S2703
17:1	S2703
Fatty acids, total trans-polyenoic	S2703

NDB No. 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Total lipid (fat)	S2703
Manganese, Mn	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Thiamin	S2703
Riboflavin	S2703
Isoleucine	S14, S2
8:0	S2703
10:0	S2703
22:0	S2703
18:3 n-6 c,c,c	S2703
18:3 n-3 c,c,c	S2703
Calcium, Ca	S2703
Glutamic acid	S14, S2
Glycine	S14, S2
14:0	S2703
20:1	S2703
Fatty acids, total trans-polyenoic	S2703
Copper, Cu	S2703
Retinol	S2703
Pantothenic acid	S2703
Vitamin K (phylloquinone)	S2703
Lysine	S14, S2
Arginine	S14, S2
16:1 undifferentiated	S2703
15:0	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2624 of 3136

NDB No. 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Proline	S14, S2
18:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
Protein	S2703
Phosphorus, P	S2703
Tocopherol, gamma	S2703
Folate, total	S2703
Threonine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2703
Fatty acids, total saturated	S2703
20:0	S2703
20:4 undifferentiated	S2703
14:1	S2703
Fatty acids, total trans-monoenoic	S2703
Water	S2703
Magnesium, Mg	S2703
Potassium, K	S2703
Vitamin B-6	S2703
Tryptophan	S14, S2
Alanine	S14, S2
Serine	S14, S2
Fatty acids, total polyunsaturated	S2703
17:0	S2703
18:2 n-6 c,c	S2703
15:1	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Tocopherol, delta	S2703
Valine	S14, S2
16:0	S2703

Reference Report

JUL-17-2008 02:00 PM

Page 2625 of 3136

NDB No. 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
17:1	S2703
Ash	S2703
Iron, Fe	S2703
Selenium, Se	S2703
Niacin	S2703
Leucine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Fatty acids, total trans	S2703
12:0	S2703
18:1 t	S2703
20:3 undifferentiated	S2703

NDB No. 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Magnesium, Mg	S2703
Sodium, Na	S2703
Thiamin	S2703
Threonine	S14, S2
Cystine	S14, S2
Cholesterol	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
16:1 undifferentiated	S2703
18:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703
Potassium, K	S2703
Copper, Cu	S2703
Leucine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
18:0	S2703
17:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2626 of 3136

NDB No. 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

18:2 t,t	S2703
Fatty acids, total trans-monoenoic	S2703
Total lipid (fat)	S2703
Selenium, Se	S2703
Pantothenic acid	S2703
Vitamin B-12	S2703
Isoleucine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
18:3 n-6 c,c,c	S2703
17:1	S2703
18:3 n-3 c,c,c	S2703
Ash	S2703
Alanine	S14, S2
8:0	S2703
16:0	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
18:1 c	S2703
Calcium, Ca	S2703
Choline, total	S2703
Tryptophan	S14, S2
Histidine	S14, S2
Fatty acids, total trans	S2703
12:0	S2703
14:0	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
18:1 t	S2703
Water	S2703
Riboflavin	S2703
Vitamin B-6	S2703
Betaine	S2703
Hydroxyproline	S2703
10:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2627 of 3136

NDB No. 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Fatty acids, total polyunsaturated	S2703
Phosphorus, P	S2703
Methionine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Fatty acids, total saturated	S2703
20:0	S2703
20:1	S2703
20:3 undifferentiated	S2703
15:1	S2703
Protein	S2703
Iron, Fe	S2703
Zinc, Zn	S2703
Manganese, Mn	S2703
Niacin	S2703
Lysine	S14, S2
Glycine	S14, S2
Proline	S14, S2
22:0	S2703
14:1	S2703
20:2 n-6 c,c	S2703

NDB No. 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Total lipid (fat)	S2703
Ash	S2703
Vitamin B-12	S2703
Lysine	S14, S2
Valine	S14, S2
10:0	S2703
18:1 undifferentiated	S2703
Phosphorus, P	S2703
Tryptophan	S14, S2
16:0	S2703
18:0	S2703
22:0	S2703
16:1 undifferentiated	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2628 of 3136

NDB No. 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

15:0	S2703
20:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
Fatty acids, total trans-polyenoic	S2703
Iron, Fe	S2703
Manganese, Mn	S2703
Thiamin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Betaine	S2703
Isoleucine	S14, S2
Leucine	S14, S2
Aspartic acid	S14, S2
8:0	S2703
14:0	S2703
17:0	S2703
Water	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Cystine	S14, S2
Alanine	S14, S2
Serine	S14, S2
Cholesterol	S2703
20:0	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
14:1	S2703
20:1	S2703
18:1 t	S2703
18:2 t,t	S2703
Protein	S2703
Calcium, Ca	S2703
Riboflavin	S2703
Glycine	S14, S2
Fatty acids, total trans	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2629 of 3136

NDB No. 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Fatty acids, total polyunsaturated	S2703
20:3 undifferentiated	S2703
Tyrosine	S14, S2
12:0	S2703
Fatty acids, total monounsaturated	S2703
18:1 c	S2703
15:1	S2703
Potassium, K	S2703
Copper, Cu	S2703
Phenylalanine	S14, S2
Histidine	S14, S2
Proline	S14, S2
18:2 n-6 c,c	S2703
Fatty acids, total trans-monoenoic	S2703
18:3 n-3 c,c,c	S2703
Magnesium, Mg	S2703
Selenium, Se	S2703
Choline, total	S2703
Threonine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Fatty acids, total saturated	S2703
20:4 undifferentiated	S2703

NDB No. 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Tocopherol, beta	S2703
Riboflavin	S2703
Choline, total	S2703
Betaine	S2703
Cholesterol	S2703
18:3 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2630 of 3136

NDB No. 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

17:0	S2703
20:2 n-6 c,c	S2703
17:1	S2703
18:3 n-3 c,c,c	S2703
Iron, Fe	S2703
Zinc, Zn	S2703
Retinol	S2703
Niacin	S2703
Folate, total	S2703
Tryptophan	S14, S2
Fatty acids, total saturated	S2703
8:0	S2703
12:0	S2703
14:1	S2703
18:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703
Protein	S2703
Calcium, Ca	S2703
Phosphorus, P	S2703
Leucine	S14, S2
Tyrosine	S14, S2
Fatty acids, total trans	S2703
16:0	S2703
20:4 undifferentiated	S2703
16:1 undifferentiated	S2703
Thiamin	S2703
Vitamin B-12	S2703
Histidine	S14, S2
Glycine	S14, S2
10:0	S2703
20:0	S2703
18:1 t	S2703
Vitamin B-6	S2703
Phenylalanine	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
18:3 n-6 c,c,c	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2631 of 3136

NDB No. 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Ash	S2703
Magnesium, Mg	S2703
Copper, Cu	S2703
Tocopherol, gamma	S2703
Lysine	S14, S2
Cystine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
18:2 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
18:2 t,t	S2703
18:1 c	S2703
15:1	S2703
Total lipid (fat)	S2703
Selenium, Se	S2703
Vitamin E (alpha-tocopherol)	S2703
Aspartic acid	S14, S2
14:0	S2703
22:0	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Water	S2703
Potassium, K	S2703
Sodium, Na	S2703
Manganese, Mn	S2703
Tocopherol, delta	S2703
Pantothenic acid	S2703
Threonine	S14, S2
Isoleucine	S14, S2
Methionine	S14, S2
Valine	S14, S2
18:0	S2703
18:1 undifferentiated	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2632 of 3136

NDB No. 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

20:1 S2703

NDB No. 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Retinol S2703

Cholesterol S2703

18:2 undifferentiated S2703

22:0 S2703

Fatty acids, total monounsaturated S2703

20:3 undifferentiated S2703

Iron, Fe S2703

Phosphorus, P S2703

Riboflavin S2703

Tryptophan S14, S2

Leucine S14, S2

Histidine S14, S2

Serine S14, S2

Fatty acids, total trans S2703

12:0 S2703

14:0 S2703

20:0 S2703

18:1 c S2703

15:1 S2703

Copper, Cu S2703

Vitamin E (alpha-tocopherol) S2703

Pantothenic acid S2703

Choline, total S2703

Betaine S2703

Methionine S14, S2

Phenylalanine S14, S2

Proline S14, S2

8:0 S2703

Ash S2703

Lysine S14, S2

Arginine S14, S2

Alanine S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2633 of 3136

NDB No. 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Aspartic acid	S14, S2
18:1 undifferentiated	S2703
16:1 undifferentiated	S2703
18:3 n-6 c,c,c	S2703
Fatty acids, total trans-polyenoic	S2703
Water	S2703
Folate, total	S2703
Vitamin K (phylloquinone)	S2703
Cystine	S14, S2
Fatty acids, total saturated	S2703
14:1	S2703
Fatty acids, total trans-monoenoic	S2703
Total lipid (fat)	S2703
Calcium, Ca	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Thiamin	S2703
20:4 undifferentiated	S2703
20:1	S2703
Fatty acids, total polyunsaturated	S2703
17:0	S2703
18:1 t	S2703
18:3 n-3 c,c,c	S2703
Magnesium, Mg	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Tocopherol, delta	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Isoleucine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
15:0	S2703
18:2 t,t	S2703
18:2 n-6 c,c	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2634 of 3136

NDB No. 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

17:1	S2703
Protein	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Niacin	S2703
Threonine	S14, S2
Valine	S14, S2
10:0	S2703
16:0	S2703
18:0	S2703
18:3 undifferentiated	S2703
20:2 n-6 c,c	S2703

NDB No. 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Water	S2703
Phosphorus, P	S2703
Sodium, Na	S2703
Valine	S14, S2
Fatty acids, total monounsaturated	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Leucine	S14, S2
10:0	S2703
18:0	S2703
18:2 n-6 c,c	S2703
17:1	S2703
18:3 n-3 c,c,c	S2703
12:0	S2703
18:3 undifferentiated	S2703
14:1	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
Fatty acids, total trans-	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2635 of 3136

NDB No. 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

monoenoic

Ash	S2703
Niacin	S2703
Threonine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
Fatty acids, total trans	S2703
20:0	S2703
18:1 undifferentiated	S2703
22:0	S2703
16:1 undifferentiated	S2703
18:2 t,t	S2703
18:3 n-6 c,c,c	S2703
15:1	S2703
Potassium, K	S2703
Manganese, Mn	S2703
Vitamin B-12	S2703
Cystine	S14, S2
Tyrosine	S14, S2
14:0	S2703
Fatty acids, total polyunsaturated	S2703
Protein	S2703
Iron, Fe	S2703
Selenium, Se	S2703
Vitamin B-6	S2703
Isoleucine	S14, S2
Lysine	S14, S2
Serine	S14, S2
Fatty acids, total saturated	S2703
16:0	S2703
20:4 undifferentiated	S2703
Calcium, Ca	S2703
Magnesium, Mg	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2636 of 3136

NDB No. 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Methionine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Cholesterol	S2703
8:0	S2703
18:2 undifferentiated	S2703
20:1	S2703
20:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-polyenoic	S2703
Total lipid (fat)	S2703
Thiamin	S2703
Riboflavin	S2703
Pantothenic acid	S2703
Phenylalanine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Hydroxyproline	S2703
18:1 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

Total lipid (fat)	S2703
Ash	S2703
Betaine	S2703
Proline	S14, S2
Hydroxyproline	S2703
10:0	S2703
18:2 undifferentiated	S2703
22:0	S2703
Copper, Cu	S2703
Thiamin	S2703
Folate, total	S2703
Choline, total	S2703
Lysine	S14, S2
Alanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2637 of 3136

NDB No. 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw

14:1	S2703
Fatty acids, total trans-monoenoic	S2703
Iron, Fe	S2703
Potassium, K	S2703
Zinc, Zn	S2703
Selenium, Se	S2703
Retinol	S2703
Tocopherol, beta	S2703
Riboflavin	S2703
Arginine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
Fatty acids, total saturated	S2703
12:0	S2703
20:4 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
17:0	S2703
18:2 n-6 c,c	S2703
17:1	S2703
Tocopherol, delta	S2703
Pantothenic acid	S2703
Valine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
20:0	S2703
18:3 undifferentiated	S2703
15:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:3 undifferentiated	S2703
18:3 n-3 c,c,c	S2703
Manganese, Mn	S2703
Leucine	S14, S2
Cystine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2638 of 3136

NDB No. 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw

16:0	S2703
18:0	S2703
18:1 undifferentiated	S2703
16:1 undifferentiated	S2703
18:1 c	S2703
Protein	S2703
Calcium, Ca	S2703
Tocopherol, gamma	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Aspartic acid	S14, S2
20:1	S2703
18:3 n-6 c,c,c	S2703
Sodium, Na	S2703
Vitamin E (alpha-tocopherol)	S2703
Threonine	S14, S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
8:0	S2703
Water	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Niacin	S2703
Vitamin B-6	S2703
Tryptophan	S14, S2
Methionine	S14, S2
Glycine	S14, S2
14:0	S2703
20:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	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

Vitamin E (alpha-tocopherol)	S2703
------------------------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2639 of 3136

NDB No. 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Tocopherol, delta	S2703
Niacin	S2703
Pantothenic acid	S2703
Isoleucine	S14, S2
16:0	S2703
18:0	S2703
18:1 undifferentiated	S2703
20:4 undifferentiated	S2703
15:0	S2703
Potassium, K	S2703
Selenium, Se	S2703
Phenylalanine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
18:2 t,t	S2703
Betaine	S2703
Cystine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
22:0	S2703
14:1	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
Fatty acids, total trans-monoenoic	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Retinol	S2703
Thiamin	S2703
Riboflavin	S2703
Vitamin B-6	S2703
Folate, total	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2640 of 3136

NDB No. 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Threonine	S14, S2
Methionine	S14, S2
Tyrosine	S14, S2
Fatty acids, total trans	S2703
Fatty acids, total polyunsaturated	S2703
17:0	S2703
20:2 n-6 c,c	S2703
Ash	S2703
Calcium, Ca	S2703
Sodium, Na	S2703
Choline, total	S2703
Fatty acids, total saturated	S2703
8:0	S2703
18:2 undifferentiated	S2703
20:1	S2703
17:1	S2703
Manganese, Mn	S2703
Tocopherol, beta	S2703
Lysine	S14, S2
14:0	S2703
20:0	S2703
Protein	S2703
Total lipid (fat)	S2703
Water	S2703
Tocopherol, gamma	S2703
Tryptophan	S14, S2
Leucine	S14, S2
Arginine	S14, S2
10:0	S2703
12:0	S2703
18:3 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
18:1 c	S2703
20:3 undifferentiated	S2703
18:3 n-3 c,c,c	S2703
Iron, Fe	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2641 of 3136

NDB No. 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Magnesium, Mg	S2703
Phosphorus, P	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
16:1 undifferentiated	S2703
18:1 t	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703

NDB No. 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw

Phosphorus, P	S2703
Zinc, Zn	S2703
Pantothenic acid	S2703
Cystine	S14, S2
22:0	S2703
15:0	S2703
17:0	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
Potassium, K	S2703
Tryptophan	S14, S2
Tyrosine	S14, S2
Hydroxyproline	S2703
Fatty acids, total trans	S2703
8:0	S2703
14:1	S2703
Fatty acids, total polyunsaturated	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Total lipid (fat)	S2703
Alanine	S14, S2
Glycine	S14, S2
20:4 undifferentiated	S2703
16:1 undifferentiated	S2703
20:1	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2642 of 3136

NDB No. 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw

Fatty acids, total monounsaturated	S2703
20:2 n-6 c,c	S2703
17:1	S2703
Fatty acids, total trans-polyenoic	S2703
Thiamin	S2703
Isoleucine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
12:0	S2703
20:0	S2703
15:1	S2703
Protein	S2703
Water	S2703
Calcium, Ca	S2703
Copper, Cu	S2703
Niacin	S2703
Threonine	S14, S2
Arginine	S14, S2
Proline	S14, S2
Serine	S14, S2
14:0	S2703
18:3 undifferentiated	S2703
18:1 t	S2703
18:2 t,t	S2703
Iron, Fe	S2703
Vitamin B-6	S2703
Choline, total	S2703
Betaine	S2703
10:0	S2703
18:3 n-6 c,c,c	S2703
Ash	S2703
Magnesium, Mg	S2703
Sodium, Na	S2703
Vitamin B-12	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2643 of 3136

NDB No. 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw

Leucine	S14, S2
Lysine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
16:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 n-3 c,c,c	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Riboflavin	S2703
Cholesterol	S2703
Fatty acids, total saturated	S2703
18:0	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

Niacin	S2703
Isoleucine	S14, S2
Lysine	S14, S2
14:0	S2703
18:3 undifferentiated	S2703
18:2 n-6 c,c	S2703
Total lipid (fat)	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Arginine	S14, S2
Glycine	S14, S2
Proline	S14, S2
12:0	S2703
18:0	S2703
20:4 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
18:1 c	S2703
Fatty acids, total trans-monoenoic	S2703
Potassium, K	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2644 of 3136

NDB No. 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Tryptophan	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
18:1 t	S2703
20:3 undifferentiated	S2703
18:3 n-3 c,c,c	S2703
Betaine	S2703
Methionine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Iron, Fe	S2703
Leucine	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
16:1 undifferentiated	S2703
17:0	S2703
20:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
Water	S2703
Valine	S14, S2
Histidine	S14, S2
Serine	S14, S2
10:0	S2703
14:1	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
Phosphorus, P	S2703
Sodium, Na	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2645 of 3136

NDB No. 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Pantothenic acid	S2703
8:0	S2703
16:0	S2703
20:0	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Protein	S2703
Ash	S2703
Calcium, Ca	S2703
Magnesium, Mg	S2703
Choline, total	S2703
Threonine	S14, S2
Fatty acids, total saturated	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
22:0	S2703
15:0	S2703
18:2 t,t	S2703

NDB No. 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Manganese, Mn	S2703
Tocopherol, beta	S2703
Leucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Serine	S14, S2
10:0	S2703
12:0	S2703
Water	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Glutamic acid	S14, S2
Fatty acids, total trans	S2703
20:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2646 of 3136

NDB No. 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

18:2 undifferentiated	S2703
16:1 undifferentiated	S2703
18:3 n-6 c,c,c	S2703
Protein	S2703
Total lipid (fat)	S2703
Magnesium, Mg	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Selenium, Se	S2703
Vitamin K (phylloquinone)	S2703
Methionine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
14:0	S2703
Phosphorus, P	S2703
Tocopherol, gamma	S2703
Riboflavin	S2703
Isoleucine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
18:0	S2703
18:1 undifferentiated	S2703
17:0	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
20:3 undifferentiated	S2703
15:1	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, delta	S2703
Pantothenic acid	S2703
Betaine	S2703
Fatty acids, total saturated	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2647 of 3136

NDB No. 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

20:4 undifferentiated	S2703
15:0	S2703
18:1 t	S2703
Ash	S2703
Folate, total	S2703
Threonine	S14, S2
Valine	S14, S2
22:0	S2703
18:2 n-6 c,c	S2703
17:1	S2703
Fatty acids, total trans-monoenoic	S2703
Thiamin	S2703
Tryptophan	S14, S2
Hydroxyproline	S2703
8:0	S2703
16:0	S2703
18:3 undifferentiated	S2703
14:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
18:3 n-3 c,c,c	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Potassium, K	S2703
Retinol	S2703
Niacin	S2703
Proline	S14, S2
Cholesterol	S2703
20:1	S2703
Fatty acids, total trans-polyenoic	S2703

NDB No. 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Manganese, Mn	S2703
Riboflavin	S2703
Vitamin K (phylloquinone)	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2648 of 3136

NDB No. 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Tryptophan	S14, S2
Fatty acids, total trans	S2703
16:0	S2703
Fatty acids, total monounsaturated	S2703
Water	S2703
Calcium, Ca	S2703
Copper, Cu	S2703
Selenium, Se	S2703
Tocopherol, gamma	S2703
Valine	S14, S2
Histidine	S14, S2
Proline	S14, S2
Serine	S14, S2
Fatty acids, total polyunsaturated	S2703
17:0	S2703
18:2 t,t	S2703
Protein	S2703
Zinc, Zn	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Threonine	S14, S2
14:0	S2703
20:1	S2703
15:0	S2703
20:3 undifferentiated	S2703
Potassium, K	S2703
Vitamin E (alpha-tocopherol)	S2703
Leucine	S14, S2
Aspartic acid	S14, S2
8:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
16:1 undifferentiated	S2703
18:3 n-6 c,c,c	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2649 of 3136

NDB No. 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Methionine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Fatty acids, total saturated	S2703
10:0	S2703
12:0	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
18:1 t	S2703
18:1 c	S2703
Fatty acids, total trans-polyenoic	S2703
Iron, Fe	S2703
Sodium, Na	S2703
Phenylalanine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
18:0	S2703
17:1	S2703
18:3 n-3 c,c,c	S2703
Total lipid (fat)	S2703
Tocopherol, beta	S2703
Tocopherol, delta	S2703
Niacin	S2703
Vitamin B-12	S2703
Lysine	S14, S2
Alanine	S14, S2
Cholesterol	S2703
14:1	S2703
20:2 n-6 c,c	S2703
Ash	S2703
Retinol	S2703
Thiamin	S2703
Folate, total	S2703
Choline, total	S2703
Betaine	S2703
Isoleucine	S14, S2
Cystine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2650 of 3136

NDB No. 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

20:4 undifferentiated	S2703
22:0	S2703
18:2 n-6 c,c	S2703
Fatty acids, total trans-monoenoic	S2703
15:1	S2703

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
Magnesium, Mg	S2703
Phosphorus, P	S2703
Copper, Cu	S2703
Riboflavin	S2703
Vitamin B-6	S2703
Tryptophan	S14, S2
Isoleucine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
8:0	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
Niacin	S2703
Threonine	S14, S2
Valine	S14, S2
Glycine	S14, S2
10:0	S2703
18:0	S2703
14:1	S2703
17:1	S2703
Protein	S2703
Potassium, K	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2651 of 3136

NDB No. 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Zinc, Zn	S2703
Manganese, Mn	S2703
Vitamin B-12	S2703
Betaine	S2703
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Fatty acids, total trans	S2703
18:3 undifferentiated	S2703
20:2 n-6 c,c	S2703
18:3 n-3 c,c,c	S2703
16:0	S2703
20:0	S2703
18:2 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
17:0	S2703
Selenium, Se	S2703
Hydroxyproline	S2703
12:0	S2703
20:4 undifferentiated	S2703
22:0	S2703
16:1 undifferentiated	S2703
20:1	S2703
18:1 c	S2703
20:3 undifferentiated	S2703
Total lipid (fat)	S2703
Iron, Fe	S2703
Choline, total	S2703
Leucine	S14, S2
Fatty acids, total saturated	S2703
18:1 undifferentiated	S2703
18:2 t,t	S2703
18:2 n-6 c,c	S2703
15:1	S2703
Sodium, Na	S2703
Thiamin	S2703
Pantothenic acid	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2652 of 3136

NDB No. 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Alanine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2703
18:3 n-6 c,c,c	S2703
Ash	S2703
Phenylalanine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2
14:0	S2703
18:1 t	S2703

NDB No. 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Manganese, Mn	S2703
Riboflavin	S2703
Methionine	S14, S2
Cystine	S14, S2
Valine	S14, S2
14:0	S2703
20:0	S2703
20:4 undifferentiated	S2703
15:1	S2703
Protein	S2703
Calcium, Ca	S2703
Magnesium, Mg	S2703
Thiamin	S2703
Pantothenic acid	S2703
Choline, total	S2703
Tryptophan	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
20:1	S2703
Fatty acids, total polyunsaturated	S2703
17:0	S2703
Copper, Cu	S2703
Vitamin B-6	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2653 of 3136

NDB No. 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Vitamin B-12	S2703
Glycine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
10:0	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
18:3 n-6 c,c,c	S2703
18:3 n-3 c,c,c	S2703
Total lipid (fat)	S2703
Potassium, K	S2703
Zinc, Zn	S2703
Histidine	S14, S2
Serine	S14, S2
12:0	S2703
18:0	S2703
18:1 undifferentiated	S2703
18:3 undifferentiated	S2703
Fatty acids, total trans-polyenoic	S2703
Selenium, Se	S2703
Tyrosine	S14, S2
16:0	S2703
14:1	S2703
Fatty acids, total trans-monoenoic	S2703
Water	S2703
Iron, Fe	S2703
Phosphorus, P	S2703
Niacin	S2703
Threonine	S14, S2
Lysine	S14, S2
Alanine	S14, S2
Fatty acids, total saturated	S2703
8:0	S2703
18:1 t	S2703
18:2 t,t	S2703

Reference Report

JUL-17-2008 02:00 PM

Page 2654 of 3136

NDB No. 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

20:3 undifferentiated	S2703
Ash	S2703
Betaine	S2703
Isoleucine	S14, S2
18:2 undifferentiated	S2703
22:0	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
Sodium, Na	S2703
Leucine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
16:1 undifferentiated	S2703
18:2 n-6 c,c	S2703
17:1	S2703

NDB No. 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Selenium, Se	S2703
Tocopherol, delta	S2703
Vitamin B-12	S2703
Betaine	S2703
Lysine	S14, S2
Fatty acids, total trans	S2703
12:0	S2703
18:2 undifferentiated	S2703
20:4 undifferentiated	S2703
18:2 t,t	S2703
18:3 n-3 c,c,c	S2703
Protein	S2703
Magnesium, Mg	S2703
Tocopherol, beta	S2703
Niacin	S2703
Pantothenic acid	S2703
Threonine	S14, S2
20:1	S2703
Fatty acids, total	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2655 of 3136

NDB No. 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

monounsaturated

15:0	S2703
Fatty acids, total trans-polyenoic	S2703
Copper, Cu	S2703
Vitamin K (phylloquinone)	S2703
Tryptophan	S14, S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
Serine	S14, S2
Cholesterol	S2703
10:0	S2703
20:0	S2703
Fatty acids, total trans-monoenoic	S2703
15:1	S2703
Total lipid (fat)	S2703
Water	S2703
Thiamin	S2703
Vitamin B-6	S2703
Alanine	S14, S2
Glutamic acid	S14, S2
Iron, Fe	S2703
Phosphorus, P	S2703
Sodium, Na	S2703
Vitamin E (alpha-tocopherol)	S2703
Riboflavin	S2703
Folate, total	S2703
Leucine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Hydroxyproline	S2703
Fatty acids, total saturated	S2703
8:0	S2703
14:0	S2703
18:3 undifferentiated	S2703
22:0	S2703
14:1	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2656 of 3136

NDB No. 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

16:1 undifferentiated	S2703
18:3 n-6 c,c,c	S2703
Calcium, Ca	S2703
Potassium, K	S2703
Manganese, Mn	S2703
18:0	S2703
Fatty acids, total polyunsaturated	S2703
20:2 n-6 c,c	S2703
18:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
Zinc, Zn	S2703
Retinol	S2703
Tocopherol, gamma	S2703
Methionine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
16:0	S2703
18:1 undifferentiated	S2703
17:0	S2703
18:1 t	S2703
18:1 c	S2703
Ash	S2703
Choline, total	S2703
Arginine	S14, S2
Proline	S14, S2
17:1	S2703

NDB No. 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Water	S2703
Phosphorus, P	S2703
Histidine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2657 of 3136

NDB No. 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

16:0	S2703
22:0	S2703
Fatty acids, total monounsaturated	S2703
18:1 c	S2703
18:3 n-3 c,c,c	S2703
Protein	S2703
Niacin	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Lysine	S14, S2
Valine	S14, S2
Arginine	S14, S2
8:0	S2703
18:3 undifferentiated	S2703
17:1	S2703
Fatty acids, total trans-polyenoic	S2703
Tocopherol, beta	S2703
Thiamin	S2703
Riboflavin	S2703
Alanine	S14, S2
10:0	S2703
18:2 undifferentiated	S2703
16:1 undifferentiated	S2703
18:1 t	S2703
18:3 n-6 c,c,c	S2703
Potassium, K	S2703
Retinol	S2703
Threonine	S14, S2
Phenylalanine	S14, S2
14:1	S2703
20:1	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
Fatty acids, total trans-monoenoic	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2658 of 3136

NDB No. 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Manganese, Mn	S2703
Selenium, Se	S2703
Tocopherol, delta	S2703
Vitamin B-6	S2703
Glycine	S14, S2
18:2 n-6 c,c	S2703
Calcium, Ca	S2703
Magnesium, Mg	S2703
Sodium, Na	S2703
Pantothenic acid	S2703
Isoleucine	S14, S2
Leucine	S14, S2
Fatty acids, total trans	S2703
12:0	S2703
18:1 undifferentiated	S2703
20:4 undifferentiated	S2703
15:0	S2703
Total lipid (fat)	S2703
Iron, Fe	S2703
Zinc, Zn	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, gamma	S2703
Vitamin K (phylloquinone)	S2703
Methionine	S14, S2
Glutamic acid	S14, S2
14:0	S2703
18:0	S2703
20:0	S2703
Fatty acids, total polyunsaturated	S2703
Ash	S2703
Copper, Cu	S2703
Betaine	S2703
Tryptophan	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Fatty acids, total saturated	S2703
17:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2659 of 3136

NDB No. 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

20:3 undifferentiated	S2703
15:1	S2703

NDB No. 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Calcium, Ca	S2703
Thiamin	S2703
Valine	S14, S2
Aspartic acid	S14, S2
14:0	S2703
18:1 undifferentiated	S2703
18:2 t,t	S2703
18:1 c	S2703
17:1	S2703
18:3 n-3 c,c,c	S2703
Phosphorus, P	S2703
Manganese, Mn	S2703
Niacin	S2703
Phenylalanine	S14, S2
Tyrosine	S14, S2
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
10:0	S2703
22:0	S2703
17:0	S2703
18:2 n-6 c,c	S2703
15:1	S2703
Water	S2703
Zinc, Zn	S2703
Threonine	S14, S2
Leucine	S14, S2
8:0	S2703
20:4 undifferentiated	S2703
Magnesium, Mg	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Choline, total	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2660 of 3136

NDB No. 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Betaine	S2703
Tryptophan	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Proline	S14, S2
Hydroxyproline	S2703
16:0	S2703
18:2 undifferentiated	S2703
15:0	S2703
18:1 t	S2703
18:3 n-6 c,c,c	S2703
Total lipid (fat)	S2703
Isoleucine	S14, S2
Glycine	S14, S2
Serine	S14, S2
Cholesterol	S2703
20:0	S2703
18:3 undifferentiated	S2703
14:1	S2703
16:1 undifferentiated	S2703
Protein	S2703
Iron, Fe	S2703
Riboflavin	S2703
Lysine	S14, S2
Copper, Cu	S2703
Selenium, Se	S2703
Vitamin B-12	S2703
Glutamic acid	S14, S2
20:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
Ash	S2703
Potassium, K	S2703
Sodium, Na	S2703
Methionine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2661 of 3136

NDB No. 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Arginine	S14, S2
12:0	S2703
18:0	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703

NDB No. 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Thiamin	S2703
Choline, total	S2703
Alanine	S14, S2
Fatty acids, total saturated	S2703
10:0	S2703
20:1	S2703
18:2 n-6 c,c	S2703
Iron, Fe	S2703
Isoleucine	S14, S2
Methionine	S14, S2
Aspartic acid	S14, S2
20:0	S2703
18:1 undifferentiated	S2703
22:0	S2703
15:0	S2703
Fatty acids, total trans-monoenoic	S2703
18:3 n-3 c,c,c	S2703
Valine	S14, S2
Glycine	S14, S2
Cholesterol	S2703
12:0	S2703
18:3 undifferentiated	S2703
17:1	S2703
Pantothenic acid	S2703
Threonine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2662 of 3136

NDB No. 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Phenylalanine	S14, S2
Histidine	S14, S2
Fatty acids, total trans	S2703
16:0	S2703
14:1	S2703
17:0	S2703
18:2 t,t	S2703
Protein	S2703
Water	S2703
Calcium, Ca	S2703
Phosphorus, P	S2703
Niacin	S2703
Tyrosine	S14, S2
Proline	S14, S2
Ash	S2703
Zinc, Zn	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Riboflavin	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Glutamic acid	S14, S2
18:0	S2703
18:2 undifferentiated	S2703
16:1 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
Potassium, K	S2703
Sodium, Na	S2703
Copper, Cu	S2703
Cystine	S14, S2
Serine	S14, S2
8:0	S2703
20:4 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2663 of 3136

NDB No. 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

20:2 n-6 c,c	S2703
18:1 c	S2703
18:3 n-6 c,c,c	S2703
20:3 undifferentiated	S2703
Total lipid (fat)	S2703
Magnesium, Mg	S2703
Vitamin B-6	S2703
Betaine	S2703
Arginine	S14, S2
14:0	S2703
18:1 t	S2703

NDB No. 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Iron, Fe	S2703
Vitamin E (alpha-tocopherol)	S2703
Riboflavin	S2703
Threonine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
15:0	S2703
17:0	S2703
18:1 t	S2703
20:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703
Tocopherol, delta	S2703
Vitamin B-12	S2703
Isoleucine	S14, S2
Aspartic acid	S14, S2
8:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2664 of 3136

NDB No. 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Fatty acids, total polyunsaturated	S2703
18:3 n-6 c,c,c	S2703
Calcium, Ca	S2703
Vitamin B-6	S2703
Folate, total	S2703
Betaine	S2703
Methionine	S14, S2
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
16:1 undifferentiated	S2703
18:2 t,t	S2703
18:3 n-3 c,c,c	S2703
Total lipid (fat)	S2703
Tocopherol, beta	S2703
Thiamin	S2703
Niacin	S2703
Choline, total	S2703
Cholesterol	S2703
18:1 c	S2703
Ash	S2703
Sodium, Na	S2703
Tocopherol, gamma	S2703
Leucine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
16:0	S2703
14:1	S2703
18:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
15:1	S2703
Water	S2703
Potassium, K	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Vitamin K (phylloquinone)	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2665 of 3136

NDB No. 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

12:0	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Tryptophan	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Hydroxyproline	S2703
10:0	S2703
20:4 undifferentiated	S2703
22:0	S2703
20:1	S2703
17:1	S2703
Protein	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Retinol	S2703
Pantothenic acid	S2703
Phenylalanine	S14, S2
14:0	S2703
Fatty acids, total trans-monoenoic	S2703

NDB No. 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Total lipid (fat)	S2703
Magnesium, Mg	S2703
Retinol	S2703
Tocopherol, beta	S2703
Tocopherol, delta	S2703
Isoleucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Proline	S14, S2
10:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2666 of 3136

NDB No. 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

14:0	S2703
16:0	S2703
14:1	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
20:3 undifferentiated	S2703
Ash	S2703
Betaine	S2703
Threonine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Cholesterol	S2703
22:0	S2703
17:0	S2703
18:1 t	S2703
18:3 n-6 c,c,c	S2703
Vitamin B-6	S2703
Vitamin K (phylloquinone)	S2703
Methionine	S14, S2
Fatty acids, total trans	S2703
Fatty acids, total monounsaturated	S2703
15:1	S2703
Zinc, Zn	S2703
Riboflavin	S2703
Pantothenic acid	S2703
Folate, total	S2703
Tyrosine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
12:0	S2703
20:4 undifferentiated	S2703
20:1	S2703
Fatty acids, total polyunsaturated	S2703
18:2 t,t	S2703
18:2 n-6 c,c	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2667 of 3136

NDB No. 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

17:1	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Phosphorus, P	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Tocopherol, gamma	S2703
Vitamin B-12	S2703
Choline, total	S2703
20:0	S2703
18:1 undifferentiated	S2703
Niacin	S2703
Tryptophan	S14, S2
Serine	S14, S2
Fatty acids, total saturated	S2703
16:1 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Potassium, K	S2703
Sodium, Na	S2703
Copper, Cu	S2703
Histidine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
Fatty acids, total trans-polyenoic	S2703
18:3 n-3 c,c,c	S2703
Protein	S2703
Water	S2703
Vitamin E (alpha-tocopherol)	S2703
Thiamin	S2703
Glutamic acid	S14, S2
8:0	S2703
18:0	S2703
15:0	S2703

Reference Report

JUL-17-2008 02:00 PM

Page 2668 of 3136

NDB No. 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Ash	S2703
Iron, Fe	S2703
Vitamin B-6	S2703
Valine	S14, S2
Histidine	S14, S2
Hydroxyproline	S2703
14:0	S2703
20:4 undifferentiated	S2703
17:1	S2703
18:3 n-3 c,c,c	S2703
Total lipid (fat)	S2703
Copper, Cu	S2703
Thiamin	S2703
Riboflavin	S2703
Vitamin B-12	S2703
Choline, total	S2703
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Fatty acids, total saturated	S2703
20:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
Fatty acids, total trans-polyenoic	S2703
Protein	S2703
Calcium, Ca	S2703
Magnesium, Mg	S2703
Zinc, Zn	S2703
Manganese, Mn	S2703
Niacin	S2703
Betaine	S2703
Threonine	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
12:0	S2703
16:0	S2703
18:1 undifferentiated	S2703
14:1	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2669 of 3136

NDB No. 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

16:1 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
18:2 t,t	S2703
Tryptophan	S14, S2
Fatty acids, total trans	S2703
18:2 n-6 c,c	S2703
Potassium, K	S2703
Sodium, Na	S2703
Cholesterol	S2703
18:0	S2703
20:0	S2703
18:3 undifferentiated	S2703
18:1 c	S2703
Fatty acids, total trans-monoenoic	S2703
Water	S2703
Selenium, Se	S2703
Isoleucine	S14, S2
8:0	S2703
10:0	S2703
22:0	S2703
18:1 t	S2703
Phosphorus, P	S2703
Pantothenic acid	S2703
Methionine	S14, S2
Cystine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Serine	S14, S2
20:3 undifferentiated	S2703
15:1	S2703
Leucine	S14, S2
Glycine	S14, S2
Proline	S14, S2
18:2 undifferentiated	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2670 of 3136

NDB No. 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

20:1	S2703
Fatty acids, total polyunsaturated	S2703
17:0	S2703

NDB No. 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Water	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Serine	S14, S2
8:0	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
18:1 t	S2703
15:1	S2703
Total lipid (fat)	S2703
Iron, Fe	S2703
Niacin	S2703
Pantothenic acid	S2703
Threonine	S14, S2
Leucine	S14, S2
Tyrosine	S14, S2
17:0	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
Fatty acids, total trans-monoenoic	S2703
Phosphorus, P	S2703
Methionine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2671 of 3136

NDB No. 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Fatty acids, total saturated	S2703
17:1	S2703
20:3 undifferentiated	S2703
Potassium, K	S2703
Cholesterol	S2703
12:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
Magnesium, Mg	S2703
Sodium, Na	S2703
Vitamin B-6	S2703
Betaine	S2703
Histidine	S14, S2
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
14:1	S2703
Protein	S2703
Zinc, Zn	S2703
Riboflavin	S2703
Proline	S14, S2
Fatty acids, total trans	S2703
14:0	S2703
18:0	S2703
22:0	S2703
18:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703
18:3 n-3 c,c,c	S2703
Ash	S2703
Calcium, Ca	S2703
Copper, Cu	S2703
Selenium, Se	S2703
Choline, total	S2703
Lysine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2672 of 3136

NDB No. 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Glutamic acid	S14, S2
10:0	S2703
16:0	S2703
18:3 n-6 c,c,c	S2703
Manganese, Mn	S2703
Thiamin	S2703
20:0	S2703
18:1 c	S2703

NDB No. 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Potassium, K	S2703
Vitamin E (alpha-tocopherol)	S2703
Folate, total	S2703
Valine	S14, S2
Arginine	S14, S2
Fatty acids, total saturated	S2703
18:1 undifferentiated	S2703
18:3 undifferentiated	S2703
18:1 c	S2703
Ash	S2703
Iron, Fe	S2703
Manganese, Mn	S2703
Threonine	S14, S2
18:2 undifferentiated	S2703
20:3 undifferentiated	S2703
18:3 n-3 c,c,c	S2703
Phosphorus, P	S2703
Zinc, Zn	S2703
Riboflavin	S2703
Phenylalanine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
Fatty acids, total trans	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2673 of 3136

NDB No. 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

16:0	S2703
20:0	S2703
20:4 undifferentiated	S2703
15:1	S2703
Water	S2703
Sodium, Na	S2703
Tocopherol, gamma	S2703
Pantothenic acid	S2703
Tryptophan	S14, S2
Isoleucine	S14, S2
Glutamic acid	S14, S2
18:0	S2703
Fatty acids, total trans-monoenoic	S2703
Retinol	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Leucine	S14, S2
Cystine	S14, S2
14:0	S2703
17:0	S2703
18:2 n-6 c,c	S2703
17:1	S2703
Protein	S2703
Magnesium, Mg	S2703
Lysine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
22:0	S2703
14:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
Fatty acids, total trans-polyenoic	S2703
Total lipid (fat)	S2703
Calcium, Ca	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2674 of 3136

NDB No. 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Copper, Cu	S2703
Selenium, Se	S2703
Niacin	S2703
Vitamin B-12	S2703
Proline	S14, S2
Cholesterol	S2703
8:0	S2703
16:1 undifferentiated	S2703
15:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
Tocopherol, beta	S2703
Vitamin B-6	S2703
10:0	S2703
12:0	S2703
20:1	S2703

NDB No. 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Iron, Fe	S2703
Magnesium, Mg	S2703
Sodium, Na	S2703
Pantothenic acid	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Lysine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Fatty acids, total trans	S2703
18:2 undifferentiated	S2703
14:1	S2703
20:2 n-6 c,c	S2703
18:3 n-3 c,c,c	S2703
Tocopherol, beta	S2703

Reference Report

JUL-17-2008 02:00 PM

Page 2675 of 3136

NDB No. 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Tyrosine	S14, S2
Valine	S14, S2
16:1 undifferentiated	S2703
18:1 t	S2703
18:2 n-6 c,c	S2703
Potassium, K	S2703
Tocopherol, gamma	S2703
14:0	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
18:1 c	S2703
18:3 n-6 c,c,c	S2703
Riboflavin	S2703
Niacin	S2703
Choline, total	S2703
Leucine	S14, S2
Methionine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
8:0	S2703
10:0	S2703
12:0	S2703
18:0	S2703
20:0	S2703
22:0	S2703
15:0	S2703
18:2 t,t	S2703
Fatty acids, total trans-monoenoic	S2703
Protein	S2703
Ash	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2676 of 3136

NDB No. 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Calcium, Ca	S2703
Phosphorus, P	S2703
Histidine	S14, S2
Aspartic acid	S14, S2
16:0	S2703
17:1	S2703
15:1	S2703
Zinc, Zn	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Vitamin B-6	S2703
Folate, total	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Cholesterol	S2703
Fatty acids, total saturated	S2703
18:1 undifferentiated	S2703
Manganese, Mn	S2703
Retinol	S2703
Betaine	S2703
17:0	S2703
Fatty acids, total trans-polyenoic	S2703
Total lipid (fat)	S2703
Water	S2703
Copper, Cu	S2703
Selenium, Se	S2703
Cystine	S14, S2
Phenylalanine	S14, S2
20:3 undifferentiated	S2703

NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Sodium, Na	S2703
Manganese, Mn	S2703
Choline, total	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2677 of 3136

NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Isoleucine	S14, S2
Tyrosine	S14, S2
Fatty acids, total saturated	S2703
8:0	S2703
16:0	S2703
18:1 undifferentiated	S2703
20:4 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
18:2 n-6 c,c	S2703
Potassium, K	S2703
Selenium, Se	S2703
Tocopherol, delta	S2703
Betaine	S2703
Methionine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Hydroxyproline	S2703
20:0	S2703
18:3 undifferentiated	S2703
20:1	S2703
18:1 t	S2703
15:1	S2703
Magnesium, Mg	S2703
Riboflavin	S2703
Vitamin B-12	S2703
Phenylalanine	S14, S2
12:0	S2703
Fatty acids, total polyunsaturated	S2703
20:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
Calcium, Ca	S2703
Pantothenic acid	S2703
Vitamin K (phylloquinone)	S2703
Cystine	S14, S2
10:0	S2703
18:0	S2703
Fatty acids, total trans-polyenoic	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2678 of 3136

NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Protein	S2703
Water	S2703
Copper, Cu	S2703
Tocopherol, gamma	S2703
Niacin	S2703
Alanine	S14, S2
14:1	S2703
16:1 undifferentiated	S2703
15:0	S2703
18:3 n-6 c,c,c	S2703
Fatty acids, total trans-monoenoic	S2703
Zinc, Zn	S2703
Vitamin E (alpha-tocopherol)	S2703
Thiamin	S2703
Arginine	S14, S2
18:2 undifferentiated	S2703
Iron, Fe	S2703
Tocopherol, beta	S2703
Folate, total	S2703
Lysine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
14:0	S2703
18:2 t,t	S2703
18:1 c	S2703
18:3 n-3 c,c,c	S2703
Total lipid (fat)	S2703
Ash	S2703
Phosphorus, P	S2703
Retinol	S2703
Vitamin B-6	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Leucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2679 of 3136

NDB No. 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Valine	S14, S2
Serine	S14, S2
22:0	S2703
17:0	S2703
17:1	S2703

NDB No. 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Ash	S2703
Phenylalanine	S14, S2
Proline	S14, S2
Fatty acids, total trans	S2703
14:1	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
Niacin	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Leucine	S14, S2
Methionine	S14, S2
18:2 undifferentiated	S2703
20:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Lysine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Serine	S14, S2
17:1	S2703
Sodium, Na	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Tocopherol, beta	S2703
Pantothenic acid	S2703

Reference Report

JUL-17-2008 02:00 PM

Page 2680 of 3136

NDB No. 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Isoleucine	S14, S2
Fatty acids, total monounsaturated	S2703
18:3 n-6 c,c,c	S2703
Calcium, Ca	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Retinol	S2703
Vitamin B-6	S2703
Betaine	S2703
Arginine	S14, S2
Glutamic acid	S14, S2
18:0	S2703
20:1	S2703
18:1 c	S2703
Protein	S2703
Total lipid (fat)	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, gamma	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Tyrosine	S14, S2
8:0	S2703
14:0	S2703
20:0	S2703
18:2 n-6 c,c	S2703
Riboflavin	S2703
Folate, total	S2703
Histidine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Fatty acids, total saturated	S2703
10:0	S2703
12:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2681 of 3136

NDB No. 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

18:1 undifferentiated	S2703
18:3 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:2 t,t	S2703
Water	S2703
Iron, Fe	S2703
Potassium, K	S2703
Aspartic acid	S14, S2
Cholesterol	S2703
16:0	S2703
20:4 undifferentiated	S2703
22:0	S2703
16:1 undifferentiated	S2703
18:1 t	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
Calcium, Ca	S2703
Zinc, Zn	S2703
Selenium, Se	S2703
Vitamin E (alpha-tocopherol)	S2703
Riboflavin	S2703
Cystine	S14, S2
Alanine	S14, S2
18:1 t	S2703
18:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
Sodium, Na	S2703
Tocopherol, beta	S2703
Isoleucine	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2682 of 3136

NDB No. 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Glutamic acid	S14, S2
Serine	S14, S2
Cholesterol	S2703
20:1	S2703
17:0	S2703
18:2 t,t	S2703
17:1	S2703
Manganese, Mn	S2703
Proline	S14, S2
Fatty acids, total saturated	S2703
18:0	S2703
Fatty acids, total trans-polyenoic	S2703
Ash	S2703
Iron, Fe	S2703
Potassium, K	S2703
Thiamin	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Phenylalanine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
20:4 undifferentiated	S2703
16:1 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
20:2 n-6 c,c	S2703
Fatty acids, total trans-monoenoic	S2703
18:3 n-3 c,c,c	S2703
Copper, Cu	S2703
Retinol	S2703
Tocopherol, gamma	S2703
Arginine	S14, S2
Histidine	S14, S2
18:2 undifferentiated	S2703
18:1 c	S2703
18:3 n-6 c,c,c	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2683 of 3136

NDB No. 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Water	S2703
Magnesium, Mg	S2703
Folate, total	S2703
Vitamin K (phylloquinone)	S2703
Threonine	S14, S2
Glycine	S14, S2
10:0	S2703
14:1	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
Phosphorus, P	S2703
Tocopherol, delta	S2703
Methionine	S14, S2
Hydroxyproline	S2703
8:0	S2703
14:0	S2703
16:0	S2703
15:1	S2703
Total lipid (fat)	S2703
Niacin	S2703
Pantothenic acid	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Leucine	S14, S2
Fatty acids, total trans	S2703
12:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:3 undifferentiated	S2703
22:0	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

Phosphorus, P	S2703
Zinc, Zn	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2684 of 3136

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

14:0	S2703
18:3 n-6 c,c,c	S2703
Tocopherol, delta	S2703
Lysine	S14, S2
Serine	S14, S2
20:4 undifferentiated	S2703
20:3 undifferentiated	S2703
18:3 n-3 c,c,c	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Manganese, Mn	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Thiamin	S2703
Vitamin B-6	S2703
16:0	S2703
Fatty acids, total monounsaturated	S2703
Total lipid (fat)	S2703
Iron, Fe	S2703
Sodium, Na	S2703
Retinol	S2703
Vitamin B-12	S2703
Choline, total	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
14:1	S2703
20:1	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
18:1 t	S2703
18:2 t,t	S2703
Fatty acids, total trans-monoenoic	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2685 of 3136

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

Copper, Cu	S2703
Betaine	S2703
Cystine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Fatty acids, total trans	S2703
12:0	S2703
18:0	S2703
16:1 undifferentiated	S2703
18:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
Magnesium, Mg	S2703
Tocopherol, gamma	S2703
Methionine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
Fatty acids, total saturated	S2703
10:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
22:0	S2703
17:0	S2703
18:1 c	S2703
Protein	S2703
Selenium, Se	S2703
Vitamin K (phylloquinone)	S2703
Isoleucine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
8:0	S2703
20:0	S2703
17:1	S2703
Potassium, K	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2686 of 3136

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

Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Folate, total	S2703
Leucine	S14, S2
Cholesterol	S2703
20:2 n-6 c,c	S2703

NDB No. 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Total lipid (fat)	S2703
Tocopherol, beta	S2703
Choline, total	S2703
Alanine	S14, S2
12:0	S2703
20:4 undifferentiated	S2703
20:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703
18:3 n-3 c,c,c	S2703
Tocopherol, gamma	S2703
Vitamin B-6	S2703
Folate, total	S2703
Tryptophan	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
8:0	S2703
18:2 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
18:3 n-6 c,c,c	S2703
20:3 undifferentiated	S2703
15:1	S2703
Protein	S2703
Ash	S2703
Selenium, Se	S2703
Riboflavin	S2703

Reference Report

JUL-17-2008 02:00 PM

Page 2687 of 3136

NDB No. 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Vitamin B-12	S2703
Methionine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
18:1 undifferentiated	S2703
20:1	S2703
18:1 t	S2703
18:2 t,t	S2703
17:1	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Retinol	S2703
Pantothenic acid	S2703
Threonine	S14, S2
16:0	S2703
20:0	S2703
14:1	S2703
Water	S2703
Thiamin	S2703
Vitamin K (phylloquinone)	S2703
Tyrosine	S14, S2
17:0	S2703
Betaine	S2703
Histidine	S14, S2
Fatty acids, total saturated	S2703
18:3 undifferentiated	S2703
15:0	S2703
18:1 c	S2703
Fatty acids, total trans-monoenoic	S2703
Potassium, K	S2703
Sodium, Na	S2703
Copper, Cu	S2703
Manganese, Mn	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2688 of 3136

NDB No. 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Niacin	S2703
Leucine	S14, S2
Lysine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Fatty acids, total trans	S2703
14:0	S2703
Fatty acids, total monounsaturated	S2703
Zinc, Zn	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, delta	S2703
Isoleucine	S14, S2
Aspartic acid	S14, S2
Hydroxyproline	S2703
10:0	S2703
18:0	S2703
22:0	S2703
16:1 undifferentiated	S2703
18:2 n-6 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

Retinol	S2703
Isoleucine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2703
8:0	S2703
Fatty acids, total monounsaturated	S2703
18:2 t,t	S2703
Protein	S2703
Ash	S2703
Vitamin E (alpha-tocopherol)	S2703
Thiamin	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2689 of 3136

NDB No. 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Choline, total	S2703
Tyrosine	S14, S2
Proline	S14, S2
20:4 undifferentiated	S2703
17:1	S2703
18:3 n-3 c,c,c	S2703
Iron, Fe	S2703
Sodium, Na	S2703
Tocopherol, delta	S2703
Riboflavin	S2703
Fatty acids, total trans	S2703
12:0	S2703
Fatty acids, total polyunsaturated	S2703
18:2 n-6 c,c	S2703
Fatty acids, total trans-monoenoic	S2703
15:1	S2703
Phosphorus, P	S2703
Selenium, Se	S2703
Tocopherol, gamma	S2703
Betaine	S2703
Tryptophan	S14, S2
Methionine	S14, S2
18:2 undifferentiated	S2703
16:1 undifferentiated	S2703
20:2 n-6 c,c	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-polyenoic	S2703
Calcium, Ca	S2703
Magnesium, Mg	S2703
Potassium, K	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Vitamin B-12	S2703
Cystine	S14, S2
Aspartic acid	S14, S2
14:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2690 of 3136

NDB No. 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

22:0	S2703
15:0	S2703
17:0	S2703
Water	S2703
Tocopherol, beta	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin K (phylloquinone)	S2703
Threonine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
18:0	S2703
20:0	S2703
18:3 undifferentiated	S2703
14:1	S2703
20:1	S2703
18:3 n-6 c,c,c	S2703
Valine	S14, S2
16:0	S2703
18:1 t	S2703
18:1 c	S2703
Total lipid (fat)	S2703
Manganese, Mn	S2703
Niacin	S2703
Pantothenic acid	S2703
Alanine	S14, S2
Serine	S14, S2
Fatty acids, total saturated	S2703
10:0	S2703
18:1 undifferentiated	S2703

NDB No. 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Calcium, Ca	S2703
-------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2691 of 3136

NDB No. 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Potassium, K	S2703
Selenium, Se	S2703
Tocopherol, gamma	S2703
Vitamin B-6	S2703
Hydroxyproline	S2703
10:0	S2703
16:0	S2703
18:0	S2703
18:3 undifferentiated	S2703
15:0	S2703
18:1 t	S2703
Fatty acids, total trans-polyenoic	S2703
Ash	S2703
Sodium, Na	S2703
Retinol	S2703
Thiamin	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Threonine	S14, S2
Phenylalanine	S14, S2
18:2 undifferentiated	S2703
20:4 undifferentiated	S2703
Fatty acids, total polyunsaturated	S2703
18:2 n-6 c,c	S2703
18:3 n-3 c,c,c	S2703
Vitamin E (alpha-tocopherol)	S2703
Riboflavin	S2703
Vitamin B-12	S2703
Isoleucine	S14, S2
Serine	S14, S2
18:1 c	S2703
18:3 n-6 c,c,c	S2703
20:3 undifferentiated	S2703
15:1	S2703
Copper, Cu	S2703
Tryptophan	S14, S2
Glycine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2692 of 3136

NDB No. 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Cholesterol	S2703
18:2 t,t	S2703
Magnesium, Mg	S2703
Zinc, Zn	S2703
Tocopherol, delta	S2703
Niacin	S2703
Folate, total	S2703
Cystine	S14, S2
Alanine	S14, S2
Proline	S14, S2
20:0	S2703
20:2 n-6 c,c	S2703
Leucine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Fatty acids, total saturated	S2703
12:0	S2703
14:0	S2703
18:1 undifferentiated	S2703
17:0	S2703
17:1	S2703
Water	S2703
Iron, Fe	S2703
Manganese, Mn	S2703
Methionine	S14, S2
Fatty acids, total trans	S2703
22:0	S2703
Fatty acids, total monounsaturated	S2703
Protein	S2703
Total lipid (fat)	S2703
Phosphorus, P	S2703
Tocopherol, beta	S2703
Pantothenic acid	S2703
Betaine	S2703
Lysine	S14, S2
Tyrosine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2693 of 3136

NDB No. 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Valine	S14, S2
Glutamic acid	S14, S2
8:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total trans-monoenoic	S2703

NDB No. 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Betaine	S2703
Serine	S14, S2
Fatty acids, total trans	S2703
16:0	S2703
Fatty acids, total monounsaturated	S2703
17:0	S2703
18:2 t,t	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Riboflavin	S2703
Vitamin B-12	S2703
Vitamin K (phylloquinone)	S2703
Isoleucine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Fatty acids, total saturated	S2703
14:1	S2703
16:1 undifferentiated	S2703
Protein	S2703
Water	S2703
Phosphorus, P	S2703
Manganese, Mn	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2694 of 3136

NDB No. 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Threonine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Cholesterol	S2703
10:0	S2703
18:1 undifferentiated	S2703
18:3 undifferentiated	S2703
15:0	S2703
18:1 t	S2703
Potassium, K	S2703
Zinc, Zn	S2703
Retinol	S2703
Thiamin	S2703
14:0	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, delta	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Tryptophan	S14, S2
Leucine	S14, S2
Aspartic acid	S14, S2
8:0	S2703
20:2 n-6 c,c	S2703
17:1	S2703
Fatty acids, total trans-polyenoic	S2703
Total lipid (fat)	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Copper, Cu	S2703
Selenium, Se	S2703
Choline, total	S2703
18:0	S2703
20:4 undifferentiated	S2703
20:1	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2695 of 3136

NDB No. 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Fatty acids, total polyunsaturated	S2703
18:3 n-3 c,c,c	S2703
Magnesium, Mg	S2703
Tocopherol, gamma	S2703
Folate, total	S2703
Methionine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
20:0	S2703
18:2 undifferentiated	S2703
22:0	S2703
Ash	S2703
Sodium, Na	S2703
Cystine	S14, S2
Valine	S14, S2
Histidine	S14, S2
12:0	S2703
15:1	S2703

NDB No. 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Ash	S2703
Retinol	S2703
Tocopherol, delta	S2703
Riboflavin	S2703
Vitamin K (phylloquinone)	S2703
Leucine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
Fatty acids, total trans	S2703
16:1 undifferentiated	S2703
20:3 undifferentiated	S2703
Water	S2703
Phosphorus, P	S2703
Vitamin E (alpha-tocopherol)	S2703

Reference Report

JUL-17-2008 02:00 PM

Page 2696 of 3136

NDB No. 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Pantothenic acid	S2703
Folate, total	S2703
Tyrosine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
16:0	S2703
20:4 undifferentiated	S2703
17:1	S2703
Fatty acids, total trans-monoenoic	S2703
Vitamin B-6	S2703
Choline, total	S2703
Threonine	S14, S2
Fatty acids, total saturated	S2703
14:0	S2703
20:0	S2703
18:2 undifferentiated	S2703
14:1	S2703
18:2 t,t	S2703
Zinc, Zn	S2703
Selenium, Se	S2703
Betaine	S2703
Isoleucine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Serine	S14, S2
10:0	S2703
17:0	S2703
18:3 n-6 c,c,c	S2703
Copper, Cu	S2703
Thiamin	S2703
Vitamin B-12	S2703
Hydroxyproline	S2703
Cholesterol	S2703
8:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2697 of 3136

NDB No. 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

18:3 undifferentiated	S2703
22:0	S2703
Fatty acids, total polyunsaturated	S2703
18:1 t	S2703
Iron, Fe	S2703
Manganese, Mn	S2703
Tocopherol, gamma	S2703
Lysine	S14, S2
18:1 undifferentiated	S2703
18:1 c	S2703
Tocopherol, beta	S2703
18:2 n-6 c,c	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703
Protein	S2703
Total lipid (fat)	S2703
Calcium, Ca	S2703
Magnesium, Mg	S2703
Potassium, K	S2703
Sodium, Na	S2703
Niacin	S2703
Tryptophan	S14, S2
Valine	S14, S2
Alanine	S14, S2
Proline	S14, S2
12:0	S2703
18:0	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
20:2 n-6 c,c	S2703
Fatty acids, total trans-polyenoic	S2703

NDB No. 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Pantothenic acid	S2703
------------------	-------

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2698 of 3136

NDB No. 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Vitamin B-12	S2703
Betaine	S2703
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
14:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
18:3 n-6 c,c,c	S2703
Fatty acids, total trans-monoenoic	S2703
Calcium, Ca	S2703
Zinc, Zn	S2703
Threonine	S14, S2
Tyrosine	S14, S2
Serine	S14, S2
8:0	S2703
20:0	S2703
18:3 undifferentiated	S2703
20:1	S2703
Protein	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Sodium, Na	S2703
Manganese, Mn	S2703
Valine	S14, S2
15:0	S2703
20:3 undifferentiated	S2703
Ash	S2703
Potassium, K	S2703
Copper, Cu	S2703
Niacin	S2703
Vitamin B-6	S2703
Methionine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2699 of 3136

NDB No. 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Phenylalanine	S14, S2
Cholesterol	S2703
22:0	S2703
18:1 c	S2703
17:1	S2703
15:1	S2703
Total lipid (fat)	S2703
Retinol	S2703
Tocopherol, beta	S2703
Tocopherol, delta	S2703
Lysine	S14, S2
Cystine	S14, S2
16:0	S2703
18:0	S2703
18:2 undifferentiated	S2703
Fatty acids, total trans-polyenoic	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, gamma	S2703
Folate, total	S2703
Tryptophan	S14, S2
12:0	S2703
18:1 undifferentiated	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:3 n-3 c,c,c	S2703
Water	S2703
Phosphorus, P	S2703
Thiamin	S2703
Riboflavin	S2703
Vitamin K (phylloquinone)	S2703
Isoleucine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
10:0	S2703
14:0	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2700 of 3136

NDB No. 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

18:2 n-6 c,c	S2703
Selenium, Se	S2703
Choline, total	S2703
Leucine	S14, S2
20:4 undifferentiated	S2703
16:1 undifferentiated	S2703
17:0	S2703
18:1 t	S2703

NDB No. 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Vitamin B-12	S2703
Betaine	S2703
Proline	S14, S2
18:0	S2703
18:3 n-6 c,c,c	S2703
18:3 n-3 c,c,c	S2703
Total lipid (fat)	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Niacin	S2703
Phenylalanine	S14, S2
16:0	S2703
18:3 undifferentiated	S2703
Fatty acids, total monounsaturated	S2703
15:1	S2703
Sodium, Na	S2703
Choline, total	S2703
Threonine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Fatty acids, total saturated	S2703
22:0	S2703
Fatty acids, total polyunsaturated	S2703
Protein	S2703
Water	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2701 of 3136

NDB No. 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Potassium, K	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Isoleucine	S14, S2
Cystine	S14, S2
Serine	S14, S2
15:0	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
Manganese, Mn	S2703
Leucine	S14, S2
Glutamic acid	S14, S2
8:0	S2703
20:0	S2703
20:4 undifferentiated	S2703
16:1 undifferentiated	S2703
18:2 n-6 c,c	S2703
Magnesium, Mg	S2703
Lysine	S14, S2
Glycine	S14, S2
Fatty acids, total trans	S2703
14:0	S2703
17:0	S2703
Fatty acids, total trans-polyenoic	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Phosphorus, P	S2703
Riboflavin	S2703
Methionine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
10:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:1 t	S2703
18:2 t,t	S2703
17:1	S2703

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2702 of 3136

NDB No. 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Ash	S2703
Selenium, Se	S2703
Thiamin	S2703
Tryptophan	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Cholesterol	S2703
12:0	S2703
14:1	S2703
20:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703

NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

Potassium, K	S14
Selenium, Se	S14
Niacin	S14
Leucine	S14
Lysine	S14
Alanine	S14
Glycine	S14
Proline	S14
Fatty acids, total saturated	S14
18:2 undifferentiated	S14
Protein	S14
4:0	S14
8:0	S14
18:0	S14
22:0	S14
18:4	S14
17:0	S14
15:1	S14
Thiamin	S14
Pantothenic acid	S14
Folate, total	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2703 of 3136

NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

Vitamin B-12	S14
Methionine	S14
Cystine	S14
Fatty acids, total trans	S14
12:0	S14
20:5 n-3	S14
22:1 undifferentiated	S14
Fatty acids, total polyunsaturated	S14
Ash	S14
Sodium, Na	S14
Copper, Cu	S14
Vitamin K (phylloquinone)	S14
Tyrosine	S14
Histidine	S14
14:0	S14
20:0	S14
14:1	S14
Water	S14
Retinol	S14
Vitamin B-6	S14
Betaine	S14
Isoleucine	S14
Serine	S14
Cholesterol	S14
15:0	S14
17:1	S14
18:3 n-3 c,c,c	S14
Iron, Fe	S14
Zinc, Zn	S14
Manganese, Mn	S14
Riboflavin	S14
Choline, total	S14
Threonine	S14
Phenylalanine	S14
6:0	S14
16:0	S14
18:3 undifferentiated	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2704 of 3136

NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

20:1	S14
18:3 n-6 c,c,c	S14
Calcium, Ca	S14
Magnesium, Mg	S14
Fluoride, F	D5001, D5002, D5007, D5021
Valine	S14
Aspartic acid	S14
Glutamic acid	S14
18:1 undifferentiated	S14
22:6 n-3	S14
Fatty acids, total monounsaturated	S14
20:3 undifferentiated	S14
Total lipid (fat)	S14
Phosphorus, P	S14
Folate, food	S14
Tryptophan	S14
Arginine	S14
10:0	S14
20:4 undifferentiated	S14
16:1 undifferentiated	S14
22:5 n-3	S14
20:2 n-6 c,c	S14

NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Ash	S14
Phosphorus, P	S14
Manganese, Mn	S14
Pantothenic acid	S14
Folate, total	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Aspartic acid	S14
Cholesterol	S14
4:0	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2705 of 3136

NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

16:0	S14
18:0	S14
16:1 undifferentiated	S14
22:1 undifferentiated	S14
17:0	S14
Potassium, K	S14
Fluoride, F	D5001, D5002, D5007, D5021
Proline	S14
20:1	S14
15:0	S14
18:3 n-6 c,c,c	S14
Calcium, Ca	S14
Zinc, Zn	S14
Vitamin B-12	S14
Betaine	S14
Tryptophan	S14
Serine	S14
Fatty acids, total trans	S14
8:0	S14
18:4	S14
20:5 n-3	S14
20:3 undifferentiated	S14
Protein	S14
Sodium, Na	S14
Niacin	S14
Choline, total	S14
Tyrosine	S14
Glutamic acid	S14
10:0	S14
14:1	S14
Magnesium, Mg	S14
Copper, Cu	S14
Threonine	S14
Glycine	S14
12:0	S14
14:0	S14
Fatty acids, total monounsaturated	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2706 of 3136

NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

20:2 n-6 c,c	S14
17:1	S14
Retinol	S14
Vitamin B-6	S14
Folate, food	S14
18:1 undifferentiated	S14
22:6 n-3	S14
18:3 n-3 c,c,c	S14
Total lipid (fat)	S14
Water	S14
Iron, Fe	S14
Selenium, Se	S14
Thiamin	S14
Phenylalanine	S14
Valine	S14
Histidine	S14
15:1	S14
Riboflavin	S14
Vitamin K (phylloquinone)	S14
Isoleucine	S14
Arginine	S14
Alanine	S14
Fatty acids, total saturated	S14
6:0	S14
20:0	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:0	S14
22:5 n-3	S14
Fatty acids, total polyunsaturated	S14

NDB No. 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Copper, Cu	S14
Selenium, Se	S14
Riboflavin	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2707 of 3136

NDB No. 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Protein	S14
Calcium, Ca	S14
Iron, Fe	S14
Manganese, Mn	S14
Histidine	S14
Aspartic acid	S14
Total lipid (fat)	S14
Water	S14
Potassium, K	S14
Tryptophan	S14
Leucine	S14
Cystine	S14
Glutamic acid	S14
Serine	S14
Lysine	S14
Arginine	S14
Alanine	S14
Proline	S14
Magnesium, Mg	S14
Zinc, Zn	S14
Threonine	S14
Isoleucine	S14
Phenylalanine	S14
Valine	S14
Cholesterol	S14
Ash	S14
Sodium, Na	S14
Methionine	S14
Phosphorus, P	S14
Thiamin	S14
Vitamin B-12	S14
Tyrosine	S14
Glycine	S14
10:0	S14
Fluoride, F	D5001, D5002, D5007, D5021
Niacin	S14
Vitamin B-6	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2708 of 3136

NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Calcium, Ca	S14
Zinc, Zn	S14
Leucine	S14
Aspartic acid	S14
Proline	S14
Sodium, Na	S14
Selenium, Se	S14
Vitamin B-12	S14
Tryptophan	S14
Valine	S14
Manganese, Mn	S14
Pantothenic acid	S14
Vitamin B-6	S14
Tyrosine	S14
Serine	S14
Iron, Fe	S14
Magnesium, Mg	S14
Copper, Cu	S14
Lysine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Cholesterol	S14
Phosphorus, P	S14
Fluoride, F	D5001, D5002, D5007, D5021
Folate, total	S14
Threonine	S14
Cystine	S14
Ash	S14
Folate, food	S14
Glutamic acid	S14
Total lipid (fat)	S14
Water	S14
Potassium, K	S14
Retinol	S14
Thiamin	S14
Niacin	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2709 of 3136

NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Methionine	S14
Phenylalanine	S14
Protein	S14
Riboflavin	S14
Isoleucine	S14
Glycine	S14

NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Protein	S14
Ash	S14
Fluoride, F	D5001, D5002, D5007, D5021
Pantothenic acid	S14
Folate, total	S14
Tryptophan	S14
Zinc, Zn	S14
Manganese, Mn	S14
Lysine	S14
Glutamic acid	S14
Total lipid (fat)	S14
Magnesium, Mg	S14
Selenium, Se	S14
Thiamin	S14
Folate, food	S14
Methionine	S14
Serine	S14
Sodium, Na	S14
Riboflavin	S14
Cystine	S14
Alanine	S14
Calcium, Ca	S14
Phosphorus, P	S14
Copper, Cu	S14
Niacin	S14
Vitamin B-12	S14
Leucine	S14
Phenylalanine	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2710 of 3136

NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Arginine	S14
Histidine	S14
Proline	S14
Retinol	S14
Isoleucine	S14
Aspartic acid	S14
Potassium, K	S14
Valine	S14
Water	S14
Iron, Fe	S14
Vitamin B-6	S14
Threonine	S14
Tyrosine	S14
Glycine	S14
Cholesterol	S14

NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

Potassium, K	S14
Zinc, Zn	S14
Selenium, Se	S14
Folate, food	S14
Cystine	S14
14:0	S14
18:2 undifferentiated	S14
Ash	S14
Sodium, Na	S14
Niacin	S14
Vitamin B-6	S14
Lysine	S14
16:0	S14
20:1	S14
17:1	S14
15:1	S14
18:3 n-3 c,c,c	S14
Protein	S14
Magnesium, Mg	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2711 of 3136

NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

Copper, Cu	S14
Retinol	S14
Arginine	S14
Alanine	S14
Fatty acids, total trans	S14
10:0	S14
14:1	S14
18:4	S14
22:5 n-3	S14
Phosphorus, P	S14
Vitamin K (phylloquinone)	S14
Phenylalanine	S14
Tyrosine	S14
Aspartic acid	S14
Serine	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
18:1 undifferentiated	S14
20:4 undifferentiated	S14
20:5 n-3	S14
17:0	S14
Calcium, Ca	S14
Iron, Fe	S14
Fluoride, F	D5001, D5002, D5007, D5021
Pantothenic acid	S14
Threonine	S14
Valine	S14
Histidine	S14
Glutamic acid	S14
Proline	S14
18:0	S14
Fatty acids, total polyunsaturated	S14
Riboflavin	S14
Betaine	S14
20:0	S14
18:3 undifferentiated	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2712 of 3136

NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

15:0	S14
Water	S14
Manganese, Mn	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Tryptophan	S14
22:6 n-3	S14
16:1 undifferentiated	S14
22:1 undifferentiated	S14
Fatty acids, total monounsaturated	S14
Total lipid (fat)	S14
Thiamin	S14
Isoleucine	S14
Leucine	S14
Methionine	S14
Glycine	S14
Cholesterol	S14
8:0	S14
12:0	S14
22:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
20:3 undifferentiated	S14

NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Zinc, Zn	S14
Pantothenic acid	S14
Vitamin B-6	S14
Valine	S14
Glutamic acid	S14
14:0	S14
18:1 undifferentiated	S14
22:6 n-3	S14
Potassium, K	S14
Choline, total	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2713 of 3136

NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Methionine	S14
Alanine	S14
Proline	S14
Serine	S14
10:0	S14
12:0	S14
20:4 undifferentiated	S14
Fatty acids, total polyunsaturated	S14
17:1	S14
Calcium, Ca	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Niacin	S14
Betaine	S14
Lysine	S14
Aspartic acid	S14
Fatty acids, total saturated	S14
20:0	S14
20:5 n-3	S14
22:5 n-3	S14
15:0	S14
18:3 n-3 c,c,c	S14
Folate, total	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Tyrosine	S14
Histidine	S14
Cholesterol	S14
Fatty acids, total trans	S14
18:0	S14
20:1	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
15:1	S14
Water	S14
Vitamin K (phylloquinone)	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2714 of 3136

NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Folate, food	S14
Leucine	S14
Arginine	S14
Glycine	S14
4:0	S14
6:0	S14
16:0	S14
16:1 undifferentiated	S14
17:0	S14
20:3 undifferentiated	S14
Total lipid (fat)	S14
Ash	S14
Iron, Fe	S14
Phosphorus, P	S14
Sodium, Na	S14
Manganese, Mn	S14
Thiamin	S14
Phenylalanine	S14
18:2 undifferentiated	S14
22:1 undifferentiated	S14
Fatty acids, total monounsaturated	S14
Magnesium, Mg	S14
8:0	S14
18:3 undifferentiated	S14
Protein	S14
Selenium, Se	S14
Retinol	S14
Riboflavin	S14
Vitamin B-12	S14
Cystine	S14
22:0	S14
14:1	S14
18:4	S14
Fatty acids, total trans-monoenoic	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2715 of 3136

NDB No. 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Copper, Cu	S14
Thiamin	S14
Arginine	S14
Protein	S14
Iron, Fe	S14
Zinc, Zn	S14
Manganese, Mn	S14
Leucine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Calcium, Ca	S14
Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14
Alanine	S14
Riboflavin	S14
Lysine	S14
Aspartic acid	S14
Ash	S14
Magnesium, Mg	S14
Vitamin B-12	S14
Threonine	S14
Isoleucine	S14
Valine	S14
Glutamic acid	S14
Serine	S14
Cholesterol	S14
Total lipid (fat)	S14
Potassium, K	S14
Sodium, Na	S14
Selenium, Se	S14
Niacin	S14
Vitamin B-6	S14
Proline	S14
Water	S14
Phosphorus, P	S14
Methionine	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2716 of 3136

NDB No. 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Histidine	S14
Glycine	S14

NDB No. 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Ash	S14
Manganese, Mn	S14
Riboflavin	S14
Pantothenic acid	S14
Tyrosine	S14
Alanine	S14
Total lipid (fat)	S14
Magnesium, Mg	S14
Fluoride, F	D5001, D5002, D5007, D5021
Lysine	S14
Valine	S14
Zinc, Zn	S14
Histidine	S14
Cholesterol	S14
Iron, Fe	S14
Water	S14
Copper, Cu	S14
Vitamin B-12	S14
Methionine	S14
Aspartic acid	S14
Glycine	S14
Protein	S14
Sodium, Na	S14
Vitamin B-6	S14
Tryptophan	S14
Threonine	S14
Leucine	S14
Calcium, Ca	S14
Potassium, K	S14
Niacin	S14
Folate, total	S14
Folate, food	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2717 of 3136

NDB No. 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Isoleucine	S14
Cystine	S14
Phenylalanine	S14
Serine	S14
Phosphorus, P	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Arginine	S14
Glutamic acid	S14
Proline	S14

NDB No. 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Water	S14
Manganese, Mn	S14
Selenium, Se	S14
Folate, total	S14
Folate, food	S14
Tryptophan	S14
Aspartic acid	S14
Ash	S14
Potassium, K	S14
Zinc, Zn	S14
Fluoride, F	D5001, D5002, D5007, D5021
Valine	S14
Alanine	S14
Riboflavin	S14
Threonine	S14
Leucine	S14
Phenylalanine	S14
Proline	S14
Total lipid (fat)	S14
Phosphorus, P	S14
Retinol	S14
Thiamin	S14
Glycine	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2718 of 3136

NDB No. 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Calcium, Ca	S14
Magnesium, Mg	S14
Vitamin B-12	S14
Lysine	S14
Methionine	S14
Glutamic acid	S14
Cholesterol	S14
Copper, Cu	S14
Tyrosine	S14
Protein	S14
Sodium, Na	S14
Niacin	S14
Vitamin B-6	S14
Isoleucine	S14
Cystine	S14
Arginine	S14
Histidine	S14
Iron, Fe	S14
Pantothenic acid	S14
Serine	S14

NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

Potassium, K	S14
Selenium, Se	S14
Vitamin K (phylloquinone)	S14
Glutamic acid	S14
10:0	S14
18:1 undifferentiated	S14
18:3 undifferentiated	S14
Fatty acids, total polyunsaturated	S14
Ash	S14
Thiamin	S14
Pantothenic acid	S14
Threonine	S14
Lysine	S14
Fatty acids, total saturated	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2719 of 3136

NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

22:6 n-3	S14
20:5 n-3	S14
17:1	S14
Iron, Fe	S14
Manganese, Mn	S14
Vitamin B-12	S14
Tyrosine	S14
Aspartic acid	S14
Serine	S14
18:0	S14
18:2 undifferentiated	S14
22:5 n-3	S14
17:0	S14
Protein	S14
Fluoride, F	D5001, D5002, D5007, D5021
Riboflavin	S14
Folate, total	S14
Phenylalanine	S14
Valine	S14
Alanine	S14
Glycine	S14
12:0	S14
18:4	S14
18:3 n-3 c,c,c	S14
Phosphorus, P	S14
Leucine	S14
Methionine	S14
Arginine	S14
Cholesterol	S14
16:0	S14
20:0	S14
14:1	S14
22:1 undifferentiated	S14
15:1	S14
Betaine	S14
Histidine	S14
Fatty acids, total trans	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2720 of 3136

NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

20:4 undifferentiated	S14
Fatty acids, total monounsaturated	S14
15:0	S14
20:2 n-6 c,c	S14
20:3 undifferentiated	S14
Total lipid (fat)	S14
Calcium, Ca	S14
Sodium, Na	S14
Niacin	S14
Folate, food	S14
Tryptophan	S14
Isoleucine	S14
Cystine	S14
14:0	S14
22:0	S14
18:3 n-6 c,c,c	S14
Water	S14
Magnesium, Mg	S14
Zinc, Zn	S14
Copper, Cu	S14
Retinol	S14
Vitamin B-6	S14
Choline, total	S14
Proline	S14
16:1 undifferentiated	S14
20:1	S14

NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Magnesium, Mg	S14
Sodium, Na	S14
Retinol	S14
Leucine	S14
Glycine	S14
18:2 undifferentiated	S14
18:1 t	S14
18:3 n-3 c,c,c	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2721 of 3136

NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Riboflavin	S14
Folate, total	S14
Folate, food	S14
Methionine	S14
Cholesterol	S14
18:0	S14
14:1	S14
Choline, total	S14
Tryptophan	S14
Threonine	S14
Tyrosine	S14
Histidine	S14
Aspartic acid	S14
Proline	S14
Fatty acids, total saturated	S14
22:6 n-3	S14
20:5 n-3	S14
Ash	S14
Fluoride, F	D5001, D5002, D5007, D5021
Isoleucine	S14
Valine	S14
Alanine	S14
18:3 undifferentiated	S14
16:1 undifferentiated	S14
20:1	S14
Phosphorus, P	S14
Vitamin B-6	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Phenylalanine	S14
Serine	S14
Fatty acids, total trans	S14
20:4 undifferentiated	S14
Protein	S14
Water	S14
Potassium, K	S14
Zinc, Zn	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2722 of 3136

NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Copper, Cu	S14
Manganese, Mn	S14
Pantothenic acid	S14
12:0	S14
14:0	S14
18:1 undifferentiated	S14
22:0	S14
22:1 undifferentiated	S14
22:5 n-3	S14
15:0	S14
17:0	S14
18:3 n-6 c,c,c	S14
17:1	S14
Fatty acids, total trans-monoenoic	S14
15:1	S14
Total lipid (fat)	S14
Selenium, Se	S14
Lysine	S14
Cystine	S14
Arginine	S14
16:0	S14
Fatty acids, total monounsaturated	S14
20:2 n-6 c,c	S14
20:3 undifferentiated	S14
Calcium, Ca	S14
Iron, Fe	S14
Thiamin	S14
Niacin	S14
Betaine	S14
Glutamic acid	S14
10:0	S14
20:0	S14
18:4	S14
Fatty acids, total polyunsaturated	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2723 of 3136

NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Fluoride, F	D5001, D5002, D5007, D5021
Niacin	S14
Tryptophan	S14
Ash	S14
Phosphorus, P	S14
Sodium, Na	S14
Copper, Cu	S14
Vitamin B-6	S14
Cystine	S14
Phenylalanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Serine	S14
Cholesterol	S14
Water	S14
Magnesium, Mg	S14
Vitamin B-12	S14
Lysine	S14
Methionine	S14
Protein	S14
Total lipid (fat)	S14
Calcium, Ca	S14
Iron, Fe	S14
Isoleucine	S14
Riboflavin	S14
Arginine	S14
Histidine	S14
Threonine	S14
Valine	S14
Manganese, Mn	S14
Thiamin	S14
Alanine	S14
Proline	S14
Potassium, K	S14
Zinc, Zn	S14
Selenium, Se	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2724 of 3136

NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Leucine	S14
Tyrosine	S14

NDB No. 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Ash	S14
Calcium, Ca	S14
Retinol	S14
Leucine	S14
Methionine	S14
Valine	S14
Cholesterol	S14
Selenium, Se	S14
Pantothenic acid	S14
Arginine	S14
Folate, total	S14
Tryptophan	S14
Threonine	S14
Lysine	S14
Protein	S14
Total lipid (fat)	S14
Iron, Fe	S14
Sodium, Na	S14
Fluoride, F	D5001, D5002, D5007, D5021
Folate, food	S14
Cystine	S14
Water	S14
Magnesium, Mg	S14
Potassium, K	S14
Zinc, Zn	S14
Riboflavin	S14
Vitamin B-6	S14
Isoleucine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Proline	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2725 of 3136

NDB No. 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Copper, Cu	S14
Niacin	S14
Histidine	S14
Glycine	S14
Phosphorus, P	S14
Manganese, Mn	S14
Thiamin	S14
Vitamin B-12	S14
Phenylalanine	S14
Tyrosine	S14
Serine	S14

NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Total lipid (fat)	S14
Iron, Fe	S14
Magnesium, Mg	S14
Manganese, Mn	S14
Thiamin	S14
Threonine	S14
Arginine	S14
Fluoride, F	D5001, D5002, D5007, D5021
Selenium, Se	S14
Leucine	S14
Lysine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Serine	S14
Cholesterol	S14
Retinol	S14
Vitamin B-12	S14
Valine	S14
Aspartic acid	S14
Potassium, K	S14
Zinc, Zn	S14
Tryptophan	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2726 of 3136

NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Isoleucine	S14
Histidine	S14
Glycine	S14
Proline	S14
Niacin	S14
Glutamic acid	S14
Ash	S14
Water	S14
Sodium, Na	S14
Copper, Cu	S14
Riboflavin	S14
Pantothenic acid	S14
Methionine	S14
Calcium, Ca	S14
Vitamin B-6	S14
Folate, total	S14
Folate, food	S14
Alanine	S14
Protein	S14
Phosphorus, P	S14

NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

Total lipid (fat)	S14
Pantothenic acid	S14
Threonine	S14
Alanine	S14
Fatty acids, total trans	S14
18:2 undifferentiated	S14
22:5 n-3	S14
Ash	S14
Iron, Fe	S14
Sodium, Na	S14
Copper, Cu	S14
Riboflavin	S14
Vitamin B-6	S14
Phenylalanine	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2727 of 3136

NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

Proline	S14
12:0	S14
18:1 undifferentiated	S14
20:2 n-6 c,c	S14
Water	S14
Phosphorus, P	S14
Isoleucine	S14
Leucine	S14
Methionine	S14
Arginine	S14
Fatty acids, total saturated	S14
22:6 n-3	S14
Manganese, Mn	S14
Valine	S14
Glutamic acid	S14
14:1	S14
Fatty acids, total polyunsaturated	S14
20:3 undifferentiated	S14
Zinc, Zn	S14
Fluoride, F	D5001, D5002, D5007, D5021
Retinol	S14
Folate, total	S14
Choline, total	S14
Cystine	S14
Histidine	S14
Glycine	S14
Cholesterol	S14
14:0	S14
20:1	S14
17:0	S14
15:1	S14
Potassium, K	S14
Selenium, Se	S14
Niacin	S14
Folate, food	S14
10:0	S14
18:0	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2728 of 3136

NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

Calcium, Ca	S14
Betaine	S14
Tryptophan	S14
16:0	S14
18:3 undifferentiated	S14
16:1 undifferentiated	S14
20:5 n-3	S14
Protein	S14
Magnesium, Mg	S14
Thiamin	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Lysine	S14
Tyrosine	S14
Aspartic acid	S14
Serine	S14
20:0	S14
20:4 undifferentiated	S14
22:0	S14
18:4	S14
Fatty acids, total monounsaturated	S14
15:0	S14
18:3 n-6 c,c,c	S14
17:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Phosphorus, P	S14
Threonine	S14
Lysine	S14
Cholesterol	S14
Fatty acids, total trans	S14
8:0	S14
14:0	S14
14:1	S14
16:1 undifferentiated	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2729 of 3136

NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Iron, Fe	S14
Folate, total	S14
Vitamin K (phylloquinone)	S14
Betaine	S14
Histidine	S14
12:0	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
18:3 n-6 c,c,c	S14
15:1	S14
18:3 n-3 c,c,c	S14
Protein	S14
Zinc, Zn	S14
Retinol	S14
Riboflavin	S14
Niacin	S14
Leucine	S14
Phenylalanine	S14
Glutamic acid	S14
Serine	S14
16:0	S14
18:4	S14
20:3 undifferentiated	S14
Calcium, Ca	S14
Sodium, Na	S14
Valine	S14
Proline	S14
Fatty acids, total saturated	S14
18:1 undifferentiated	S14
22:6 n-3	S14
22:0	S14
20:5 n-3	S14
22:1 undifferentiated	S14
20:2 n-6 c,c	S14
17:1	S14
Water	S14
Magnesium, Mg	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2730 of 3136

NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Copper, Cu	S14
Vitamin B-12	S14
Methionine	S14
Aspartic acid	S14
10:0	S14
18:0	S14
20:1	S14
15:0	S14
Tryptophan	S14
Isoleucine	S14
Arginine	S14
Alanine	S14
Glycine	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total trans-monoenoic	S14
Total lipid (fat)	S14
Potassium, K	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Tyrosine	S14
20:4 undifferentiated	S14
22:5 n-3	S14
Ash	S14
Selenium, Se	S14
Thiamin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Choline, total	S14
Folate, food	S14
Cystine	S14
20:0	S14
Fatty acids, total polyunsaturated	S14
17:0	S14

NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2731 of 3136

NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Proline	S14
Ash	S14
Sodium, Na	S14
Thiamin	S14
Vitamin B-6	S14
Alanine	S14
Total lipid (fat)	S14
Riboflavin	S14
Phenylalanine	S14
Arginine	S14
Histidine	S14
Serine	S14
Iron, Fe	S14
Magnesium, Mg	S14
Lysine	S14
Tyrosine	S14
Calcium, Ca	S14
Niacin	S14
Cholesterol	S14
Potassium, K	S14
Zinc, Zn	S14
Fluoride, F	D5001, D5002, D5007, D5021
Water	S14
Phosphorus, P	S14
Manganese, Mn	S14
Isoleucine	S14
Leucine	S14
Methionine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Protein	S14
Copper, Cu	S14
Selenium, Se	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2732 of 3136

NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Cystine	S14
Valine	S14

NDB No. 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Potassium, K	S14
Isoleucine	S14
Arginine	S14
Alanine	S14
Zinc, Zn	S14
Thiamin	S14
Valine	S14
Proline	S14
Cholesterol	S14
Iron, Fe	S14
Folate, food	S14
Histidine	S14
Glutamic acid	S14
Ash	S14
Fluoride, F	D5001, D5002, D5007, D5021
Retinol	S14
Vitamin B-6	S14
Folate, total	S14
Lysine	S14
Phenylalanine	S14
Aspartic acid	S14
Serine	S14
Protein	S14
Total lipid (fat)	S14
Water	S14
Phosphorus, P	S14
Tryptophan	S14
Leucine	S14
Tyrosine	S14
Manganese, Mn	S14
Niacin	S14
Pantothenic acid	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2733 of 3136

NDB No. 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Vitamin B-12	S14
Threonine	S14
Cystine	S14
Calcium, Ca	S14
Sodium, Na	S14
Copper, Cu	S14
Selenium, Se	S14
Magnesium, Mg	S14
Riboflavin	S14
Methionine	S14
Glycine	S14

NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Phosphorus, P	S14
Selenium, Se	S14
Pantothenic acid	S14
Vitamin B-6	S14
Leucine	S14
Methionine	S14
Phenylalanine	S14
Zinc, Zn	S14
Copper, Cu	S14
Folate, total	S14
Vitamin B-12	S14
Cystine	S14
Arginine	S14
Protein	S14
Total lipid (fat)	S14
Water	S14
Threonine	S14
Aspartic acid	S14
Calcium, Ca	S14
Magnesium, Mg	S14
Fluoride, F	D5001, D5002, D5007, D5021
Folate, food	S14
Lysine	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2734 of 3136

NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Tyrosine	S14
Histidine	S14
Glycine	S14
Ash	S14
Sodium, Na	S14
Manganese, Mn	S14
Serine	S14
Cholesterol	S14
Riboflavin	S14
Proline	S14
Retinol	S14
Niacin	S14
Iron, Fe	S14
Potassium, K	S14
Thiamin	S14
Tryptophan	S14
Isoleucine	S14
Valine	S14
Alanine	S14
Glutamic acid	S14

NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

Water	S14
Potassium, K	S14
Sodium, Na	S14
Fluoride, F	D5001, D5002, D5007, D5021
Threonine	S14
Phenylalanine	S14
Valine	S14
Cholesterol	S14
20:3 undifferentiated	S14
Calcium, Ca	S14
Iron, Fe	S14
Isoleucine	S14
Arginine	S14
14:1	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2735 of 3136

NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

Fatty acids, total monounsaturated	S14
Pantothenic acid	S14
Tryptophan	S14
Leucine	S14
Histidine	S14
Serine	S14
16:0	S14
20:0	S14
18:4	S14
18:3 n-3 c,c,c	S14
Total lipid (fat)	S14
Ash	S14
Phosphorus, P	S14
Copper, Cu	S14
Retinol	S14
Betaine	S14
Glycine	S14
20:4 undifferentiated	S14
18:3 n-6 c,c,c	S14
17:1	S14
Zinc, Zn	S14
Manganese, Mn	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Folate, total	S14
Lysine	S14
Cystine	S14
Tyrosine	S14
Aspartic acid	S14
Glutamic acid	S14
Proline	S14
Fatty acids, total trans	S14
10:0	S14
14:0	S14
18:0	S14
18:1 undifferentiated	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2736 of 3136

NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

18:2 undifferentiated	S14
20:5 n-3	S14
22:5 n-3	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
Protein	S14
Selenium, Se	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Methionine	S14
Alanine	S14
Fatty acids, total saturated	S14
18:3 undifferentiated	S14
22:6 n-3	S14
22:1 undifferentiated	S14
20:1	S14
Magnesium, Mg	S14
Vitamin B-6	S14
Folate, food	S14
12:0	S14
22:0	S14
16:1 undifferentiated	S14
Fatty acids, total polyunsaturated	S14

NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Total lipid (fat)	S14
Ash	S14
Calcium, Ca	S14
Pantothenic acid	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Leucine	S14
Lysine	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2737 of 3136

NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Arginine	S14
Histidine	S14
Glycine	S14
16:0	S14
18:0	S14
18:3 undifferentiated	S14
15:1	S14
Phosphorus, P	S14
Folate, food	S14
Methionine	S14
22:0	S14
16:1 undifferentiated	S14
Fatty acids, total monounsaturated	S14
17:0	S14
18:3 n-6 c,c,c	S14
Iron, Fe	S14
Potassium, K	S14
Zinc, Zn	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Riboflavin	S14
Isoleucine	S14
Alanine	S14
Proline	S14
Serine	S14
Fatty acids, total trans	S14
14:0	S14
20:0	S14
15:0	S14
20:3 undifferentiated	S14
Protein	S14
Folate, total	S14
Choline, total	S14
Aspartic acid	S14
6:0	S14
18:2 undifferentiated	S14
20:4 undifferentiated	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2738 of 3136

NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

14:1	S14
22:5 n-3	S14
20:2 n-6 c,c	S14
Magnesium, Mg	S14
Copper, Cu	S14
Retinol	S14
Thiamin	S14
Betaine	S14
Threonine	S14
Valine	S14
Cholesterol	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
Water	S14
Niacin	S14
Vitamin K (phylloquinone)	S14
Tyrosine	S14
4:0	S14
10:0	S14
12:0	S14
18:4	S14
Fatty acids, total polyunsaturated	S14
17:1	S14
Fatty acids, total trans-monoenoic	S14
Cystine	S14
Glutamic acid	S14
8:0	S14
22:6 n-3	S14
18:3 n-3 c,c,c	S14
Sodium, Na	S14
Selenium, Se	S14
Phenylalanine	S14
Fatty acids, total saturated	S14
18:1 undifferentiated	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2739 of 3136

NDB No. 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Leucine	S14
Sodium, Na	S14
Copper, Cu	S14
Lysine	S14
Histidine	S14
Glutamic acid	S14
Total lipid (fat)	S14
Zinc, Zn	S14
Selenium, Se	S14
Niacin	S14
Tryptophan	S14
Threonine	S14
Alanine	S14
Protein	S14
Iron, Fe	S14
Riboflavin	S14
Vitamin B-12	S14
Tyrosine	S14
Valine	S14
Proline	S14
Cholesterol	S14
Ash	S14
Magnesium, Mg	S14
Isoleucine	S14
Aspartic acid	S14
Manganese, Mn	S14
Thiamin	S14
Vitamin B-6	S14
Arginine	S14
Serine	S14
Phosphorus, P	S14
Cystine	S14
Phenylalanine	S14
Glycine	S14
Water	S14
Calcium, Ca	S14
Potassium, K	S14

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2740 of 3136

NDB No. 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Fluoride, F	D5001, D5002, D5007, D5021
Methionine	S14

NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Potassium, K	S14
Retinol	S14
Tryptophan	S14
Isoleucine	S14
Glycine	S14
Phosphorus, P	S14
Fluoride, F	D5001, D5002, D5007, D5021
Selenium, Se	S14
Folate, total	S14
Folate, food	S14
Lysine	S14
Methionine	S14
Alanine	S14
Aspartic acid	S14
Serine	S14
Zinc, Zn	S14
Cystine	S14
Arginine	S14
Ash	S14
Riboflavin	S14
Niacin	S14
Threonine	S14
Leucine	S14
Proline	S14
Protein	S14
Iron, Fe	S14
Thiamin	S14
Phenylalanine	S14
Calcium, Ca	S14
Sodium, Na	S14
Copper, Cu	S14
Valine	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2741 of 3136

NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Histidine	S14
Glutamic acid	S14
Magnesium, Mg	S14
Vitamin B-12	S14
Tyrosine	S14
Cholesterol	S14
Total lipid (fat)	S14
Water	S14
Manganese, Mn	S14
Pantothenic acid	S14
Vitamin B-6	S14

NDB No. 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Vitamin B-12	S14
Folate, food	S14
Water	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Tryptophan	S14
Glycine	S14
Proline	S14
Serine	S14
Leucine	S14
Methionine	S14
Valine	S14
Arginine	S14
Thiamin	S14
Alanine	S14
Total lipid (fat)	S14
Phosphorus, P	S14
Selenium, Se	S14
Riboflavin	S14
Threonine	S14
Histidine	S14
Protein	S14
Ash	S14

Reference Report

JUL-17-2008 02:00 PM

Page 2742 of 3136

NDB No. 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Magnesium, Mg	S14
Copper, Cu	S14
Retinol	S14
Pantothenic acid	S14
Folate, total	S14
Lysine	S14
Phenylalanine	S14
Tyrosine	S14
Calcium, Ca	S14
Iron, Fe	S14
Cholesterol	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Niacin	S14
Vitamin B-6	S14
Isoleucine	S14
Cystine	S14
Aspartic acid	S14
Glutamic acid	S14

NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Ash	S2
Water	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Thiamin	S2
16:0	S2
18:0	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Calcium, Ca	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Niacin	S2
Vitamin B-12	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2743 of 3136

NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Tyrosine	S14, S2
Alanine	S14, S2
10:0	S2
Fiber, total dietary	S2
Iron, Fe	S2
Phosphorus, P	S2
Copper, Cu	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Valine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
12:0	S2
18:4	S2
22:5 n-3	S2
Protein	S2
Theobromine	S2
Carotene, beta	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Folate, total	S2
Tryptophan	S14, S2
Threonine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
14:0	S2
16:1 undifferentiated	S2
20:5 n-3	S2
Caffeine	S2
Manganese, Mn	S2
Proline	S14, S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
20:1	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2744 of 3136

NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Sugars, total	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Selenium, Se	S2
Retinol	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
6:0	S2
8:0	S2
Potassium, K	S2
Methionine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Total lipid (fat)	S2
Sodium, Na	S2
Riboflavin	S2
Isoleucine	S14, S2
Lysine	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2

NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Sodium, Na	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Proline	S14, S2
Water	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2745 of 3136

NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Carotene, beta	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Leucine	S14, S2
8:0	S2
20:4 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Caffeine	S2
Iron, Fe	S2
Phosphorus, P	S2
Zinc, Zn	S2
Selenium, Se	S2
Tocopherol, beta	S2
Valine	S14, S2
22:1 undifferentiated	S2
Sugars, total	S2
Fiber, total dietary	S2
Cystine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
14:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
Theobromine	S2
Manganese, Mn	S2
Thiamin	S2
Pantothenic acid	S2
Lysine	S14, S2
Tyrosine	S14, S2
Potassium, K	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2746 of 3136

NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Threonine	S14, S2
10:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
Protein	S2
Calcium, Ca	S2
Copper, Cu	S2
Tryptophan	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
16:0	S2
18:3 undifferentiated	S2
Total lipid (fat)	S2
Ash	S2
Magnesium, Mg	S2
Niacin	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
12:0	S2
18:0	S2
18:4	S2
20:5 n-3	S2

NDB No. 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

Ash	S2
Zinc, Zn	S2
Tryptophan	S14, S2
Glycine	S14, S2
18:4	S2
Iron, Fe	S2
Riboflavin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2747 of 3136

NDB No. 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Protein	S2
Phosphorus, P	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
16:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2
Threonine	S14, S2
Cystine	S14, S2
12:0	S2
18:2 undifferentiated	S2
20:5 n-3	S2
Water	S2
Calcium, Ca	S2
Tocopherol, gamma	S2
Niacin	S2
Methionine	S14, S2
22:1 undifferentiated	S2
Potassium, K	S2
Thiamin	S2
Vitamin B-6	S2
Histidine	S14, S2
Alanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2748 of 3136

NDB No. 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

18:0	S2
Magnesium, Mg	S2
Sodium, Na	S2
Selenium, Se	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Folate, total	S2
Tyrosine	S14, S2
Valine	S14, S2
10:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Copper, Cu	S2
Retinol	S2
Lysine	S14, S2
14:0	S2
20:1	S2

NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Calcium, Ca	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Glycine	S14, S2
8:0	S2
12:0	S2
18:0	S2
20:1	S2
22:5 n-3	S2
Total lipid (fat)	S2
Zinc, Zn	S2
Retinol	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2749 of 3136

NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

16:1 undifferentiated	S2
Water	S2
Phosphorus, P	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
18:2 undifferentiated	S2
Magnesium, Mg	S2
Sodium, Na	S2
Selenium, Se	S2
Thiamin	S2
Niacin	S2
Folate, total	S2
Lysine	S14, S2
Phenylalanine	S14, S2
18:1 undifferentiated	S2
20:5 n-3	S2
Caffeine	S2
Theobromine	S2
Fiber, total dietary	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Proline	S14, S2
Serine	S14, S2
10:0	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Vitamin B-6	S2
Methionine	S14, S2
Glutamic acid	S14, S2
4:0	S2
6:0	S2
14:0	S2
16:0	S2
18:3 undifferentiated	S2
18:4	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2750 of 3136

NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Ash	S2
Iron, Fe	S2
Potassium, K	S2
Copper, Cu	S2
Manganese, Mn	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Threonine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Cholesterol	S2
22:1 undifferentiated	S2
Sugars, total	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Tyrosine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
20:4 undifferentiated	S2
22:6 n-3	S2

NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Total lipid (fat)	S2
Water	S2
Iron, Fe	S2
Carotene, beta	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Histidine	S14, S2
4:0	S2
20:4 undifferentiated	S2
Theobromine	S2
Phosphorus, P	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2751 of 3136

NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Sodium, Na	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tryptophan	S14, S2
Leucine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Caffeine	S2
Calcium, Ca	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Cholesterol	S2
8:0	S2
12:0	S2
18:4	S2
22:1 undifferentiated	S2
Protein	S2
Sugars, total	S2
Fiber, total dietary	S2
Vitamin E (alpha-tocopherol)	S2
Threonine	S14, S2
Proline	S14, S2
Serine	S14, S2
20:1	S2
Ash	S2
Potassium, K	S2
Manganese, Mn	S2
Retinol	S2
Thiamin	S2
Folate, total	S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
20:5 n-3	S2
Copper, Cu	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2752 of 3136

NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Vitamin B-12	S2
Valine	S14, S2
Aspartic acid	S14, S2
6:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Isoleucine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
10:0	S2
16:0	S2
18:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
14:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Theobromine	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Pantothenic acid	S2
20:5 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2753 of 3136

NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Calcium, Ca	S2
Phosphorus, P	S2
Sodium, Na	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Threonine	S14, S2
12:0	S2
Protein	S2
Ash	S2
Vitamin B-6	S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
8:0	S2
14:0	S2
18:2 undifferentiated	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Iron, Fe	S2
Copper, Cu	S2
Retinol	S2
Tocopherol, beta	S2
Tryptophan	S14, S2
Leucine	S14, S2
Glycine	S14, S2
Serine	S14, S2
16:0	S2
18:0	S2
16:1 undifferentiated	S2
20:1	S2
Caffeine	S2
Selenium, Se	S2
Carotene, alpha	S2
Isoleucine	S14, S2
Lysine	S14, S2
Valine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2754 of 3136

NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Potassium, K	S2
Zinc, Zn	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
4:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
22:1 undifferentiated	S2
Water	S2
Tocopherol, delta	S2
Folate, total	S2
Arginine	S14, S2
Alanine	S14, S2
6:0	S2
10:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2
Sugars, total	S2
Manganese, Mn	S2
Niacin	S2
Histidine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Cholesterol	S2
22:6 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
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2755 of 3136

NDB No. 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Copper, Cu	S2
Folate, total	S2
Arginine	S14, S2
Glycine	S14, S2
12:0	S2
20:1	S2
Retinol	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Manganese, Mn	S2
Isoleucine	S14, S2
22:1 undifferentiated	S2
Sodium, Na	S2
Pantothenic acid	S2
Leucine	S14, S2
Histidine	S14, S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Iron, Fe	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
20:5 n-3	S2
Ash	S2
Water	S2
Selenium, Se	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Niacin	S2
Tryptophan	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Glutamic acid	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2756 of 3136

NDB No. 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

10:0	S2
14:0	S2
18:0	S2
18:4	S2
Calcium, Ca	S2
Thiamin	S2
Riboflavin	S2
Threonine	S14, S2
Alanine	S14, S2
Serine	S14, S2
Magnesium, Mg	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
16:0	S2

NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Iron, Fe	S2
Sodium, Na	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Cystine	S14, S2
Phenylalanine	S14, S2
12:0	S2
22:1 undifferentiated	S2
Sugars, total	S2
Potassium, K	S2
Tryptophan	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2757 of 3136

NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Glutamic acid	S14, S2
16:1 undifferentiated	S2
20:1	S2
Protein	S2
Water	S2
Caffeine	S2
Phosphorus, P	S2
Manganese, Mn	S2
Carotene, beta	S2
Thiamin	S2
Tyrosine	S14, S2
Alanine	S14, S2
Proline	S14, S2
Total lipid (fat)	S2
Ash	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
20:5 n-3	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Copper, Cu	S2
Retinol	S2
Cryptoxanthin, beta	S2
Vitamin B-6	S2
Cholesterol	S2
6:0	S2
14:0	S2
18:3 undifferentiated	S2
22:5 n-3	S2
Selenium, Se	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2758 of 3136

NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Isoleucine	S14, S2
Methionine	S14, S2
Arginine	S14, S2
Serine	S14, S2
8:0	S2
10:0	S2
18:1 undifferentiated	S2
Theobromine	S2
Lycopene	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-12	S2
Valine	S14, S2
4:0	S2
18:4	S2
Calcium, Ca	S2
Vitamin E (alpha-tocopherol)	S2
Threonine	S14, S2
Lysine	S14, S2
Glycine	S14, S2
16:0	S2
18:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Protein	S2
Sodium, Na	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Ash	S2
Phosphorus, P	S2
Potassium, K	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2759 of 3136

NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Histidine	S14, S2
8:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Selenium, Se	S2
Retinol	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Lysine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Cholesterol	S2
18:2 undifferentiated	S2
Sugars, total	S2
Magnesium, Mg	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
14:0	S2
22:6 n-3	S2
22:5 n-3	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Cryptoxanthin, beta	S2
Thiamin	S2
Vitamin B-12	S2
Cystine	S14, S2
Aspartic acid	S14, S2
4:0	S2
10:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2760 of 3136

NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

16:1 undifferentiated	S2
Water	S2
Theobromine	S2
Lycopene	S2
Niacin	S2
Vitamin B-6	S2
Valine	S14, S2
Glycine	S14, S2
6:0	S2
Caffeine	S2
Zinc, Zn	S2
Copper, Cu	S2
Leucine	S14, S2
Serine	S14, S2
16:0	S2
18:0	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Carotene, alpha	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
12:0	S2
18:1 undifferentiated	S2

NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Protein	S2
Magnesium, Mg	S2
Vitamin B-12	S2
Leucine	S14, S2
8:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2761 of 3136

NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

18:0	S2
22:1 undifferentiated	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Cholesterol	S2
6:0	S2
20:4 undifferentiated	S2
20:1	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Carotene, beta	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Threonine	S14, S2
Lysine	S14, S2
10:0	S2
Total lipid (fat)	S2
Copper, Cu	S2
Tocopherol, gamma	S2
16:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
Selenium, Se	S2
Niacin	S2
Folate, total	S2
Isoleucine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
12:0	S2
18:4	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2762 of 3136

NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

20:5 n-3	S2
22:5 n-3	S2
Water	S2
Caffeine	S2
Sodium, Na	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Aspartic acid	S14, S2
Serine	S14, S2
14:0	S2
22:6 n-3	S2
Phosphorus, P	S2
Potassium, K	S2
Zinc, Zn	S2
Pantothenic acid	S2
4:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Iron, Fe	S2
Retinol	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Water	S2
-------	----

Reference Report

JUL-17-2008 02:00 PM

Page 2763 of 3136

NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Sugars, total	S2
Potassium, K	S2
Copper, Cu	S2
Riboflavin	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Lysine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
4:0	S2
14:0	S2
Zinc, Zn	S2
Manganese, Mn	S2
Retinol	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Alanine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
Fiber, total dietary	S2
Iron, Fe	S2
Threonine	S14, S2
Caffeine	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Pantothenic acid	S2
Cystine	S14, S2
Histidine	S14, S2
12:0	S2
18:3 undifferentiated	S2
20:1	S2
20:5 n-3	S2
Magnesium, Mg	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2764 of 3136

NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Phosphorus, P	S2
Sodium, Na	S2
Selenium, Se	S2
Tocopherol, delta	S2
Thiamin	S2
Niacin	S2
Tryptophan	S14, S2
Methionine	S14, S2
18:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Ash	S2
Carotene, beta	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Leucine	S14, S2
Tyrosine	S14, S2
6:0	S2
8:0	S2
10:0	S2
18:4	S2
22:1 undifferentiated	S2
Valine	S14, S2
Aspartic acid	S14, S2
18:2 undifferentiated	S2
Protein	S2
Theobromine	S2
Calcium, Ca	S2
Cryptoxanthin, beta	S2
Phenylalanine	S14, S2
Arginine	S14, S2
Proline	S14, S2
Cholesterol	S2
16:0	S2
16:1 undifferentiated	S2
22:5 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2765 of 3136

NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Threonine	S14, S2
Lysine	S14, S2
Serine	S14, S2
8:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
22:5 n-3	S2
Water	S2
Fiber, total dietary	S2
Sodium, Na	S2
Zinc, Zn	S2
Selenium, Se	S2
Riboflavin	S2
Vitamin B-6	S2
Vitamin B-12	S2
Phenylalanine	S14, S2
Valine	S14, S2
4:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
Sugars, total	S2
Potassium, K	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Isoleucine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
16:0	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2766 of 3136

NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Cystine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
20:1	S2
Ash	S2
Phosphorus, P	S2
Leucine	S14, S2
Methionine	S14, S2
14:0	S2
Calcium, Ca	S2
Iron, Fe	S2
Retinol	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Thiamin	S2
Folate, total	S2
Tryptophan	S14, S2
12:0	S2
18:4	S2
Caffeine	S2
Copper, Cu	S2
Carotene, beta	S2
Niacin	S2
Tyrosine	S14, S2
Alanine	S14, S2
18:0	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Protein	S2
Theobromine	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Proline	S14, S2
6:0	S2
10:0	S2
20:4 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2767 of 3136

NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

16:1 undifferentiated S2

NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Sodium, Na S2
Selenium, Se S2
Lycopene S2
Lutein + zeaxanthin S2
Tocopherol, beta S2
Phenylalanine S14, S2
Cryptoxanthin, beta S2
Thiamin S2
Vitamin B-12 S2
Arginine S14, S2
Cholesterol S2
8:0 S2
22:1 undifferentiated S2
Manganese, Mn S2
Niacin S2
Alanine S14, S2
Glycine S14, S2
14:0 S2
20:4 undifferentiated S2
16:1 undifferentiated S2
Theobromine S2
Iron, Fe S2
Zinc, Zn S2
Copper, Cu S2
Retinol S2
Tocopherol, delta S2
Lysine S14, S2
Methionine S14, S2
Cystine S14, S2
Tyrosine S14, S2
18:1 undifferentiated S2
18:2 undifferentiated S2
18:3 undifferentiated S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2768 of 3136

NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

20:5 n-3	S2
Protein	S2
Caffeine	S2
Sugars, total	S2
Magnesium, Mg	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
Aspartic acid	S14, S2
6:0	S2
10:0	S2
18:0	S2
22:6 n-3	S2
20:1	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Threonine	S14, S2
Histidine	S14, S2
Proline	S14, S2
Serine	S14, S2
12:0	S2
18:4	S2
Total lipid (fat)	S2
Water	S2
Calcium, Ca	S2
Carotene, alpha	S2
Vitamin B-6	S2
Folate, total	S2
Tryptophan	S14, S2
Glutamic acid	S14, S2
16:0	S2
Ash	S2
Potassium, K	S2
Carotene, beta	S2
Tocopherol, gamma	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2769 of 3136

NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Pantothenic acid	S2
Isoleucine	S14, S2
Leucine	S14, S2
4:0	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

Sodium, Na	S2
Retinol	S2
Tocopherol, delta	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
20:5 n-3	S2
Thiamin	S2
Methionine	S14, S2
Arginine	S14, S2
4:0	S2
22:6 n-3	S2
Water	S2
Fiber, total dietary	S2
Cryptoxanthin, beta	S2
Tryptophan	S14, S2
Lysine	S14, S2
Proline	S14, S2
Serine	S14, S2
18:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Theobromine	S2
Calcium, Ca	S2
Carotene, beta	S2
Carotene, alpha	S2
Lycopene	S2
Aspartic acid	S14, S2
Cholesterol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2770 of 3136

NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

6:0	S2
12:0	S2
20:4 undifferentiated	S2
18:4	S2
22:5 n-3	S2
Protein	S2
Phosphorus, P	S2
Potassium, K	S2
Vitamin C, total ascorbic acid	S2
Leucine	S14, S2
Cystine	S14, S2
Valine	S14, S2
8:0	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Copper, Cu	S2
Tocopherol, gamma	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Histidine	S14, S2
10:0	S2
16:0	S2
18:3 undifferentiated	S2
20:1	S2
Ash	S2
Caffeine	S2
Vitamin E (alpha-tocopherol)	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
14:0	S2
22:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2771 of 3136

NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Sugars, total	S2
Iron, Fe	S2
Manganese, Mn	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Threonine	S14, S2
Isoleucine	S14, S2
18:2 undifferentiated	S2

NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Theobromine	S2
Fiber, total dietary	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Total lipid (fat)	S2
Caffeine	S2
Phosphorus, P	S2
Zinc, Zn	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Niacin	S2
Lysine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
18:0	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Leucine	S14, S2
6:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2772 of 3136

NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Ash	S2
Sugars, total	S2
Calcium, Ca	S2
Iron, Fe	S2
Sodium, Na	S2
Copper, Cu	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Pantothenic acid	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
8:0	S2
20:1	S2
Selenium, Se	S2
Folate, total	S2
Cystine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Serine	S14, S2
14:0	S2
16:0	S2
18:1 undifferentiated	S2
Water	S2
Manganese, Mn	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Methionine	S14, S2
Valine	S14, S2
10:0	S2
12:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2773 of 3136

NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

18:4	S2
Magnesium, Mg	S2
Vitamin B-6	S2
Cholesterol	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Potassium, K	S2
Thiamin	S2
Glutamic acid	S14, S2
Proline	S14, S2
4:0	S2
22:6 n-3	S2
20:5 n-3	S2

NDB No. 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

Potassium, K	S2
Sodium, Na	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
14:0	S2
18:1 undifferentiated	S2
Fiber, total dietary	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tyrosine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Serine	S14, S2
4:0	S2
16:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2774 of 3136

NDB No. 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

18:4	S2
Calcium, Ca	S2
Retinol	S2
Cryptoxanthin, beta	S2
Lysine	S14, S2
Cystine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
6:0	S2
8:0	S2
10:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Protein	S2
Theobromine	S2
Iron, Fe	S2
Selenium, Se	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Threonine	S14, S2
Glutamic acid	S14, S2
Phosphorus, P	S2
Tryptophan	S14, S2
Cholesterol	S2
20:1	S2
Ash	S2
Sugars, total	S2
Magnesium, Mg	S2
Copper, Cu	S2
Carotene, alpha	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Aspartic acid	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2775 of 3136

NDB No. 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

12:0	S2
20:5 n-3	S2
22:5 n-3	S2
Total lipid (fat)	S2
Water	S2
Caffeine	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Folate, total	S2
Isoleucine	S14, S2
Methionine	S14, S2
Proline	S14, S2
Manganese, Mn	S2
Thiamin	S2
Leucine	S14, S2
18:0	S2

NDB No. 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Ash	S2
Copper, Cu	S2
Tocopherol, gamma	S2
Riboflavin	S2
Alanine	S14, S2
Glutamic acid	S14, S2
12:0	S2
22:6 n-3	S2
Protein	S2
Iron, Fe	S2
Magnesium, Mg	S2
Vitamin B-6	S2
Vitamin B-12	S2
Aspartic acid	S14, S2
Cholesterol	S2
20:1	S2
22:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2776 of 3136

NDB No. 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Zinc, Zn	S2
Thiamin	S2
Threonine	S14, S2
Leucine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Valine	S14, S2
10:0	S2
18:3 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Retinol	S2
Vitamin K (phylloquinone)	S2
14:0	S2
18:1 undifferentiated	S2
Phosphorus, P	S2
Potassium, K	S2
Tocopherol, beta	S2
Niacin	S2
Folate, total	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
20:4 undifferentiated	S2
22:5 n-3	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Glycine	S14, S2
Serine	S14, S2
18:0	S2
16:1 undifferentiated	S2
Vitamin E (alpha-tocopherol)	S2
Phenylalanine	S14, S2
Total lipid (fat)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2777 of 3136

NDB No. 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Water	S2
Calcium, Ca	S2
Sodium, Na	S2
Selenium, Se	S2
Tyrosine	S14, S2
Proline	S14, S2
16:0	S2
18:2 undifferentiated	S2

NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Sugars, total	S2
Cryptoxanthin, beta	S2
Pantothenic acid	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2
6:0	S2
8:0	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Theobromine	S2
Phosphorus, P	S2
Zinc, Zn	S2
Carotene, beta	S2
Vitamin C, total ascorbic acid	S2
Proline	S14, S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2
Arginine	S14, S2
Selenium, Se	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2778 of 3136

NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Niacin	S2
Isoleucine	S14, S2
Cystine	S14, S2
12:0	S2
18:0	S2
18:1 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Caffeine	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
14:0	S2
Water	S2
Manganese, Mn	S2
Lycopene	S2
Tocopherol, gamma	S2
Threonine	S14, S2
Cholesterol	S2
4:0	S2
16:0	S2
18:4	S2
22:1 undifferentiated	S2
Ash	S2
Fiber, total dietary	S2
Iron, Fe	S2
Potassium, K	S2
Sodium, Na	S2
Retinol	S2
Riboflavin	S2
Folate, total	S2
Vitamin B-12	S2
Alanine	S14, S2
Glycine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2779 of 3136

NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

10:0	S2
Calcium, Ca	S2
Copper, Cu	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Methionine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Serine	S14, S2
18:2 undifferentiated	S2
20:5 n-3	S2

NDB No. 23600 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Ash	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
20:4 undifferentiated	S2
Zinc, Zn	S2
Leucine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Serine	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Manganese, Mn	S2
Pantothenic acid	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
18:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2780 of 3136

NDB No. 23600 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Iron, Fe	S2
Sodium, Na	S2
Isoleucine	S14, S2
22:5 n-3	S2
Selenium, Se	S2
Cystine	S14, S2
Valine	S14, S2
12:0	S2
16:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Potassium, K	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Niacin	S2
Tryptophan	S14, S2
14:0	S2
16:1 undifferentiated	S2
Protein	S2
Water	S2
Vitamin B-6	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
10:0	S2
18:0	S2
Copper, Cu	S2
Retinol	S2
Tocopherol, beta	S2
Riboflavin	S2
Folate, total	S2
Lysine	S14, S2
Proline	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2781 of 3136

NDB No. 23600 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

20:1	S2
20:5 n-3	S2

NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Cystine	S14, S2
14:0	S2
16:0	S2
16:1 undifferentiated	S2
Protein	S2
Ash	S2
Water	S2
Zinc, Zn	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Glycine	S14, S2
10:0	S2
18:0	S2
20:4 undifferentiated	S2
20:1	S2
20:5 n-3	S2
Sodium, Na	S2
Threonine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2
12:0	S2
18:1 undifferentiated	S2
Sugars, total	S2
Tocopherol, gamma	S2
Riboflavin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2782 of 3136

NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Methionine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
18:4	S2
22:5 n-3	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Serine	S14, S2
6:0	S2
22:1 undifferentiated	S2
Copper, Cu	S2
Manganese, Mn	S2
Retinol	S2
Carotene, beta	S2
Niacin	S2
Folate, total	S2
Arginine	S14, S2
Caffeine	S2
Theobromine	S2
Fiber, total dietary	S2
Iron, Fe	S2
Potassium, K	S2
Selenium, Se	S2
Lycopene	S2
Thiamin	S2
Isoleucine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
4:0	S2
8:0	S2
Phosphorus, P	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2783 of 3136

NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Tocopherol, delta	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Valine	S14, S2
18:2 undifferentiated	S2
22:6 n-3	S2

NDB No. 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Total lipid (fat)	S2
Zinc, Zn	S2
Proline	S14, S2
18:3 undifferentiated	S2
Protein	S2
Tocopherol, gamma	S2
Folate, total	S2
Threonine	S14, S2
Methionine	S14, S2
16:1 undifferentiated	S2
Calcium, Ca	S2
Tocopherol, beta	S2
Riboflavin	S2
Pantothenic acid	S2
Vitamin B-12	S2
Serine	S14, S2
18:0	S2
20:5 n-3	S2
Water	S2
Iron, Fe	S2
Magnesium, Mg	S2
Tocopherol, delta	S2
Niacin	S2
18:1 undifferentiated	S2
Phosphorus, P	S2
Sodium, Na	S2
Manganese, Mn	S2
Alanine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2784 of 3136

NDB No. 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

10:0	S2
16:0	S2
22:6 n-3	S2
Thiamin	S2
Vitamin B-6	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
Cholesterol	S2
12:0	S2
14:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Copper, Cu	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Ash	S2
Potassium, K	S2
Isoleucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Valine	S14, S2
22:1 undifferentiated	S2

NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Magnesium, Mg	S2
---------------	----

Reference Report

JUL-17-2008 02:00 PM

Page 2785 of 3136

NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Vitamin B-6	S2
Folate, total	S2
Isoleucine	S14, S2
Alanine	S14, S2
16:1 undifferentiated	S2
Sugars, total	S2
Riboflavin	S2
Niacin	S2
Proline	S14, S2
6:0	S2
16:0	S2
18:2 undifferentiated	S2
Protein	S2
Ash	S2
Water	S2
Iron, Fe	S2
Potassium, K	S2
Thiamin	S2
Pantothenic acid	S2
Threonine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
10:0	S2
14:0	S2
Caffeine	S2
Lycopene	S2
Tryptophan	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
18:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2786 of 3136

NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

20:1	S2
22:5 n-3	S2
Theobromine	S2
Copper, Cu	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Histidine	S14, S2
Cholesterol	S2
18:4	S2
20:5 n-3	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Serine	S14, S2
4:0	S2
Manganese, Mn	S2
Selenium, Se	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Arginine	S14, S2
8:0	S2
12:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Sodium, Na	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-12	S2
Aspartic acid	S14, S2
Glycine	S14, S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2787 of 3136

NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

Water	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Niacin	S2
Folate, total	S2
Phenylalanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
10:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Theobromine	S2
Cryptoxanthin, beta	S2
Histidine	S14, S2
6:0	S2
Sugars, total	S2
Fiber, total dietary	S2
Selenium, Se	S2
Retinol	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Methionine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
12:0	S2
18:0	S2
20:4 undifferentiated	S2
18:4	S2
22:5 n-3	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Thiamin	S2
Tyrosine	S14, S2
Cholesterol	S2
4:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2788 of 3136

NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

Protein	S2
Phosphorus, P	S2
Sodium, Na	S2
Copper, Cu	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
14:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
Carotene, beta	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
Total lipid (fat)	S2
Ash	S2
Iron, Fe	S2
Lycopene	S2
Leucine	S14, S2
Lysine	S14, S2
8:0	S2
20:1	S2
Caffeine	S2
Potassium, K	S2
Zinc, Zn	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Vitamin B-6	S2
Threonine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
16:0	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2789 of 3136

NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

20:5 n-3 S2

NDB No. 23605 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Sodium, Na S2
Pantothenic acid S2
Vitamin B-6 S2
Cholesterol S2
12:0 S2
22:1 undifferentiated S2
Copper, Cu S2
Retinol S2
Riboflavin S2
Cystine S14, S2
18:1 undifferentiated S2
16:1 undifferentiated S2
Water S2
Zinc, Zn S2
Manganese, Mn S2
Vitamin E (alpha-tocopherol) S2
Thiamin S2
Isoleucine S14, S2
Valine S14, S2
Arginine S14, S2
Aspartic acid S14, S2
Glutamic acid S14, S2
10:0 S2
18:3 undifferentiated S2
Ash S2
Phosphorus, P S2
Tyrosine S14, S2
18:0 S2
22:6 n-3 S2
20:1 S2
Calcium, Ca S2
Niacin S2
Folate, total S2

Reference Report

JUL-17-2008 02:00 PM

Page 2790 of 3136

NDB No. 23605 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Leucine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
18:4	S2
Protein	S2
Iron, Fe	S2
Potassium, K	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Serine	S14, S2
18:2 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2
Tryptophan	S14, S2
Lysine	S14, S2
Histidine	S14, S2
14:0	S2
20:4 undifferentiated	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Proline	S14, S2
16:0	S2

NDB No. 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Water	S2
Tocopherol, beta	S2
Riboflavin	S2
Threonine	S14, S2
Phenylalanine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2791 of 3136

NDB No. 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Potassium, K	S2
Sodium, Na	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Tyrosine	S14, S2
14:0	S2
18:0	S2
22:1 undifferentiated	S2
Calcium, Ca	S2
Vitamin E (alpha-tocopherol)	S2
Folate, total	S2
Isoleucine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
Protein	S2
Ash	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Aspartic acid	S14, S2
20:4 undifferentiated	S2
22:6 n-3	S2
Total lipid (fat)	S2
Iron, Fe	S2
Magnesium, Mg	S2
Niacin	S2
Pantothenic acid	S2
20:1	S2
Retinol	S2
Thiamin	S2
Glutamic acid	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2792 of 3136

NDB No. 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Glycine	S14, S2
10:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2
Manganese, Mn	S2
Valine	S14, S2
Serine	S14, S2
12:0	S2
Phosphorus, P	S2
Zinc, Zn	S2
Copper, Cu	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Cystine	S14, S2
Proline	S14, S2
16:0	S2
18:2 undifferentiated	S2

NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Total lipid (fat)	S2
Theobromine	S2
Cystine	S14, S2
Tyrosine	S14, S2
Serine	S14, S2
6:0	S2
8:0	S2
20:1	S2
Phosphorus, P	S2
Copper, Cu	S2
Tocopherol, gamma	S2
Riboflavin	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Proline	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2793 of 3136

NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

14:0	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Ash	S2
Sugars, total	S2
Sodium, Na	S2
Manganese, Mn	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Vitamin B-12	S2
Alanine	S14, S2
22:6 n-3	S2
22:5 n-3	S2
Magnesium, Mg	S2
Tocopherol, delta	S2
Valine	S14, S2
Cholesterol	S2
18:0	S2
Calcium, Ca	S2
Carotene, beta	S2
Vitamin C, total ascorbic acid	S2
Methionine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
12:0	S2
16:0	S2
18:1 undifferentiated	S2
20:5 n-3	S2
Water	S2
Caffeine	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Folate, total	S2
Threonine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2794 of 3136

NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

4:0	S2
10:0	S2
18:4	S2
Protein	S2
Fiber, total dietary	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Niacin	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Lysine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
20:4 undifferentiated	S2
Iron, Fe	S2
Potassium, K	S2
Zinc, Zn	S2
Retinol	S2
Lycopene	S2
Vitamin K (phylloquinone)	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

NDB No. 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Copper, Cu	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
12:0	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Sodium, Na	S2
Zinc, Zn	S2
Folate, total	S2
Threonine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2795 of 3136

NDB No. 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Tyrosine	S14, S2
Alanine	S14, S2
16:0	S2
22:5 n-3	S2
Magnesium, Mg	S2
Manganese, Mn	S2
Selenium, Se	S2
Tocopherol, beta	S2
Methionine	S14, S2
Total lipid (fat)	S2
Ash	S2
Pantothenic acid	S2
Vitamin B-6	S2
18:1 undifferentiated	S2
Iron, Fe	S2
Phosphorus, P	S2
Potassium, K	S2
Niacin	S2
Valine	S14, S2
Glutamic acid	S14, S2
10:0	S2
20:1	S2
Protein	S2
Calcium, Ca	S2
Vitamin E (alpha-tocopherol)	S2
Riboflavin	S2
Arginine	S14, S2
Aspartic acid	S14, S2
20:4 undifferentiated	S2
22:6 n-3	S2
Retinol	S2
Tocopherol, delta	S2
Leucine	S14, S2
Lysine	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2796 of 3136

NDB No. 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

14:0	S2
18:0	S2
18:2 undifferentiated	S2
Water	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Cholesterol	S2
20:5 n-3	S2

NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Ash	S2
Water	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-6	S2
Cystine	S14, S2
Arginine	S14, S2
Cholesterol	S2
8:0	S2
Caffeine	S2
Phosphorus, P	S2
Selenium, Se	S2
Tryptophan	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
18:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
20:5 n-3	S2
Protein	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2797 of 3136

NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Calcium, Ca	S2
Potassium, K	S2
Cryptoxanthin, beta	S2
Niacin	S2
Histidine	S14, S2
Serine	S14, S2
16:1 undifferentiated	S2
Theobromine	S2
Iron, Fe	S2
Riboflavin	S2
Vitamin B-12	S2
4:0	S2
12:0	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
10:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Sugars, total	S2
Zinc, Zn	S2
Manganese, Mn	S2
Retinol	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Isoleucine	S14, S2
Valine	S14, S2
Proline	S14, S2
6:0	S2
16:0	S2
18:1 undifferentiated	S2
Total lipid (fat)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2798 of 3136

NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Sodium, Na	S2
Tocopherol, beta	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
14:0	S2
Copper, Cu	S2
Carotene, beta	S2
Carotene, alpha	S2
Lycopene	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Threonine	S14, S2
Lysine	S14, S2
18:4	S2
20:1	S2

NDB No. 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Iron, Fe	S2
Riboflavin	S2
Leucine	S14, S2
Phenylalanine	S14, S2
Proline	S14, S2
Total lipid (fat)	S2
Sodium, Na	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Lysine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
18:0	S2
20:5 n-3	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2799 of 3136

NDB No. 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Thiamin	S2
Methionine	S14, S2
Glutamic acid	S14, S2
18:3 undifferentiated	S2
22:1 undifferentiated	S2
Calcium, Ca	S2
Selenium, Se	S2
Tyrosine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
16:1 undifferentiated	S2
Vitamin B-6	S2
Threonine	S14, S2
Arginine	S14, S2
16:0	S2
20:4 undifferentiated	S2
20:1	S2
Magnesium, Mg	S2
Potassium, K	S2
Niacin	S2
Isoleucine	S14, S2
Cystine	S14, S2
10:0	S2
12:0	S2
14:0	S2
Protein	S2
Ash	S2
Phosphorus, P	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Serine	S14, S2
Water	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2800 of 3136

NDB No. 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Retinol	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
22:6 n-3	S2
18:4	S2
22:5 n-3	S2

NDB No. 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Phosphorus, P	S2
Sodium, Na	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Tyrosine	S14, S2
18:1 undifferentiated	S2
22:5 n-3	S2
Protein	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Iron, Fe	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Aspartic acid	S14, S2
Water	S2
Magnesium, Mg	S2
Tocopherol, beta	S2
Riboflavin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Valine	S14, S2
22:6 n-3	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2801 of 3136

NDB No. 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Potassium, K	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Folate, total	S2
Cholesterol	S2
Ash	S2
Niacin	S2
Cystine	S14, S2
Alanine	S14, S2
12:0	S2
14:0	S2
20:4 undifferentiated	S2
Copper, Cu	S2
Selenium, Se	S2
Arginine	S14, S2
18:3 undifferentiated	S2
Manganese, Mn	S2
Retinol	S2
Thiamin	S2
Lysine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
Proline	S14, S2
16:0	S2
18:2 undifferentiated	S2
20:1	S2
Vitamin B-12	S2
Threonine	S14, S2
Leucine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
10:0	S2
18:0	S2
16:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2802 of 3136

NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Total lipid (fat)	S2
Iron, Fe	S2
Potassium, K	S2
Pantothenic acid	S2
Arginine	S14, S2
Proline	S14, S2
Serine	S14, S2
10:0	S2
20:5 n-3	S2
22:5 n-3	S2
Copper, Cu	S2
Selenium, Se	S2
Tocopherol, delta	S2
Niacin	S2
Leucine	S14, S2
14:0	S2
18:0	S2
18:4	S2
Water	S2
Lysine	S14, S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
18:1 undifferentiated	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Cholesterol	S2
22:1 undifferentiated	S2
Magnesium, Mg	S2
Sodium, Na	S2
Manganese, Mn	S2
Histidine	S14, S2
Ash	S2
Tocopherol, gamma	S2
Thiamin	S2
Riboflavin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2803 of 3136

NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

18:3 undifferentiated	S2
Protein	S2
Vitamin B-12	S2
Threonine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Glycine	S14, S2
16:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Calcium, Ca	S2
Phosphorus, P	S2
Zinc, Zn	S2
Tocopherol, beta	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
12:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
20:1	S2

NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Ash	S2
Water	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Riboflavin	S2
Lysine	S14, S2
Phenylalanine	S14, S2
8:0	S2
20:5 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2804 of 3136

NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

22:5 n-3	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Tocopherol, delta	S2
Pantothenic acid	S2
Folate, total	S2
18:4	S2
Zinc, Zn	S2
Manganese, Mn	S2
Thiamin	S2
Vitamin B-6	S2
Valine	S14, S2
Glutamic acid	S14, S2
Calcium, Ca	S2
Potassium, K	S2
Copper, Cu	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Isoleucine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
Glycine	S14, S2
6:0	S2
22:1 undifferentiated	S2
Protein	S2
Caffeine	S2
Theobromine	S2
Cryptoxanthin, beta	S2
Threonine	S14, S2
Arginine	S14, S2
4:0	S2
10:0	S2
12:0	S2
14:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2805 of 3136

NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

20:1	S2
Total lipid (fat)	S2
Iron, Fe	S2
Sodium, Na	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
18:0	S2
18:2 undifferentiated	S2
Sugars, total	S2
Carotene, beta	S2
Methionine	S14, S2
Serine	S14, S2
Cholesterol	S2
Fiber, total dietary	S2
Retinol	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Alanine	S14, S2
Proline	S14, S2
16:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

NDB No. 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, delta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2806 of 3136

NDB No. 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Niacin	S2
Folate, total	S2
Leucine	S14, S2
Cystine	S14, S2
18:3 undifferentiated	S2
20:1	S2
Total lipid (fat)	S2
Water	S2
Potassium, K	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
Serine	S14, S2
14:0	S2
16:0	S2
22:5 n-3	S2
Manganese, Mn	S2
Selenium, Se	S2
Riboflavin	S2
Vitamin B-6	S2
Arginine	S14, S2
Alanine	S14, S2
10:0	S2
18:4	S2
22:1 undifferentiated	S2
Iron, Fe	S2
Copper, Cu	S2
Tryptophan	S14, S2
Lysine	S14, S2
Valine	S14, S2
Glycine	S14, S2
12:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
Calcium, Ca	S2
Sodium, Na	S2
Tocopherol, gamma	S2
Isoleucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2807 of 3136

NDB No. 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Histidine	S14, S2
20:5 n-3	S2
Magnesium, Mg	S2
Cholesterol	S2
18:0	S2
Retinol	S2
Pantothenic acid	S2
Vitamin B-12	S2
Threonine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Ash	S2
Phosphorus, P	S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
18:2 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Water	S2
Zinc, Zn	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Isoleucine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Theobromine	S2
Magnesium, Mg	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2808 of 3136

NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Selenium, Se	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Folate, total	S2
Methionine	S14, S2
Arginine	S14, S2
4:0	S2
18:0	S2
18:3 undifferentiated	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Iron, Fe	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
Serine	S14, S2
Cholesterol	S2
6:0	S2
Retinol	S2
Tryptophan	S14, S2
20:4 undifferentiated	S2
22:6 n-3	S2
Caffeine	S2
Potassium, K	S2
Carotene, beta	S2
Lycopene	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Proline	S14, S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Sugars, total	S2
Carotene, alpha	S2
Riboflavin	S2
Leucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2809 of 3136

NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Valine	S14, S2
Glycine	S14, S2
14:0	S2
18:4	S2
22:5 n-3	S2
Protein	S2
Fiber, total dietary	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
8:0	S2
10:0	S2
12:0	S2
16:0	S2
Ash	S2
Calcium, Ca	S2
Phosphorus, P	S2
Manganese, Mn	S2
Thiamin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-12	S2
20:1	S2

NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Sugars, total	S2
Magnesium, Mg	S2
16:0	S2
20:5 n-3	S2
Total lipid (fat)	S2
Caffeine	S2
Sodium, Na	S2
Tocopherol, delta	S2
Folate, total	S2
Isoleucine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2810 of 3136

NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Tyrosine	S14, S2
Valine	S14, S2
Proline	S14, S2
18:2 undifferentiated	S2
18:4	S2
Protein	S2
Carotene, beta	S2
Lycopene	S2
Tryptophan	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Glycine	S14, S2
4:0	S2
14:0	S2
18:3 undifferentiated	S2
Water	S2
Zinc, Zn	S2
Carotene, alpha	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Alanine	S14, S2
Aspartic acid	S14, S2
12:0	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Threonine	S14, S2
Methionine	S14, S2
8:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
20:1	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Vitamin E (alpha-tocopherol)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2811 of 3136

NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Cholesterol	S2
22:6 n-3	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Theobromine	S2
Potassium, K	S2
Retinol	S2
Vitamin K (phylloquinone)	S2
Arginine	S14, S2
Glutamic acid	S14, S2
18:0	S2
22:5 n-3	S2
Ash	S2
Iron, Fe	S2
Phosphorus, P	S2
Cryptoxanthin, beta	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Vitamin B-12	S2
Leucine	S14, S2
Serine	S14, S2
6:0	S2
10:0	S2

NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Water	S2
Niacin	S2
Glutamic acid	S14, S2
Serine	S14, S2
8:0	S2
12:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2812 of 3136

NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

20:4 undifferentiated	S2
16:1 undifferentiated	S2
20:1	S2
22:1 undifferentiated	S2
Potassium, K	S2
Copper, Cu	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Valine	S14, S2
Arginine	S14, S2
4:0	S2
18:4	S2
Manganese, Mn	S2
Pantothenic acid	S2
Folate, total	S2
Leucine	S14, S2
10:0	S2
14:0	S2
16:0	S2
18:1 undifferentiated	S2
Zinc, Zn	S2
Thiamin	S2
Threonine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
18:0	S2
18:2 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Iron, Fe	S2
Selenium, Se	S2
Tyrosine	S14, S2
18:3 undifferentiated	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2813 of 3136

NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Riboflavin	S2
Vitamin B-12	S2
Lysine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
6:0	S2
22:5 n-3	S2
Protein	S2
Phosphorus, P	S2
Tryptophan	S14, S2
Proline	S14, S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Retinol	S2
Cystine	S14, S2
Cholesterol	S2
22:6 n-3	S2
20:5 n-3	S2

NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Retinol	S2
Vitamin B-12	S2
Tyrosine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
6:0	S2
Calcium, Ca	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Aspartic acid	S14, S2
22:6 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2814 of 3136

NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Magnesium, Mg	S2
Zinc, Zn	S2
Tocopherol, delta	S2
Riboflavin	S2
Threonine	S14, S2
Cholesterol	S2
16:1 undifferentiated	S2
Phosphorus, P	S2
Sodium, Na	S2
Carotene, beta	S2
Thiamin	S2
Vitamin B-6	S2
Folate, total	S2
Leucine	S14, S2
Cystine	S14, S2
14:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Caffeine	S2
Copper, Cu	S2
Manganese, Mn	S2
Lycopene	S2
16:0	S2
18:4	S2
20:1	S2
Water	S2
Potassium, K	S2
Cryptoxanthin, beta	S2
Methionine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Proline	S14, S2
4:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2815 of 3136

NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Ash	S2
Fiber, total dietary	S2
Iron, Fe	S2
Selenium, Se	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
10:0	S2
12:0	S2
18:1 undifferentiated	S2
20:5 n-3	S2
Total lipid (fat)	S2
Theobromine	S2
Sugars, total	S2
Glutamic acid	S14, S2
Serine	S14, S2
8:0	S2
18:0	S2

NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Vitamin E (alpha-tocopherol)	S2
Methionine	S14, S2
Glutamic acid	S14, S2
8:0	S2
14:0	S2
18:2 undifferentiated	S2
22:5 n-3	S2
Total lipid (fat)	S2
Theobromine	S2
Manganese, Mn	S2
Carotene, beta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2816 of 3136

NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Tocopherol, delta	S2
Riboflavin	S2
Pantothenic acid	S2
Arginine	S14, S2
Proline	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2
18:4	S2
20:5 n-3	S2
Sugars, total	S2
Fiber, total dietary	S2
Iron, Fe	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Niacin	S2
Vitamin B-6	S2
Folate, total	S2
Aspartic acid	S14, S2
6:0	S2
16:0	S2
18:0	S2
16:1 undifferentiated	S2
20:1	S2
Ash	S2
Water	S2
Phosphorus, P	S2
Selenium, Se	S2
Lycopene	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Cystine	S14, S2
Alanine	S14, S2
Cholesterol	S2
Sodium, Na	S2
Zinc, Zn	S2
Retinol	S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2817 of 3136

NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Glycine	S14, S2
Serine	S14, S2
4:0	S2
20:4 undifferentiated	S2
Magnesium, Mg	S2
Potassium, K	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Valine	S14, S2
Histidine	S14, S2
18:1 undifferentiated	S2
Calcium, Ca	S2
Copper, Cu	S2
Thiamin	S2
Threonine	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2
10:0	S2
12:0	S2
Protein	S2
Caffeine	S2
Carotene, alpha	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
22:1 undifferentiated	S2

NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Water	S2
Copper, Cu	S2
Selenium, Se	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2818 of 3136

NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Valine	S14, S2
Aspartic acid	S14, S2
Protein	S2
Caffeine	S2
Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
8:0	S2
16:0	S2
18:1 undifferentiated	S2
Total lipid (fat)	S2
Ash	S2
Sugars, total	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Folate, total	S2
Lysine	S14, S2
Cholesterol	S2
16:1 undifferentiated	S2
20:5 n-3	S2
6:0	S2
12:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Theobromine	S2
Fiber, total dietary	S2
Retinol	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
14:0	S2
Phosphorus, P	S2
Manganese, Mn	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2819 of 3136

NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Carotene, beta	S2
Carotene, alpha	S2
Thiamin	S2
Niacin	S2
Leucine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
18:0	S2
18:2 undifferentiated	S2
22:6 n-3	S2
Calcium, Ca	S2
Iron, Fe	S2
Sodium, Na	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Serine	S14, S2
Magnesium, Mg	S2
Potassium, K	S2
Zinc, Zn	S2
Cryptoxanthin, beta	S2
Tyrosine	S14, S2
4:0	S2
10:0	S2
18:4	S2
20:1	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

Riboflavin	S2
Pantothenic acid	S2
Folate, total	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2820 of 3136

NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
12:0	S2
20:5 n-3	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-12	S2
Arginine	S14, S2
20:4 undifferentiated	S2
18:4	S2
Protein	S2
Phosphorus, P	S2
Alanine	S14, S2
18:2 undifferentiated	S2
Calcium, Ca	S2
Copper, Cu	S2
Methionine	S14, S2
Phenylalanine	S14, S2
4:0	S2
6:0	S2
16:1 undifferentiated	S2
20:1	S2
Ash	S2
Water	S2
Iron, Fe	S2
Magnesium, Mg	S2
Potassium, K	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Serine	S14, S2
8:0	S2
Zinc, Zn	S2
Thiamin	S2
Vitamin B-6	S2
Threonine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2821 of 3136

NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Histidine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
14:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Sodium, Na	S2
Selenium, Se	S2
Niacin	S2
Lysine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Cholesterol	S2
10:0	S2
18:0	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Retinol	S2
Leucine	S14, S2
16:0	S2
18:3 undifferentiated	S2

NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Phosphorus, P	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Cystine	S14, S2
Proline	S14, S2
16:1 undifferentiated	S2
Protein	S2
Total lipid (fat)	S2
Selenium, Se	S2
Aspartic acid	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2822 of 3136

NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Water	S2
Sodium, Na	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Alanine	S14, S2
Glycine	S14, S2
22:1 undifferentiated	S2
Vitamin E (alpha-tocopherol)	S2
Phenylalanine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
18:4	S2
20:5 n-3	S2
Calcium, Ca	S2
Iron, Fe	S2
Potassium, K	S2
Thiamin	S2
Riboflavin	S2
14:0	S2
Copper, Cu	S2
Manganese, Mn	S2
Retinol	S2
Pantothenic acid	S2
Threonine	S14, S2
Isoleucine	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Ash	S2
Leucine	S14, S2
Lysine	S14, S2
Tyrosine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2823 of 3136

NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Serine	S14, S2
18:0	S2
18:2 undifferentiated	S2
20:1	S2
Magnesium, Mg	S2
Niacin	S2
Folate, total	S2
Vitamin B-12	S2
Valine	S14, S2
Arginine	S14, S2
16:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2

NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Water	S2
Iron, Fe	S2
Phosphorus, P	S2
Retinol	S2
Lutein + zeaxanthin	S2
Threonine	S14, S2
Leucine	S14, S2
Methionine	S14, S2
Glycine	S14, S2
10:0	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Zinc, Zn	S2
Cryptoxanthin, beta	S2
Lysine	S14, S2
8:0	S2
18:3 undifferentiated	S2
20:5 n-3	S2
Fiber, total dietary	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2824 of 3136

NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
4:0	S2
20:1	S2
Sodium, Na	S2
Manganese, Mn	S2
Carotene, beta	S2
Lycopene	S2
Riboflavin	S2
Niacin	S2
Histidine	S14, S2
Alanine	S14, S2
Proline	S14, S2
12:0	S2
18:2 undifferentiated	S2
Protein	S2
Theobromine	S2
Magnesium, Mg	S2
Tocopherol, beta	S2
Thiamin	S2
Vitamin B-6	S2
6:0	S2
18:0	S2
18:4	S2
22:1 undifferentiated	S2
Selenium, Se	S2
Carotene, alpha	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Cholesterol	S2
22:6 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2825 of 3136

NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

16:1 undifferentiated	S2
Caffeine	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Aspartic acid	S14, S2
14:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
22:5 n-3	S2
Ash	S2
Sugars, total	S2
Potassium, K	S2
Folate, total	S2
Arginine	S14, S2
Serine	S14, S2
16:0	S2

NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Magnesium, Mg	S2
Potassium, K	S2
Selenium, Se	S2
Tocopherol, gamma	S2
Niacin	S2
Methionine	S14, S2
Histidine	S14, S2
14:0	S2
18:2 undifferentiated	S2
18:4	S2
22:5 n-3	S2
Total lipid (fat)	S2
Ash	S2
Sugars, total	S2
Carotene, beta	S2
Leucine	S14, S2
Glycine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2826 of 3136

NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Proline	S14, S2
6:0	S2
10:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Protein	S2
Water	S2
Caffeine	S2
Zinc, Zn	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Folate, total	S2
Vitamin B-12	S2
Cystine	S14, S2
Aspartic acid	S14, S2
Iron, Fe	S2
Copper, Cu	S2
Tocopherol, beta	S2
Vitamin B-6	S2
Cholesterol	S2
4:0	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Phosphorus, P	S2
Manganese, Mn	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Serine	S14, S2
Calcium, Ca	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2827 of 3136

NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Sodium, Na	S2
Retinol	S2
Lycopene	S2
Tryptophan	S14, S2
12:0	S2
18:0	S2
20:1	S2
Theobromine	S2
Fiber, total dietary	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Pantothenic acid	S2
Threonine	S14, S2
Lysine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
8:0	S2
16:0	S2
Riboflavin	S2
Isoleucine	S14, S2
18:1 undifferentiated	S2

NDB No. 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Ash	S2
Water	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
10:0	S2
20:4 undifferentiated	S2
Protein	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Iron, Fe	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2828 of 3136

NDB No. 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Potassium, K	S2
Tocopherol, beta	S2
Tyrosine	S14, S2
14:0	S2
18:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Tocopherol, gamma	S2
Niacin	S2
Pantothenic acid	S2
Glutamic acid	S14, S2
Proline	S14, S2
12:0	S2
20:5 n-3	S2
Sodium, Na	S2
Zinc, Zn	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Isoleucine	S14, S2
Serine	S14, S2
16:0	S2
22:5 n-3	S2
Copper, Cu	S2
Riboflavin	S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
Cholesterol	S2
22:6 n-3	S2
18:4	S2
20:1	S2
Magnesium, Mg	S2
Retinol	S2
Vitamin B-12	S2
Selenium, Se	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2829 of 3136

NDB No. 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Vitamin B-6	S2
Valine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
18:2 undifferentiated	S2
Manganese, Mn	S2
Threonine	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
18:3 undifferentiated	S2

NDB No. 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Potassium, K	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
14:0	S2
22:5 n-3	S2
Caffeine	S2
Calcium, Ca	S2
Iron, Fe	S2
Manganese, Mn	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Pantothenic acid	S2
12:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2830 of 3136

NDB No. 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Sodium, Na	S2
Lycopene	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
Carotene, beta	S2
Threonine	S14, S2
16:0	S2
18:2 undifferentiated	S2
20:1	S2
Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Sugars, total	S2
Magnesium, Mg	S2
Copper, Cu	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Histidine	S14, S2
Serine	S14, S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
Phosphorus, P	S2
Cystine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Proline	S14, S2
4:0	S2
16:1 undifferentiated	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Theobromine	S2
Zinc, Zn	S2
Retinol	S2
Vitamin B-12	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2831 of 3136

NDB No. 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Lysine	S14, S2
Methionine	S14, S2
8:0	S2
10:0	S2
18:0	S2
Fiber, total dietary	S2
Selenium, Se	S2
Lutein + zeaxanthin	S2
Niacin	S2
Isoleucine	S14, S2
Leucine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
6:0	S2
18:1 undifferentiated	S2
18:4	S2

NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Selenium, Se	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Tryptophan	S14, S2
Valine	S14, S2
Proline	S14, S2
6:0	S2
20:5 n-3	S2
22:5 n-3	S2
Water	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Aspartic acid	S14, S2
16:0	S2
18:0	S2
22:6 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2832 of 3136

NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Retinol	S2
Vitamin B-6	S2
Vitamin B-12	S2
Threonine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Fiber, total dietary	S2
Phosphorus, P	S2
Sodium, Na	S2
Arginine	S14, S2
Alanine	S14, S2
14:0	S2
18:2 undifferentiated	S2
Protein	S2
Total lipid (fat)	S2
Zinc, Zn	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Riboflavin	S2
Isoleucine	S14, S2
Serine	S14, S2
18:1 undifferentiated	S2
20:1	S2
Copper, Cu	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Pantothenic acid	S2
Leucine	S14, S2
Methionine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
4:0	S2
8:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2833 of 3136

NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

18:4	S2
Ash	S2
Iron, Fe	S2
Magnesium, Mg	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Lysine	S14, S2
Cholesterol	S2
10:0	S2
Calcium, Ca	S2
Carotene, beta	S2
Tocopherol, beta	S2
Thiamin	S2
Tyrosine	S14, S2
12:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
22:1 undifferentiated	S2

NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Manganese, Mn	S2
Carotene, beta	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Glycine	S14, S2
14:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
22:5 n-3	S2
Ash	S2
Copper, Cu	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2834 of 3136

NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Selenium, Se	S2
Tocopherol, delta	S2
Niacin	S2
Methionine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
16:1 undifferentiated	S2
Theobromine	S2
Sugars, total	S2
Zinc, Zn	S2
Lycopene	S2
Thiamin	S2
Vitamin B-12	S2
Phenylalanine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
Cholesterol	S2
18:2 undifferentiated	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Sodium, Na	S2
18:0	S2
Iron, Fe	S2
Folate, total	S2
Tryptophan	S14, S2
6:0	S2
10:0	S2
20:5 n-3	S2
Protein	S2
Water	S2
Caffeine	S2
Potassium, K	S2
Tocopherol, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2835 of 3136

NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Vitamin C, total ascorbic acid	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Serine	S14, S2
4:0	S2
12:0	S2
22:1 undifferentiated	S2
Phosphorus, P	S2
Retinol	S2
Tocopherol, gamma	S2
Threonine	S14, S2
16:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
20:1	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Riboflavin	S2
Lysine	S14, S2
Cystine	S14, S2
Alanine	S14, S2
8:0	S2
18:4	S2

NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Manganese, Mn	S2
Proline	S14, S2
12:0	S2
22:6 n-3	S2
Water	S2
Calcium, Ca	S2
Copper, Cu	S2
Thiamin	S2
Isoleucine	S14, S2
Valine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2836 of 3136

NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

20:1	S2
Potassium, K	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Methionine	S14, S2
14:0	S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2
Ash	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
18:4	S2
20:5 n-3	S2
Protein	S2
Magnesium, Mg	S2
Retinol	S2
Tocopherol, beta	S2
16:0	S2
Total lipid (fat)	S2
Sodium, Na	S2
Selenium, Se	S2
Niacin	S2
Iron, Fe	S2
Folate, total	S2
Leucine	S14, S2
Cystine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2837 of 3136

NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

10:0	S2
18:2 undifferentiated	S2
Phosphorus, P	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Riboflavin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Glycine	S14, S2
18:0	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
16:1 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

Caffeine	S2
Sugars, total	S2
Phosphorus, P	S2
Tocopherol, delta	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Cystine	S14, S2
Glycine	S14, S2
4:0	S2
18:0	S2
22:5 n-3	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Niacin	S2
Vitamin B-6	S2
Methionine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2838 of 3136

NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

6:0	S2
8:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
Fiber, total dietary	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Serine	S14, S2
12:0	S2
20:5 n-3	S2
Protein	S2
Water	S2
Carotene, beta	S2
Riboflavin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Arginine	S14, S2
Proline	S14, S2
10:0	S2
16:0	S2
Magnesium, Mg	S2
Sodium, Na	S2
Lutein + zeaxanthin	S2
18:2 undifferentiated	S2
20:1	S2
Theobromine	S2
Calcium, Ca	S2
Potassium, K	S2
Zinc, Zn	S2
Cryptoxanthin, beta	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2839 of 3136

NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Pantothenic acid	S2
Folate, total	S2
Valine	S14, S2
22:1 undifferentiated	S2
Ash	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Leucine	S14, S2
Glutamic acid	S14, S2
14:0	S2
Total lipid (fat)	S2
Iron, Fe	S2
Thiamin	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Histidine	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Leucine	S14, S2
Cystine	S14, S2
Valine	S14, S2
22:6 n-3	S2
20:1	S2
22:5 n-3	S2
Zinc, Zn	S2
Copper, Cu	S2
Lutein + zeaxanthin	S2
Arginine	S14, S2
Glycine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2840 of 3136

NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

20:5 n-3	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Threonine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
4:0	S2
8:0	S2
18:0	S2
16:1 undifferentiated	S2
Magnesium, Mg	S2
Sodium, Na	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Phenylalanine	S14, S2
Proline	S14, S2
10:0	S2
14:0	S2
Water	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Isoleucine	S14, S2
Methionine	S14, S2
Cholesterol	S2
6:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
18:4	S2
Total lipid (fat)	S2
Ash	S2
Caffeine	S2
Iron, Fe	S2
Potassium, K	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2841 of 3136

NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Carotene, beta	S2
Pantothenic acid	S2
Folate, total	S2
16:0	S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2
Protein	S2
Manganese, Mn	S2
Tocopherol, gamma	S2
Niacin	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Lysine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
18:3 undifferentiated	S2
Phosphorus, P	S2
Retinol	S2
Riboflavin	S2
Vitamin B-6	S2
Vitamin K (phylloquinone)	S2
Histidine	S14, S2
12:0	S2

NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Ash	S2
Copper, Cu	S2
Retinol	S2
Vitamin C, total ascorbic acid	S2
Leucine	S14, S2
Methionine	S14, S2
4:0	S2
8:0	S2
20:4 undifferentiated	S2
Water	S2
Sodium, Na	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2842 of 3136

NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Selenium, Se	S2
Tocopherol, gamma	S2
Threonine	S14, S2
Tyrosine	S14, S2
Histidine	S14, S2
Proline	S14, S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
Potassium, K	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Phenylalanine	S14, S2
Cholesterol	S2
12:0	S2
14:0	S2
16:0	S2
Tocopherol, beta	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Serine	S14, S2
16:1 undifferentiated	S2
Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
6:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Protein	S2
Iron, Fe	S2
Phosphorus, P	S2
Cryptoxanthin, beta	S2
Niacin	S2
Lysine	S14, S2
Cystine	S14, S2
Arginine	S14, S2
Alanine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2843 of 3136

NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

20:1	S2
20:5 n-3	S2
Total lipid (fat)	S2
Caffeine	S2
Theobromine	S2
Calcium, Ca	S2
Carotene, beta	S2
Lycopene	S2
Thiamin	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Glycine	S14, S2
18:0	S2
22:5 n-3	S2
Sugars, total	S2
Fiber, total dietary	S2
Magnesium, Mg	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Folate, total	S2
Glutamic acid	S14, S2
10:0	S2
18:3 undifferentiated	S2
18:4	S2

NDB No. 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Magnesium, Mg	S2
Phosphorus, P	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Methionine	S14, S2
Valine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2844 of 3136

NDB No. 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Arginine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
14:0	S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Iron, Fe	S2
Copper, Cu	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin B-12	S2
16:0	S2
18:2 undifferentiated	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Calcium, Ca	S2
Potassium, K	S2
Manganese, Mn	S2
Niacin	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
18:0	S2
20:1	S2
Ash	S2
Sodium, Na	S2
Tocopherol, beta	S2
Thiamin	S2
Folate, total	S2
Lysine	S14, S2
18:3 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2845 of 3136

NDB No. 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

22:5 n-3	S2
Riboflavin	S2
Pantothenic acid	S2
Cystine	S14, S2
10:0	S2
20:5 n-3	S2
Protein	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Proline	S14, S2
18:1 undifferentiated	S2
Water	S2
Retinol	S2
Tocopherol, delta	S2
Leucine	S14, S2
Cholesterol	S2
12:0	S2
20:4 undifferentiated	S2

NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Water	S2
Caffeine	S2
Copper, Cu	S2
Retinol	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Vitamin B-6	S2
Lysine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
18:0	S2
Fiber, total dietary	S2
Lycopene	S2
Riboflavin	S2
Folate, total	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2846 of 3136

NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Histidine	S14, S2
Alanine	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
20:5 n-3	S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Valine	S14, S2
Arginine	S14, S2
16:0	S2
18:2 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Magnesium, Mg	S2
Sodium, Na	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Thiamin	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Glutamic acid	S14, S2
4:0	S2
20:4 undifferentiated	S2
Protein	S2
Total lipid (fat)	S2
Iron, Fe	S2
Potassium, K	S2
Tocopherol, gamma	S2
12:0	S2
Theobromine	S2
Carotene, alpha	S2
Pantothenic acid	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2847 of 3136

NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Vitamin K (phylloquinone)	S2
Methionine	S14, S2
6:0	S2
10:0	S2
18:3 undifferentiated	S2
22:5 n-3	S2
Zinc, Zn	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Glycine	S14, S2
8:0	S2
16:1 undifferentiated	S2
18:4	S2
Sugars, total	S2
Phosphorus, P	S2
Carotene, beta	S2
Lutein + zeaxanthin	S2
Serine	S14, S2
14:0	S2
22:6 n-3	S2
20:1	S2
22:1 undifferentiated	S2

NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Carotene, alpha	S2
Tocopherol, beta	S2
Vitamin K (phylloquinone)	S2
Lysine	S14, S2
Arginine	S14, S2
6:0	S2
22:5 n-3	S2
Manganese, Mn	S2
Vitamin B-12	S2
Tyrosine	S14, S2
22:6 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2848 of 3136

NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Retinol	S2
Vitamin B-6	S2
Folate, total	S2
Valine	S14, S2
Proline	S14, S2
8:0	S2
14:0	S2
18:3 undifferentiated	S2
Ash	S2
Caffeine	S2
Calcium, Ca	S2
Iron, Fe	S2
Phosphorus, P	S2
Copper, Cu	S2
Cholesterol	S2
16:0	S2
20:1	S2
20:5 n-3	S2
Sodium, Na	S2
Selenium, Se	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Alanine	S14, S2
Serine	S14, S2
12:0	S2
18:2 undifferentiated	S2
16:1 undifferentiated	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2849 of 3136

NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Zinc, Zn	S2
Tocopherol, delta	S2
Tryptophan	S14, S2
Methionine	S14, S2
Aspartic acid	S14, S2
4:0	S2
10:0	S2
18:0	S2
Lycopene	S2
Thiamin	S2
Riboflavin	S2
Pantothenic acid	S2
Glutamic acid	S14, S2
Glycine	S14, S2
18:4	S2
Water	S2
Potassium, K	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, gamma	S2
Niacin	S2
Isoleucine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
Histidine	S14, S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2

NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Caffeine	S2
Calcium, Ca	S2
Sodium, Na	S2
Carotene, alpha	S2
Aspartic acid	S14, S2
6:0	S2
Copper, Cu	S2
Tocopherol, beta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2850 of 3136

NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Niacin	S2
Vitamin K (phylloquinone)	S2
Methionine	S14, S2
Histidine	S14, S2
12:0	S2
20:5 n-3	S2
22:5 n-3	S2
Fiber, total dietary	S2
Iron, Fe	S2
Carotene, beta	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Arginine	S14, S2
4:0	S2
14:0	S2
16:0	S2
18:1 undifferentiated	S2
22:6 n-3	S2
Theobromine	S2
Magnesium, Mg	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Thiamin	S2
Riboflavin	S2
Vitamin B-6	S2
Threonine	S14, S2
Leucine	S14, S2
Phenylalanine	S14, S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
Ash	S2
Phosphorus, P	S2
Zinc, Zn	S2
Selenium, Se	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2851 of 3136

NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Proline	S14, S2
Serine	S14, S2
18:0	S2
16:1 undifferentiated	S2
18:4	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Tryptophan	S14, S2
Lysine	S14, S2
Cystine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Alanine	S14, S2
10:0	S2
Protein	S2
Sugars, total	S2
Potassium, K	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Glutamic acid	S14, S2
Glycine	S14, S2
Total lipid (fat)	S2
Water	S2
Retinol	S2
Cholesterol	S2
8:0	S2
20:1	S2
22:1 undifferentiated	S2

NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Total lipid (fat)	S2
Fiber, total dietary	S2
Copper, Cu	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2852 of 3136

NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Leucine	S14, S2
Tyrosine	S14, S2
18:1 undifferentiated	S2
Caffeine	S2
Sugars, total	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Isoleucine	S14, S2
Methionine	S14, S2
Valine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
8:0	S2
18:3 undifferentiated	S2
18:4	S2
20:5 n-3	S2
Potassium, K	S2
Manganese, Mn	S2
Selenium, Se	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Lysine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Serine	S14, S2
20:1	S2
22:5 n-3	S2
Carotene, beta	S2
Carotene, alpha	S2
Niacin	S2
Vitamin B-12	S2
Glycine	S14, S2
Water	S2
Magnesium, Mg	S2
Phosphorus, P	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2853 of 3136

NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Zinc, Zn	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
18:0	S2
22:1 undifferentiated	S2
Protein	S2
Theobromine	S2
Calcium, Ca	S2
Cryptoxanthin, beta	S2
Tocopherol, delta	S2
Thiamin	S2
Pantothenic acid	S2
Vitamin B-6	S2
4:0	S2
10:0	S2
14:0	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Sodium, Na	S2
Retinol	S2
Folate, total	S2
6:0	S2
12:0	S2
18:2 undifferentiated	S2
Ash	S2
Iron, Fe	S2
Cystine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Proline	S14, S2
16:0	S2

NDB No. 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2854 of 3136

NDB No. 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Sodium, Na	S2
Tocopherol, gamma	S2
Thiamin	S2
Tryptophan	S14, S2
16:0	S2
18:0	S2
Folate, total	S2
Isoleucine	S14, S2
Arginine	S14, S2
Alanine	S14, S2
Cholesterol	S2
12:0	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Zinc, Zn	S2
Selenium, Se	S2
Vitamin B-12	S2
Leucine	S14, S2
14:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
22:6 n-3	S2
Iron, Fe	S2
Copper, Cu	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Niacin	S2
Vitamin B-6	S2
Lysine	S14, S2
Phenylalanine	S14, S2
Proline	S14, S2
20:5 n-3	S2
Total lipid (fat)	S2
Methionine	S14, S2
Cystine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2855 of 3136

NDB No. 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Tyrosine	S14, S2
18:1 undifferentiated	S2
20:1	S2
22:5 n-3	S2
Protein	S2
Ash	S2
Threonine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
Serine	S14, S2
Calcium, Ca	S2
Potassium, K	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Riboflavin	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Aspartic acid	S14, S2
Glycine	S14, S2
10:0	S2
22:1 undifferentiated	S2
Water	S2
Manganese, Mn	S2
Valine	S14, S2
18:4	S2

NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered

Magnesium, Mg	S1581
Sodium, Na	S1581
Carotene, beta	S1581
Folate, total	S1581
Fatty acids, total trans	S1581
18:0	S1581
18:2 undifferentiated	S1581
22:0	S1581
Fatty acids, total monounsaturated	S1581

Reference_Report

NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered

Fatty acids, total polyunsaturated	S1581
18:3 n-3 c,c,c	S1581
Potassium, K	S1581
Retinol	S1581
Tocopherol, beta	S1581
12:0	S1581
20:4 undifferentiated	S1581
17:0	S1581
15:1	S1581
Total lipid (fat)	S1581
Selenium, Se	S1581
Cryptoxanthin, beta	S1581
Thiamin	S1581
Fatty acids, total saturated	S1581
18:1 undifferentiated	S1581
20:1	S1581
15:0	S1581
20:2 n-6 c,c	S1581
Ash	S1581
Zinc, Zn	S1581
Lycopene	S1581
Vitamin C, total ascorbic acid	S1581
Vitamin B-6	S1581
Cholesterol	S1581
8:0	S1581
10:0	S1581
14:1	S1581
20:3 undifferentiated	S1581
Calcium, Ca	S1581
Vitamin B-12	S1581
Protein	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, delta	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin K (phylloquinone)	S1581
20:0	S1581

Reference Report

JUL-17-2008 02:00 PM

Page 2857 of 3136

NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered

Iron, Fe	S1581
Phosphorus, P	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Carotene, alpha	S1581
Riboflavin	S1581
16:0	S1581
16:1 undifferentiated	S1581
18:3 n-6 c,c,c	S1581
Water	S1581
Tocopherol, gamma	S1581
14:0	S1581

NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw

Calcium, Ca	S2
Selenium, Se	S2
Carotene, beta	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Vitamin B-12	S2
Methionine	S14, S2
Phenylalanine	S14, S2
4:0	S2
14:0	S2
16:0	S2
22:6 n-3	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Water	S2
Riboflavin	S2
8:0	S2
20:4 undifferentiated	S2
Sugars, total	S2
Zinc, Zn	S2
Manganese, Mn	S2
Niacin	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2858 of 3136

NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw

Histidine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
10:0	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
18:4	S2
Protein	S2
Caffeine	S2
Fiber, total dietary	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tocopherol, beta	S2
Thiamin	S2
Vitamin B-6	S2
Valine	S14, S2
16:1 undifferentiated	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
6:0	S2
Total lipid (fat)	S2
Ash	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Leucine	S14, S2
Lysine	S14, S2
Arginine	S14, S2
Serine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2859 of 3136

NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw

Cholesterol	S2
12:0	S2
18:0	S2
18:1 undifferentiated	S2
20:1	S2
Theobromine	S2
Copper, Cu	S2
Retinol	S2
Isoleucine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
22:5 n-3	S2
Threonine	S14, S2
Cystine	S14, S2

NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Lycopene	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Glycine	S14, S2
4:0	S2
20:1	S2
20:5 n-3	S2
Zinc, Zn	S2
Folate, total	S2
Cystine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
16:0	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
18:4	S2
Phosphorus, P	S2
Copper, Cu	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2860 of 3136

NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Tocopherol, gamma	S2
Pantothenic acid	S2
Tyrosine	S14, S2
Arginine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
10:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
22:6 n-3	S2
Protein	S2
Glutamic acid	S14, S2
Serine	S14, S2
6:0	S2
12:0	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Manganese, Mn	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Niacin	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Theobromine	S2
Iron, Fe	S2
Potassium, K	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Isoleucine	S14, S2
Alanine	S14, S2
14:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2861 of 3136

NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted

20:4 undifferentiated	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Selenium, Se	S2
Retinol	S2
Tocopherol, beta	S2
Vitamin B-6	S2
Threonine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Proline	S14, S2
8:0	S2
Sugars, total	S2
Magnesium, Mg	S2
Carotene, alpha	S2
Tocopherol, delta	S2
Riboflavin	S2
Vitamin B-12	S2
Methionine	S14, S2
Valine	S14, S2

NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw

Protein	S2
Theobromine	S2
Phosphorus, P	S2
Lutein + zeaxanthin	S2
Vitamin B-12	S2
Valine	S14, S2
Cholesterol	S2
18:4	S2
Water	S2
Potassium, K	S2
Manganese, Mn	S2
Vitamin B-6	S2
Methionine	S14, S2
14:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2862 of 3136

NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw

Copper, Cu	S2
Thiamin	S2
Tryptophan	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Glutamic acid	S14, S2
16:0	S2
18:3 undifferentiated	S2
22:5 n-3	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Pantothenic acid	S2
Vitamin K (phylloquinone)	S2
Cystine	S14, S2
Proline	S14, S2
8:0	S2
10:0	S2
22:6 n-3	S2
Ash	S2
Calcium, Ca	S2
Retinol	S2
Carotene, beta	S2
Niacin	S2
Folate, total	S2
Leucine	S14, S2
Tyrosine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
Serine	S14, S2
6:0	S2
12:0	S2
18:0	S2
16:1 undifferentiated	S2
20:1	S2
Carbohydrate, by difference	S2
Caffeine	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2863 of 3136

NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw

Zinc, Zn	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Threonine	S14, S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Iron, Fe	S2
Carotene, alpha	S2
Riboflavin	S2
Lysine	S14, S2
Aspartic acid	S14, S2
4:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
Sugars, total	S2
Magnesium, Mg	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Tocopherol, beta	S2
Isoleucine	S14, S2
Arginine	S14, S2
20:5 n-3	S2
22:1 undifferentiated	S2

NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted

Total lipid (fat)	S2
Water	S2
Cryptoxanthin, beta	S2
Niacin	S2
Folate, total	S2
Threonine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2864 of 3136

NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted

Glutamic acid	S14, S2
Glycine	S14, S2
10:0	S2
18:0	S2
18:4	S2
20:5 n-3	S2
Sugars, total	S2
Manganese, Mn	S2
Carotene, alpha	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Vitamin B-6	S2
Vitamin B-12	S2
Histidine	S14, S2
4:0	S2
14:0	S2
Calcium, Ca	S2
Phosphorus, P	S2
Tocopherol, beta	S2
Riboflavin	S2
Pantothenic acid	S2
Methionine	S14, S2
6:0	S2
Ash	S2
Theobromine	S2
Iron, Fe	S2
Carotene, beta	S2
Vitamin C, total ascorbic acid	S2
Alanine	S14, S2
Aspartic acid	S14, S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
20:1	S2
Protein	S2
Magnesium, Mg	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2865 of 3136

NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted

Potassium, K	S2
Selenium, Se	S2
Retinol	S2
Isoleucine	S14, S2
Proline	S14, S2
12:0	S2
18:1 undifferentiated	S2
22:5 n-3	S2
Zinc, Zn	S2
Tocopherol, gamma	S2
Serine	S14, S2
Cholesterol	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2
Caffeine	S2
Copper, Cu	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Leucine	S14, S2
Lysine	S14, S2
22:6 n-3	S2
Fiber, total dietary	S2
Sodium, Na	S2
Vitamin E (alpha-tocopherol)	S2
Cystine	S14, S2
Valine	S14, S2
8:0	S2
16:0	S2

NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw

Water	S2
Phosphorus, P	S2
Manganese, Mn	S2
Retinol	S2
Carotene, alpha	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2866 of 3136

NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw

Thiamin	S2
Vitamin B-6	S2
Folate, total	S2
Tryptophan	S14, S2
Protein	S2
Ash	S2
Iron, Fe	S2
Sodium, Na	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
12:0	S2
16:0	S2
16:1 undifferentiated	S2
Total lipid (fat)	S2
Theobromine	S2
Potassium, K	S2
Copper, Cu	S2
Tocopherol, beta	S2
Threonine	S14, S2
10:0	S2
14:0	S2
Magnesium, Mg	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Arginine	S14, S2
Glycine	S14, S2
Serine	S14, S2
Sugars, total	S2
Lutein + zeaxanthin	S2
Lysine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
4:0	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2867 of 3136

NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw

18:1 undifferentiated	S2
22:5 n-3	S2
Zinc, Zn	S2
Leucine	S14, S2
Aspartic acid	S14, S2
6:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Calcium, Ca	S2
Selenium, Se	S2
Carotene, beta	S2
Riboflavin	S2
Tyrosine	S14, S2
Proline	S14, S2
Cholesterol	S2
8:0	S2
22:6 n-3	S2
18:4	S2
22:1 undifferentiated	S2
Caffeine	S2
Fiber, total dietary	S2
Vitamin E (alpha-tocopherol)	S2
Lycopene	S2
Pantothenic acid	S2
Vitamin B-12	S2
Cystine	S14, S2
Valine	S14, S2
Alanine	S14, S2
Glutamic acid	S14, S2
18:0	S2
18:3 undifferentiated	S2
20:1	S2

NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Calcium, Ca	S2
-------------	----

Reference Report

JUL-17-2008 02:00 PM

Page 2868 of 3136

NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Magnesium, Mg	S2
Copper, Cu	S2
Carotene, alpha	S2
Lutein + zeaxanthin	S2
Cystine	S14, S2
Serine	S14, S2
Cholesterol	S2
6:0	S2
10:0	S2
16:0	S2
18:3 undifferentiated	S2
Potassium, K	S2
Vitamin B-6	S2
Folate, total	S2
Tyrosine	S14, S2
Valine	S14, S2
Histidine	S14, S2
Proline	S14, S2
22:6 n-3	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Fiber, total dietary	S2
Iron, Fe	S2
Carotene, beta	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Arginine	S14, S2
Glutamic acid	S14, S2
20:4 undifferentiated	S2
Phosphorus, P	S2
Zinc, Zn	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
4:0	S2
18:0	S2
Sugars, total	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2869 of 3136

NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Tocopherol, gamma	S2
Pantothenic acid	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Phenylalanine	S14, S2
18:4	S2
Water	S2
Caffeine	S2
Sodium, Na	S2
Selenium, Se	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tryptophan	S14, S2
Glycine	S14, S2
12:0	S2
14:0	S2
16:1 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2
Ash	S2
Theobromine	S2
Niacin	S2
Lysine	S14, S2
18:1 undifferentiated	S2
20:1	S2
Protein	S2
Manganese, Mn	S2
Tocopherol, delta	S2
Riboflavin	S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Methionine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
8:0	S2
18:2 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2870 of 3136

NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Sugars, total	S2
Fiber, total dietary	S2
Manganese, Mn	S2
Selenium, Se	S2
Vitamin K (phylloquinone)	S2
Valine	S14, S2
Alanine	S14, S2
18:0	S2
22:6 n-3	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Caffeine	S2
Iron, Fe	S2
Carotene, alpha	S2
Riboflavin	S2
Threonine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glutamic acid	S14, S2
4:0	S2
6:0	S2
10:0	S2
20:4 undifferentiated	S2
Water	S2
Calcium, Ca	S2
Sodium, Na	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Arginine	S14, S2
Aspartic acid	S14, S2
Proline	S14, S2
Cholesterol	S2
18:3 undifferentiated	S2
20:5 n-3	S2
Ash	S2
Theobromine	S2
Potassium, K	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2871 of 3136

NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Vitamin B-12	S2
Cystine	S14, S2
20:1	S2
22:5 n-3	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Tocopherol, delta	S2
Leucine	S14, S2
Tyrosine	S14, S2
Serine	S14, S2
12:0	S2
18:1 undifferentiated	S2
18:4	S2
Retinol	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Histidine	S14, S2
Carotene, beta	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Isoleucine	S14, S2
Glycine	S14, S2
8:0	S2
Protein	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Zinc, Zn	S2
Copper, Cu	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Folate, total	S2
Lysine	S14, S2
14:0	S2
16:0	S2
18:2 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2872 of 3136

NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

16:1 undifferentiated S2

NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Water S2
Caffeine S2
Theobromine S2
Zinc, Zn S2
Copper, Cu S2
Lycopene S2
Lutein + zeaxanthin S2
Vitamin B-12 S2
Glycine S14, S2
18:2 undifferentiated S2
22:5 n-3 S2
Total lipid (fat) S2
Ash S2
Thiamin S2
Phenylalanine S14, S2
Valine S14, S2
12:0 S2
20:5 n-3 S2
Sodium, Na S2
Cryptoxanthin, beta S2
Vitamin C, total ascorbic acid S2
Folate, total S2
Tryptophan S14, S2
Threonine S14, S2
Lysine S14, S2
Cystine S14, S2
Glutamic acid S14, S2
Proline S14, S2
Serine S14, S2
8:0 S2
10:0 S2
16:0 S2
20:4 undifferentiated S2

Reference Report

JUL-17-2008 02:00 PM

Page 2873 of 3136

NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Iron, Fe	S2
Potassium, K	S2
Selenium, Se	S2
Tocopherol, beta	S2
Vitamin K (phylloquinone)	S2
18:1 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Vitamin B-6	S2
Arginine	S14, S2
Histidine	S14, S2
Sugars, total	S2
Magnesium, Mg	S2
Niacin	S2
Methionine	S14, S2
Alanine	S14, S2
20:1	S2
Calcium, Ca	S2
Manganese, Mn	S2
Retinol	S2
Tocopherol, gamma	S2
Leucine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
18:3 undifferentiated	S2
18:4	S2
Protein	S2
Fiber, total dietary	S2
Phosphorus, P	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2
Riboflavin	S2
Pantothenic acid	S2
Isoleucine	S14, S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2874 of 3136

NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Tyrosine	S14, S2
Aspartic acid	S14, S2
14:0	S2
18:0	S2
22:1 undifferentiated	S2

NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Sugars, total	S2
Iron, Fe	S2
Carotene, beta	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Pantothenic acid	S2
Isoleucine	S14, S2
Methionine	S14, S2
18:0	S2
22:5 n-3	S2
Theobromine	S2
Selenium, Se	S2
Vitamin B-12	S2
Arginine	S14, S2
Histidine	S14, S2
6:0	S2
Sodium, Na	S2
Copper, Cu	S2
Tyrosine	S14, S2
Aspartic acid	S14, S2
Cholesterol	S2
22:6 n-3	S2
18:4	S2
20:5 n-3	S2
22:1 undifferentiated	S2
Total lipid (fat)	S2
Water	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, delta	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2875 of 3136

NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Cystine	S14, S2
Valine	S14, S2
Glutamic acid	S14, S2
4:0	S2
8:0	S2
Ash	S2
Fiber, total dietary	S2
Potassium, K	S2
Zinc, Zn	S2
Manganese, Mn	S2
Lycopene	S2
Tocopherol, beta	S2
Vitamin C, total ascorbic acid	S2
Riboflavin	S2
Niacin	S2
Tryptophan	S14, S2
Threonine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
16:1 undifferentiated	S2
Caffeine	S2
Phosphorus, P	S2
Proline	S14, S2
Calcium, Ca	S2
Lutein + zeaxanthin	S2
Tocopherol, gamma	S2
Leucine	S14, S2
Lysine	S14, S2
Phenylalanine	S14, S2
10:0	S2
16:0	S2
18:2 undifferentiated	S2
Protein	S2
Magnesium, Mg	S2
Retinol	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2876 of 3136

NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Thiamin	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin K (phylloquinone)	S2
Serine	S14, S2
12:0	S2
14:0	S2
18:1 undifferentiated	S2
20:1	S2

NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Theobromine	S2
Fiber, total dietary	S2
Carotene, beta	S2
Tocopherol, gamma	S2
Tryptophan	S14, S2
Leucine	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
Ash	S2
Water	S2
Phosphorus, P	S2
Carotene, alpha	S2
Niacin	S2
Serine	S14, S2
4:0	S2
10:0	S2
16:1 undifferentiated	S2
20:1	S2
Caffeine	S2
Magnesium, Mg	S2
Vitamin C, total ascorbic acid	S2
Glutamic acid	S14, S2
18:3 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2877 of 3136

NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Lycopene	S2
Vitamin B-6	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Cystine	S14, S2
18:0	S2
18:2 undifferentiated	S2
20:4 undifferentiated	S2
Sugars, total	S2
Copper, Cu	S2
Cryptoxanthin, beta	S2
Alanine	S14, S2
6:0	S2
14:0	S2
Iron, Fe	S2
Tocopherol, delta	S2
Lysine	S14, S2
Methionine	S14, S2
Phenylalanine	S14, S2
Glycine	S14, S2
Proline	S14, S2
12:0	S2
22:1 undifferentiated	S2
Potassium, K	S2
Zinc, Zn	S2
Manganese, Mn	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Thiamin	S2
Pantothenic acid	S2
Folate, total	S2
Valine	S14, S2
16:0	S2
20:5 n-3	S2
Total lipid (fat)	S2
Calcium, Ca	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2878 of 3136

NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Sodium, Na	S2
Selenium, Se	S2
Retinol	S2
Tocopherol, beta	S2
Riboflavin	S2
Threonine	S14, S2
Tyrosine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Aspartic acid	S14, S2
8:0	S2
22:6 n-3	S2
18:4	S2

NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Water	S2
Potassium, K	S2
Vitamin B-12	S2
Isoleucine	S14, S2
Leucine	S14, S2
Cystine	S14, S2
Proline	S14, S2
6:0	S2
16:0	S2
Caffeine	S2
Sugars, total	S2
Fiber, total dietary	S2
Sodium, Na	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Folate, total	S2
Valine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2879 of 3136

NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Alanine	S14, S2
Glycine	S14, S2
14:0	S2
Ash	S2
Iron, Fe	S2
Copper, Cu	S2
Threonine	S14, S2
8:0	S2
22:6 n-3	S2
16:1 undifferentiated	S2
Protein	S2
Total lipid (fat)	S2
Magnesium, Mg	S2
Methionine	S14, S2
Glutamic acid	S14, S2
Cholesterol	S2
18:4	S2
Zinc, Zn	S2
Selenium, Se	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Vitamin K (phylloquinone)	S2
Aspartic acid	S14, S2
18:0	S2
18:3 undifferentiated	S2
Theobromine	S2
Manganese, Mn	S2
Tocopherol, gamma	S2
Vitamin C, total ascorbic acid	S2
Phenylalanine	S14, S2
Histidine	S14, S2
Serine	S14, S2
10:0	S2
12:0	S2
18:2 undifferentiated	S2
20:5 n-3	S2
22:5 n-3	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2880 of 3136

NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Phosphorus, P	S2
Carotene, beta	S2
Lycopene	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Lysine	S14, S2
Arginine	S14, S2
4:0	S2
18:1 undifferentiated	S2
20:4 undifferentiated	S2
Calcium, Ca	S2
Carotene, alpha	S2
Niacin	S2
Pantothenic acid	S2
Tyrosine	S14, S2
20:1	S2
22:1 undifferentiated	S2

NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Copper, Cu	S2
Thiamin	S2
Vitamin B-12	S2
Cystine	S14, S2
Valine	S14, S2
Histidine	S14, S2
4:0	S2
12:0	S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
22:5 n-3	S2
Water	S2
Fiber, total dietary	S2
Carotene, alpha	S2
Folate, total	S2
Lysine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2881 of 3136

NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Arginine	S14, S2
Serine	S14, S2
Cholesterol	S2
Calcium, Ca	S2
Potassium, K	S2
Zinc, Zn	S2
Lycopene	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
18:4	S2
20:1	S2
Iron, Fe	S2
Magnesium, Mg	S2
Sodium, Na	S2
Riboflavin	S2
Phenylalanine	S14, S2
8:0	S2
20:5 n-3	S2
Ash	S2
Sugars, total	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Proline	S14, S2
6:0	S2
18:2 undifferentiated	S2
Theobromine	S2
Selenium, Se	S2
Threonine	S14, S2
Isoleucine	S14, S2
Alanine	S14, S2
Glycine	S14, S2
14:0	S2
18:0	S2
Protein	S2
Manganese, Mn	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2882 of 3136

NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Pantothenic acid	S2
Vitamin B-6	S2
Tryptophan	S14, S2
Aspartic acid	S14, S2
10:0	S2
Total lipid (fat)	S2
Caffeine	S2
Phosphorus, P	S2
Carotene, beta	S2
Cryptoxanthin, beta	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Vitamin K (phylloquinone)	S2
Leucine	S14, S2
Methionine	S14, S2
Glutamic acid	S14, S2
16:0	S2
22:1 undifferentiated	S2

NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Total lipid (fat)	S2
Sugars, total	S2
Calcium, Ca	S2
Valine	S14, S2
18:1 undifferentiated	S2
16:1 undifferentiated	S2
20:1	S2
Fiber, total dietary	S2
Lycopene	S2
Niacin	S2
Alanine	S14, S2
Aspartic acid	S14, S2
14:0	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2883 of 3136

NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Ash	S2
Caffeine	S2
Iron, Fe	S2
Magnesium, Mg	S2
Sodium, Na	S2
Zinc, Zn	S2
Manganese, Mn	S2
Cryptoxanthin, beta	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Isoleucine	S14, S2
Phenylalanine	S14, S2
Histidine	S14, S2
Serine	S14, S2
4:0	S2
18:0	S2
Selenium, Se	S2
Carotene, alpha	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Riboflavin	S2
Methionine	S14, S2
Arginine	S14, S2
Proline	S14, S2
Cholesterol	S2
12:0	S2
16:0	S2
18:2 undifferentiated	S2
22:5 n-3	S2
Thiamin	S2
Glutamic acid	S14, S2
6:0	S2
22:6 n-3	S2
Water	S2
Theobromine	S2

Reference Report

JUL-17-2008 02:00 PM

Page 2884 of 3136

NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Potassium, K	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2
Leucine	S14, S2
Cystine	S14, S2
10:0	S2
18:3 undifferentiated	S2
18:4	S2
Phosphorus, P	S2
Copper, Cu	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Vitamin B-6	S2
Lysine	S14, S2
20:5 n-3	S2
Carotene, beta	S2
Vitamin E (alpha-tocopherol)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Tyrosine	S14, S2
Glycine	S14, S2
8:0	S2
20:4 undifferentiated	S2
22:1 undifferentiated	S2

NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Total lipid (fat)	S2
Phosphorus, P	S2
Vitamin E (alpha-tocopherol)	S2
Lutein + zeaxanthin	S2
Riboflavin	S2
Vitamin K (phylloquinone)	S2
Threonine	S14, S2
Lysine	S14, S2
Cystine	S14, S2

Reference Report

JUL-17-2008 02:00 PM

Page 2885 of 3136

NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Serine	S14, S2
4:0	S2
22:6 n-3	S2
22:5 n-3	S2
Ash	S2
Tocopherol, beta	S2
Tyrosine	S14, S2
18:4	S2
Protein	S2
Calcium, Ca	S2
Retinol	S2
Glutamic acid	S14, S2
Cholesterol	S2
Water	S2
Selenium, Se	S2
Carotene, alpha	S2
Tocopherol, gamma	S2
Vitamin B-6	S2
Aspartic acid	S14, S2
10:0	S2
20:4 undifferentiated	S2
20:5 n-3	S2
Theobromine	S2
Potassium, K	S2
Manganese, Mn	S2
Carotene, beta	S2
Lycopene	S2
Pantothenic acid	S2
Tryptophan	S14, S2
Histidine	S14, S2
6:0	S2
8:0	S2
18:1 undifferentiated	S2
18:3 undifferentiated	S2
16:1 undifferentiated	S2
20:1	S2
Sugars, total	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2886 of 3136

NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Zinc, Zn	S2
Copper, Cu	S2
Thiamin	S2
Isoleucine	S14, S2
Leucine	S14, S2
Methionine	S14, S2
Alanine	S14, S2
Proline	S14, S2
16:0	S2
18:0	S2
18:2 undifferentiated	S2
Magnesium, Mg	S2
Cryptoxanthin, beta	S2
Vitamin C, total ascorbic acid	S2
Niacin	S2
Vitamin B-12	S2
Phenylalanine	S14, S2
Valine	S14, S2
Glycine	S14, S2
12:0	S2
14:0	S2
Caffeine	S2
Fiber, total dietary	S2
Iron, Fe	S2
Sodium, Na	S2
Tocopherol, delta	S2
Folate, total	S2
Arginine	S14, S2
22:1 undifferentiated	S2

NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Total lipid (fat)	S2
Magnesium, Mg	S2
Vitamin E (alpha-tocopherol)	S2
Vitamin C, total ascorbic acid	S2
Pantothenic acid	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2887 of 3136

NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Lysine	S14, S2
Cystine	S14, S2
Aspartic acid	S14, S2
8:0	S2
10:0	S2
22:6 n-3	S2
Carotene, beta	S2
Tryptophan	S14, S2
4:0	S2
18:2 undifferentiated	S2
Ash	S2
Calcium, Ca	S2
Phosphorus, P	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Tocopherol, gamma	S2
Folate, total	S2
Vitamin B-12	S2
Leucine	S14, S2
Methionine	S14, S2
Alanine	S14, S2
14:0	S2
20:1	S2
20:5 n-3	S2
Water	S2
Iron, Fe	S2
Selenium, Se	S2
Retinol	S2
Lutein + zeaxanthin	S2
Tocopherol, delta	S2
Thiamin	S2
Threonine	S14, S2
Glutamic acid	S14, S2
6:0	S2
12:0	S2
16:0	S2
18:3 undifferentiated	S2

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2888 of 3136

NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

20:4 undifferentiated	S2
16:1 undifferentiated	S2
Protein	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Manganese, Mn	S2
Isoleucine	S14, S2
Riboflavin	S2
Vitamin B-6	S2
Phenylalanine	S14, S2
Glycine	S14, S2
Serine	S14, S2
18:4	S2
Sodium, Na	S2
Zinc, Zn	S2
Vitamin K (phylloquinone)	S2
Tyrosine	S14, S2
18:0	S2
22:5 n-3	S2
Fiber, total dietary	S2
Potassium, K	S2
Copper, Cu	S2
Lycopene	S2
Tocopherol, beta	S2
Niacin	S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Proline	S14, S2
Cholesterol	S2
18:1 undifferentiated	S2
22:1 undifferentiated	S2

NDB No. 25000 Snacks, popcorn, microwave, 94% fat free

Iron, Fe S3549, S1163

Reference_Report

NDB No. 25000 Snacks, popcorn, microwave, 94% fat free

Folate, food	S1163
Threonine	S1163
Leucine	S1163
Cystine	S1163
Histidine	S1163
Glutamic acid	S1163
Proline	S1163
16:0	S3549
17:0	S3549
24:1 c	S3549
Water	S3549, S1163
Sugars, total	S3549, S1163
Vitamin E (alpha-tocopherol)	S3549, S1163
Tocopherol, beta	S3549, S1163
Tocopherol, gamma	S3549, S1163
Isoleucine	S1163
Arginine	S1163
6:0	S3549
12:0	S3549
18:0	S3549
20:0	S3549
22:1 undifferentiated	S3549
18:2 t not further defined	S3549
18:2 CLAs	S3549
Maltose	S3549, S1163
Manganese, Mn	S3549, S1163
Choline, total	S1163
Betaine	S1163
Lysine	S1163
Valine	S1163
Glycine	S1163
10:0	S3549
22:0	S3549
18:4	S3549
20:1	S3549
20:5 n-3	S3549
Fatty acids, total monounsaturated	S3549

NDB No. 25000 Snacks, popcorn, microwave, 94% fat free

Fatty acids, total trans-polyenoic	S3549
20:3 n-6	S3549
Total lipid (fat)	S3549, S1163
Lactose	S3549, S1163
Lutein + zeaxanthin	S3549
Vitamin B-6	S3549, S1163
Folate, total	S1163
Tryptophan	S1163
Phenylalanine	S1163
Fatty acids, total trans	S3549
4:0	S3549
8:0	S3549
14:0	S3549
18:1 undifferentiated	S3549
20:4 undifferentiated	S3549
Fatty acids, total polyunsaturated	S3549
22:1 t	S3549
16:1 c	S3549
18:2 n-6 c,c	S3549
15:1	S3549
Sucrose	S3549, S1163
Galactose	S3549, S1163
Tocopherol, delta	S3549, S1163
Thiamin	S1163
Riboflavin	S3549, S1163
Vitamin K (phylloquinone)	S1163
Serine	S1163
Fatty acids, total saturated	S3549
20:2 n-6 c,c	S3549
18:3 n-6 c,c,c	S3549
20:3 undifferentiated	S3549
18:3 n-3 c,c,c	S3549
20:3 n-3	S3549
22:4	S3549
Ash	S3549, S1163
Fiber, total dietary	S3549
Phosphorus, P	S3549, S1163

NDB No. 25000 Snacks, popcorn, microwave, 94% fat free

Potassium, K	S3549, S1163
Zinc, Zn	S3549, S1163
Copper, Cu	S3549, S1163
Lycopene	S3549
Niacin	S3549, S1163
22:6 n-3	S3549
24:0	S3549
22:1 c	S3549
Protein	S3549, S1163
Starch	S3549, S1163
Fructose	S3549, S1163
Sodium, Na	S3549, S1163
Selenium, Se	S3549, S1163
Cryptoxanthin, beta	S3549
Folic acid	S1163
Methionine	S1163
Tyrosine	S1163
18:2 undifferentiated	S3549
18:3 undifferentiated	S3549
15:0	S3549
16:1 t	S3549
18:1 c	S3549
Glucose (dextrose)	S3549, S1163
Calcium, Ca	S3549, S1163
Magnesium, Mg	S3549, S1163
Carotene, beta	S3549
Carotene, alpha	S3549
Vitamin C, total ascorbic acid	S1163
Alanine	S1163
Aspartic acid	S1163
14:1	S3549
16:1 undifferentiated	S3549
22:5 n-3	S3549
18:1 t	S3549
17:1	S3549
Fatty acids, total trans-monoenoic	S3549

NDB No. 25002 Snacks, popcorn, unpopped kernels

Sucrose	S26
Phosphorus, P	S26
Zinc, Zn	S26
Pantothenic acid	S26
12:0	S26
14:0	S26
20:0	S26
20:1	S26
Fatty acids, total monounsaturated	S26
18:3 n-6 c,c,c	S26
20:3 undifferentiated	S26
Sugars, total	S26
16:1 undifferentiated	S26
Lactose	S26
Tocopherol, gamma	S26
Vitamin B-6	S26
18:2 undifferentiated	S26
22:0	S26
Galactose	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, delta	S26
10:0	S26
20:2 n-6 c,c	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Fructose	S26
Tocopherol, beta	S26
Riboflavin	S26
8:0	S26
16:0	S26
18:0	S26
15:0	S26
Protein	S26
Maltose	S26
Potassium, K	S26
Sodium, Na	S26

Reference_Report

NDB No. 25002 Snacks, popcorn, unpopped kernels

18:1 undifferentiated	S26
20:4 undifferentiated	S26
Fatty acids, total polyunsaturated	S26
17:0	S26
17:1	S26
Glucose (dextrose)	S26
Water	S26
Fiber, total dietary	S26
Copper, Cu	S26
Thiamin	S26
Folate, total	S26
Fatty acids, total saturated	S26
18:3 undifferentiated	S26
14:1	S26
15:1	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Manganese, Mn	S26
Selenium, Se	S26
Niacin	S26

NDB No. 25004 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Chewy Chocolate Peanut Bar

Cholesterol	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Fatty acids, total trans	S3361
Protein	S3361
Fatty acids, total saturated	S3361
Carbohydrate, by difference	S3361
Ash	S3361
Calcium, Ca	S3361
Total lipid (fat)	S3361
Fiber, total dietary	S3361
Vitamin C, total ascorbic acid	S3361
Water	S3361

Reference Report

JUL-17-2008 02:00 PM

Page 2894 of 3136

NDB No. 25004 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Chewy Chocolate Peanut Bar

Sugars, total S3361

NDB No. 25005 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Multi Grain Crunch Bar

Iron, Fe S3361

Carbohydrate, by difference S3361

Water S3361

Total lipid (fat) S3361

Ash S3361

Calcium, Ca S3361

Protein S3361

Cholesterol S3361

Energy S3361

Sodium, Na S3361

Vitamin A, IU S3361

Fatty acids, total saturated S3361

Fiber, total dietary S3361

Fatty acids, total trans S3361

Sugars, total S3361

Vitamin C, total ascorbic acid S3361

NDB No. 25006 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Double Chocolate Nut Bar

Vitamin B-6 S3361

Calcium, Ca S3361

Zinc, Zn S3361

Vitamin C, total ascorbic acid S3361

Niacin S3361

Folate, total S3361

Protein S3361

Carbohydrate, by difference S3361

Vitamin B-12 S3361

Iron, Fe S3361

Magnesium, Mg S3361

Pantothenic acid S3361

Total lipid (fat) S3361

Energy S3361

Fiber, total dietary S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2895 of 3136

NDB No. 25006 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Double Chocolate Nut Bar

Sodium, Na	S3361
Sugars, total	S3361
Vitamin E (alpha-tocopherol)	S3361
Ash	S3361
Water	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361
Phosphorus, P	S3361
Vitamin A, IU	S3361
Cholesterol	S3361

NDB No. 25007 Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter

Fiber, total dietary	S3361
Vitamin A, IU	S3361
Ash	S3361
Fatty acids, total trans	S3361
Energy	S3361
Water	S3361
Sugars, total	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Cholesterol	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin C, total ascorbic acid	S3361
Protein	S3361
Fatty acids, total saturated	S3361
Calcium, Ca	S3361

NDB No. 25008 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Honey Nut Oat Bar

Sodium, Na	S3361
Ash	S3361
Vitamin A, IU	S3361
Fatty acids, total trans	S3361
Total lipid (fat)	S3361
Protein	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2896 of 3136

NDB No. 25008 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Honey Nut Oat Bar

Fiber, total dietary	S3361
Fatty acids, total saturated	S3361
Water	S3361
Sugars, total	S3361
Vitamin C, total ascorbic acid	S3361

NDB No. 25009 Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate

Protein	S3361
Carbohydrate, by difference	S3361
Fatty acids, total trans	S3361
Energy	S3361
Water	S3361
Fiber, total dietary	S3361
Cholesterol	S3361
Ash	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Vitamin A, IU	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Fatty acids, total saturated	S3361
Sodium, Na	S3361
Vitamin C, total ascorbic acid	S3361

NDB No. 25010 Formulated Bar, MASTERFOODS USA, COCOAVIA, Chocolate Almond Snack Bar

Iron, Fe	S3361
Sodium, Na	S3361
Fatty acids, total trans	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Protein	S3361
Water	S3361
Vitamin A, IU	S3361
Carbohydrate, by difference	S3361
Fiber, total dietary	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2897 of 3136

NDB No. 25010 Formulated Bar, MASTERFOODS USA, COCOAVIA, Chocolate Almond Snack Bar

Vitamin C, total ascorbic acid	S3361
Ash	S3361
Fatty acids, total saturated	S3361

NDB No. 25012 Snacks, sweet potato chips

Vitamin A, IU	S3602
Cholesterol	S3602
Iron, Fe	S3602
Sodium, Na	S3602
Total lipid (fat)	S3602
Protein	S3602
Fiber, total dietary	S3602
Calcium, Ca	S3602
Sugars, total	S3602
Vitamin C, total ascorbic acid	S3602
Fatty acids, total saturated	S3602

NDB No. 25013 Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor

Choline, total	S2109
Alanine	S2661
Proline	S2661
Serine	S2661
Threonine	S2661
Leucine	S2661
Cystine	S2661
Glycine	S2661
Lysine	S2661
Histidine	S2661
Isoleucine	S2661
Phenylalanine	S2661
Methionine	S2661
Aspartic acid	S2661
Betaine	S2109
Tryptophan	S2661
Tyrosine	S2661
Valine	S2661

Reference_Report

NDB No. 25013 Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor

Arginine	S2661
Glutamic acid	S2661

NDB No. 25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Total lipid (fat)	S3549, S1163
Starch	S3549, S1163
Sucrose	S3549, S1163
Glucose (dextrose)	S3549, S1163
Lactose	S3549, S1163
Maltose	S3549, S1163
Iron, Fe	S3549, S1163
Manganese, Mn	S3549, S1163
Vitamin B-6	S3549, S1163
Folate, food	S1163
Proline	S1163
20:5 n-3	S3549
22:1 t	S3549
18:2 CLAs	S3549
22:1 c	S3549
18:3 n-6 c,c,c	S3549
22:4	S3549
Ash	S3549, S1163
Fructose	S3549, S1163
Galactose	S3549, S1163
Magnesium, Mg	S3549, S1163
Potassium, K	S3549, S1163
Sodium, Na	S3549, S1163
Selenium, Se	S3549, S1163
Cryptoxanthin, beta	S3549
Methionine	S1163
Aspartic acid	S1163
Serine	S1163
Hydroxyproline	S1163
24:0	S3549
18:1 c	S3549
Protein	S3549, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2899 of 3136

NDB No. 25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Fiber, total dietary	S3549
Zinc, Zn	S3549, S1163
Vitamin C, total ascorbic acid	S1163
Folic acid	S1163
Tryptophan	S1163
Threonine	S1163
Glycine	S1163
16:1 t	S3549
18:1 t	S3549
24:1 c	S3549
Sugars, total	S3549, S1163
Calcium, Ca	S3549, S1163
Copper, Cu	S3549, S1163
Carotene, beta	S3549
Tocopherol, gamma	S3549, S1163
Tocopherol, delta	S3549, S1163
Choline, total	S1163
Alanine	S1163
20:4 undifferentiated	S3549
20:2 n-6 c,c	S3549
Phosphorus, P	S3549, S1163
Vitamin E (alpha-tocopherol)	S3549, S1163
Riboflavin	S3549, S1163
Folate, total	S1163
Lysine	S1163
Phenylalanine	S1163
Valine	S1163
Histidine	S1163
22:6 n-3	S3549
20:1	S3549
18:2 t not further defined	S3549
Leucine	S1163
Tyrosine	S1163
Fatty acids, total saturated	S3549
18:4	S3549
22:1 undifferentiated	S3549
20:3 n-6	S3549

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2900 of 3136

NDB No. 25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Water	S3549, S1163
Lycopene	S3549
Tocopherol, beta	S3549, S1163
Thiamin	S1163
Niacin	S3549, S1163
Pantothenic acid	S1163
Vitamin K (phylloquinone)	S1163
Isoleucine	S1163
Cystine	S1163
Fatty acids, total trans	S3549
18:1 undifferentiated	S3549
22:5 n-3	S3549
15:1	S3549
Carotene, alpha	S3549
Lutein + zeaxanthin	S3549
Betaine	S1163
Arginine	S1163
Glutamic acid	S1163
20:3 undifferentiated	S3549
20:3 n-3	S3549

NDB No. 25015 Formulated Bar, MASTERFOODS USA, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

Phosphorus, P	S3361
Niacin	S3361
Total lipid (fat)	S3361
Sodium, Na	S3361
Pantothenic acid	S3361
Potassium, K	S3361
Zinc, Zn	S3361
Thiamin	S3361
Vitamin B-6	S3361
Vitamin B-12	S3361
Fatty acids, total trans	S3361
Vitamin E (alpha-tocopherol)	S3361
Cholesterol	S3361
Fiber, total dietary	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2901 of 3136

NDB No. 25015 Formulated Bar, MASTERFOODS USA, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

Protein	S3361
Iron, Fe	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Vitamin A, IU	S3361
Folate, total	S3361
Magnesium, Mg	S3361
Vitamin C, total ascorbic acid	S3361
Riboflavin	S3361
Fatty acids, total saturated	S3361

NDB No. 25016 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Energy Bar, all flavors

Fatty acids, total saturated	S3361
Calcium, Ca	S3361
Niacin	S3361
Protein	S3361
Total lipid (fat)	S3361
Energy	S3361
Iron, Fe	S3361
Vitamin C, total ascorbic acid	S3361
Vitamin A, IU	S3361
Cholesterol	S3361
Carbohydrate, by difference	S3361
Magnesium, Mg	S3361
Fiber, total dietary	S3361
Fatty acids, total trans	S3361
Ash	S3361
Water	S3361
Sugars, total	S3361
Sodium, Na	S3361

NDB No. 25017 Formulated bar, POWER BAR, chocolate

Sucrose	S2109
Sugars, total	S2109
Galactose	S2109

Reference_Report

NDB No. 25017 Formulated bar, POWER BAR, chocolate

Calcium, Ca	S2109
Zinc, Zn	S2109
Tocopherol, gamma	S2109
Pantothenic acid	S2109
Methionine	S2109
Alanine	S2109
Hydroxyproline	S2109
Fatty acids, total trans	S2109
22:6 n-3	S2109
22:0	S2109
20:3 n-6	S2109
Glucose (dextrose)	S2109
Water	S2109
Iron, Fe	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Thiamin	S2109
Tryptophan	S2109
Threonine	S2109
8:0	S2109
18:2 undifferentiated	S2109
15:0	S2109
18:1 c	S2109
18:2 n-6 c,c	S2109
Fatty acids, total trans-polyenoic	S2109
Fructose	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Tocopherol, beta	S2109
Riboflavin	S2109
Niacin	S2109
Vitamin K (phylloquinone)	S2109
Isoleucine	S2109
Leucine	S2109
Lysine	S2109
Arginine	S2109
Cholesterol	S2109

NDB No. 25017 Formulated bar, POWER BAR, chocolate

12:0	S2109
16:0	S2109
20:4 undifferentiated	S2109
22:1 undifferentiated	S2109
Fatty acids, total polyunsaturated	S2109
18:2 CLAs	S2109
Total lipid (fat)	S2109
Fiber, total dietary	S2109
Magnesium, Mg	S2109
Vitamin B-12	S2109
Valine	S2109
6:0	S2109
18:0	S2109
18:1 undifferentiated	S2109
18:3 undifferentiated	S2109
14:1	S2109
24:0	S2109
16:1 t	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Protein	S2109
Selenium, Se	S2109
Choline, total	S2109
Cystine	S2109
Tyrosine	S2109
Proline	S2109
Serine	S2109
Fatty acids, total saturated	S2109
22:5 n-3	S2109
17:0	S2109
22:1 t	S2109
18:2 t not further defined	S2109
16:1 c	S2109
20:3 n-3	S2109
Maltose	S2109

Reference Report

JUL-17-2008 02:00 PM

Page 2904 of 3136

NDB No. 25017 Formulated bar, POWER BAR, chocolate

Betaine	S2109
4:0	S2109
16:1 undifferentiated	S2109
20:1	S2109
20:5 n-3	S2109
18:1 t	S2109
24:1 c	S2109
15:1	S2109
Starch	S2109
Vitamin E (alpha-tocopherol)	S2109
Phenylalanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
10:0	S2109
20:0	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total trans-monoenoic	S2109
Ash	S2109
Lactose	S2109
Sodium, Na	S2109
Tocopherol, delta	S2109
Vitamin B-6	S2109
Histidine	S2109
Glycine	S2109
14:0	S2109
18:4	S2109
22:1 c	S2109
18:3 n-3 c,c,c	S2109

NDB No. 25018 Formulated Bar, MASTERFOODS USA, COCOAVIA, Chocolate Blueberry Snack Bar

Cholesterol	S3361
Fiber, total dietary	S3361
Iron, Fe	S3361
Vitamin A, IU	S3361
Protein	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2905 of 3136

NDB No. 25018 Formulated Bar, MASTERFOODS USA, COCOAVIA, Chocolate Blueberry Snack Bar

Sodium, Na	S3361
Fatty acids, total trans	S3361
Sugars, total	S3361
Calcium, Ca	S3361
Vitamin C, total ascorbic acid	S3361
Carbohydrate, by difference	S3361
Ash	S3361
Fatty acids, total saturated	S3361
Total lipid (fat)	S3361
Water	S3361

NDB No. 25026 Popcorn, microwave, regular (butter) flavor, made with palm oil

Protein	S3549, S1163
Selenium, Se	S3549, S1163
Sugars, total	S3549, S1163
Fructose	S3549, S1163
Fiber, total dietary	S3549
Magnesium, Mg	S3549, S1163
Phosphorus, P	S3549, S1163
Manganese, Mn	S3549, S1163
Niacin	S3549, S1163
Starch	S3549, S1163
Maltose	S3549, S1163
Galactose	S3549, S1163
Iron, Fe	S3549, S1163
Sodium, Na	S3549, S1163
Zinc, Zn	S3549, S1163
Vitamin C, total ascorbic acid	S1163
Riboflavin	S3549, S1163
Sucrose	S3549, S1163
Vitamin B-6	S3549, S1163
Ash	S3549, S1163
Glucose (dextrose)	S3549, S1163
Lactose	S3549, S1163
Water	S3549, S1163
Calcium, Ca	S3549, S1163

Reference Report

JUL-17-2008 02:00 PM

Page 2906 of 3136

NDB No. 25026 Popcorn, microwave, regular (butter) flavor, made with palm oil

Copper, Cu	S3549, S1163
Thiamin	S1163
Potassium, K	S3549, S1163
Pantothenic acid	S1163
Hydroxyproline	S1163

NDB No. 25027 Plantain chips

Protein	S3550
Folate, total	S3550
Fatty acids, total trans	S3550
12:0	S3550
20:4 undifferentiated	S3550
16:1 undifferentiated	S3550
22:1 t	S3550
17:1	S3550
18:3 n-3 c,c,c	S3550
Water	S3550
Copper, Cu	S3550
Pantothenic acid	S3550
Folate, food	S3550
6:0	S3550
10:0	S3550
18:1 undifferentiated	S3550
22:6 n-3	S3550
22:1 c	S3550
20:3 n-3	S3550
20:3 n-6	S3550
Calcium, Ca	S3550
Phosphorus, P	S3550
Thiamin	S3550
Fatty acids, total saturated	S3550
16:0	S3550
22:0	S3550
20:5 n-3	S3550
24:0	S3550
18:2 n-6 c,c	S3550

NDB No. 25027 Plantain chips

22:4	S3550
Ash	S3550
Starch	S3550
Manganese, Mn	S3550
18:2 undifferentiated	S3550
18:3 undifferentiated	S3550
20:1	S3550
Fatty acids, total polyunsaturated	S3550
17:0	S3550
24:1 c	S3550
20:2 n-6 c,c	S3550
18:3 n-6 c,c,c	S3550
20:3 undifferentiated	S3550
Fiber, total dietary	S3550
Zinc, Zn	S3550
Riboflavin	S3550
14:0	S3550
18:0	S3550
22:1 undifferentiated	S3550
22:5 n-3	S3550
15:0	S3550
16:1 c	S3550
Total lipid (fat)	S3550
Magnesium, Mg	S3550
Potassium, K	S3550
Vitamin B-6	S3550
4:0	S3550
14:1	S3550
18:4	S3550
18:1 t	S3550
18:2 CLAs	S3550
18:1 c	S3550
Fatty acids, total trans-monoenoic	S3550
15:1	S3550
Iron, Fe	S3550
Sodium, Na	S3550
Niacin	S3550

Reference_Report

NDB No. 25027 Plantain chips

8:0	S3550
20:0	S3550
Fatty acids, total monounsaturated	S3550
16:1 t	S3550
18:2 t not further defined	S3550
Fatty acids, total trans-polyenoic	S3550

NDB No. 25028 Snacks, tortilla chips, plain, yellow corn

Glucose (dextrose)	S3774
Water	S3774
Vitamin B-6	S3774
6:0	S3774
20:0	S3774
18:3 undifferentiated	S3774
18:4	S3774
15:0	S3774
17:0	S3774
24:1 c	S3774
Total lipid (fat)	S3774
Fructose	S3774
Iron, Fe	S3774
18:2 undifferentiated	S3774
14:1	S3774
Fatty acids, total monounsaturated	S3774
24:0	S3774
18:1 t	S3774
18:2 t not further defined	S3774
Fatty acids, total trans-polyenoic	S3774
Magnesium, Mg	S3774
Phosphorus, P	S3774
Fatty acids, total saturated	S3774
4:0	S3774
18:0	S3774
20:2 n-6 c,c	S3774
18:2 n-6 c,c	S3774

NDB No. 25028 Snacks, tortilla chips, plain, yellow corn

22:1 c	S3774
20:3 undifferentiated	S3774
15:1	S3774
Maltose	S3774
Galactose	S3774
Potassium, K	S3774
16:1 undifferentiated	S3774
17:1	S3774
18:3 n-3 c,c,c	S3774
Ash	S3774
Fiber, total dietary	S3774
Calcium, Ca	S3774
Sodium, Na	S3774
Selenium, Se	S3774
Thiamin	S3774
12:0	S3774
Fatty acids, total polyunsaturated	S3774
22:1 t	S3774
18:2 CLAs	S3774
16:1 c	S3774
Starch	S3774
Zinc, Zn	S3774
Copper, Cu	S3774
Niacin	S3774
Pantothenic acid	S3774
16:0	S3774
18:1 undifferentiated	S3774
20:1	S3774
Fatty acids, total trans-monoenoic	S3774
20:3 n-3	S3774
20:3 n-6	S3774
Protein	S3774
Sucrose	S3774
Manganese, Mn	S3774
14:0	S3774
22:6 n-3	S3774
20:5 n-3	S3774

Reference_Report

NDB No. 25028 Snacks, tortilla chips, plain, yellow corn

22:1 undifferentiated	S3774
16:1 t	S3774
18:3 n-6 c,c,c	S3774
22:4	S3774
Lactose	S3774
Sugars, total	S3774
Riboflavin	S3774
Fatty acids, total trans	S3774
8:0	S3774
10:0	S3774
20:4 undifferentiated	S3774
22:0	S3774
22:5 n-3	S3774
18:1 c	S3774

NDB No. 27000 Soup, Chinese, Egg Drop

Total lipid (fat)	S3551
Starch	S3551
Magnesium, Mg	S3551
Copper, Cu	S3551
Leucine	S3551
Cystine	S3551
Glutamic acid	S3551
Fatty acids, total trans	S3551
4:0	S3551
12:0	S3551
20:0	S3551
22:0	S3551
20:3 undifferentiated	S3551
Potassium, K	S3551
Selenium, Se	S3551
Pantothenic acid	S3551
Methionine	S3551
Histidine	S3551
14:1	S3551
16:1 undifferentiated	S3551

NDB No. 27000 Soup, Chinese, Egg Drop

20:1	S3551
22:1 undifferentiated	S3551
17:0	S3551
20:2 n-6 c,c	S3551
17:1	S3551
Calcium, Ca	S3551
Riboflavin	S3551
Vitamin B-6	S3551
Isoleucine	S3551
Tyrosine	S3551
Cholesterol	S3551
Fatty acids, total polyunsaturated	S3551
16:1 c	S3551
18:2 n-6 c,c	S3551
Water	S3551
Iron, Fe	S3551
Sodium, Na	S3551
Arginine	S3551
18:2 t not further defined	S3551
18:3 n-3 c,c,c	S3551
20:3 n-3	S3551
20:3 n-6	S3551
Manganese, Mn	S3551
Niacin	S3551
Lysine	S3551
Phenylalanine	S3551
Serine	S3551
Fatty acids, total saturated	S3551
8:0	S3551
10:0	S3551
20:4 undifferentiated	S3551
20:5 n-3	S3551
18:2 CLAs	S3551
15:1	S3551
Protein	S3551
Phosphorus, P	S3551
Proline	S3551

NDB No. 27000 Soup, Chinese, Egg Drop

6:0	S3551
18:0	S3551
18:2 undifferentiated	S3551
22:5 n-3	S3551
18:1 t	S3551
18:1 c	S3551
18:3 n-6 c,c,c	S3551
22:4	S3551
Ash	S3551
Zinc, Zn	S3551
Thiamin	S3551
Tryptophan	S3551
Valine	S3551
Alanine	S3551
Aspartic acid	S3551
Glycine	S3551
14:0	S3551
16:0	S3551
18:1 undifferentiated	S3551
18:3 undifferentiated	S3551
18:4	S3551
Fatty acids, total monounsaturated	S3551
15:0	S3551
16:1 t	S3551
22:1 t	S3551
24:1 c	S3551
22:1 c	S3551
Vitamin B-12	S3551
Threonine	S3551
22:6 n-3	S3551
24:0	S3551

NDB No. 27001 Soup, Chinese, Hot and Sour

Protein	S3551
Glucose (dextrose)	S3551
Niacin	S3551

NDB No. 27001 Soup, Chinese, Hot and Sour

Valine	S3551
Alanine	S3551
6:0	S3551
12:0	S3551
22:5 n-3	S3551
18:2 CLAs	S3551
Starch	S3551
Sucrose	S3551
Calcium, Ca	S3551
Phosphorus, P	S3551
Zinc, Zn	S3551
Vitamin K (phylloquinone)	S3551
Aspartic acid	S3551
Fatty acids, total trans	S3551
22:6 n-3	S3551
16:1 undifferentiated	S3551
Fatty acids, total monounsaturated	S3551
17:0	S3551
18:1 t	S3551
24:1 c	S3551
Water	S3551
Sugars, total	S3551
Iron, Fe	S3551
Sodium, Na	S3551
Copper, Cu	S3551
Selenium, Se	S3551
Vitamin B-6	S3551
Phenylalanine	S3551
8:0	S3551
18:0	S3551
18:1 undifferentiated	S3551
18:3 undifferentiated	S3551
18:4	S3551
18:1 c	S3551
18:2 n-6 c,c	S3551
20:3 n-3	S3551
Choline, total	S3551

Reference_Report

NDB No. 27001 Soup, Chinese, Hot and Sour

Tryptophan	S3551
Arginine	S3551
Histidine	S3551
4:0	S3551
20:4 undifferentiated	S3551
24:0	S3551
22:1 t	S3551
Total lipid (fat)	S3551
Ash	S3551
Maltose	S3551
Galactose	S3551
Thiamin	S3551
Betaine	S3551
Threonine	S3551
Lysine	S3551
Methionine	S3551
Serine	S3551
Cholesterol	S3551
18:2 undifferentiated	S3551
22:1 undifferentiated	S3551
Fatty acids, total polyunsaturated	S3551
15:0	S3551
20:2 n-6 c,c	S3551
18:3 n-6 c,c,c	S3551
17:1	S3551
Fatty acids, total trans-monoenoic	S3551
22:4	S3551
Potassium, K	S3551
Vitamin B-12	S3551
Tyrosine	S3551
Glutamic acid	S3551
20:0	S3551
14:1	S3551
20:1	S3551
18:2 t not further defined	S3551
20:3 undifferentiated	S3551
20:3 n-6	S3551

Reference_Report

NDB No. 27001 Soup, Chinese, Hot and Sour

Manganese, Mn	S3551
Vitamin C, total ascorbic acid	S3551
Riboflavin	S3551
Pantothenic acid	S3551
Isoleucine	S3551
Leucine	S3551
Cystine	S3551
Proline	S3551
Fatty acids, total saturated	S3551
10:0	S3551
14:0	S3551
16:0	S3551
22:0	S3551
20:5 n-3	S3551
16:1 t	S3551
16:1 c	S3551
22:1 c	S3551
Fatty acids, total trans-polyenoic	S3551
18:3 n-3 c,c,c	S3551
Fructose	S3551
Lactose	S3551
Magnesium, Mg	S3551
Glycine	S3551
15:1	S3551

NDB No. 27002 Soup, Chinese, Wonton

Starch	S3551
Vitamin B-6	S3551
Methionine	S3551
Fatty acids, total trans	S3551
Fatty acids, total saturated	S3551
14:0	S3551
18:0	S3551
20:4 undifferentiated	S3551
20:5 n-3	S3551
Fatty acids, total polyunsaturated	S3551

NDB No. 27002 Soup, Chinese, Wonton

15:0	S3551
24:0	S3551
18:2 CLAs	S3551
18:2 n-6 c,c	S3551
Fatty acids, total trans-polyenoic	S3551
Sucrose	S3551
Magnesium, Mg	S3551
10:0	S3551
16:0	S3551
22:5 n-3	S3551
20:2 n-6 c,c	S3551
20:3 n-3	S3551
Lactose	S3551
Potassium, K	S3551
Carotene, alpha	S3551
Vitamin B-12	S3551
Vitamin K (phylloquinone)	S3551
Phenylalanine	S3551
Proline	S3551
20:0	S3551
18:3 undifferentiated	S3551
20:1	S3551
22:1 undifferentiated	S3551
16:1 t	S3551
18:2 t not further defined	S3551
20:3 undifferentiated	S3551
15:1	S3551
Glucose (dextrose)	S3551
Fructose	S3551
Phosphorus, P	S3551
Selenium, Se	S3551
Lutein + zeaxanthin	S3551
Riboflavin	S3551
Pantothenic acid	S3551
Threonine	S3551
Cystine	S3551
Arginine	S3551

NDB No. 27002 Soup, Chinese, Wonton

Aspartic acid	S3551
Serine	S3551
14:1	S3551
17:1	S3551
Protein	S3551
Copper, Cu	S3551
Manganese, Mn	S3551
Carotene, beta	S3551
Niacin	S3551
8:0	S3551
22:0	S3551
Fatty acids, total monounsaturated	S3551
17:0	S3551
18:1 t	S3551
22:1 t	S3551
Sugars, total	S3551
Galactose	S3551
Cryptoxanthin, beta	S3551
Thiamin	S3551
Tryptophan	S3551
Leucine	S3551
Tyrosine	S3551
Valine	S3551
4:0	S3551
6:0	S3551
18:2 undifferentiated	S3551
16:1 undifferentiated	S3551
16:1 c	S3551
22:1 c	S3551
Maltose	S3551
Water	S3551
Calcium, Ca	S3551
Iron, Fe	S3551
Zinc, Zn	S3551
Isoleucine	S3551
Alanine	S3551
Glycine	S3551

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2918 of 3136

NDB No. 27002 Soup, Chinese, Wonton

Cholesterol	S3551
22:6 n-3	S3551
18:4	S3551
18:3 n-6 c,c,c	S3551
Fatty acids, total trans-monoenoic	S3551
18:3 n-3 c,c,c	S3551
20:3 n-6	S3551
22:4	S3551
Total lipid (fat)	S3551
Ash	S3551
Sodium, Na	S3551
Lycopene	S3551
Lysine	S3551
Histidine	S3551
Glutamic acid	S3551
12:0	S3551
18:1 undifferentiated	S3551
24:1 c	S3551
18:1 c	S3551

NDB No. 27004 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Stew - Fully Loaded

Water	S4601
-------	-------

NDB No. 27005 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Stroganof - Fully Loaded

Water	S4601
-------	-------

NDB No. 27006 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Beef Barley Soup

Water	S4601
-------	-------

NDB No. 27007 CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup

Water	S4601
-------	-------

Reference Report

JUL-17-2008 02:00 PM

Page 2919 of 3136

NDB No. 27008 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup**

Water S4601

NDB No. 27009 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder**

Water S4601

NDB No. 27010 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Rigatoni & Meatballs - Fully Loaded**

Water S4601

NDB No. 27011 **CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Turkey Pot Pie - Fully Loaded**

Water S4601

NDB No. 27012 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Cheddar Cheese Soup, condensed**

Water S4601

NDB No. 27013 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed**

Water S4601

NDB No. 27014 **CAMPBELL Soup Company, CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed**

Water S4601

NDB No. 27015 **CAMPBELL Soup Company, CAMPBELL'S Red and White, SHREK shaped pasta with Chicken in Chicken Broth Soup, condensed**

Water S4601

NDB No. 27016 **CAMPBELL Soup Company, CAMPBELL's Red and White, Souper Shapes Soup - Cars, condensed**

Water S4601

NDB No. 27017 **CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup**

Reference Report

NDB No. 27017 **CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup**

Water S4601

NDB No. 27018 **CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla**

Water S4601

NDB No. 27019 **CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Harvest Tomato with Basil Soup**

Water S4601

NDB No. 27020 **CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Zesty Azteca Meatballs & Rice**

Water S4601

NDB No. 27021 **CAMPBELL Soup Company, CAMPBELL'S SELECT Soups, HEALTHY REQUEST Chicken with Egg Noodles**

Water S4601

NDB No. 27022 **CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, 25% Less Sodium Chicken with Mini Noodles Soup**

Water S4601

NDB No. 27023 **CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, 25% Less Sodium Classic Tomato**

Water S4601

NDB No. 27024 **CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Creamy Tomato Parmesan**

Water S4601

NDB No. 27025 **CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Italian Tomato & Basil Soup**

Water S4601

NDB No. 27026 **CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Southwestern Corn Chowder**

Water S4601

Reference Report

JUL-17-2008 02:00 PM

Page 2921 of 3136

NDB No. 27027 CAMPBELL Soup Company, PACE, Pico De Gallo

Water S4601

NDB No. 27028 CAMPBELL Soup Company, PACE, Salsa Verde

Water S4601

NDB No. 27029 CAMPBELL Soup Company, PACE, Tequila Lime Salsa

Water S4601

NDB No. 27030 CAMPBELL Soup Company, PACE, Triple Pepper Salsa

Water S4601

NDB No. 27032 CAMPBELL Soup Company, CAMPBELL'S Red and White, Lentil Soup, condensed

Water S4601

NDB No. 27033 CAMPBELL Soup Company, PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve

Water S4601

NDB No. 27034 CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Mushroom Soup, condensed

Water S3921

NDB No. 31003 CAMPBELL Soup Company, V8 Vegetable Juice, Lemon Twist V8

Water S3921

NDB No. 31004 CAMPBELL Soup Company, V8 Vegetable Juice, V8 Picante

Water S3921

NDB No. 31005 CAMPBELL Soup Company, V8 Vegetable Juice, Organic V8

Water S3921

Reference Report

JUL-17-2008 02:00 PM

Page 2922 of 3136

NDB No. 31008 Campbell's V8 100% Veg. Juice

Water S3921

NDB No. 31010 CAMPBELL Soup Company, V8 Vegetable Juice, Essential Antioxidants V8

Potassium, K S3921

Water S3921

Sugars, total S3921

Calcium, Ca S3921

Iron, Fe S3921

Protein S3921

Zinc, Zn S3921

Vitamin A, IU S3921

Total lipid (fat) S3921

Carbohydrate, by difference S3921

Fatty acids, total saturated S3921

Energy S3921

Fiber, total dietary S3921

Sodium, Na S3921

Cholesterol S3921

Vitamin C, total ascorbic acid S3921

NDB No. 31011 CAMPBELL Soup Company, V8 Vegetable Juice, Calcium Enriched V8

Water S3921

NDB No. 31012 CAMPBELL Soup Company, V8 Vegetable Juice, Low Sodium V8

Water S3921

NDB No. 31013 CAMPBELL Soup Company, V8 Vegetable Juice, Spicy Hot V8

Water S3921

NDB No. 31014 CAMPBELL Soup Company, PACE, Jalapenos Nacho Sliced Peppers

Water S3921

NDB No. 31015 CAMPBELL Soup Company, PACE, Diced Green Chilies

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2923 of 3136

NDB No. 31015 CAMPBELL Soup Company, PACE, Diced Green Chilies

Water S3921

NDB No. 35001 Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

Calcium, Ca D4961

Iron, Fe D4961

Vitamin E (alpha-tocopherol) D4961

Pantothenic acid D4961

Fatty acids, total saturated D4961

Water D4961

Folate, total D4961

Protein D4961

Ash D4961

Riboflavin D4961

Niacin D4961

Cholesterol D4961

Fiber, total dietary D4961

Potassium, K D4961

Zinc, Zn D4961

18:3 undifferentiated D4961

Phosphorus, P D4961

Manganese, Mn D4961

Vitamin A, IU D4961

Thiamin D4961

Vitamin B-6 D4961

Total lipid (fat) D4961

Fatty acids, total polyunsaturated D4961

Carbohydrate, by difference D4961

Sodium, Na D4961

Magnesium, Mg D4961

Copper, Cu D4961

Vitamin C, total ascorbic acid D4961

18:2 undifferentiated D4961

Fatty acids, total monounsaturated D4961

NDB No. 35002 Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2924 of 3136

NDB No. 35002 Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

Thiamin	D4961
Niacin	D4961
18:2 undifferentiated	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Fatty acids, total saturated	D4961
Fatty acids, total polyunsaturated	D4961
Total lipid (fat)	D4961
Water	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Vitamin E (alpha-tocopherol)	D4961
Phosphorus, P	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Vitamin A, IU	D4961
Magnesium, Mg	D4961
Potassium, K	D4961
Cholesterol	D4961
Protein	D4961
Iron, Fe	D4961
Riboflavin	D4961
Sodium, Na	D4961

NDB No. 35003 Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

Protein	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Fatty acids, total saturated	D4961
Water	D4961
Calcium, Ca	D4961
18:2 undifferentiated	D4961
Copper, Cu	D4961

Reference_Report

NDB No. 35003 Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

Niacin	D4961
Folate, total	D4961
Fatty acids, total polyunsaturated	D4961
Manganese, Mn	D4961
Riboflavin	D4961
Vitamin B-12	D4961
Fatty acids, total monounsaturated	D4961
Ash	D4961
Iron, Fe	D4961
Thiamin	D4961
18:3 undifferentiated	D4961
Magnesium, Mg	D4961
Potassium, K	D4961
Cholesterol	D4961
Total lipid (fat)	D4961
Vitamin C, total ascorbic acid	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961

NDB No. 35004 Ascidiars (tunughnak) (Alaska Native)

Protein	D4961
Vitamin C, total ascorbic acid	D4961
Cholesterol	D4961
Fatty acids, total monounsaturated	D4961
Ash	D4961
Water	D4961
Thiamin	D4961
Total lipid (fat)	D4961
Riboflavin	D4961
Fatty acids, total saturated	D4961
Calcium, Ca	D4961
Potassium, K	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total polyunsaturated	D4961

NDB No. 35004 Ascidians (tunughnak) (Alaska Native)

Sodium, Na	D4961
Vitamin A, IU	D4961
Niacin	D4961
Carbohydrate, by difference	D4961
Iron, Fe	D4961

NDB No. 35007 Bear, black, meat (Alaska Native)

Protein	D4961
Phosphorus, P	D4961
Total lipid (fat)	D4961
Water	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Ash	D4961
Niacin	D4961
Riboflavin	D4961
Carbohydrate, by difference	D4961

NDB No. 35008 Bear, polar, meat, raw (Alaska Native)

Niacin	D4961
Fatty acids, total monounsaturated	D4961
Carbohydrate, by difference	D4961
Potassium, K	D4961
Protein	D4961
Iron, Fe	D4961
Thiamin	D4961
Water	D4961
Vitamin C, total ascorbic acid	D4961
18:3 undifferentiated	D4961
Calcium, Ca	D4961
Riboflavin	D4961
Fatty acids, total polyunsaturated	D4961
Total lipid (fat)	D4961
Ash	D4961

NDB No. 35008 Bear, polar, meat, raw (Alaska Native)

Vitamin A, IU	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961

NDB No. 35009 Whale, beluga, meat, dried (Alaska Native)

Methionine	S3561
Serine	S3561
Fatty acids, total saturated	S3561
12:0	S3561
18:0	S3561
18:2 undifferentiated	S3561
18:4	S3561
Fatty acids, total monounsaturated	S3561
Calcium, Ca	S3561, D4961
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Niacin	S3561
Lysine	S3561
Cystine	S3561
10:0	S3561
Carbohydrate, by difference	D4961
Ash	S3561
Iron, Fe	S3561, D4961
Zinc, Zn	S3561
Thiamin	S3561
Riboflavin	S3561
Vitamin B-6	S3561
Choline, total	S3561
Histidine	S3561
Aspartic acid	S3561
8:0	S3561
14:0	S3561
16:0	S3561
20:5 n-3	S3561
17:1	S3561
Total lipid (fat)	S3561, D4961

NDB No. 35009 Whale, beluga, meat, dried (Alaska Native)

Vitamin C, total ascorbic acid	S3561
Vitamin B-12	S3561
Tyrosine	S3561
16:1 undifferentiated	S3561
24:0	S3561
Protein	S3561, D4961
Folate, total	S3561
Leucine	S3561
18:1 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
14:1	S3561
24:1 c	S3561
15:1	S3561
Water	S3561, D4961
Potassium, K	S3561
Manganese, Mn	S3561
Folate, food	S3561
Isoleucine	S3561
Proline	S3561
22:6 n-3	S3561
20:1	S3561
22:5 n-3	S3561
Fatty acids, total polyunsaturated	S3561
Phosphorus, P	S3561, D4961
Tocopherol, delta	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Tryptophan	S3561
Phenylalanine	S3561
Valine	S3561
Glutamic acid	S3561
22:1 undifferentiated	S3561
15:0	S3561
20:2 n-6 c,c	S3561
20:3 undifferentiated	S3561
21:5	S3561

NDB No. 35009 Whale, beluga, meat, dried (Alaska Native)

22:4	S3561
Magnesium, Mg	S3561
Sodium, Na	S3561
Copper, Cu	S3561
Selenium, Se	S3561
Pantothenic acid	S3561
Betaine	S3561
Threonine	S3561
Arginine	S3561
Alanine	S3561
Glycine	S3561
Cholesterol	S3561
20:0	S3561
22:0	S3561
17:0	S3561

NDB No. 35010 Whale, beluga, eyes (Alaska Native)

Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Total lipid (fat)	D4961
Ash	D4961
Water	D4961
Protein	D4961

NDB No. 35011 Whale, beluga, meat, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Ash	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Cholesterol	D4961
Iron, Fe	D4961
Water	D4961
Carbohydrate, by difference	D4961

NDB No. 35012 Whale, beluga, flipper, raw (Alaska Native)

Total lipid (fat)	D4961
Phosphorus, P	D4961
Water	D4961
Protein	D4961
Ash	D4961
Carbohydrate, by difference	D4961
Iron, Fe	D4961

NDB No. 35013 Whale, beluga, liver, raw (Alaska Native)

Water	D4961
Phosphorus, P	D4961
Calcium, Ca	D4961
Protein	D4961
Total lipid (fat)	D4961
Ash	D4961
Vitamin A, IU	D4961
Carbohydrate, by difference	D4961

NDB No. 35014 Oil, beluga, whale (Alaska Native)

Protein	S3561
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Vitamin E (alpha-tocopherol)	S3561
Thiamin	D4961
Niacin	D4961
20:4 undifferentiated	S3561
20:3 undifferentiated	S3561
15:1	S3561
22:4	S3561
Ash	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Tocopherol, beta	S3561
18:0	S3561
18:2 undifferentiated	S3561
22:0	S3561

NDB No. 35014 Oil, beluga, whale (Alaska Native)

Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
21:5	S3561
Water	D4961
Sodium, Na	S3561
Zinc, Zn	S3561
12:0	S3561
20:0	S3561
14:1	S3561
20:1	S3561
17:0	S3561
20:2 n-6 c,c	S3561
Magnesium, Mg	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Tocopherol, delta	S3561
10:0	S3561
22:6 n-3	S3561
16:1 undifferentiated	S3561
Riboflavin	D4961
Vitamin K (phylloquinone)	S3561
18:1 undifferentiated	S3561
22:1 undifferentiated	S3561
24:0	S3561
8:0	S3561
18:3 undifferentiated	S3561
22:5 n-3	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Fatty acids, total saturated	S3561
14:0	S3561
20:5 n-3	S3561
15:0	S3561
17:1	S3561
Copper, Cu	S3561
Vitamin D	S3561
Tocopherol, gamma	S3561

Reference_Report

NDB No. 35014 Oil, beluga, whale (Alaska Native)

16:0	S3561
18:4	S3561
24:1 c	S3561

NDB No. 35015 Blackberries, wild, raw (Alaska Native)

Water	S3481
Fiber, total dietary	S3481
Phosphorus, P	S3481
Manganese, Mn	S3481
Carotene, beta	S3481
Cryptoxanthin, beta	S3481
Folate, total	S3481
Protein	S3481
Sucrose	S3481
Lactose	S3481
Potassium, K	S3481
Iron, Fe	S3481
Tocopherol, beta	S3481
Total lipid (fat)	S3481
Sugars, total	S3481
Sodium, Na	S3481
Vitamin C, total ascorbic acid	S3481
Tocopherol, delta	S3481
Vitamin B-6	S3481
Folic acid	S3481
Ash	S3481
Glucose (dextrose)	S3481
Galactose	S3481
Magnesium, Mg	S3481
Carotene, alpha	S3481
Lycopene	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin K (phylloquinone)	S3481
Folate, food	S3481
Zinc, Zn	S3481

NDB No. 35015 Blackberries, wild, raw (Alaska Native)

Copper, Cu	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, gamma	S3481
Thiamin	S3481
Riboflavin	S3481
Starch	S3481
Fructose	S3481
Maltose	S3481
Calcium, Ca	S3481

NDB No. 35016 Fish, blackfish, whole (Alaska Native)

Calcium, Ca	D4961
Vitamin A, IU	D4961
Riboflavin	D4961
Ash	D4961
Iron, Fe	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Water	D4961
Thiamin	D4961
Protein	D4961
Niacin	D4961

NDB No. 35017 Blueberries, wild, frozen (Alaska Native)

Total lipid (fat)	D4961
Riboflavin	D4961
Water	D4961
Iron, Fe	D4961
Protein	D4961
Carbohydrate, by difference	D4961
Thiamin	D4961
Ash	D4961
Calcium, Ca	D4961
Vitamin C, total ascorbic acid	D4961
Niacin	D4961

Reference Report

JUL-17-2008 02:00 PM

Page 2934 of 3136

NDB No. 35017 Blueberries, wild, frozen (Alaska Native)

Vitamin A, IU D4961

NDB No. 35021 Caribou, bone marrow, raw (Alaska Native)

Phosphorus, P D4961

Vitamin A, IU D4961

Thiamin D4961

Total lipid (fat) D4961

Iron, Fe D4961

Carbohydrate, by difference D4961

Protein D4961

Ash D4961

Niacin D4961

Water D4961

NDB No. 35022 Caribou, eye, raw (Alaska Native)

Calcium, Ca D4961

Iron, Fe D4961

Phosphorus, P D4961

Water D4961

Thiamin D4961

Riboflavin D4961

Carbohydrate, by difference D4961

Niacin D4961

Total lipid (fat) D4961

Protein D4961

Ash D4961

Vitamin A, IU D4961

NDB No. 35023 Caribou, liver, raw (Alaska Native)

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Phosphorus, P D4961

Protein D4961

Calcium, Ca D4961

Ash D4961

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2935 of 3136

NDB No. 35023 Caribou, liver, raw (Alaska Native)

Water	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961

NDB No. 35024 Stew/soup, caribou (Alaska Native)

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Riboflavin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Ash	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Calcium, Ca	D4961
Niacin	D4961
Fatty acids, total saturated	D4961
18:3 undifferentiated	D4961
Water	D4961
Phosphorus, P	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Folate, total	D4961
Fiber, total dietary	D4961
Iron, Fe	D4961
Manganese, Mn	D4961
Magnesium, Mg	D4961
Potassium, K	D4961
Sodium, Na	D4961
Protein	D4961
Thiamin	D4961
Fatty acids, total polyunsaturated	D4961

NDB No. 35025 Caribou, tongue, raw (Alaska Native)

Protein	D4961
Calcium, Ca	D4961
Iron, Fe	D4961

Reference_Report

NDB No. 35025 Caribou, tongue, raw (Alaska Native)

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Phosphorus, P	D4961
Ash	D4961
Water	D4961

NDB No. 35026 Chiton, leathery, gumboots (Alaska Native)

Protein	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Iron, Fe	D4961
Thiamin	D4961
Niacin	D4961
Calcium, Ca	D4961
Riboflavin	D4961
Total lipid (fat)	D4961
Water	D4961

NDB No. 35027 Cloudberries, raw (Alaska Native)

Niacin	D4961
Protein	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin C, total ascorbic acid	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Vitamin A, IU	D4961
Total lipid (fat)	D4961
Iron, Fe	D4961
Thiamin	D4961
Calcium, Ca	D4961
Riboflavin	D4961

NDB No. 35028 Cockles, raw (Alaska Native)

Ash	D4961
Iron, Fe	D4961
Water	D4961
Calcium, Ca	D4961
Protein	D4961
Total lipid (fat)	D4961
Niacin	D4961
Carbohydrate, by difference	D4961
Riboflavin	D4961
Thiamin	D4961

NDB No. 35029 Cranberries, wild, bush, raw (Alaska Native)

Riboflavin	D4961
Calcium, Ca	D4961
Fiber, total dietary	D4961
Thiamin	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Protein	D4961
Phosphorus, P	D4961
Total lipid (fat)	D4961
Iron, Fe	D4961
Potassium, K	D4961
Sodium, Na	D4961
Niacin	D4961

NDB No. 35030 Cranberry, low bush or lingenberry, raw (Alaska Native)

Total lipid (fat)	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Carbohydrate, by difference	D4961

NDB No. 35030 Cranberry, low bush or lingenberry, raw (Alaska Native)

Phosphorus, P	D4961
Thiamin	D4961
Ash	D4961
Water	D4961
Niacin	D4961
Protein	D4961
Riboflavin	D4961

NDB No. 35034 Fish, devilfish, meat (Alaska Native)

Total lipid (fat)	D4961
Ash	D4961
Vitamin A, IU	D4961
Calcium, Ca	D4961
Protein	D4961
Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Water	D4961
Niacin	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Iron, Fe	D4961
Riboflavin	D4961

NDB No. 35038 Fireweed, young leaves, raw (Alaska Native)

Total lipid (fat)	D4961
Water	D4961
Protein	D4961
Potassium, K	D4961
Sodium, Na	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Phosphorus, P	D4961
Thiamin	D4961
Riboflavin	D4961

NDB No. 35038 Fireweed, young leaves, raw (Alaska Native)

Niacin	D4961
Vitamin A, IU	D4961
Fiber, total dietary	D4961
Vitamin C, total ascorbic acid	D4961

NDB No. 35039 Fish, herring eggs on giant kelp, Pacific (Alaska Native)

Sodium, Na	D4961
Protein	D4961
Calcium, Ca	D4961
Water	D4961
Thiamin	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Riboflavin	D4961
Total lipid (fat)	D4961
Niacin	D4961

NDB No. 35040 Fish, herring eggs, Pacific, dry (Alaska Native)

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Thiamin	D4961
Niacin	D4961
Riboflavin	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Water	D4961
Protein	D4961

NDB No. 35041 Fish, herring eggs, Pacific, plain (Alaska Native)

Riboflavin	D4961
Vitamin C, total ascorbic acid	D4961
Cholesterol	D4961

NDB No. 35041 Fish, herring eggs, Pacific, plain (Alaska Native)

18:3 undifferentiated	D4961
Carbohydrate, by difference	D4961
Calcium, Ca	D4961
Sodium, Na	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961
Iron, Fe	D4961
Thiamin	D4961
Niacin	D4961
Fatty acids, total saturated	D4961
Vitamin A, IU	D4961
Protein	D4961
Total lipid (fat)	D4961
Ash	D4961
Water	D4961
18:2 undifferentiated	D4961

NDB No. 35042 Fish, herring, Pacific, flesh, air-dried, packed in oil (Alaska Native)

Total lipid (fat)	D4961
Protein	D4961
Water	D4961
Ash	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Carbohydrate, by difference	D4961
Niacin	D4961
Thiamin	D4961

NDB No. 35043 Huckleberries, raw (Alaska Native)

Total lipid (fat)	D4961
Iron, Fe	D4961
Carbohydrate, by difference	D4961
Sodium, Na	D4961
Calcium, Ca	D4961
Ash	D4961

NDB No. 35043 Huckleberries, raw (Alaska Native)

Riboflavin	D4961
Protein	D4961
Thiamin	D4961
Water	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Niacin	D4961

NDB No. 35046 Fish, lingcod, meat, raw (Alaska Native)

Protein	D4961
Thiamin	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Sodium, Na	D4961
Riboflavin	D4961
Potassium, K	D4961
Vitamin A, IU	D4961
Total lipid (fat)	D4961
Water	D4961

NDB No. 35047 Fish, lingcod, liver (Alaska Native)

Protein	D4961
Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Water	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Calcium, Ca	D4961
Niacin	D4961
Total lipid (fat)	D4961
Ash	D4961
Iron, Fe	D4961

NDB No. 35048 Stew, moose (Alaska Native)

NDB No. 35048 Stew, moose (Alaska Native)

Total lipid (fat)	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Vitamin C, total ascorbic acid	D4961
Pantothenic acid	D4961
Folate, total	D4961
Magnesium, Mg	D4961
Potassium, K	D4961
Manganese, Mn	D4961
Riboflavin	D4961
Vitamin B-6	D4961
Fatty acids, total monounsaturated	D4961
Protein	D4961
Zinc, Zn	D4961
Carbohydrate, by difference	D4961
Water	D4961
Thiamin	D4961
Ash	D4961
Sodium, Na	D4961
Copper, Cu	D4961
Niacin	D4961
Fiber, total dietary	D4961
18:3 undifferentiated	D4961
Fatty acids, total polyunsaturated	D4961

NDB No. 35049 Moose, meat, raw (Alaska Native)

Ash	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Riboflavin	D4961
Protein	D4961
Phosphorus, P	D4961

NDB No. 35049 Moose, meat, raw (Alaska Native)

Sodium, Na	D4961
18:2 undifferentiated	D4961
Fatty acids, total polyunsaturated	D4961
Carbohydrate, by difference	D4961
Water	D4961
Magnesium, Mg	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Cholesterol	D4961
18:3 undifferentiated	D4961
Thiamin	D4961
Niacin	D4961
Fatty acids, total monounsaturated	D4961
Copper, Cu	D4961
Total lipid (fat)	D4961
Potassium, K	D4961
Zinc, Zn	D4961
Vitamin C, total ascorbic acid	D4961

NDB No. 35050 Mashu roots, raw (Alaska Native)

Total lipid (fat)	D4961
Ash	D4961
Niacin	D4961
Carbohydrate, by difference	D4961
Water	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Phosphorus, P	D4961
Protein	D4961
Riboflavin	D4961
Thiamin	D4961

NDB No. 35051 Moose, liver, braised (Alaska Native)

Total lipid (fat)	D4961
Potassium, K	D4961

NDB No. 35051 Moose, liver, braised (Alaska Native)

Vitamin A, IU	D4961
Pantothenic acid	D4961
Water	D4961
Niacin	D4961
Fatty acids, total polyunsaturated	D4961
Sodium, Na	D4961
Manganese, Mn	D4961
Vitamin C, total ascorbic acid	D4961
Folate, total	D4961
Calcium, Ca	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Cholesterol	D4961
Protein	D4961
Carbohydrate, by difference	D4961
18:3 undifferentiated	D4961
Thiamin	D4961
Vitamin B-12	D4961
Copper, Cu	D4961
Ash	D4961
Iron, Fe	D4961
Zinc, Zn	D4961
Riboflavin	D4961
Vitamin B-6	D4961
Fatty acids, total monounsaturated	D4961

NDB No. 35052 Mouse nuts, roots (Alaska Native)

Total lipid (fat)	D4961
Thiamin	D4961
Protein	D4961
Calcium, Ca	D4961
Riboflavin	D4961
Niacin	D4961
Carbohydrate, by difference	D4961
Water	D4961
Ash	D4961

NDB No. 35052 Mouse nuts, roots (Alaska Native)

Phosphorus, P	D4961
Vitamin C, total ascorbic acid	D4961

NDB No. 35053 Mouse nuts, seedlings (Alaska Native)

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Riboflavin	D4961
Niacin	D4961
Vitamin C, total ascorbic acid	D4961
Protein	D4961
Thiamin	D4961
Calcium, Ca	D4961

NDB No. 35054 Octopus (Alaska Native)

Fatty acids, total polyunsaturated	D4961
Manganese, Mn	D4961
Thiamin	D4961
Ash	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Vitamin C, total ascorbic acid	D4961
Cholesterol	D4961
Water	D4961
Calcium, Ca	D4961
Total lipid (fat)	D4961
Protein	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Fatty acids, total saturated	D4961
Riboflavin	D4961
Niacin	D4961
Carbohydrate, by difference	D4961

Reference Report

JUL-17-2008 02:00 PM

Page 2946 of 3136

NDB No. 35055 Seal, bearded (Oogruk), meat, dried (Alaska Native)

Vitamin A, IU	D4961
Leucine	S3561
Tyrosine	S3561
Glutamic acid	S3561
Fatty acids, total monounsaturated	D4961
Iron, Fe	D4961
Threonine	S3561
Isoleucine	S3561
Lysine	S3561
Cystine	S3561
Alanine	S3561
Proline	S3561
18:3 undifferentiated	D4961
Phosphorus, P	D4961
Histidine	S3561
Fatty acids, total saturated	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Thiamin	D4961
Methionine	S3561
Valine	S3561
Phenylalanine	S3561
Fatty acids, total polyunsaturated	D4961
Water	D4961
Tryptophan	S3561
Arginine	S3561
Glycine	S3561
Protein	D4961
Total lipid (fat)	D4961
Riboflavin	D4961
Aspartic acid	S3561
Serine	S3561
18:2 undifferentiated	D4961

NDB No. 35056 Seal, bearded (Oogruk), meat, raw (Alaska Native)

Total lipid (fat)	D4961
-------------------	-------

Reference_Report

NDB No. 35056 Seal, bearded (Oogruk), meat, raw (Alaska Native)

Iron, Fe	D4961
Vitamin A, IU	D4961
Protein	D4961
Ash	D4961
Riboflavin	D4961
Phosphorus, P	D4961
Cholesterol	D4961
Thiamin	D4961
Niacin	D4961
Carbohydrate, by difference	D4961
Water	D4961
Calcium, Ca	D4961

NDB No. 35057 Oil, bearded seal (Oogruk) (Alaska Native)

Iron, Fe	S3561, D4961, S4303
Zinc, Zn	S3561, S4303
Copper, Cu	S3561, S4303
Thiamin	D4961, S4303
Vitamin B-6	S4303
Vitamin B-12	S4303
Vitamin K (phylloquinone)	S3561, S4303
18:0	S3561, S4303
18:3 undifferentiated	S3561, D4961, S4303
22:6 n-3	S3561, S4303
22:1 undifferentiated	S3561, S4303
24:0	S3561, S4303
Phosphorus, P	S3561, D4961, S4303
Tocopherol, delta	S3561, S4303
Vitamin C, total ascorbic acid	S4303
Niacin	D4961, S4303
Betaine	S4303
10:0	S3561, S4303
18:2 undifferentiated	S3561, D4961, S4303
Fatty acids, total polyunsaturated	S3561, D4961, S4303
22:5 n-3	S3561, S4303
17:0	S3561, S4303

NDB No. 35057 Oil, bearded seal (Oogruk) (Alaska Native)

15:1	S3561, S4303
Total lipid (fat)	S3561, D4961, S4303
Selenium, Se	S3561, S4303
Vitamin D	S3561
Tocopherol, beta	S3561, S4303
Riboflavin	D4961, S4303
20:0	S3561, S4303
18:4	S3561, S4303
15:0	S3561, S4303
17:1	S3561, S4303
Ash	S3561, D4961, S4303
Calcium, Ca	S3561, D4961, S4303
Magnesium, Mg	S3561, S4303
Vitamin E (alpha-tocopherol)	S3561, S4303
Folate, total	S4303
Cholesterol	S3561, S4303
14:0	S3561, S4303
20:1	S3561, S4303
20:5 n-3	S3561, S4303
Fatty acids, total monounsaturated	S3561, D4961, S4303
21:5	S3561, S4303
Protein	S3561, D4961, S4303
Water	S3561, D4961, S4303
Sodium, Na	S3561
Manganese, Mn	S3561, S4303
16:0	S3561, S4303
24:1 c	S3561, S4303
20:3 undifferentiated	S3561, S4303
Carbohydrate, by difference	D4961
Potassium, K	S3561, S4303
Pantothenic acid	S4303
Choline, total	S4303
20:4 undifferentiated	S3561, S4303
22:0	S3561, S4303
16:1 undifferentiated	S3561, S4303
20:2 n-6 c,c	S3561, S4303
Retinol	S3561

Reference_Report

NDB No. 35057 Oil, bearded seal (Oogruk) (Alaska Native)

Tocopherol, gamma	S3561, S4303
Fatty acids, total saturated	S3561, D4961, S4303
8:0	S3561, S4303
12:0	S3561, S4303
18:1 undifferentiated	S3561, S4303
14:1	S3561, S4303
22:4	S3561, S4303

NDB No. 35058 Oopah, whole animal (Alaska Native)

Carbohydrate, by difference	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Protein	D4961
Riboflavin	D4961
Water	D4961
Phosphorus, P	D4961
Niacin	D4961
Total lipid (fat)	D4961
Ash	D4961

NDB No. 35059 Owl, horned, flesh, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Ash	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Carbohydrate, by difference	D4961
Water	D4961

NDB No. 35060 Fish, pike, northern, liver (Alaska Native)

Carbohydrate, by difference	D4961
Niacin	D4961
Ash	D4961

NDB No. 35060 Fish, pike, northern, liver (Alaska Native)

Iron, Fe	D4961
Protein	D4961
Riboflavin	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Water	D4961
Total lipid (fat)	D4961
Calcium, Ca	D4961

NDB No. 35063 Rhubarb, wild, leaves (Alaska Native)

Protein	D4961
Water	D4961
Total lipid (fat)	D4961
Vitamin C, total ascorbic acid	D4961
Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Niacin	D4961
Ash	D4961
Thiamin	D4961

NDB No. 35064 Fish, salmon, tipnuk, fermented (Alaska Native)

Niacin	D4961
Vitamin A, IU	D4961
Protein	D4961
Ash	D4961
Water	D4961
Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Riboflavin	D4961
Total lipid (fat)	D4961
Thiamin	D4961

NDB No. 35065 Fish, salmon, king, chinook, kippered, canned (Alaska Native)

Reference Report

JUL-17-2008 02:00 PM

Page 2951 of 3136

NDB No. 35065 Fish, salmon, king, chinook, kippered, canned (Alaska Native)

Calcium, Ca	D4961
Carbohydrate, by difference	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Total lipid (fat)	D4961
Iron, Fe	D4961
Protein	D4961
Niacin	D4961
Water	D4961
Ash	D4961
Riboflavin	D4961

NDB No. 35066 Fish, salmon, king, chinook, smoked and canned (Alaska Native)

Total lipid (fat)	D4961
Ash	D4961
Water	D4961
Protein	D4961
Vitamin A, IU	D4961
Niacin	D4961
Carbohydrate, by difference	D4961
Iron, Fe	D4961
Calcium, Ca	D4961
Thiamin	D4961
Riboflavin	D4961

NDB No. 35067 Fish, salmon, king, chinook, smoked, brined (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Water	D4961
Calcium, Ca	D4961
Niacin	D4961
Vitamin A, IU	D4961
Cholesterol	D4961
Iron, Fe	D4961
Sodium, Na	D4961

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2952 of 3136

NDB No. 35067 Fish, salmon, king, chinook, smoked, brined (Alaska Native)

Potassium, K	D4961
Thiamin	D4961
Riboflavin	D4961
Fiber, total dietary	D4961
Ash	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
Fatty acids, total polyunsaturated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961

NDB No. 35068 Fish, salmon, king, chinook, liver (Alaska Native)

Calcium, Ca	D4961
Niacin	D4961
Total lipid (fat)	D4961
Water	D4961
Vitamin A, IU	D4961
Riboflavin	D4961
Protein	D4961
Phosphorus, P	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Thiamin	D4961
Iron, Fe	D4961

NDB No. 35069 Duck, scoter, white-winged, meat (Alaska Native)

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Calcium, Ca	D4961
Vitamin A, IU	D4961
Protein	D4961
Water	D4961

NDB No. 35070 Sea cucumber, yane (Alaska Native)

Calcium, Ca	D4961
Protein	D4961
Carbohydrate, by difference	D4961
Iron, Fe	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Ash	D4961
Total lipid (fat)	D4961
Water	D4961
Vitamin A, IU	D4961

NDB No. 35071 Seal, ringed, meat (Alaska Native)

Total lipid (fat)	D4961
Ash	D4961
Fatty acids, total saturated	D4961
Sodium, Na	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Phosphorus, P	D4961
Cholesterol	D4961
Protein	D4961
Carbohydrate, by difference	D4961
Riboflavin	D4961
Fatty acids, total monounsaturated	D4961
Thiamin	D4961
Fatty acids, total polyunsaturated	D4961
Water	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Calcium, Ca	D4961
Pantothenic acid	D4961

NDB No. 35073 Soup, fish, homemade (Alaska Native)

Potassium, K	D4961
--------------	-------

NDB No. 35073 Soup, fish, homemade (Alaska Native)

Sodium, Na	D4961
Vitamin C, total ascorbic acid	D4961
Total lipid (fat)	D4961
Folate, total	D4961
Carbohydrate, by difference	D4961
Iron, Fe	D4961
Fatty acids, total saturated	D4961
Manganese, Mn	D4961
Riboflavin	D4961
Ash	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Niacin	D4961
Pantothenic acid	D4961
Cholesterol	D4961
Protein	D4961
Water	D4961
Magnesium, Mg	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Vitamin B-6	D4961

NDB No. 35074 Sourdock, young leaves (Alaska Native)

Total lipid (fat)	D4961
Thiamin	D4961
Protein	D4961
Phosphorus, P	D4961
Vitamin C, total ascorbic acid	D4961
Riboflavin	D4961
Carbohydrate, by difference	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Water	D4961
Calcium, Ca	D4961
Ash	D4961
Niacin	D4961

Reference Report

JUL-17-2008 02:00 PM

Page 2955 of 3136

NDB No. 35075 Squirrel, ground, meat (Alaska Native)

Protein	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Phosphorus, P	D4961
Carbohydrate, by difference	D4961
Water	D4961
Ash	D4961
Total lipid (fat)	D4961

NDB No. 35078 Tea, tundra, herb and laborador combination (Alaska Native)

Sodium, Na	D4961
Manganese, Mn	D4961
Vitamin C, total ascorbic acid	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
Zinc, Zn	D4961
Protein	D4961
Ash	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Fatty acids, total polyunsaturated	D4961
Calcium, Ca	D4961
Copper, Cu	D4961
Riboflavin	D4961
Cholesterol	D4961
Carbohydrate, by difference	D4961
Water	D4961
18:3 undifferentiated	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Vitamin B-12	D4961
Iron, Fe	D4961
Potassium, K	D4961
Vitamin B-6	D4961
Folate, total	D4961
Total lipid (fat)	D4961

Reference Report

JUL-17-2008 02:00 PM

Page 2956 of 3136

NDB No. 35078 Tea, tundra, herb and laborador combination (Alaska Native)

Niacin	D4961
Pantothenic acid	D4961
Fatty acids, total monounsaturated	D4961

NDB No. 35079 Walrus, meat, dried (Alaska Native)

Iron, Fe	D4961
Niacin	D4961
Phosphorus, P	D4961
Carbohydrate, by difference	D4961
Thiamin	D4961
Protein	D4961
Vitamin A, IU	D4961
Ash	D4961
Water	D4961
Riboflavin	D4961
Total lipid (fat)	D4961

NDB No. 35080 Deer (venison), sitka, raw (Alaska Native)

Cholesterol	D4961
18:2 undifferentiated	D4961
Carbohydrate, by difference	D4961
Thiamin	D4961
Fatty acids, total monounsaturated	D4961
Total lipid (fat)	D4961
Water	D4961
Riboflavin	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Ash	D4961
Iron, Fe	D4961
Niacin	D4961
Calcium, Ca	D4961
Fatty acids, total saturated	D4961
Fatty acids, total polyunsaturated	D4961

NDB No. 35080 Deer (venison), sitka, raw (Alaska Native)

Protein	D4961
18:3 undifferentiated	D4961

NDB No. 35081 Walrus, meat, raw (Alaska Native)

Phosphorus, P	D4961
Riboflavin	D4961
Fatty acids, total monounsaturated	D4961
Water	D4961
Iron, Fe	D4961
Carbohydrate, by difference	D4961
Fatty acids, total saturated	D4961
Vitamin A, IU	D4961
Thiamin	D4961
18:3 undifferentiated	D4961
Protein	D4961
Ash	D4961
Calcium, Ca	D4961
18:2 undifferentiated	D4961
Fatty acids, total polyunsaturated	D4961
Niacin	D4961
Total lipid (fat)	D4961
Cholesterol	D4961

NDB No. 35082 Walrus, meat and subcutaneous fat raw (Alaska Native)

Riboflavin	D4961
Protein	D4961
Iron, Fe	D4961
Ash	D4961
Thiamin	D4961
Phosphorus, P	D4961
Carbohydrate, by difference	D4961
Vitamin A, IU	D4961
Total lipid (fat)	D4961
Water	D4961

Reference Report

JUL-17-2008 02:00 PM

Page 2958 of 3136

NDB No. 35083 Walrus, liver, raw (Alaska Native)

Phosphorus, P	D4961
Vitamin A, IU	D4961
Ash	D4961
Thiamin	D4961
Riboflavin	D4961
Water	D4961
Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Iron, Fe	D4961

NDB No. 35084 Oil, walrus (Alaska Native)

Calcium, Ca	D4961
Carbohydrate, by difference	D4961
Water	D4961
Riboflavin	D4961
Ash	D4961
Vitamin A, IU	D4961
Cholesterol	D4961
Total lipid (fat)	D4961
Niacin	D4961
Protein	D4961
Thiamin	D4961

NDB No. 35085 Whale, bowhead, subcutaneous fat (blubber) (Alaska Native)

Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Protein	D4961
Total lipid (fat)	D4961
Ash	D4961
Water	D4961
Cholesterol	D4961
Iron, Fe	D4961

NDB No. 35086 Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2959 of 3136

NDB No. 35086 Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

Protein	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Niacin	D4961
Carbohydrate, by difference	D4961
Calcium, Ca	D4961
Total lipid (fat)	D4961
Water	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961
Ash	D4961
Riboflavin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
Phosphorus, P	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961

NDB No. 35087 Oil, whale, bowhead (Alaska Native)

Carbohydrate, by difference	D4961
Niacin	D4961
Protein	D4961
Iron, Fe	D4961
Ash	D4961
Calcium, Ca	D4961
Riboflavin	D4961
Total lipid (fat)	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Water	D4961

NDB No. 35088 Fish, whitefish, broad, liver (Alaska Native)

Total lipid (fat)	D4961
Riboflavin	D4961

NDB No. 35088 Fish, whitefish, broad, liver (Alaska Native)

Carbohydrate, by difference	D4961
Ash	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Niacin	D4961
Protein	D4961
Water	D4961
Thiamin	D4961

NDB No. 35089 Fish, whitefish, mixed species, raw (Alaska Native)

Magnesium, Mg	D4961
Fatty acids, total polyunsaturated	D4961
Carbohydrate, by difference	D4961
Vitamin A, IU	D4961
18:2 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Protein	D4961
Ash	D4961
Iron, Fe	D4961
Riboflavin	D4961
Total lipid (fat)	D4961
Cholesterol	D4961
18:3 undifferentiated	D4961
Potassium, K	D4961
Sodium, Na	D4961
Fatty acids, total saturated	D4961
Water	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Phosphorus, P	D4961
Thiamin	D4961

NDB No. 35091 Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)

Reference Report

JUL-17-2008 02:00 PM

Page 2961 of 3136

NDB No. 35091 Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)

Total lipid (fat)	D4961
Water	D4961
Phosphorus, P	D4961
Ash	D4961
Iron, Fe	D4961
Protein	D4961
Carbohydrate, by difference	D4961

NDB No. 35092 Willow, leaves in oil (Alaska Native)

Iron, Fe	D4961
Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961

NDB No. 35093 Willow, young leaves, chopped (Alaska Native)

Water	D4961
Calcium, Ca	D4961
Vitamin A, IU	D4961
Niacin	D4961
Protein	D4961
Total lipid (fat)	D4961
Ash	D4961
Iron, Fe	D4961
Carbohydrate, by difference	D4961
Phosphorus, P	D4961
Vitamin C, total ascorbic acid	D4961

NDB No. 35130 Mush, blue corn with ash (Navajo)

Water	S2381
Phosphorus, P	S2381
Tocopherol, delta	S2381
Niacin	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2962 of 3136

NDB No. 35130 Mush, blue corn with ash (Navajo)

18:2 undifferentiated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
Total lipid (fat)	S2381
Starch	S2381
Sucrose	S2381
Iron, Fe	S2381
Manganese, Mn	S2381
Vitamin B-6	S2381
8:0	S2381
12:0	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
18:3 n-3 c,c,c	S2381
Galactose	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Vitamin K (phylloquinone)	S2381
14:0	S2381
17:0	S2381
Glucose (dextrose)	S2381
Sugars, total	S2381
Potassium, K	S2381
Zinc, Zn	S2381
20:4 undifferentiated	S2381
14:1	S2381
15:1	S2381
Protein	S2381
Fructose	S2381
Fiber, total dietary	S2381
Sodium, Na	S2381
Tocopherol, gamma	S2381
Vitamin C, total ascorbic acid	S2381
10:0	S2381
18:0	S2381
18:3 undifferentiated	S2381
20:1	S2381

Reference_Report

NDB No. 35130 Mush, blue corn with ash (Navajo)

20:2 n-6 c,c	S2381
20:3 undifferentiated	S2381
Lactose	S2381
Magnesium, Mg	S2381
Copper, Cu	S2381
Pantothenic acid	S2381
Fatty acids, total saturated	S2381
22:0	S2381
Fatty acids, total monounsaturated	S2381
Ash	S2381
Calcium, Ca	S2381
Selenium, Se	S2381
Maltose	S2381
Thiamin	S2381
Riboflavin	S2381
Folate, total	S2381
16:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
16:1 undifferentiated	S2381

NDB No. 35131 Cornmeal, blue (Navajo)

Maltose	S2381
Water	S2381
Galactose	S2381
Manganese, Mn	S2381
Vitamin K (phylloquinone)	S2381
18:1 undifferentiated	S2381
14:1	S2381
20:1	S2381
17:0	S2381
Sucrose	S2381
Fructose	S2381
Tocopherol, gamma	S2381
Thiamin	S2381
Riboflavin	S2381

NDB No. 35131 Cornmeal, blue (Navajo)

Niacin	S2381
Vitamin B-6	S2381
15:1	S2381
Iron, Fe	S2381
Zinc, Zn	S2381
Tocopherol, delta	S2381
Fatty acids, total saturated	S2381
22:0	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:1	S2381
Potassium, K	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
10:0	S2381
12:0	S2381
Fatty acids, total monounsaturated	S2381
20:2 n-6 c,c	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Vitamin C, total ascorbic acid	S2381
8:0	S2381
20:4 undifferentiated	S2381
20:3 undifferentiated	S2381
Ash	S2381
Fiber, total dietary	S2381
Copper, Cu	S2381
14:0	S2381
20:0	S2381
18:3 n-6 c,c,c	S2381
Lactose	S2381
Calcium, Ca	S2381
Sodium, Na	S2381
Tocopherol, beta	S2381
18:2 undifferentiated	S2381
Protein	S2381
Total lipid (fat)	S2381

Reference_Report

NDB No. 35131 Cornmeal, blue (Navajo)

Starch	S2381
Glucose (dextrose)	S2381
Sugars, total	S2381
Pantothenic acid	S2381
Folate, total	S2381
16:0	S2381
18:0	S2381
18:3 undifferentiated	S2381
16:1 undifferentiated	S2381
18:3 n-3 c,c,c	S2381

NDB No. 35132 Melon, banana (Navajo)

Glucose (dextrose)	S2381
Iron, Fe	S2381
Niacin	S2381
Fructose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Vitamin K (phylloquinone)	S2381
Total lipid (fat)	S2381
Sucrose	S2381
Riboflavin	S2381
Pantothenic acid	S2381
Starch	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Protein	S2381
Lactose	S2381
Galactose	S2381
Sodium, Na	S2381
Folate, total	S2381
Water	S2381
Sugars, total	S2381
Vitamin E (alpha-tocopherol)	S2381
Vitamin C, total ascorbic acid	S2381
Ash	S2381

NDB No. 35132 Melon, banana (Navajo)

Maltose	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Copper, Cu	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Vitamin B-6	S2381
Magnesium, Mg	S2381
Zinc, Zn	S2381
Tocopherol, beta	S2381

NDB No. 35133 Chilchen (Red Berry Beverage) (Navajo)

Fructose	S2381
Lactose	S2381
Tocopherol, delta	S2381
8:0	S2381
20:0	S2381
20:1	S2381
Fatty acids, total polyunsaturated	S2381
17:0	S2381
Maltose	S2381
Water	S2381
Zinc, Zn	S2381
10:0	S2381
18:1 undifferentiated	S2381
18:3 undifferentiated	S2381
14:1	S2381
Fatty acids, total monounsaturated	S2381
Calcium, Ca	S2381
Copper, Cu	S2381
22:0	S2381
18:3 n-6 c,c,c	S2381
Ash	S2381
Sugars, total	S2381
Potassium, K	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2967 of 3136

NDB No. 35133 Chilchen (Red Berry Beverage) (Navajo)

Sodium, Na	S2381
Vitamin E (alpha-tocopherol)	S2381
Vitamin K (phylloquinone)	S2381
15:1	S2381
Sucrose	S2381
Magnesium, Mg	S2381
Manganese, Mn	S2381
Tocopherol, gamma	S2381
Thiamin	S2381
Folate, total	S2381
Fatty acids, total saturated	S2381
20:4 undifferentiated	S2381
15:0	S2381
Iron, Fe	S2381
Phosphorus, P	S2381
16:1 undifferentiated	S2381
18:3 n-3 c,c,c	S2381
Glucose (dextrose)	S2381
Tocopherol, beta	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
12:0	S2381
14:0	S2381
18:0	S2381
18:2 undifferentiated	S2381
20:2 n-6 c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
Protein	S2381
Total lipid (fat)	S2381
Starch	S2381
Galactose	S2381
16:0	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2968 of 3136

NDB No. 35134 Corn, dried (Navajo)

Ash	S2381
Sucrose	S2381
Fructose	S2381
Thiamin	S2381
16:0	S2381
Fatty acids, total monounsaturated	S2381
20:3 undifferentiated	S2381
Maltose	S2381
Water	S2381
Tocopherol, delta	S2381
Pantothenic acid	S2381
14:1	S2381
17:0	S2381
18:3 n-6 c,c,c	S2381
15:1	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
18:2 undifferentiated	S2381
22:0	S2381
18:3 n-3 c,c,c	S2381
Total lipid (fat)	S2381
Sugars, total	S2381
Galactose	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Vitamin E (alpha-tocopherol)	S2381
Vitamin C, total ascorbic acid	S2381
Folate, total	S2381
10:0	S2381
12:0	S2381
16:1 undifferentiated	S2381
15:0	S2381
Riboflavin	S2381
8:0	S2381
18:0	S2381

Reference_Report

NDB No. 35134 Corn, dried (Navajo)

20:0	S2381
20:1	S2381
17:1	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Niacin	S2381
18:1 undifferentiated	S2381
Lactose	S2381
Calcium, Ca	S2381
Phosphorus, P	S2381
Vitamin B-6	S2381
20:4 undifferentiated	S2381
Fatty acids, total polyunsaturated	S2381
Protein	S2381
Starch	S2381
Glucose (dextrose)	S2381
Potassium, K	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
14:0	S2381
18:3 undifferentiated	S2381
20:2 n-6 c,c	S2381

NDB No. 35135 Corn, white, steamed (Navajo)

Fructose	S2381
Lactose	S2381
Water	S2381
Fiber, total dietary	S2381
Sodium, Na	S2381
Riboflavin	S2381
Niacin	S2381
Lysine	S2381
14:1	S2381
16:1 undifferentiated	S2381
Sucrose	S2381
Vitamin C, total ascorbic acid	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2970 of 3136

NDB No. 35135 Corn, white, steamed (Navajo)

Methionine	S2381
Cystine	S2381
18:1 undifferentiated	S2381
Vitamin B-6	S2381
Threonine	S2381
8:0	S2381
10:0	S2381
18:0	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
20:2 n-6 c,c	S2381
20:3 undifferentiated	S2381
Iron, Fe	S2381
Potassium, K	S2381
Zinc, Zn	S2381
Pantothenic acid	S2381
Phenylalanine	S2381
22:0	S2381
Total lipid (fat)	S2381
Sugars, total	S2381
Phosphorus, P	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Folate, total	S2381
Leucine	S2381
Tyrosine	S2381
12:0	S2381
20:4 undifferentiated	S2381
18:3 n-6 c,c,c	S2381
Maltose	S2381
Magnesium, Mg	S2381
Thiamin	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
Fatty acids, total polyunsaturated	S2381

Reference_Report

NDB No. 35135 Corn, white, steamed (Navajo)

17:0	S2381
Protein	S2381
Starch	S2381
Glucose (dextrose)	S2381
Galactose	S2381
Calcium, Ca	S2381
Vitamin E (alpha-tocopherol)	S2381
Tryptophan	S2381
Isoleucine	S2381
16:0	S2381
18:2 undifferentiated	S2381
17:1	S2381
18:3 n-3 c,c,c	S2381
Ash	S2381
Tocopherol, beta	S2381
14:0	S2381
20:0	S2381
18:3 undifferentiated	S2381
15:0	S2381
15:1	S2381

NDB No. 35136 Cornmeal, white (Navajo)

Fructose	S2381
Lactose	S2381
Magnesium, Mg	S2381
Folate, total	S2381
Folic acid	S2381
Folate, food	S2381
Cystine	S2381
Proline	S2381
18:1 undifferentiated	S2381
17:1	S2381
Iron, Fe	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Tocopherol, gamma	S2381

NDB No. 35136 Cornmeal, white (Navajo)

Vitamin K (phylloquinone)	S2381
Threonine	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
Protein	S2381
Water	S2381
Fiber, total dietary	S2381
Potassium, K	S2381
Serine	S2381
18:0	S2381
16:1 undifferentiated	S2381
Fatty acids, total monounsaturated	S2381
15:0	S2381
20:3 undifferentiated	S2381
Manganese, Mn	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Aspartic acid	S2381
Glutamic acid	S2381
8:0	S2381
20:1	S2381
17:0	S2381
18:3 n-6 c,c,c	S2381
Sugars, total	S2381
Calcium, Ca	S2381
Sodium, Na	S2381
Tocopherol, beta	S2381
Niacin	S2381
Pantothenic acid	S2381
Phenylalanine	S2381
Arginine	S2381
Histidine	S2381
10:0	S2381
20:2 n-6 c,c	S2381
Glucose (dextrose)	S2381

Reference_Report

NDB No. 35136 Cornmeal, white (Navajo)

Maltose	S2381
Galactose	S2381
Phosphorus, P	S2381
Tocopherol, delta	S2381
Isoleucine	S2381
Lysine	S2381
Methionine	S2381
Fatty acids, total saturated	S2381
12:0	S2381
14:0	S2381
18:3 n-3 c,c,c	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Tryptophan	S2381
Leucine	S2381
Tyrosine	S2381
Valine	S2381
Alanine	S2381
16:0	S2381
20:0	S2381
22:0	S2381
15:1	S2381
Vitamin E (alpha-tocopherol)	S2381
Vitamin B-6	S2381
Glycine	S2381
14:1	S2381
Fatty acids, total polyunsaturated	S2381

NDB No. 35137 Cornmeal, yellow (Navajo)

Ash	S2381
Selenium, Se	S2381
Tocopherol, beta	S2381
Lysine	S2381
22:0	S2381

NDB No. 35137 Cornmeal, yellow (Navajo)

16:1 undifferentiated	S2381
Calcium, Ca	S2381
Tocopherol, gamma	S2381
Folate, food	S2381
Valine	S2381
10:0	S2381
16:0	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
14:1	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Sugars, total	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Sodium, Na	S2381
Pantothenic acid	S2381
Folate, total	S2381
Tryptophan	S2381
Tyrosine	S2381
Alanine	S2381
Glutamic acid	S2381
8:0	S2381
12:0	S2381
Protein	S2381
Water	S2381
Riboflavin	S2381
Niacin	S2381
Cystine	S2381
Serine	S2381
Fatty acids, total saturated	S2381
Fatty acids, total polyunsaturated	S2381
20:2 n-6 c,c	S2381
Maltose	S2381
Phosphorus, P	S2381

NDB No. 35137 Cornmeal, yellow (Navajo)

Copper, Cu	S2381
Thiamin	S2381
Threonine	S2381
Methionine	S2381
Histidine	S2381
18:1 undifferentiated	S2381
20:1	S2381
15:0	S2381
Galactose	S2381
Tocopherol, delta	S2381
Folic acid	S2381
Aspartic acid	S2381
14:0	S2381
18:2 undifferentiated	S2381
Total lipid (fat)	S2381
Fiber, total dietary	S2381
Potassium, K	S2381
Vitamin E (alpha-tocopherol)	S2381
Phenylalanine	S2381
Glycine	S2381
Fatty acids, total monounsaturated	S2381
17:0	S2381
18:3 n-6 c,c,c	S2381
15:1	S2381
Lactose	S2381
Zinc, Zn	S2381
Manganese, Mn	S2381
Vitamin C, total ascorbic acid	S2381
Vitamin B-6	S2381
Vitamin K (phylloquinone)	S2381
Isoleucine	S2381
Leucine	S2381
Arginine	S2381
Proline	S2381
18:0	S2381
20:0	S2381
17:1	S2381

Reference_Report

NDB No. 35137 Cornmeal, yellow (Navajo)

20:3 undifferentiated	S2381
18:3 n-3 c,c,c	S2381

NDB No. 35138 Squash, Indian, raw (Navajo)

Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Galactose	S2381
Magnesium, Mg	S2381
Potassium, K	S2381
Folate, total	S2381
Maltose	S2381
Iron, Fe	S2381
Vitamin C, total ascorbic acid	S2381
Niacin	S2381
Lactose	S2381
Phosphorus, P	S2381
Sodium, Na	S2381
Copper, Cu	S2381
Tocopherol, delta	S2381
Pantothenic acid	S2381
Water	S2381
Calcium, Ca	S2381
Riboflavin	S2381
Zinc, Zn	S2381
Tocopherol, gamma	S2381
Vitamin B-6	S2381
Protein	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Thiamin	S2381

NDB No. 35139 Squash, Indian, cooked, boiled (Navajo)

Water	S2381
Galactose	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2977 of 3136

NDB No. 35139 Squash, Indian, cooked, boiled (Navajo)

Fiber, total dietary	S2381
Ash	S2381
Sucrose	S2381
Starch	S2381
Maltose	S2381
Thiamin	S2381
Vitamin B-6	S2381
Fructose	S2381
Riboflavin	S2381
Niacin	S2381
Total lipid (fat)	S2381
Sugars, total	S2381
Pantothenic acid	S2381
Protein	S2381
Glucose (dextrose)	S2381
Folate, total	S2381
Lactose	S2381

NDB No. 35140 Bread, kneel down (Navajo)

Ash	S2381
Galactose	S2381
Sodium, Na	S2381
Niacin	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, delta	S2381
8:0	S2381
10:0	S2381
18:3 n-3 c,c,c	S2381
Pantothenic acid	S2381
20:0	S2381
16:1 undifferentiated	S2381
17:1	S2381
Water	S2381
Riboflavin	S2381

NDB No. 35140 Bread, kneel down (Navajo)

12:0	S2381
18:1 undifferentiated	S2381
14:1	S2381
20:2 n-6 c,c	S2381
20:3 undifferentiated	S2381
Protein	S2381
Sugars, total	S2381
Iron, Fe	S2381
Potassium, K	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
16:0	S2381
18:0	S2381
20:1	S2381
15:1	S2381
Magnesium, Mg	S2381
Manganese, Mn	S2381
Fatty acids, total saturated	S2381
Fatty acids, total polyunsaturated	S2381
Starch	S2381
Fructose	S2381
Phosphorus, P	S2381
Selenium, Se	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
14:0	S2381
20:4 undifferentiated	S2381
15:0	S2381
17:0	S2381
Total lipid (fat)	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Lactose	S2381
Maltose	S2381
Calcium, Ca	S2381

NDB No. 35140 Bread, kneel down (Navajo)

Thiamin	S2381
22:0	S2381
Fatty acids, total monounsaturated	S2381
18:3 n-6 c,c,c	S2381

NDB No. 35141 Mutton, cooked, roasted (Navajo)

Potassium, K	S2381
Tocopherol, gamma	S2381
Betaine	S2381
Tryptophan	S2381
Methionine	S2381
Cystine	S2381
Cholesterol	S2381
12:0	S2381
18:0	S2381
18:3 undifferentiated	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Folate, total	S2381
14:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
20:4 undifferentiated	S2381
14:1	S2381
Fatty acids, total polyunsaturated	S2381
15:1	S2381
Protein	S2381
Phenylalanine	S2381
Valine	S2381
Alanine	S2381
Glycine	S2381
Hydroxyproline	S2381
8:0	S2381
20:2 n-6 c,c	S2381
Iron, Fe	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2980 of 3136

NDB No. 35141 Mutton, cooked, roasted (Navajo)

Manganese, Mn	S2381
Tocopherol, beta	S2381
Histidine	S2381
Aspartic acid	S2381
Proline	S2381
Serine	S2381
Fatty acids, total saturated	S2381
Fatty acids, total monounsaturated	S2381
20:3 undifferentiated	S2381
Total lipid (fat)	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-12	S2381
Threonine	S2381
Isoleucine	S2381
Lysine	S2381
Tyrosine	S2381
Glutamic acid	S2381
10:0	S2381
16:1 undifferentiated	S2381
18:3 n-6 c,c,c	S2381
Ash	S2381
Water	S2381
Calcium, Ca	S2381
Phosphorus, P	S2381
Zinc, Zn	S2381
Leucine	S2381
22:0	S2381
Magnesium, Mg	S2381
Sodium, Na	S2381
Copper, Cu	S2381
Choline, total	S2381
17:0	S2381
17:1	S2381
18:3 n-3 c,c,c	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381

Reference_Report

NDB No. 35141 Mutton, cooked, roasted (Navajo)

Riboflavin	S2381
Vitamin B-6	S2381
Arginine	S2381
16:0	S2381
20:1	S2381
15:0	S2381

NDB No. 35142 Frybread, made with lard (Navajo)

Manganese, Mn	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
10:0	S2381
Thiamin	S2381
18:3 undifferentiated	S2381
16:1 undifferentiated	S2381
17:0	S2381
20:2 n-6 c,c	S2381
Sugars, total	S2381
Copper, Cu	S2381
Tocopherol, delta	S2381
Vitamin B-12	S2381
Cholesterol	S2381
18:1 undifferentiated	S2381
Fatty acids, total monounsaturated	S2381
15:0	S2381
18:3 n-3 c,c,c	S2381
Protein	S2381
Starch	S2381
Glucose (dextrose)	S2381
Vitamin E (alpha-tocopherol)	S2381
14:0	S2381
18:2 undifferentiated	S2381
22:0	S2381
Sucrose	S2381
Lactose	S2381
Phosphorus, P	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2982 of 3136

NDB No. 35142 Frybread, made with lard (Navajo)

Potassium, K	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Riboflavin	S2381
Folate, food	S2381
8:0	S2381
18:0	S2381
14:1	S2381
20:1	S2381
17:1	S2381
Ash	S2381
Fructose	S2381
Water	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Niacin	S2381
Folate, total	S2381
Fatty acids, total saturated	S2381
12:0	S2381
20:0	S2381
15:1	S2381
Total lipid (fat)	S2381
Maltose	S2381
Calcium, Ca	S2381
Magnesium, Mg	S2381
Selenium, Se	S2381
Pantothenic acid	S2381
16:0	S2381
Fatty acids, total polyunsaturated	S2381
Galactose	S2381
Iron, Fe	S2381
Vitamin B-6	S2381
20:4 undifferentiated	S2381
18:3 n-6 c,c,c	S2381
20:3 undifferentiated	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2983 of 3136

NDB No. 35143 Tortilla, includes plain and from mutton sandwich (Navajo)

Glucose (dextrose)	S2381
Folate, food	S2381
Methionine	S2381
8:0	S2381
10:0	S2381
14:1	S2381
20:2 n-6 c,c	S2381
17:1	S2381
Manganese, Mn	S2381
Riboflavin	S2381
Folate, total	S2381
Tryptophan	S2381
Lysine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Proline	S2381
17:0	S2381
Sucrose	S2381
Calcium, Ca	S2381
Copper, Cu	S2381
Tocopherol, delta	S2381
Vitamin K (phylloquinone)	S2381
Isoleucine	S2381
Leucine	S2381
Cystine	S2381
Valine	S2381
14:0	S2381
18:1 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
15:0	S2381
Fructose	S2381
Glycine	S2381
20:1	S2381
20:3 undifferentiated	S2381
18:3 n-3 c,c,c	S2381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2984 of 3136

NDB No. 35143 Tortilla, includes plain and from mutton sandwich (Navajo)

Starch	S2381
Lactose	S2381
Maltose	S2381
Iron, Fe	S2381
Zinc, Zn	S2381
Selenium, Se	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Tyrosine	S2381
Arginine	S2381
18:3 n-6 c,c,c	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Magnesium, Mg	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
12:0	S2381
18:0	S2381
15:1	S2381
Total lipid (fat)	S2381
Fiber, total dietary	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Vitamin C, total ascorbic acid	S2381
Niacin	S2381
Threonine	S2381
Serine	S2381
16:0	S2381
20:0	S2381
Protein	S2381
Ash	S2381
Vitamin E (alpha-tocopherol)	S2381
Thiamin	S2381
Folic acid	S2381
Phenylalanine	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2985 of 3136

NDB No. 35143 Tortilla, includes plain and from mutton sandwich (Navajo)

Glutamic acid	S2381
18:2 undifferentiated	S2381
16:1 undifferentiated	S2381

NDB No. 35144 Stew, dumpling with mutton (Navajo)

Ash	S2381
Sugars, total	S2381
Phosphorus, P	S2381
Tocopherol, delta	S2381
Niacin	S2381
18:1 undifferentiated	S2381
20:4 undifferentiated	S2381
Fatty acids, total monounsaturated	S2381
15:0	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Galactose	S2381
Selenium, Se	S2381
16:0	S2381
18:3 n-3 c,c,c	S2381
Sodium, Na	S2381
Vitamin C, total ascorbic acid	S2381
Folate, total	S2381
Cholesterol	S2381
18:3 undifferentiated	S2381
20:2 n-6 c,c	S2381
Maltose	S2381
Tocopherol, beta	S2381
Vitamin B-6	S2381
8:0	S2381
12:0	S2381
Fatty acids, total polyunsaturated	S2381
20:3 undifferentiated	S2381
Protein	S2381
Total lipid (fat)	S2381
Starch	S2381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 2986 of 3136

NDB No. 35144 Stew, dumpling with mutton (Navajo)

Lactose	S2381
Potassium, K	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Fatty acids, total saturated	S2381
16:1 undifferentiated	S2381
17:1	S2381
Calcium, Ca	S2381
Tocopherol, gamma	S2381
Thiamin	S2381
Riboflavin	S2381
14:0	S2381
17:0	S2381
Sucrose	S2381
Water	S2381
Iron, Fe	S2381
Retinol	S2381
Pantothenic acid	S2381
Vitamin K (phylloquinone)	S2381
20:0	S2381
14:1	S2381
20:1	S2381
18:3 n-6 c,c,c	S2381
15:1	S2381
Magnesium, Mg	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Vitamin B-12	S2381
10:0	S2381
18:0	S2381
18:2 undifferentiated	S2381
22:0	S2381

NDB No. 35145 Stew, hominy with mutton (Navajo)

Total lipid (fat)	S2381
Starch	S2381

Reference Report

JUL-17-2008 02:00 PM

Page 2987 of 3136

NDB No. 35145 Stew, hominy with mutton (Navajo)

Fructose	S2381
Maltose	S2381
Manganese, Mn	S2381
Tocopherol, beta	S2381
Vitamin C, total ascorbic acid	S2381
Niacin	S2381
Aspartic acid	S2381
Cholesterol	S2381
18:0	S2381
22:0	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
Glucose (dextrose)	S2381
Lactose	S2381
Sugars, total	S2381
Iron, Fe	S2381
Riboflavin	S2381
Vitamin B-6	S2381
Phenylalanine	S2381
Tyrosine	S2381
20:1	S2381
17:1	S2381
Ash	S2381
Calcium, Ca	S2381
Potassium, K	S2381
Copper, Cu	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, delta	S2381
Folate, total	S2381
Histidine	S2381
14:0	S2381
20:0	S2381
18:2 undifferentiated	S2381
20:2 n-6 c,c	S2381
20:3 undifferentiated	S2381
Water	S2381

Reference_Report

NDB No. 35145 Stew, hominy with mutton (Navajo)

Sodium, Na	S2381
Vitamin K (phylloquinone)	S2381
Cystine	S2381
8:0	S2381
10:0	S2381
16:0	S2381
17:0	S2381
Sucrose	S2381
Magnesium, Mg	S2381
Zinc, Zn	S2381
Isoleucine	S2381
Valine	S2381
Glycine	S2381
Proline	S2381
18:1 undifferentiated	S2381
20:4 undifferentiated	S2381
14:1	S2381
15:0	S2381
18:3 n-6 c,c,c	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381
Selenium, Se	S2381
Tryptophan	S2381
Leucine	S2381
Methionine	S2381
Fatty acids, total saturated	S2381
18:3 undifferentiated	S2381
16:1 undifferentiated	S2381
Tocopherol, gamma	S2381
Thiamin	S2381
Vitamin B-12	S2381
Threonine	S2381
Lysine	S2381
Arginine	S2381
Alanine	S2381
Serine	S2381
12:0	S2381

NDB No. 35145 Stew, hominy with mutton (Navajo)

Protein	S2381
Galactose	S2381
Fiber, total dietary	S2381
Phosphorus, P	S2381
Glutamic acid	S2381

NDB No. 35146 Stew, mutton, corn, squash (Navajo)

Galactose	S2381
Calcium, Ca	S2381
Sodium, Na	S2381
Tocopherol, beta	S2381
Tocopherol, delta	S2381
Vitamin B-6	S2381
Phenylalanine	S2381
Glutamic acid	S2381
10:0	S2381
12:0	S2381
20:0	S2381
20:4 undifferentiated	S2381
16:1 undifferentiated	S2381
20:3 undifferentiated	S2381
Ash	S2381
Maltose	S2381
Retinol	S2381
Niacin	S2381
Histidine	S2381
Fatty acids, total polyunsaturated	S2381
17:1	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fiber, total dietary	S2381
Phosphorus, P	S2381
Copper, Cu	S2381
Methionine	S2381
Aspartic acid	S2381
Proline	S2381

NDB No. 35146 Stew, mutton, corn, squash (Navajo)

8:0	S2381
Fatty acids, total monounsaturated	S2381
20:2 n-6 c,c	S2381
Total lipid (fat)	S2381
Zinc, Zn	S2381
Vitamin E (alpha-tocopherol)	S2381
Riboflavin	S2381
Lysine	S2381
Cholesterol	S2381
14:0	S2381
16:0	S2381
18:1 undifferentiated	S2381
15:0	S2381
Fructose	S2381
Iron, Fe	S2381
Potassium, K	S2381
Selenium, Se	S2381
Tocopherol, gamma	S2381
Vitamin C, total ascorbic acid	S2381
Isoleucine	S2381
Arginine	S2381
Fatty acids, total saturated	S2381
20:1	S2381
18:3 n-6 c,c,c	S2381
Lactose	S2381
Water	S2381
Pantothenic acid	S2381
Folate, total	S2381
Leucine	S2381
Tyrosine	S2381
Glycine	S2381
18:0	S2381
15:1	S2381
Protein	S2381
Sugars, total	S2381
Magnesium, Mg	S2381
Manganese, Mn	S2381

Reference_Report

NDB No. 35146 Stew, mutton, corn, squash (Navajo)

Tryptophan	S2381
Threonine	S2381
Cystine	S2381
Valine	S2381
Serine	S2381
18:2 undifferentiated	S2381
17:0	S2381
Thiamin	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Alanine	S2381
18:3 undifferentiated	S2381
22:0	S2381
14:1	S2381
18:3 n-3 c,c,c	S2381

NDB No. 35147 Tamales (Navajo)

Sugars, total	S2381
Zinc, Zn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, gamma	S2381
Vitamin C, total ascorbic acid	S2381
Folate, total	S2381
Lysine	S2381
Phenylalanine	S2381
Arginine	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
16:0	S2381
15:1	S2381
Fructose	S2381
Tryptophan	S2381
Methionine	S2381
Tyrosine	S2381
Histidine	S2381
20:0	S2381

NDB No. 35147 Tamales (Navajo)

20:4 undifferentiated	S2381
Maltose	S2381
Water	S2381
Selenium, Se	S2381
Niacin	S2381
Valine	S2381
8:0	S2381
22:0	S2381
20:1	S2381
20:2 n-6 c,c	S2381
20:3 undifferentiated	S2381
18:3 n-3 c,c,c	S2381
Protein	S2381
Starch	S2381
Lactose	S2381
Fiber, total dietary	S2381
Sodium, Na	S2381
Tocopherol, delta	S2381
Threonine	S2381
Isoleucine	S2381
14:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Galactose	S2381
Iron, Fe	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Riboflavin	S2381
Vitamin B-12	S2381
10:0	S2381
12:0	S2381
18:1 undifferentiated	S2381
Manganese, Mn	S2381
Pantothenic acid	S2381
18:2 undifferentiated	S2381

NDB No. 35147 Tamales (Navajo)

17:1	S2381
Ash	S2381
Magnesium, Mg	S2381
Copper, Cu	S2381
Retinol	S2381
Tocopherol, beta	S2381
Thiamin	S2381
Vitamin B-6	S2381
Cystine	S2381
Glutamic acid	S2381
Glycine	S2381
Serine	S2381
17:0	S2381
18:3 n-6 c,c,c	S2381
Total lipid (fat)	S2381
Calcium, Ca	S2381
Leucine	S2381
Alanine	S2381
Aspartic acid	S2381
Proline	S2381
18:0	S2381
18:3 undifferentiated	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381

NDB No. 35148 Stew, steamed corn (Navajo)

Total lipid (fat)	S2381
Phosphorus, P	S2381
Vitamin C, total ascorbic acid	S2381
8:0	S2381
10:0	S2381
12:0	S2381
18:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total	S2381

NDB No. 35148 Stew, steamed corn (Navajo)

monounsaturated

Glucose (dextrose) S2381

Maltose S2381

Selenium, Se S2381

Fatty acids, total saturated S2381

14:0 S2381

18:0 S2381

Calcium, Ca S2381

Copper, Cu S2381

Thiamin S2381

20:0 S2381

18:3 n-6 c,c,c S2381

Protein S2381

Sugars, total S2381

Potassium, K S2381

Sodium, Na S2381

Manganese, Mn S2381

Vitamin E (alpha-tocopherol) S2381

Vitamin K (phylloquinone) S2381

18:2 undifferentiated S2381

16:1 undifferentiated S2381

17:1 S2381

Starch S2381

Tocopherol, delta S2381

Niacin S2381

16:0 S2381

22:0 S2381

14:1 S2381

15:0 S2381

20:3 undifferentiated S2381

Sucrose S2381

Lactose S2381

Fiber, total dietary S2381

Tocopherol, gamma S2381

Vitamin B-6 S2381

18:3 undifferentiated S2381

Iron, Fe S2381

Reference_Report

NDB No. 35148 Stew, steamed corn (Navajo)

Zinc, Zn	S2381
Riboflavin	S2381
Pantothenic acid	S2381
Fatty acids, total polyunsaturated	S2381
20:2 n-6 c,c	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381
Ash	S2381
Fructose	S2381
Water	S2381
Galactose	S2381
Magnesium, Mg	S2381
Tocopherol, beta	S2381
Folate, total	S2381
20:4 undifferentiated	S2381
17:0	S2381

NDB No. 35149 Fish, halibut, raw, with skin (Alaska Native)

Potassium, K	S3481
Sodium, Na	S3481
Aspartic acid	S3481
16:0	S3481
20:5 n-3	S3481
17:0	S3481
24:0	S3481
22:1 c	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, delta	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Leucine	S3481
Serine	S3481
12:0	S3481
18:0	S3481
20:4 undifferentiated	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 2996 of 3136

NDB No. 35149 Fish, halibut, raw, with skin (Alaska Native)

22:5 n-3	S3481
15:0	S3481
Calcium, Ca	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Tyrosine	S3481
14:0	S3481
22:6 n-3	S3481
Fatty acids, total polyunsaturated	S3481
Phosphorus, P	S3481
Tocopherol, beta	S3481
Threonine	S3481
Phenylalanine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Proline	S3481
Hydroxyproline	S3481
18:3 undifferentiated	S3481
Ash	S3481
Tocopherol, gamma	S3481
Folate, total	S3481
Tryptophan	S3481
Cystine	S3481
Glycine	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
14:1	S3481
Fatty acids, total monounsaturated	S3481
18:3 n-6 c,c,c	S3481
15:1	S3481

Reference_Report

NDB No. 35149 Fish, halibut, raw, with skin (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Water	S3481
Iron, Fe	S3481
Manganese, Mn	S3481
Riboflavin	S3481
Valine	S3481
22:0	S3481
16:1 undifferentiated	S3481
Thiamin	S3481
Niacin	S3481
Lysine	S3481
Glutamic acid	S3481
20:2 n-6 c,c	S3481
20:3 undifferentiated	S3481
18:3 n-3 c,c,c	S3481
Magnesium, Mg	S3481
Isoleucine	S3481
Methionine	S3481
18:2 undifferentiated	S3481
20:1	S3481
22:1 undifferentiated	S3481
17:1	S3481

NDB No. 35150 Fish, salmon, coho (silver), raw (Alaska Native)

Pantothenic acid	S3481
Vitamin K (phylloquinone)	S3481
Tryptophan	S3481
Arginine	S3481
Alanine	S3481
Glutamic acid	S3481
Proline	S3481
18:3 undifferentiated	S3481
20:1	S3481
24:1 c	S3481
17:1	S3481

NDB No. 35150 Fish, salmon, coho (silver), raw (Alaska Native)

21:5	S3481
22:4	S3481
Protein	S3481
Total lipid (fat)	S3481
Tocopherol, beta	S3481
Vitamin C, total ascorbic acid	S3481
Lysine	S3481
Potassium, K	S3481
Sodium, Na	S3481
Tocopherol, delta	S3481
Aspartic acid	S3481
10:0	S3481
20:4 undifferentiated	S3481
16:1 undifferentiated	S3481
18:4	S3481
Ash	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Methionine	S3481
Histidine	S3481
16:0	S3481
20:0	S3481
Fatty acids, total monounsaturated	S3481
Water	S3481
Calcium, Ca	S3481
Thiamin	S3481
Riboflavin	S3481
Leucine	S3481
Cystine	S3481
Tyrosine	S3481
Glycine	S3481
18:1 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
22:5 n-3	S3481
17:0	S3481
20:2 n-6 c,c	S3481

Reference_Report

NDB No. 35150 Fish, salmon, coho (silver), raw (Alaska Native)

Vitamin E (alpha-tocopherol)	S3481
Isoleucine	S3481
Valine	S3481
8:0	S3481
14:1	S3481
15:0	S3481
20:3 undifferentiated	S3481
15:1	S3481
Vitamin B-6	S3481
Vitamin B-12	S3481
Cholesterol	S3481
18:2 undifferentiated	S3481
20:5 n-3	S3481
Fatty acids, total polyunsaturated	S3481
24:0	S3481
Iron, Fe	S3481
Selenium, Se	S3481
Tocopherol, gamma	S3481
Niacin	S3481
Folate, total	S3481
Threonine	S3481
Phenylalanine	S3481
Serine	S3481
Fatty acids, total saturated	S3481
12:0	S3481
14:0	S3481
18:0	S3481
22:1 undifferentiated	S3481

NDB No. 35151 Fish, salmon, sockeye (red), raw (Alaska Native)

Total lipid (fat)	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Folate, total	S3481
Phenylalanine	S3481

NDB No. 35151 Fish, salmon, sockeye (red), raw (Alaska Native)

Tyrosine	S3481
Histidine	S3481
Alanine	S3481
Protein	S3481
Zinc, Zn	S3481
Selenium, Se	S3481
Tocopherol, gamma	S3481
Vitamin B-6	S3481
Vitamin B-12	S3481
14:1	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
24:0	S3481
14:0	S3481
18:0	S3481
Water	S3481
Calcium, Ca	S3481
Vitamin C, total ascorbic acid	S3481
Tryptophan	S3481
Methionine	S3481
Arginine	S3481
Glycine	S3481
Fatty acids, total saturated	S3481
20:5 n-3	S3481
15:0	S3481
17:1	S3481
20:3 undifferentiated	S3481
22:4	S3481
Iron, Fe	S3481
Niacin	S3481
Vitamin K (phylloquinone)	S3481
Valine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Proline	S3481
12:0	S3481
20:4 undifferentiated	S3481

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3001 of 3136

NDB No. 35151 Fish, salmon, sockeye (red), raw (Alaska Native)

22:6 n-3	S3481
Ash	S3481
Cystine	S3481
Serine	S3481
Cholesterol	S3481
8:0	S3481
16:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
22:0	S3481
20:1	S3481
Magnesium, Mg	S3481
Potassium, K	S3481
Sodium, Na	S3481
Tocopherol, beta	S3481
Riboflavin	S3481
Pantothenic acid	S3481
Threonine	S3481
Leucine	S3481
Lysine	S3481
18:3 undifferentiated	S3481
16:1 undifferentiated	S3481
17:0	S3481
24:1 c	S3481
15:1	S3481
Phosphorus, P	S3481
Isoleucine	S3481
10:0	S3481
18:2 undifferentiated	S3481
18:4	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
20:2 n-6 c,c	S3481
21:5	S3481

NDB No. 35152 Fish, Salmon, Chum, raw (Alaska Native)

Reference_Report

NDB No. 35152 Fish, Salmon, Chum, raw (Alaska Native)

Ash	S3481
Magnesium, Mg	S3481
Selenium, Se	S3481
Riboflavin	S3481
Tryptophan	S3481
Histidine	S3481
20:4 undifferentiated	S3481
20:1	S3481
Fatty acids, total polyunsaturated	S3481
21:5	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Phenylalanine	S3481
Valine	S3481
Glutamic acid	S3481
Proline	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
15:0	S3481
17:1	S3481
Sodium, Na	S3481
Niacin	S3481
Pantothenic acid	S3481
8:0	S3481
16:0	S3481
15:1	S3481
Phosphorus, P	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Alanine	S3481
Aspartic acid	S3481
Serine	S3481
14:0	S3481

NDB No. 35152 Fish, Salmon, Chum, raw (Alaska Native)

14:1	S3481
16:1 undifferentiated	S3481
20:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
24:1 c	S3481
Zinc, Zn	S3481
Fatty acids, total saturated	S3481
10:0	S3481
18:0	S3481
20:0	S3481
22:0	S3481
18:4	S3481
22:1 undifferentiated	S3481
17:0	S3481
20:3 undifferentiated	S3481
Potassium, K	S3481
Leucine	S3481
Glycine	S3481
12:0	S3481
24:0	S3481
20:2 n-6 c,c	S3481
Protein	S3481
Water	S3481
Vitamin E (alpha-tocopherol)	S3481
Vitamin B-6	S3481
Threonine	S3481
Isoleucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Tyrosine	S3481
Arginine	S3481
Cholesterol	S3481
18:1 undifferentiated	S3481
22:5 n-3	S3481
22:4	S3481
Total lipid (fat)	S3481

Reference_Report

NDB No. 35152 Fish, Salmon, Chum, raw (Alaska Native)

Vitamin C, total ascorbic acid	S3481
Folate, total	S3481
22:6 n-3	S3481

NDB No. 35153 Fish, salmon, king (chinook), raw (Alaska Native)

10:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
22:5 n-3	S3481
17:0	S3481
Protein	S3481, S2141
Sodium, Na	S3481
Selenium, Se	S3481
Pantothenic acid	S3481
16:0	S3481
22:1 undifferentiated	S3481
Ash	S3481
Water	S3481, S2141
Iron, Fe	S3481, S2141
Vitamin B-12	S3481
8:0	S3481
18:4	S3481
20:1	S3481
Fatty acids, total polyunsaturated	S3481
Phosphorus, P	S3481, S2141
15:0	S3481
24:1 c	S3481
21:5	S3481
Zinc, Zn	S3481
Niacin	S3481, S2141
Vitamin B-6	S3481
Vitamin K (phylloquinone)	S3481
18:0	S3481
22:6 n-3	S3481
20:2 n-6 c,c	S3481
Vitamin E (alpha-tocopherol)	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 3005 of 3136

NDB No. 35153 Fish, salmon, king (chinook), raw (Alaska Native)

Thiamin	S3481
Riboflavin	S3481, S2141
Folate, total	S3481
12:0	S3481
20:4 undifferentiated	S3481
22:0	S3481
14:1	S3481
Fatty acids, total monounsaturated	S3481
24:0	S3481
22:4	S3481
Total lipid (fat)	S3481, S2141
Magnesium, Mg	S3481
Potassium, K	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Fatty acids, total saturated	S3481
14:0	S3481
16:1 undifferentiated	S3481
20:5 n-3	S3481
17:1	S3481
20:3 undifferentiated	S3481
Calcium, Ca	S3481, S2141
Vitamin C, total ascorbic acid	S3481
Cholesterol	S3481
20:0	S3481
18:3 undifferentiated	S3481
15:1	S3481

NDB No. 35154 Salmonberries, raw (Alaska Native)

Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Folic acid	S3561
Total lipid (fat)	S3561
Ash	S3561
Sucrose	S3561

Reference_Report

NDB No. 35154 Salmonberries, raw (Alaska Native)

Carotene, alpha	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Water	S3561
Iron, Fe	S3561
Manganese, Mn	S3561
Carotene, beta	S3561
Niacin	S3561
Galactose	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Folate, food	S3561
Starch	S3561
Calcium, Ca	S3561
Potassium, K	S3561
Riboflavin	S3561
Glucose (dextrose)	S3561
Fructose	S3561
Cryptoxanthin, beta	S3561
Lycopene	S3561
Vitamin C, total ascorbic acid	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Lactose	S3561
Maltose	S3561
Sodium, Na	S3561
Vitamin E (alpha-tocopherol)	S3561
Folate, total	S3561
Vitamin K (phylloquinone)	S3561

NDB No. 35155 Blueberries, wild, raw (Alaska Native)

Ash	S3561, S3481
Galactose	S3561, S3481
Fiber, total dietary	S3481

NDB No. 35155 Blueberries, wild, raw (Alaska Native)

Tocopherol, gamma	S3561, S3481
Vitamin C, total ascorbic acid	S3561, S3481
Sugars, total	S3481
Sodium, Na	S3561, S3481
Zinc, Zn	S3561, S3481
Tocopherol, delta	S3561, S3481
Folate, food	S3561, S3481
Glucose (dextrose)	S3561, S3481
Fructose	S3561, S3481
Calcium, Ca	S3561, S3481
Manganese, Mn	S3561, S3481
Sucrose	S3561, S3481
Carotene, alpha	S3561, S3481
Lycopene	S3481
Tocopherol, beta	S3561, S3481
Vitamin B-6	S3561, S3481
Maltose	S3561, S3481
Potassium, K	S3561, S3481
Vitamin K (phylloquinone)	S3561, S3481
Total lipid (fat)	S3561, S3481
Carotene, beta	S3561, S3481
Cryptoxanthin, beta	S3561, S3481
Folic acid	S3561, S3481
Protein	S3481
Water	S3561, S3481
Iron, Fe	S3561, S3481
Magnesium, Mg	S3561, S3481
Thiamin	S3561, S3481
Riboflavin	S3561, S3481
Pantothenic acid	S3561
Folate, total	S3561, S3481
Starch	S3561, S3481
Lactose	S3561, S3481
Phosphorus, P	S3561, S3481
Copper, Cu	S3561, S3481
Vitamin E (alpha-tocopherol)	S3561, S3481
Niacin	S3561, S3481

NDB No. 35156 Oil, spotted seal (Alaska Native)

Tocopherol, beta	S3561
18:0	S3561
18:2 undifferentiated	S3561
22:1 undifferentiated	S3561
17:0	S3561
18:3 undifferentiated	S3561
Protein	S3561
Total lipid (fat)	S3561
Water	S3561
Iron, Fe	S3561
Sodium, Na	S3561
14:0	S3561
20:0	S3561
22:4	S3561
Manganese, Mn	S3561
10:0	S3561
12:0	S3561
20:4 undifferentiated	S3561
20:1	S3561
22:5 n-3	S3561
24:0	S3561
15:1	S3561
Potassium, K	S3561
Selenium, Se	S3561
Tocopherol, delta	S3561
14:1	S3561
16:1 undifferentiated	S3561
20:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
15:0	S3561
17:1	S3561
Calcium, Ca	S3561
Magnesium, Mg	S3561
Copper, Cu	S3561
22:6 n-3	S3561
Retinol	S3561
Vitamin D	S3561

Reference_Report

NDB No. 35156 Oil, spotted seal (Alaska Native)

Tocopherol, gamma	S3561
8:0	S3561
18:1 undifferentiated	S3561
22:0	S3561
18:4	S3561
20:3 undifferentiated	S3561
21:5	S3561
Ash	S3561
Phosphorus, P	S3561
Zinc, Zn	S3561
Vitamin E (alpha-tocopherol)	S3561
Vitamin K (phylloquinone)	S3561
Fatty acids, total saturated	S3561
16:0	S3561
Fatty acids, total polyunsaturated	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561

NDB No. 35157 Fish, salmon, red, canned, bones removed (Alaska Native)

Copper, Cu	S3561
Vitamin K (phylloquinone)	S3561
Lysine	S3561
Phenylalanine	S3561
Cholesterol	S3561
16:1 undifferentiated	S3561
22:5 n-3	S3561
20:2 n-6 c,c	S3561
Calcium, Ca	S3561
Sodium, Na	S3561
Manganese, Mn	S3561
Tocopherol, beta	S3561
Thiamin	S3561
Riboflavin	S3561
Serine	S3561
22:1 undifferentiated	S3561
17:0	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3010 of 3136

NDB No. 35157 Fish, salmon, red, canned, bones removed (Alaska Native)

20:3 undifferentiated	S3561
Water	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Zinc, Zn	S3561
Niacin	S3561
Folate, total	S3561
Alanine	S3561
8:0	S3561
14:0	S3561
22:6 n-3	S3561
24:0	S3561
15:1	S3561
Total lipid (fat)	S3561
Iron, Fe	S3561
Pantothenic acid	S3561
Vitamin B-12	S3561
Choline, total	S3561
Folate, food	S3561
Isoleucine	S3561
Fatty acids, total saturated	S3561
10:0	S3561
16:0	S3561
18:4	S3561
15:0	S3561
21:5	S3561
Vitamin B-6	S3561
Arginine	S3561
Histidine	S3561
Glutamic acid	S3561
Glycine	S3561
12:0	S3561
18:0	S3561
20:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3011 of 3136

NDB No. 35157 Fish, salmon, red, canned, bones removed (Alaska Native)

17:1	S3561
Ash	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, gamma	S3561
Folic acid	S3561
Methionine	S3561
Aspartic acid	S3561
20:0	S3561
18:1 undifferentiated	S3561
22:0	S3561
Protein	S3561
Selenium, Se	S3561
Tocopherol, delta	S3561
Betaine	S3561
Tryptophan	S3561
Leucine	S3561
Cystine	S3561
Tyrosine	S3561
Valine	S3561
Proline	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
24:1 c	S3561
22:4	S3561
Threonine	S3561
20:4 undifferentiated	S3561
14:1	S3561
20:1	S3561

NDB No. 35158 Fish, whitefish, eggs (Alaska Native)

Total lipid (fat)	S3561, D4961
Ash	S3561
Iron, Fe	S3561, D4961
Magnesium, Mg	S3561
Manganese, Mn	S3561
Vitamin E (alpha-tocopherol)	S3561

Reference_Report

NDB No. 35158 Fish, whitefish, eggs (Alaska Native)

Riboflavin	S3561
Folic acid	S3561
Threonine	S3561
Histidine	S3561
18:0	S3561
18:4	S3561
Fatty acids, total monounsaturated	S3561
17:1	S3561
Protein	S3561, D4961
Water	S3561, D4961
Calcium, Ca	S3561, D4961
Copper, Cu	S3561
Selenium, Se	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Cystine	S3561
Arginine	S3561
Proline	S3561
12:0	S3561
18:1 undifferentiated	S3561
22:6 n-3	S3561
20:1	S3561
24:1 c	S3561
Potassium, K	S3561
Tocopherol, delta	S3561
Folate, food	S3561
Alanine	S3561
Aspartic acid	S3561
Cholesterol	S3561
10:0	S3561
14:0	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
20:3 undifferentiated	S3561
Sodium, Na	S3561
Folate, total	S3561

Reference_Report

NDB No. 35158 Fish, whitefish, eggs (Alaska Native)

Glutamic acid	S3561
Serine	S3561
22:1 undifferentiated	S3561
21:5	S3561
Carbohydrate, by difference	D4961
Vitamin A, IU	D4961
Vitamin B-6	S3561
Glycine	S3561
8:0	S3561
18:2 undifferentiated	S3561
15:1	S3561
Tocopherol, beta	S3561
Tryptophan	S3561
Isoleucine	S3561
Tyrosine	S3561
16:0	S3561
20:0	S3561
22:0	S3561
20:5 n-3	S3561
Fatty acids, total polyunsaturated	S3561
24:0	S3561
Phosphorus, P	S3561, D4961
Zinc, Zn	S3561
Tocopherol, gamma	S3561
Thiamin	S3561, D4961
Pantothenic acid	S3561
Methionine	S3561
Valine	S3561
14:1	S3561
16:1 undifferentiated	S3561
22:5 n-3	S3561
Niacin	S3561, D4961
Betaine	S3561
Leucine	S3561
Lysine	S3561
Phenylalanine	S3561
Fatty acids, total saturated	S3561

NDB No. 35158 Fish, whitefish, eggs (Alaska Native)

15:0	S3561
17:0	S3561
20:2 n-6 c,c	S3561
22:4	S3561

NDB No. 35160 Caribou, rump meat, half dried (Alaska Native)

Iron, Fe	S3561
Magnesium, Mg	S3561
Riboflavin	S3561
Vitamin B-6	S3561
18:1 undifferentiated	S3561
18:3 undifferentiated	S3561
Fatty acids, total monounsaturated	S3561
20:3 undifferentiated	S3561
Ash	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Pantothenic acid	S3561
Vitamin K (phylloquinone)	S3561
Cholesterol	S3561
20:2 n-6 c,c	S3561
Protein	S3561
Calcium, Ca	S3561
Sodium, Na	S3561
Vitamin E (alpha-tocopherol)	S3561
Thiamin	S3561
Folate, total	S3561
10:0	S3561
12:0	S3561
18:4	S3561
Fatty acids, total polyunsaturated	S3561
24:1 c	S3561
17:1	S3561
22:4	S3561
Total lipid (fat)	S3561
Selenium, Se	S3561

NDB No. 35160 Caribou, rump meat, half dried (Alaska Native)

Tocopherol, gamma	S3561
Folate, food	S3561
Fatty acids, total saturated	S3561
22:6 n-3	S3561
22:0	S3561
22:1 undifferentiated	S3561
21:5	S3561
Water	S3561
Vitamin B-12	S3561
Folic acid	S3561
Betaine	S3561
14:0	S3561
18:0	S3561
18:2 undifferentiated	S3561
Zinc, Zn	S3561
Choline, total	S3561
16:0	S3561
20:0	S3561
14:1	S3561
15:0	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Tocopherol, beta	S3561
Tocopherol, delta	S3561
Niacin	S3561
8:0	S3561
20:4 undifferentiated	S3561
16:1 undifferentiated	S3561
20:1	S3561
20:5 n-3	S3561
22:5 n-3	S3561
17:0	S3561
24:0	S3561
15:1	S3561

NDB No. 35161 Caribou, shoulder meat, dried (Alaska Native)

NDB No. 35161 Caribou, shoulder meat, dried (Alaska Native)

Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Vitamin B-12	S3561
12:0	S3561
18:0	S3561
14:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:4	S3561
Protein	S3561
Calcium, Ca	S3561
Zinc, Zn	S3561
Vitamin E (alpha-tocopherol)	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
20:0	S3561
18:4	S3561
Fatty acids, total monounsaturated	S3561
17:1	S3561
15:1	S3561
Total lipid (fat)	S3561
Magnesium, Mg	S3561
Sodium, Na	S3561
Selenium, Se	S3561
Choline, total	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
20:2 n-6 c,c	S3561
Ash	S3561
Phosphorus, P	S3561
Thiamin	S3561
Niacin	S3561
Folate, food	S3561
10:0	S3561
20:1	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3017 of 3136

NDB No. 35161 Caribou, shoulder meat, dried (Alaska Native)

Fatty acids, total polyunsaturated	S3561
24:0	S3561
21:5	S3561
Water	S3561
Potassium, K	S3561
Copper, Cu	S3561
Folate, total	S3561
20:3 undifferentiated	S3561
Manganese, Mn	S3561
Riboflavin	S3561
Folic acid	S3561
18:3 undifferentiated	S3561
16:1 undifferentiated	S3561
22:5 n-3	S3561
17:0	S3561
Iron, Fe	S3561
Betaine	S3561
14:0	S3561
16:0	S3561
Tocopherol, beta	S3561
Vitamin K (phylloquinone)	S3561
8:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
22:0	S3561
15:0	S3561
24:1 c	S3561

NDB No. 35162 Caribou, hind quarter meat, raw (Alaska Native)

Vitamin K (phylloquinone)	S3561
18:2 undifferentiated	S3561
20:4 undifferentiated	S3561
22:0	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
17:1	S3561

NDB No. 35162 Caribou, hind quarter meat, raw (Alaska Native)

21:5	S3561
22:4	S3561
Water	S3561
Calcium, Ca	S3561
Zinc, Zn	S3561
Tocopherol, beta	S3561
Niacin	S3561
Folic acid	S3561
Fatty acids, total saturated	S3561
12:0	S3561
24:0	S3561
Ash	S3561
Manganese, Mn	S3561
20:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
Iron, Fe	S3561
Sodium, Na	S3561
Copper, Cu	S3561
Selenium, Se	S3561
Thiamin	S3561
Vitamin B-6	S3561
14:0	S3561
22:6 n-3	S3561
22:5 n-3	S3561
Total lipid (fat)	S3561
Vitamin E (alpha-tocopherol)	S3561
Riboflavin	S3561
24:1 c	S3561
20:0	S3561
18:3 undifferentiated	S3561
18:4	S3561
20:2 n-6 c,c	S3561
Protein	S3561
Magnesium, Mg	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561

NDB No. 35162 Caribou, hind quarter meat, raw (Alaska Native)

Pantothenic acid	S3561
Vitamin B-12	S3561
8:0	S3561
18:0	S3561
18:1 undifferentiated	S3561
14:1	S3561
17:0	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Folate, total	S3561
Folate, food	S3561
Cholesterol	S3561
10:0	S3561
16:0	S3561
16:1 undifferentiated	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561

NDB No. 35163 Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Iron, Fe	S3561
Potassium, K	S3561
Zinc, Zn	S3561
Sodium, Na	S3561
Copper, Cu	S3561
Tocopherol, delta	S3561
Protein	S3561
Water	S3561
Calcium, Ca	S3561
Total lipid (fat)	S3561
Choline, total	S3561
Betaine	S3561
Ash	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Vitamin E (alpha-tocopherol)	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3020 of 3136

NDB No. 35163 Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Manganese, Mn	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Vitamin K (phylloquinone)	S3561

NDB No. 35164 Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Iron, Fe	S3561
Methionine	S3561
12:0	S3561
22:0	S3561
14:1	S3561
20:1	S3561
22:5 n-3	S3561
17:0	S3561
22:4	S3561
Phosphorus, P	S3561
Manganese, Mn	S3561
Choline, total	S3561
Folic acid	S3561
Valine	S3561
8:0	S3561
18:2 undifferentiated	S3561
22:6 n-3	S3561
Alanine	S3561
Serine	S3561
Fatty acids, total saturated	S3561
16:0	S3561
20:0	S3561
18:4	S3561
Fatty acids, total monounsaturated	S3561
21:5	S3561
Selenium, Se	S3561
Tocopherol, beta	S3561
Tocopherol, delta	S3561
Riboflavin	S3561
Vitamin B-6	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3021 of 3136

NDB No. 35164 Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Leucine	S3561
Arginine	S3561
Cholesterol	S3561
18:1 undifferentiated	S3561
20:4 undifferentiated	S3561
16:1 undifferentiated	S3561
20:5 n-3	S3561
24:0	S3561
20:2 n-6 c,c	S3561
17:1	S3561
Ash	S3561
Calcium, Ca	S3561
Magnesium, Mg	S3561
Copper, Cu	S3561
Niacin	S3561
Betaine	S3561
Proline	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
Protein	S3561
Sodium, Na	S3561
Vitamin E (alpha-tocopherol)	S3561
Thiamin	S3561
Vitamin K (phylloquinone)	S3561
Cystine	S3561
Glutamic acid	S3561
Glycine	S3561
10:0	S3561
14:0	S3561
18:3 undifferentiated	S3561
24:1 c	S3561
20:3 undifferentiated	S3561
Total lipid (fat)	S3561
Potassium, K	S3561
Folate, total	S3561
Folate, food	S3561
Threonine	S3561

Reference_Report

NDB No. 35164 Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Lysine	S3561
Phenylalanine	S3561
22:1 undifferentiated	S3561
Water	S3561
Zinc, Zn	S3561
Tocopherol, gamma	S3561
Pantothenic acid	S3561
Vitamin B-12	S3561
Tryptophan	S3561
Isoleucine	S3561
Tyrosine	S3561
Histidine	S3561
Aspartic acid	S3561
18:0	S3561
15:1	S3561

NDB No. 35165 Fish, whitefish, dried (Alaska Native)

Calcium, Ca	S3561
Potassium, K	S3561
Riboflavin	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
10:0	S3561
16:0	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
22:6 n-3	S3561
18:4	S3561
20:1	S3561
Fatty acids, total monounsaturated	S3561
15:0	S3561
Total lipid (fat)	S3561
Magnesium, Mg	S3561
Selenium, Se	S3561
Tocopherol, delta	S3561
Vitamin B-12	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3023 of 3136

NDB No. 35165 Fish, whitefish, dried (Alaska Native)

Threonine	S3561
Fatty acids, total saturated	S3561
18:0	S3561
20:0	S3561
20:4 undifferentiated	S3561
20:5 n-3	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
Iron, Fe	S3561
Sodium, Na	S3561
Vitamin E (alpha-tocopherol)	S3561
Pantothenic acid	S3561
Isoleucine	S3561
Lysine	S3561
Cystine	S3561
Arginine	S3561
Alanine	S3561
18:1 undifferentiated	S3561
22:0	S3561
16:1 undifferentiated	S3561
22:1 undifferentiated	S3561
Protein	S3561
Zinc, Zn	S3561
Tocopherol, beta	S3561
Thiamin	S3561
Folate, total	S3561
Folate, food	S3561
Methionine	S3561
Valine	S3561
Histidine	S3561
Glutamic acid	S3561
17:0	S3561
Water	S3561
12:0	S3561
14:0	S3561
15:1	S3561
Ash	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3024 of 3136

NDB No. 35165 Fish, whitefish, dried (Alaska Native)

Phosphorus, P	S3561
Vitamin B-6	S3561
Betaine	S3561
Tryptophan	S3561
Phenylalanine	S3561
Aspartic acid	S3561
Glycine	S3561
22:5 n-3	S3561
Manganese, Mn	S3561
Tocopherol, gamma	S3561
Choline, total	S3561
Proline	S3561
Cholesterol	S3561
14:1	S3561
Fatty acids, total polyunsaturated	S3561
20:3 undifferentiated	S3561
21:5	S3561
Copper, Cu	S3561
Niacin	S3561
Leucine	S3561
Tyrosine	S3561
Serine	S3561
8:0	S3561
24:0	S3561
17:1	S3561
22:4	S3561

NDB No. 35166 Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Zinc, Zn	S3561
Copper, Cu	S3561
Vitamin B-12	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Glutamic acid	S3561
18:4	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3025 of 3136

NDB No. 35166 Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

24:1 c	S3561
Iron, Fe	S3561
Phosphorus, P	S3561
Tocopherol, gamma	S3561
Pantothenic acid	S3561
Threonine	S3561
Cystine	S3561
8:0	S3561
Folate, food	S3561
Betaine	S3561
Tyrosine	S3561
Alanine	S3561
Aspartic acid	S3561
Glycine	S3561
Fatty acids, total saturated	S3561
10:0	S3561
16:0	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
15:0	S3561
20:2 n-6 c,c	S3561
Calcium, Ca	S3561
Sodium, Na	S3561
Folate, total	S3561
Leucine	S3561
18:3 undifferentiated	S3561
20:1	S3561
Niacin	S3561
14:0	S3561
20:5 n-3	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Magnesium, Mg	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3026 of 3136

NDB No. 35166 Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Potassium, K	S3561
Selenium, Se	S3561
Tocopherol, beta	S3561
Thiamin	S3561
Riboflavin	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Tryptophan	S3561
Isoleucine	S3561
Proline	S3561
18:1 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
21:5	S3561
22:4	S3561
Water	S3561
Vitamin B-6	S3561
Lysine	S3561
12:0	S3561
20:4 undifferentiated	S3561
17:0	S3561
Manganese, Mn	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, delta	S3561
Folic acid	S3561
Methionine	S3561
Phenylalanine	S3561
Serine	S3561
18:0	S3561
20:0	S3561
18:2 undifferentiated	S3561
14:1	S3561
16:1 undifferentiated	S3561
22:1 undifferentiated	S3561
Fatty acids, total polyunsaturated	S3561
24:0	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3027 of 3136

NDB No. 35167 Fish, salmon, red, (sockeye), kippered (Alaska Native)

Total lipid (fat)	S3561
Tocopherol, delta	S3561
10:0	S3561
18:2 undifferentiated	S3561
17:0	S3561
15:1	S3561
Ash	S3561
Phosphorus, P	S3561
Manganese, Mn	S3561
Tocopherol, beta	S3561
Betaine	S3561
18:0	S3561
14:1	S3561
20:1	S3561
Potassium, K	S3561
Sodium, Na	S3561
Niacin	S3561
Folate, total	S3561
Choline, total	S3561
8:0	S3561
16:0	S3561
18:3 undifferentiated	S3561
16:1 undifferentiated	S3561
Fatty acids, total polyunsaturated	S3561
17:1	S3561
21:5	S3561
Vitamin D	S3561
Fatty acids, total saturated	S3561
18:1 undifferentiated	S3561
22:1 undifferentiated	S3561
24:0	S3561
20:2 n-6 c,c	S3561
22:4	S3561
Protein	S3561
Water	S3561
Magnesium, Mg	S3561
Thiamin	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3028 of 3136

NDB No. 35167 Fish, salmon, red, (sockeye), kippered (Alaska Native)

Riboflavin	S3561
Pantothenic acid	S3561
Vitamin K (phylloquinone)	S3561
Folate, food	S3561
20:4 undifferentiated	S3561
Fatty acids, total monounsaturated	S3561
15:0	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Copper, Cu	S3561
Selenium, Se	S3561
Tocopherol, gamma	S3561
Vitamin B-6	S3561
Vitamin B-12	S3561
12:0	S3561
14:0	S3561
22:0	S3561
18:4	S3561
22:5 n-3	S3561
24:1 c	S3561
20:3 undifferentiated	S3561
Zinc, Zn	S3561
Vitamin E (alpha-tocopherol)	S3561
Folic acid	S3561
Cholesterol	S3561
20:0	S3561
22:6 n-3	S3561
20:5 n-3	S3561

NDB No. 35168 Fish, salmon, king, with skin, kippered, (Alaska Native)

Total lipid (fat)	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Riboflavin	S3561
Choline, total	S3561
Lysine	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3029 of 3136

NDB No. 35168 Fish, salmon, king, with skin, kippered, (Alaska Native)

Phenylalanine	S3561
Histidine	S3561
Glutamic acid	S3561
20:0	S3561
24:1 c	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
Calcium, Ca	S3561
Vitamin B-6	S3561
Folate, total	S3561
22:1 undifferentiated	S3561
17:1	S3561
Water	S3561
Potassium, K	S3561
Selenium, Se	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Pantothenic acid	S3561
Folic acid	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:4	S3561
Protein	S3561
Tocopherol, gamma	S3561
Vitamin K (phylloquinone)	S3561
Folate, food	S3561
Betaine	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Arginine	S3561
Aspartic acid	S3561
Serine	S3561
Cholesterol	S3561
16:0	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3030 of 3136

NDB No. 35168 Fish, salmon, king, with skin, kippered, (Alaska Native)

17:0	S3561
Tocopherol, beta	S3561
Cystine	S3561
Glycine	S3561
16:1 undifferentiated	S3561
Fatty acids, total monounsaturated	S3561
Magnesium, Mg	S3561
Sodium, Na	S3561
Tryptophan	S3561
Tyrosine	S3561
Fatty acids, total saturated	S3561
18:0	S3561
20:1	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
Ash	S3561
Iron, Fe	S3561
Niacin	S3561
Methionine	S3561
Proline	S3561
8:0	S3561
10:0	S3561
12:0	S3561
18:2 undifferentiated	S3561
22:0	S3561
18:4	S3561
20:5 n-3	S3561
24:0	S3561
20:2 n-6 c,c	S3561
Phosphorus, P	S3561
Manganese, Mn	S3561
Vitamin E (alpha-tocopherol)	S3561
Vitamin D	S3561
Vitamin B-12	S3561
Valine	S3561
Alanine	S3561
14:0	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3031 of 3136

NDB No. 35168 Fish, salmon, king, with skin, kippered, (Alaska Native)

18:1 undifferentiated	S3561
14:1	S3561
22:5 n-3	S3561

NDB No. 35169 Fish, sheefish, raw (Alaska Native)

Choline, total	S3561
Threonine	S3561
8:0	S3561
10:0	S3561
12:0	S3561
18:0	S3561
16:1 undifferentiated	S3561
17:0	S3561
20:2 n-6 c,c	S3561
20:3 undifferentiated	S3561
Protein	S3561
Ash	S3561
Water	S3561
Iron, Fe	S3561
Phosphorus, P	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, gamma	S3561
Folate, total	S3561
Betaine	S3561
Tryptophan	S3561
Leucine	S3561
Aspartic acid	S3561
20:0	S3561
18:3 undifferentiated	S3561
22:0	S3561
14:1	S3561
20:5 n-3	S3561
22:5 n-3	S3561
Fatty acids, total polyunsaturated	S3561
17:1	S3561
Zinc, Zn	S3561

NDB No. 35169 Fish, sheefish, raw (Alaska Native)

Folic acid	S3561
Cystine	S3561
24:1 c	S3561
Tocopherol, delta	S3561
Vitamin K (phylloquinone)	S3561
Methionine	S3561
Serine	S3561
14:0	S3561
16:0	S3561
18:4	S3561
22:1 undifferentiated	S3561
Fatty acids, total monounsaturated	S3561
Manganese, Mn	S3561
Vitamin B-12	S3561
Isoleucine	S3561
Phenylalanine	S3561
Glutamic acid	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
18:2 undifferentiated	S3561
22:6 n-3	S3561
20:1	S3561
15:1	S3561
Calcium, Ca	S3561
Magnesium, Mg	S3561
Potassium, K	S3561
Copper, Cu	S3561
Selenium, Se	S3561
Tocopherol, beta	S3561
Pantothenic acid	S3561
Tyrosine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Glycine	S3561
Proline	S3561
18:1 undifferentiated	S3561

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3033 of 3136

NDB No. 35169 Fish, sheefish, raw (Alaska Native)

Sodium, Na	S3561
Vitamin C, total ascorbic acid	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Lysine	S3561
Valine	S3561
20:4 undifferentiated	S3561
Total lipid (fat)	S3561
Vitamin B-6	S3561
Folate, food	S3561
15:0	S3561
24:0	S3561
21:5	S3561
22:4	S3561

NDB No. 35170 Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Vitamin E (alpha-tocopherol)	S3561
Isoleucine	S3561
Valine	S3561
Protein	S3561
Water	S3561
Iron, Fe	S3561
Zinc, Zn	S3561
Tocopherol, beta	S3561
Leucine	S3561
Lysine	S3561
Phenylalanine	S3561
Arginine	S3561
Glycine	S3561
Proline	S3561
Calcium, Ca	S3561
Histidine	S3561
Magnesium, Mg	S3561
Copper, Cu	S3561
Betaine	S3561

NDB No. 35170 Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Glutamic acid	S3561
Serine	S3561
Vitamin K (phylloquinone)	S3561
Threonine	S3561
Cystine	S3561
Potassium, K	S3561
Tocopherol, gamma	S3561
Alanine	S3561
Aspartic acid	S3561
Total lipid (fat)	S3561
Sodium, Na	S3561
Choline, total	S3561
Tryptophan	S3561
Methionine	S3561
Tyrosine	S3561
Ash	S3561
Phosphorus, P	S3561
Manganese, Mn	S3561
Tocopherol, delta	S3561

NDB No. 35171 Fish, salmon, chum, dried (Alaska Native)

Protein	S3561, S3481
Iron, Fe	S3561, S3481
Vitamin E (alpha-tocopherol)	S3561, S3481
Folate, food	S3561, S3481
12:0	S3561, S3481
24:0	S3561, S3481
24:1 c	S3561, S3481
22:4	S3561, S3481
Tocopherol, delta	S3561, S3481
Vitamin K (phylloquinone)	S3561, S3481
14:0	S3561, S3481
18:3 undifferentiated	S3561, S3481
16:1 undifferentiated	S3561, S3481
Total lipid (fat)	S3561, S3481
Tocopherol, gamma	S3561, S3481

NDB No. 35171 Fish, salmon, chum, dried (Alaska Native)

Vitamin B-6	S3561, S3481
Cholesterol	S3561, S3481
Fatty acids, total saturated	S3561, S3481
18:0	S3561, S3481
18:4	S3561, S3481
22:5 n-3	S3561, S3481
Fatty acids, total polyunsaturated	S3561, S3481
Magnesium, Mg	S3561, S3481
Copper, Cu	S3561, S3481
Manganese, Mn	S3561, S3481
Selenium, Se	S3561, S3481
Niacin	S3561, S3481
8:0	S3561, S3481
18:1 undifferentiated	S3561, S3481
20:4 undifferentiated	S3561, S3481
22:6 n-3	S3561, S3481
22:0	S3561, S3481
Calcium, Ca	S3561, S3481
Pantothenic acid	S3561, S3481
Folic acid	S3481
22:1 undifferentiated	S3561, S3481
Ash	S3561, S3481
Water	S3561, S3481
Phosphorus, P	S3561, S3481
Potassium, K	S3561, S3481
Sodium, Na	S3561, S3481
Retinol	S3481
Folate, total	S3561, S3481
Betaine	S3561, S3541
16:0	S3561, S3481
18:2 undifferentiated	S3561, S3481
Fatty acids, total monounsaturated	S3561, S3481
20:2 n-6 c,c	S3561, S3481
Tocopherol, beta	S3561, S3481
Thiamin	S3561, S3481
Riboflavin	S3561, S3481
Vitamin B-12	S3561, S3481

Reference_Report

NDB No. 35171 Fish, salmon, chum, dried (Alaska Native)

Choline, total	S3561, S3541
10:0	S3561, S3481
14:1	S3561, S3481
20:1	S3561, S3481
20:5 n-3	S3561, S3481
20:3 undifferentiated	S3561, S3481
15:1	S3561, S3481
21:5	S3561, S3481
Zinc, Zn	S3561, S3481
20:0	S3561, S3481
15:0	S3561, S3481
17:0	S3561, S3481
17:1	S3561, S3481

NDB No. 35172 Elk, free range, ground, cooked patties (Shoshone Bannock)

Zinc, Zn	S2802
Copper, Cu	S2802
Vitamin E (alpha-tocopherol)	S2802
Vitamin B-6	S2802
Folate, total	S2802
Phenylalanine	S2802
18:0	S2802
18:2 n-6 c,c	S2802
20:3 undifferentiated	S2802
Potassium, K	S2802
Manganese, Mn	S2802
Thiamin	S2802
Niacin	S2802
Pantothenic acid	S2802
Histidine	S2802
8:0	S2802
12:0	S2802
16:0	S2802
18:1 c	S2802
Iron, Fe	S2802
Tocopherol, gamma	S2802

Reference Report

JUL-17-2008 02:00 PM

Page 3037 of 3136

NDB No. 35172 Elk, free range, ground, cooked patties (Shoshone Bannock)

Lysine	S2802
Aspartic acid	S2802
Serine	S2802
14:1	S2802
18:1 t	S2802
15:1	S2802
Riboflavin	S2802
Vitamin B-12	S2802
Methionine	S2802
Cystine	S2802
Arginine	S2802
Cholesterol	S2802
10:0	S2802
20:1	S2802
17:1	S2802
Total lipid (fat)	S2802
Water	S2802
Magnesium, Mg	S2802
Selenium, Se	S2802
Tocopherol, beta	S2802
Threonine	S2802
Alanine	S2802
Glutamic acid	S2802
Glycine	S2802
20:0	S2802
20:4 undifferentiated	S2802
15:0	S2802
Phosphorus, P	S2802
Ash	S2802
Tocopherol, delta	S2802
Folate, food	S2802
Isoleucine	S2802
Proline	S2802
14:0	S2802
22:0	S2802
16:1 undifferentiated	S2802
18:2 t,t	S2802

Reference_Report

NDB No. 35172 Elk, free range, ground, cooked patties (Shoshone Bannock)

20:2 n-6 c,c	S2802
Calcium, Ca	S2802
Sodium, Na	S2802
Folic acid	S2802
Tryptophan	S2802
Leucine	S2802
Tyrosine	S2802
Valine	S2802
17:0	S2802
18:3 n-6 c,c,c	S2802
18:3 n-3 c,c,c	S2802

NDB No. 35173 Elk, free range, ground, raw (Shoshone Bannock)

Calcium, Ca	S2802
Copper, Cu	S2802
Threonine	S2802
20:1	S2802
Zinc, Zn	S2802
Niacin	S2802
Hydroxyproline	S2802
15:0	S2802
18:1 c	S2802
15:1	S2802
Vitamin B-6	S2802
Alanine	S2802
18:0	S2802
20:4 undifferentiated	S2802
18:3 n-6 c,c,c	S2802
17:1	S2802
Total lipid (fat)	S2802
Ash	S2802
Leucine	S2802
Glycine	S2802
8:0	S2802
14:0	S2802
18:1 t	S2802

NDB No. 35173 Elk, free range, ground, raw (Shoshone Bannock)

Water	S2802
Magnesium, Mg	S2802
Sodium, Na	S2802
Riboflavin	S2802
Isoleucine	S2802
Lysine	S2802
Cystine	S2802
Glutamic acid	S2802
22:0	S2802
20:2 n-6 c,c	S2802
Selenium, Se	S2802
Vitamin B-12	S2802
Phenylalanine	S2802
Valine	S2802
Arginine	S2802
Aspartic acid	S2802
12:0	S2802
16:1 undifferentiated	S2802
17:0	S2802
18:3 n-3 c,c,c	S2802
Potassium, K	S2802
Thiamin	S2802
Tryptophan	S2802
Methionine	S2802
Tyrosine	S2802
Histidine	S2802
Serine	S2802
16:0	S2802
Iron, Fe	S2802
Phosphorus, P	S2802
Manganese, Mn	S2802
Pantothenic acid	S2802
Proline	S2802
10:0	S2802
20:0	S2802
14:1	S2802
18:2 t,t	S2802

Reference Report

JUL-17-2008 02:00 PM

Page 3040 of 3136

NDB No. 35173 Elk, free range, ground, raw (Shoshone Bannock)

18:2 n-6 c,c	S2802
20:3 undifferentiated	S2802

NDB No. 35174 Buffalo, free range, top round steak, raw (Shoshone Bannock)

Water	S2802
Magnesium, Mg	S2802
Selenium, Se	S2802
Riboflavin	S2802
Niacin	S2802
Methionine	S2802
Phenylalanine	S2802
Glutamic acid	S2802
Proline	S2802
10:0	S2802
20:1	S2802
Ash	S2802
Iron, Fe	S2802
Vitamin B-12	S2802
Valine	S2802
18:0	S2802
14:1	S2802
20:2 n-6 c,c	S2802
20:3 undifferentiated	S2802
Total lipid (fat)	S2802
Glycine	S2802
Serine	S2802
16:1 undifferentiated	S2802
18:1 t	S2802
18:1 c	S2802
18:3 n-3 c,c,c	S2802
Copper, Cu	S2802
Vitamin B-6	S2802
Tryptophan	S2802
Leucine	S2802
Arginine	S2802
12:0	S2802

Reference Report

JUL-17-2008 02:00 PM

Page 3041 of 3136

NDB No. 35174 Buffalo, free range, top round steak, raw (Shoshone Bannock)

Phosphorus, P	S2802
Potassium, K	S2802
Pantothenic acid	S2802
Threonine	S2802
Isoleucine	S2802
Cystine	S2802
14:0	S2802
16:0	S2802
20:0	S2802
20:4 undifferentiated	S2802
18:2 n-6 c,c	S2802
17:1	S2802
15:1	S2802
Sodium, Na	S2802
Zinc, Zn	S2802
Thiamin	S2802
Aspartic acid	S2802
8:0	S2802
22:0	S2802
15:0	S2802
Manganese, Mn	S2802
Lysine	S2802
17:0	S2802
18:2 t,t	S2802
18:3 n-6 c,c,c	S2802
Calcium, Ca	S2802
Tyrosine	S2802
Histidine	S2802
Alanine	S2802
Hydroxyproline	S2802

NDB No. 35175 Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Protein	S3561
Sodium, Na	S3561
Copper, Cu	S3561
Vitamin E (alpha-tocopherol)	S3561

Reference Report

JUL-17-2008 02:00 PM

Page 3042 of 3136

NDB No. 35175 Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Vitamin K (phylloquinone)	S3561
Leucine	S3561
Phenylalanine	S3561
Histidine	S3561
Glycine	S3561
Zinc, Zn	S3561
Water	S3561
Magnesium, Mg	S3561
Isoleucine	S3561
Alanine	S3561
Aspartic acid	S3561
Iron, Fe	S3561
Betaine	S3561
Cystine	S3561
Ash	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Methionine	S3561
Proline	S3561
Manganese, Mn	S3561
Tryptophan	S3561
Threonine	S3561
Lysine	S3561
Arginine	S3561
Glutamic acid	S3561
Total lipid (fat)	S3561
Potassium, K	S3561
Tyrosine	S3561
Valine	S3561
Calcium, Ca	S3561
Phosphorus, P	S3561
Tocopherol, delta	S3561
Choline, total	S3561
Serine	S3561

NDB No. 35176 Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3043 of 3136

NDB No. 35176 Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Potassium, K	S2802
Selenium, Se	S2802
20:1	S2802
18:2 t,t	S2802
18:3 n-6 c,c,c	S2802
20:3 undifferentiated	S2802
Niacin	S2802
Folate, total	S2802
Glutamic acid	S2802
16:0	S2802
16:1 undifferentiated	S2802
17:0	S2802
17:1	S2802
Magnesium, Mg	S2802
Vitamin E (alpha-tocopherol)	S2802
Tocopherol, gamma	S2802
Riboflavin	S2802
Valine	S2802
Arginine	S2802
10:0	S2802
14:1	S2802
Water	S2802
Vitamin B-12	S2802
Methionine	S2802
Tyrosine	S2802
Alanine	S2802
Cholesterol	S2802
14:0	S2802
18:1 c	S2802
15:1	S2802
Iron, Fe	S2802
Vitamin B-6	S2802
Tryptophan	S2802
Threonine	S2802
Cystine	S2802
Aspartic acid	S2802
20:0	S2802

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3044 of 3136

NDB No. 35176 Buffalo, free range, top round steak, cooked (Shoshone Bannock)

18:1 t	S2802
20:2 n-6 c,c	S2802
Ash	S2802
Zinc, Zn	S2802
Tocopherol, delta	S2802
Lysine	S2802
Serine	S2802
8:0	S2802
22:0	S2802
Calcium, Ca	S2802
Phosphorus, P	S2802
Sodium, Na	S2802
Copper, Cu	S2802
Manganese, Mn	S2802
Pantothenic acid	S2802
Folic acid	S2802
Glycine	S2802
20:4 undifferentiated	S2802
15:0	S2802
18:2 n-6 c,c	S2802
18:3 n-3 c,c,c	S2802
Total lipid (fat)	S2802
Tocopherol, beta	S2802
Thiamin	S2802
Folate, food	S2802
Isoleucine	S2802
Leucine	S2802
Phenylalanine	S2802
Histidine	S2802
Proline	S2802
12:0	S2802
18:0	S2802

NDB No. 35177 Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Total lipid (fat)	S2802
Calcium, Ca	S2802

Reference Report

JUL-17-2008 02:00 PM

Page 3045 of 3136

NDB No. 35177 Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Phosphorus, P	S2802
Copper, Cu	S2802
Manganese, Mn	S2802
Selenium, Se	S2802
Phenylalanine	S2802
Aspartic acid	S2802
8:0	S2802
14:0	S2802
18:1 t	S2802
18:2 t,t	S2802
Sodium, Na	S2802
Vitamin B-12	S2802
Methionine	S2802
Cystine	S2802
Alanine	S2802
20:1	S2802
20:2 n-6 c,c	S2802
Water	S2802
Vitamin B-6	S2802
Leucine	S2802
Valine	S2802
10:0	S2802
18:0	S2802
20:3 undifferentiated	S2802
Pantothenic acid	S2802
Threonine	S2802
Isoleucine	S2802
Tyrosine	S2802
Histidine	S2802
18:2 n-6 c,c	S2802
17:1	S2802
Ash	S2802
Niacin	S2802
Lysine	S2802
Arginine	S2802
Glycine	S2802
16:0	S2802

Reference Report

JUL-17-2008 02:00 PM

Page 3046 of 3136

NDB No. 35177 Elk, free range, roast, eye of round, raw (Shoshone Bannock)

14:1	S2802
17:0	S2802
18:3 n-6 c,c,c	S2802
Iron, Fe	S2802
Potassium, K	S2802
Zinc, Zn	S2802
Riboflavin	S2802
Tryptophan	S2802
Glutamic acid	S2802
Serine	S2802
Hydroxyproline	S2802
20:0	S2802
20:4 undifferentiated	S2802
16:1 undifferentiated	S2802
15:0	S2802
18:1 c	S2802
18:3 n-3 c,c,c	S2802
Magnesium, Mg	S2802
Proline	S2802
22:0	S2802
15:1	S2802
Thiamin	S2802
12:0	S2802

NDB No. 35178 Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

Phosphorus, P	S2802
Vitamin E (alpha-tocopherol)	S2802
Riboflavin	S2802
Vitamin B-12	S2802
Glutamic acid	S2802
17:1	S2802
Water	S2802
Tocopherol, delta	S2802
Phenylalanine	S2802
16:1 undifferentiated	S2802
20:1	S2802

Reference Report

JUL-17-2008 02:00 PM

Page 3047 of 3136

NDB No. 35178 Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

15:1	S2802
Ash	S2802
Sodium, Na	S2802
Copper, Cu	S2802
Cystine	S2802
Serine	S2802
20:2 n-6 c,c	S2802
18:1 c	S2802
Magnesium, Mg	S2802
Tocopherol, beta	S2802
Niacin	S2802
Vitamin B-6	S2802
Proline	S2802
8:0	S2802
16:0	S2802
20:0	S2802
18:2 n-6 c,c	S2802
18:3 n-3 c,c,c	S2802
Iron, Fe	S2802
Zinc, Zn	S2802
Manganese, Mn	S2802
Thiamin	S2802
Folic acid	S2802
Leucine	S2802
Methionine	S2802
Tyrosine	S2802
Histidine	S2802
Aspartic acid	S2802
18:2 t,t	S2802
Total lipid (fat)	S2802
Selenium, Se	S2802
Threonine	S2802
Lysine	S2802
14:0	S2802
18:0	S2802
20:4 undifferentiated	S2802
18:3 n-6 c,c,c	S2802

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3048 of 3136

NDB No. 35178 Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

20:3 undifferentiated	S2802
Potassium, K	S2802
Folate, food	S2802
Tryptophan	S2802
Isoleucine	S2802
Alanine	S2802
Glycine	S2802
10:0	S2802
12:0	S2802
18:1 t	S2802
Calcium, Ca	S2802
Tocopherol, gamma	S2802
Pantothenic acid	S2802
Folate, total	S2802
Valine	S2802
Arginine	S2802
Cholesterol	S2802
22:0	S2802
14:1	S2802
15:0	S2802
17:0	S2802

NDB No. 35179 Chokecherries, raw, pitted (Shoshone Bannock)

Starch	S3481
Phosphorus, P	S3481
Manganese, Mn	S3481
Carotene, beta	S3481
Carotene, alpha	S3481
Thiamin	S3481
Folate, total	S3481
Vitamin K (phylloquinone)	S3481
Zinc, Zn	S3481
Tocopherol, gamma	S3481
Iron, Fe	S3481
Selenium, Se	S3481
Vitamin C, total ascorbic acid	S3481

NDB No. 35179 Chokecherries, raw, pitted (Shoshone Bannock)

Pantothenic acid	S3481
Fructose	S3481
Lactose	S3481
Tocopherol, delta	S3481
Niacin	S3481
Glucose (dextrose)	S3481
Water	S3481
Magnesium, Mg	S3481
Sodium, Na	S3481
Tocopherol, beta	S3481
Vitamin B-6	S3481
Protein	S3481
Total lipid (fat)	S3481
Sucrose	S3481
Sugars, total	S3481
Calcium, Ca	S3481
Potassium, K	S3481
Cryptoxanthin, beta	S3481
Riboflavin	S3481
Ash	S3481
Maltose	S3481
Fiber, total dietary	S3481
Copper, Cu	S3481
Lycopene	S3481
Galactose	S3481
Vitamin E (alpha-tocopherol)	S3481

NDB No. 35180 Steelhead trout, dried, flesh (Shoshone Bannock)

Water	S3481
Vitamin E (alpha-tocopherol)	S3481
8:0	S3481
12:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:5 n-3	S3481
22:5 n-3	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 3050 of 3136

NDB No. 35180 Steelhead trout, dried, flesh (Shoshone Bannock)

17:0	S3481
22:1 c	S3481
Phosphorus, P	S3481
Zinc, Zn	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Cholesterol	S3481
16:0	S3481
18:0	S3481
Fatty acids, total monounsaturated	S3481
Tocopherol, beta	S3481
20:0	S3481
15:1	S3481
Protein	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Sodium, Na	S3481
10:0	S3481
14:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
15:0	S3481
20:3 undifferentiated	S3481
Potassium, K	S3481
Vitamin D	S3481
22:0	S3481
24:0	S3481
20:2 n-6 c,c	S3481
18:3 n-6 c,c,c	S3481
Total lipid (fat)	S3481
22:6 n-3	S3481
20:1	S3481
22:1 undifferentiated	S3481
Magnesium, Mg	S3481
Vitamin B-12	S3481

Reference_Report

NDB No. 35180 Steelhead trout, dried, flesh (Shoshone Bannock)

Ash	S3481
Copper, Cu	S3481
Vitamin K (phylloquinone)	S3481
Fatty acids, total saturated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
Fatty acids, total polyunsaturated	S3481
17:1	S3481
18:3 n-3 c,c,c	S3481

NDB No. 35181 Steelhead trout, boiled, canned (Alaska Native)

Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
12:0	S3481
20:0	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:5 n-3	S3481
Water	S3481
Copper, Cu	S3481
Cholesterol	S3481
20:1	S3481
20:5 n-3	S3481
Fatty acids, total polyunsaturated	S3481
22:1 c	S3481
Vitamin B-12	S3481
18:3 n-3 c,c,c	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Vitamin D	S3481
Fatty acids, total saturated	S3481
14:0	S3481
18:1 undifferentiated	S3481
Fatty acids, total monounsaturated	S3481
Total lipid (fat)	S3481

NDB No. 35181 Steelhead trout, boiled, canned (Alaska Native)

Sodium, Na	S3481
8:0	S3481
22:6 n-3	S3481
17:0	S3481
24:0	S3481
Tocopherol, delta	S3481
18:0	S3481
18:2 undifferentiated	S3481
22:0	S3481
15:0	S3481
20:2 n-6 c,c	S3481
18:3 n-6 c,c,c	S3481
17:1	S3481
15:1	S3481
Ash	S3481
Zinc, Zn	S3481
Manganese, Mn	S3481
Tocopherol, beta	S3481
10:0	S3481
22:1 undifferentiated	S3481
Protein	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, gamma	S3481
Vitamin K (phylloquinone)	S3481
16:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:3 undifferentiated	S3481

NDB No. 35182 Acorn stew (Apache)

Glucose (dextrose)	S3481
Maltose	S3481
Sugars, total	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 3053 of 3136

NDB No. 35182 Acorn stew (Apache)

Sodium, Na	S3481
Tryptophan	S3481
Isoleucine	S3481
Tyrosine	S3481
Valine	S3481
18:0	S3481
14:1	S3481
20:1	S3481
20:5 n-3	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
20:3 undifferentiated	S3481
Folate, total	S3481
Cystine	S3481
Arginine	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
10:0	S3481
12:0	S3481
16:0	S3481
18:3 undifferentiated	S3481
18:4	S3481
15:1	S3481
Galactose	S3481
Calcium, Ca	S3481
Tocopherol, gamma	S3481
Thiamin	S3481
Vitamin B-12	S3481
Folic acid	S3481
Leucine	S3481
Methionine	S3481
Aspartic acid	S3481
Proline	S3481
8:0	S3481
22:6 n-3	S3481
24:0	S3481

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3054 of 3136

NDB No. 35182 Acorn stew (Apache)

22:4	S3481
Sucrose	S3481
Zinc, Zn	S3481
Pantothenic acid	S3481
Histidine	S3481
Glutamic acid	S3481
16:1 undifferentiated	S3481
22:5 n-3	S3481
20:2 n-6 c,c	S3481
Total lipid (fat)	S3481
Water	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
18:1 undifferentiated	S3481
22:0	S3481
Fatty acids, total monounsaturated	S3481
Fructose	S3481
Tocopherol, delta	S3481
Threonine	S3481
Lysine	S3481
22:1 undifferentiated	S3481
21:5	S3481
Starch	S3481
Iron, Fe	S3481
Tocopherol, beta	S3481
Vitamin C, total ascorbic acid	S3481
Niacin	S3481
Vitamin B-6	S3481
Vitamin K (phylloquinone)	S3481
Folate, food	S3481
Phenylalanine	S3481
20:4 undifferentiated	S3481
24:1 c	S3481
17:1	S3481
Protein	S3481
Ash	S3481
Lactose	S3481

Reference_Report

NDB No. 35182 Acorn stew (Apache)

Fiber, total dietary	S3481
Potassium, K	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Riboflavin	S3481
Alanine	S3481
Glycine	S3481
Serine	S3481
14:0	S3481
20:0	S3481
18:2 undifferentiated	S3481

NDB No. 35183 Corn, dried, yellow (Northern Plains Indians)

Maltose	S3481
Folate, total	S3481
Phenylalanine	S3481
Arginine	S3481
20:4 undifferentiated	S3481
15:1	S3481
Total lipid (fat)	S3481
Water	S3481
Iron, Fe	S3481
Phosphorus, P	S3481
Manganese, Mn	S3481
Carotene, beta	S3481
Tryptophan	S3481
Lysine	S3481
Methionine	S3481
Valine	S3481
Alanine	S3481
Aspartic acid	S3481
12:0	S3481
16:1 undifferentiated	S3481
Starch	S3481
Fructose	S3481
Galactose	S3481

NDB No. 35183 Corn, dried, yellow (Northern Plains Indians)

Fiber, total dietary	S3481
Lycopene	S3481
Pantothenic acid	S3481
Leucine	S3481
Proline	S3481
10:0	S3481
16:0	S3481
18:0	S3481
20:1	S3481
Fatty acids, total polyunsaturated	S3481
20:2 n-6 c,c	S3481
Protein	S3481
Ash	S3481
Lactose	S3481
Selenium, Se	S3481
Riboflavin	S3481
Isoleucine	S3481
Glutamic acid	S3481
Serine	S3481
Fatty acids, total saturated	S3481
8:0	S3481
Tyrosine	S3481
Glycine	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
Fatty acids, total monounsaturated	S3481
17:0	S3481
Glucose (dextrose)	S3481
Sugars, total	S3481
Copper, Cu	S3481
Carotene, alpha	S3481
Threonine	S3481
Cystine	S3481
14:0	S3481
22:0	S3481
15:0	S3481

Reference_Report

NDB No. 35183 Corn, dried, yellow (Northern Plains Indians)

Sucrose	S3481
Calcium, Ca	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Cryptoxanthin, beta	S3481
Thiamin	S3481
Niacin	S3481
Vitamin B-6	S3481
14:1	S3481
17:1	S3481
20:3 undifferentiated	S3481
Magnesium, Mg	S3481
Vitamin C, total ascorbic acid	S3481
Histidine	S3481
18:3 undifferentiated	S3481
18:3 n-6 c,c,c	S3481
18:3 n-3 c,c,c	S3481

NDB No. 35184 Smelt, dried (Alaska Native)

Protein	S3481
Ash	S3481
Iron, Fe	S3481
Tocopherol, gamma	S3481
Thiamin	S3481
Leucine	S3481
Tyrosine	S3481
Valine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
18:4	S3481
20:2 n-6 c,c	S3481
Water	S3481
Riboflavin	S3481
Vitamin B-12	S3481
Lysine	S3481

NDB No. 35184 Smelt, dried (Alaska Native)

Cholesterol	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
24:0	S3481
Magnesium, Mg	S3481
Vitamin E (alpha-tocopherol)	S3481
Pantothenic acid	S3481
Cystine	S3481
8:0	S3481
16:0	S3481
Total lipid (fat)	S3481
Sodium, Na	S3481
Manganese, Mn	S3481
Tocopherol, beta	S3481
Vitamin K (phylloquinone)	S3481
Threonine	S3481
Phenylalanine	S3481
18:2 undifferentiated	S3481
20:4 undifferentiated	S3481
14:1	S3481
15:0	S3481
20:3 undifferentiated	S3481
22:4	S3481
Calcium, Ca	S3481
Zinc, Zn	S3481
Vitamin B-6	S3481
10:0	S3481
12:0	S3481
17:1	S3481
Potassium, K	S3481
Retinol	S3481
Tocopherol, delta	S3481
Niacin	S3481
Isoleucine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481

Reference_Report

NDB No. 35184 Smelt, dried (Alaska Native)

Glycine	S3481
18:0	S3481
18:1 undifferentiated	S3481
18:3 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
16:1 undifferentiated	S3481
Fatty acids, total polyunsaturated	S3481
Copper, Cu	S3481
Selenium, Se	S3481
Tryptophan	S3481
Methionine	S3481
Serine	S3481
Fatty acids, total saturated	S3481
14:0	S3481
20:1	S3481
20:5 n-3	S3481
24:1 c	S3481
Phosphorus, P	S3481
Proline	S3481
20:0	S3481
22:1 undifferentiated	S3481
17:0	S3481
15:1	S3481
21:5	S3481

NDB No. 35185 Frybread, made with lard (Apache)

Protein	S3481
Ash	S3481
Glucose (dextrose)	S3481
Fructose	S3481
22:0	S3481
Sucrose	S3481
Lactose	S3481
Maltose	S3481
Galactose	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 3060 of 3136

NDB No. 35185 Frybread, made with lard (Apache)

Fiber, total dietary	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Fatty acids, total saturated	S3481
8:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
15:0	S3481
18:3 n-6 c,c,c	S3481
Total lipid (fat)	S3481
Calcium, Ca	S3481
Magnesium, Mg	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Tocopherol, gamma	S3481
Folate, total	S3481
Vitamin B-12	S3481
10:0	S3481
20:0	S3481
Fatty acids, total monounsaturated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481
Starch	S3481
Iron, Fe	S3481
Vitamin E (alpha-tocopherol)	S3481
Vitamin K (phylloquinone)	S3481
14:0	S3481
16:0	S3481
18:1 undifferentiated	S3481
20:1	S3481
17:1	S3481
Sugars, total	S3481
Copper, Cu	S3481
Selenium, Se	S3481
Cholesterol	S3481
18:0	S3481
18:2 undifferentiated	S3481

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3061 of 3136

NDB No. 35185 Frybread, made with lard (Apache)

20:3 undifferentiated	S3481
Water	S3481
Riboflavin	S3481
Fatty acids, total polyunsaturated	S3481
17:0	S3481
Phosphorus, P	S3481
Vitamin B-6	S3481
Potassium, K	S3481
Manganese, Mn	S3481
Tocopherol, beta	S3481
Niacin	S3481
12:0	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
20:2 n-6 c,c	S3481

NDB No. 35186 Corned beef and potatoes in tortilla (Apache)

Copper, Cu	S3481
Vitamin E (alpha-tocopherol)	S3481
Riboflavin	S3481
Folate, total	S3481
20:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
Lactose	S3481
Sodium, Na	S3481
Manganese, Mn	S3481
Fatty acids, total saturated	S3481
16:0	S3481
18:1 undifferentiated	S3481
Sugars, total	S3481
Fiber, total dietary	S3481
Tocopherol, delta	S3481
18:2 undifferentiated	S3481
20:4 undifferentiated	S3481
Protein	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 3062 of 3136

NDB No. 35186 Corned beef and potatoes in tortilla (Apache)

Ash	S3481
Glucose (dextrose)	S3481
Fructose	S3481
Potassium, K	S3481
Selenium, Se	S3481
Vitamin B-6	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
22:0	S3481
Calcium, Ca	S3481
15:0	S3481
17:0	S3481
15:1	S3481
Iron, Fe	S3481
Phosphorus, P	S3481
Zinc, Zn	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Hydroxyproline	S3481
Cholesterol	S3481
8:0	S3481
10:0	S3481
18:0	S3481
18:3 undifferentiated	S3481
20:1	S3481
Fatty acids, total polyunsaturated	S3481
17:1	S3481
20:3 undifferentiated	S3481
Total lipid (fat)	S3481
Sucrose	S3481
Maltose	S3481
Magnesium, Mg	S3481
14:0	S3481
Fatty acids, total monounsaturated	S3481
Starch	S3481
Water	S3481
Galactose	S3481

Reference_Report

NDB No. 35186 Corned beef and potatoes in tortilla (Apache)

Thiamin	S3481
Niacin	S3481
12:0	S3481
20:2 n-6 c,c	S3481
18:3 n-6 c,c,c	S3481
18:3 n-3 c,c,c	S3481

NDB No. 35187 Tennis Bread, plain (Apache)

Total lipid (fat)	S3481
Starch	S3481
Calcium, Ca	S3481
Zinc, Zn	S3481
Tocopherol, gamma	S3481
Fatty acids, total saturated	S3481
18:1 undifferentiated	S3481
20:5 n-3	S3481
24:0	S3481
24:1 c	S3481
15:1	S3481
21:5	S3481
22:4	S3481
Glucose (dextrose)	S3481
Lactose	S3481
Vitamin E (alpha-tocopherol)	S3481
Riboflavin	S3481
Vitamin B-6	S3481
Folic acid	S3481
20:1	S3481
Fatty acids, total monounsaturated	S3481
20:2 n-6 c,c	S3481
Ash	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Copper, Cu	S3481
Tocopherol, delta	S3481
Thiamin	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 3064 of 3136

NDB No. 35187 Tennis Bread, plain (Apache)

12:0	S3481
14:0	S3481
18:0	S3481
20:4 undifferentiated	S3481
22:5 n-3	S3481
17:0	S3481
Protein	S3481
Potassium, K	S3481
Folate, food	S3481
16:0	S3481
18:4	S3481
22:1 undifferentiated	S3481
Sucrose	S3481
Galactose	S3481
Fiber, total dietary	S3481
Pantothenic acid	S3481
10:0	S3481
18:2 undifferentiated	S3481
22:6 n-3	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
Fructose	S3481
Maltose	S3481
Iron, Fe	S3481
Selenium, Se	S3481
14:1	S3481
17:1	S3481
Water	S3481
Manganese, Mn	S3481
8:0	S3481
20:0	S3481
22:0	S3481
16:1 undifferentiated	S3481
20:3 undifferentiated	S3481
Sugars, total	S3481
Sodium, Na	S3481
Tocopherol, beta	S3481

Reference_Report

NDB No. 35187 Tennis Bread, plain (Apache)

Niacin	S3481
Folate, total	S3481
Vitamin K (phylloquinone)	S3481
18:3 undifferentiated	S3481

NDB No. 35188 Fish, halibut, cooked, with skin (Alaska Native)

Iron, Fe	S3481
Tyrosine	S3481
Arginine	S3481
Alanine	S3481
Hydroxyproline	S3481
15:0	S3481
Riboflavin	S3481
Vitamin B-12	S3481
Lysine	S3481
Valine	S3481
8:0	S3481
10:0	S3481
16:0	S3481
18:0	S3481
20:1	S3481
Protein	S3481
Total lipid (fat)	S3481
Tocopherol, gamma	S3481
Threonine	S3481
Methionine	S3481
Glycine	S3481
22:6 n-3	S3481
22:0	S3481
Fatty acids, total monounsaturated	S3481
24:0	S3481
Water	S3481
Magnesium, Mg	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Vitamin B-6	S3481

Reference Report

JUL-17-2008 02:00 PM

Page 3066 of 3136

NDB No. 35188 Fish, halibut, cooked, with skin (Alaska Native)

Histidine	S3481
Proline	S3481
Cholesterol	S3481
14:1	S3481
Fatty acids, total polyunsaturated	S3481
20:2 n-6 c,c	S3481
20:3 undifferentiated	S3481
15:1	S3481
Calcium, Ca	S3481
Potassium, K	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Pantothenic acid	S3481
Vitamin K (phylloquinone)	S3481
Leucine	S3481
Aspartic acid	S3481
Fatty acids, total saturated	S3481
16:1 undifferentiated	S3481
17:0	S3481
Ash	S3481
Thiamin	S3481
Tryptophan	S3481
Glutamic acid	S3481
12:0	S3481
18:3 undifferentiated	S3481
22:5 n-3	S3481
22:1 c	S3481
Vitamin E (alpha-tocopherol)	S3481
Niacin	S3481
Folate, total	S3481
Isoleucine	S3481
Serine	S3481
20:0	S3481
18:2 undifferentiated	S3481
20:4 undifferentiated	S3481
18:3 n-6 c,c,c	S3481

Reference_Report

NDB No. 35188 Fish, halibut, cooked, with skin (Alaska Native)

17:1	S3481
18:3 n-3 c,c,c	S3481
Phosphorus, P	S3481
Tocopherol, beta	S3481
Tocopherol, delta	S3481
Cystine	S3481
Phenylalanine	S3481
14:0	S3481
18:1 undifferentiated	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481

NDB No. 35190 Salmon, red (sockeye), filets with skin, smoked (Alaska Native)

Ash	S3481, S4303
Water	S3481, S4303
Calcium, Ca	S3481, S4303
Vitamin K (phylloquinone)	S3481, S4303
20:0	S3481, S4303
15:0	S3481, S4303
15:1	S3481, S4303
22:4	S3481, S4303
Magnesium, Mg	S3481, S4303
Copper, Cu	S3481, S4303
Manganese, Mn	S3481, S4303
Vitamin E (alpha-tocopherol)	S3481, S4303
Tocopherol, beta	S3481, S4303
16:1 undifferentiated	S3481, S4303
22:1 undifferentiated	S3481, S4303
17:0	S3481, S4303
17:1	S3481, S4303
Thiamin	S3481, S4303
Cholesterol	S3481, S4303
Fatty acids, total saturated	S3481, S4303
18:3 undifferentiated	S3481, S4303
22:6 n-3	S3481, S4303
18:4	S3481, S4303

NDB No. 35190 Salmon, red (sockeye), filets with skin, smoked (Alaska Native)

Fatty acids, total monounsaturated	S3481, S4303
20:2 n-6 c,c	S3481, S4303
Zinc, Zn	S3481, S4303
Choline, total	S3541, S4303
14:0	S3481, S4303
20:5 n-3	S3481, S4303
Protein	S3481, S4303
Total lipid (fat)	S3481, S4303
Iron, Fe	S3481, S4303
Potassium, K	S3481, S4303
Vitamin B-12	S3481, S4303
10:0	S3481, S4303
20:4 undifferentiated	S3481, S4303
22:0	S3481, S4303
14:1	S3481, S4303
Sodium, Na	S4303
Pantothenic acid	S3481, S4303
Folic acid	S3481
Folate, food	S3481, S4303
Betaine	S3541, S4303
16:0	S3481, S4303
18:1 undifferentiated	S3481, S4303
22:5 n-3	S3481, S4303
24:0	S3481, S4303
21:5	S3481, S4303
Selenium, Se	S3481, S4303
Retinol	S3481, S4303
Tocopherol, gamma	S3481, S4303
Riboflavin	S3481, S4303
Niacin	S3481, S4303
Vitamin B-6	S3481, S4303
18:2 undifferentiated	S3481, S4303
Fatty acids, total polyunsaturated	S3481, S4303
Phosphorus, P	S3481, S4303
Tocopherol, delta	S3481, S4303
Folate, total	S3481, S4303
8:0	S3481, S4303

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3069 of 3136

NDB No. 35190 Salmon, red (sockeye), filets with skin, smoked (Alaska Native)

12:0	S3481, S4303
18:0	S3481, S4303
20:1	S3481, S4303
24:1 c	S3481, S4303
20:3 undifferentiated	S3481, S4303

NDB No. 35192 Agave, raw (Southwest)

Sucrose	S3682
Iron, Fe	S3682
Potassium, K	S3682
Manganese, Mn	S3682
Cryptoxanthin, beta	S3682
Riboflavin	S3682
Vitamin K (phylloquinone)	S3682
Cystine	S3682
Glucose (dextrose)	S3682
Fructose	S3682
Phosphorus, P	S3682
Sodium, Na	S3682
Carotene, alpha	S3682
Vitamin E (alpha-tocopherol)	S3682
Thiamin	S3682
Folate, total	S3682
Tyrosine	S3682
Valine	S3682
Total lipid (fat)	S3682
Sugars, total	S3682
Zinc, Zn	S3682
Copper, Cu	S3682
Carotene, beta	S3682
Tryptophan	S3682
Lysine	S3682
Alanine	S3682
Glutamic acid	S3682
Fiber, total dietary	S3682
Magnesium, Mg	S3682

NDB No. 35192 Agave, raw (Southwest)

Niacin	S3682
Vitamin B-6	S3682
Aspartic acid	S3682
Protein	S3682
Galactose	S3682
Selenium, Se	S3682
Tocopherol, beta	S3682
Vitamin C, total ascorbic acid	S3682
Leucine	S3682
Histidine	S3682
Proline	S3682
Starch	S3682
Lactose	S3682
Lycopene	S3682
Tocopherol, gamma	S3682
Threonine	S3682
Isoleucine	S3682
Serine	S3682
Calcium, Ca	S3682
Tocopherol, delta	S3682
Arginine	S3682
Glycine	S3682
Ash	S3682
Maltose	S3682
Water	S3682
Pantothenic acid	S3682
Methionine	S3682
Phenylalanine	S3682

NDB No. 35193 Agave, cooked (Southwest)

Carotene, alpha	S3682
Vitamin K (phylloquinone)	S3682
Betaine	S3682
Magnesium, Mg	S3682
Fiber, total dietary	S3682
Potassium, K	S3682

NDB No. 35193 Agave, cooked (Southwest)

Sodium, Na	S3682
Folate, total	S3682
Ash	S3682
Sucrose	S3682
Copper, Cu	S3682
Manganese, Mn	S3682
Tocopherol, gamma	S3682
Fructose	S3682
Water	S3682
Galactose	S3682
Carotene, beta	S3682
Thiamin	S3682
Pantothenic acid	S3682
Starch	S3682
Glucose (dextrose)	S3682
Iron, Fe	S3682
Lycopene	S3682
Vitamin C, total ascorbic acid	S3682
Vitamin B-6	S3682
Maltose	S3682
Calcium, Ca	S3682
Zinc, Zn	S3682
Cryptoxanthin, beta	S3682
Tocopherol, beta	S3682
Tocopherol, delta	S3682
Riboflavin	S3682
Choline, total	S3682
Lactose	S3682
Sugars, total	S3682
Phosphorus, P	S3682
Selenium, Se	S3682
Vitamin E (alpha-tocopherol)	S3682
Niacin	S3682

NDB No. 35194 Agave, dried (Southwest)

Maltose	S3682
---------	-------

NDB No. 35194 Agave, dried (Southwest)

Iron, Fe	S3682
Phosphorus, P	S3682
Cryptoxanthin, beta	S3682
Thiamin	S3682
Fructose	S3682
Sugars, total	S3682
Zinc, Zn	S3682
Copper, Cu	S3682
Manganese, Mn	S3682
Carotene, beta	S3682
Vitamin E (alpha-tocopherol)	S3682
Lycopene	S3682
Fiber, total dietary	S3682
Vitamin B-6	S3682
Folate, total	S3682
Lactose	S3682
Tocopherol, beta	S3682
Protein	S3682
Sucrose	S3682
Galactose	S3682
Calcium, Ca	S3682
Selenium, Se	S3682
Carotene, alpha	S3682
Niacin	S3682
Glucose (dextrose)	S3682
Water	S3682
Tocopherol, gamma	S3682
Vitamin C, total ascorbic acid	S3682
Vitamin K (phylloquinone)	S3682
Total lipid (fat)	S3682
Ash	S3682
Starch	S3682
Magnesium, Mg	S3682
Potassium, K	S3682
Sodium, Na	S3682
Pantothenic acid	S3682
Tocopherol, delta	S3682

NDB No. 35194 Agave, dried (Southwest)

Riboflavin S3682

NDB No. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians)

Glucose (dextrose) S3547

Galactose S3547

Sodium, Na S3547

Zinc, Zn S3547

Protein S3547

Sucrose S3547

Iron, Fe S3547

Potassium, K S3547

Ash S3547

Lactose S3547

Manganese, Mn S3547

Lutein + zeaxanthin S3547

Sugars, total S3547

Fiber, total dietary S3547

Selenium, Se S3547

Lycopene S3547

Vitamin B-6 S3547

Maltose S3547

Water S3547

Calcium, Ca S3547

Magnesium, Mg S3547

Cryptoxanthin, beta S3547

Vitamin C, total ascorbic acid S3547

Riboflavin S3547

Niacin S3547

Folate, total S3547

Starch S3547

Fructose S3547

Copper, Cu S3547

Choline, total S3547

Vitamin K (phylloquinone) S3547

Total lipid (fat) S3547

Carotene, alpha S3547

NDB No. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians)

Folate, food	S3547
Phosphorus, P	S3547
Carotene, beta	S3547
Thiamin	S3547
Pantothenic acid	S3547
Betaine	S3547

NDB No. 35196 Lambsquarters, raw (Northern Plains Indians)

Total lipid (fat)	S3547
Phosphorus, P	S3547
Carotene, alpha	S3547
Cryptoxanthin, beta	S3547
Lutein + zeaxanthin	S3547
Thiamin	S3547
Fiber, total dietary	S3547
Iron, Fe	S3547
Folate, total	S3547
Betaine	S3547
Zinc, Zn	S3547
Riboflavin	S3547
Vitamin B-6	S3547
Vitamin K (phylloquinone)	S3547
Water	S3547
Potassium, K	S3547
Sodium, Na	S3547
Manganese, Mn	S3547
Carotene, beta	S3547
Lycopene	S3547
Protein	S3547
Niacin	S3547
Folate, food	S3547
Magnesium, Mg	S3547
Copper, Cu	S3547
Selenium, Se	S3547
Choline, total	S3547
Ash	S3547

NDB No. 35196 Lambsquarters, raw (Northern Plains Indians)

Calcium, Ca S3547

NDB No. 35197 Lambsquarters, steamed (Northern Plains Indians)

Total lipid (fat) S3547

Fiber, total dietary S3547

Calcium, Ca S3547

Potassium, K S3547

Carotene, beta S3547

Manganese, Mn S3547

Thiamin S3547

Water S3547

Iron, Fe S3547

Vitamin C, total ascorbic acid S3547

Niacin S3547

Sodium, Na S3547

Cryptoxanthin, beta S3547

Phosphorus, P S3547

Copper, Cu S3547

Lycopene S3547

Lutein + zeaxanthin S3547

Riboflavin S3547

Magnesium, Mg S3547

Zinc, Zn S3547

Vitamin B-6 S3547

Protein S3547

Ash S3547

Carotene, alpha S3547

NDB No. 35198 Plains Pricklypear, raw (Northern Plains Indians)

Protein S3547

Fiber, total dietary S3547

Copper, Cu S3547

Total lipid (fat) S3547

Sugars, total S3547

Betaine S3547

Iron, Fe S3547

NDB No. 35198 Plains Pricklypear, raw (Northern Plains Indians)

Phosphorus, P	S3547
Sodium, Na	S3547
Selenium, Se	S3547
Vitamin C, total ascorbic acid	S3547
Sucrose	S3547
Galactose	S3547
Thiamin	S3547
Choline, total	S3547
Vitamin K (phylloquinone)	S3547
Calcium, Ca	S3547
Zinc, Zn	S3547
Manganese, Mn	S3547
Vitamin B-6	S3547
Lactose	S3547
Niacin	S3547
Ash	S3547
Glucose (dextrose)	S3547
Water	S3547
Potassium, K	S3547
Riboflavin	S3547
Fructose	S3547
Maltose	S3547
Magnesium, Mg	S3547

NDB No. 35199 Plains Pricklypear, broiled (Northern Plains Indians)

Niacin	S3547
Vitamin C, total ascorbic acid	S3547
Vitamin B-6	S3547
Thiamin	S3547
Total lipid (fat)	S3547
Riboflavin	S3547
Protein	S3547
Ash	S3547
Water	S3547

NDB No. 35200 Prairie Turnips, raw (Northern Plains Indians)*Reference_Report*

Reference Report

JUL-17-2008 02:00 PM

Page 3077 of 3136

NDB No. 35200 Prairie Turnips, raw (Northern Plains Indians)

Iron, Fe	S3547
Magnesium, Mg	S3547
Manganese, Mn	S3547
Riboflavin	S3547
Protein	S3547
Total lipid (fat)	S3547
Ash	S3547
Lactose	S3547
Sugars, total	S3547
Glucose (dextrose)	S3547
Maltose	S3547
Potassium, K	S3547
Copper, Cu	S3547
Selenium, Se	S3547
Niacin	S3547
Sucrose	S3547
Fructose	S3547
Calcium, Ca	S3547
Zinc, Zn	S3547
Vitamin C, total ascorbic acid	S3547
Starch	S3547
Water	S3547
Phosphorus, P	S3547
Vitamin K (phylloquinone)	S3547
Fiber, total dietary	S3547
Betaine	S3547
Sodium, Na	S3547
Thiamin	S3547
Folate, total	S3547
Choline, total	S3547
Galactose	S3547
Vitamin B-6	S3547
Folate, food	S3547

NDB No. 35201 Prairie Turnips, boiled (Northern Plains Indians)

Starch	S3547
--------	-------

NDB No. 35201 Prairie Turnips, boiled (Northern Plains Indians)

Fructose	S3547
Sodium, Na	S3547
Thiamin	S3547
Water	S3547
Calcium, Ca	S3547
Phosphorus, P	S3547
Zinc, Zn	S3547
Vitamin C, total ascorbic acid	S3547
Protein	S3547
Glucose (dextrose)	S3547
Sugars, total	S3547
Potassium, K	S3547
Niacin	S3547
Total lipid (fat)	S3547
Maltose	S3547
Galactose	S3547
Fiber, total dietary	S3547
Manganese, Mn	S3547
Vitamin B-6	S3547
Lactose	S3547
Riboflavin	S3547
Iron, Fe	S3547
Magnesium, Mg	S3547
Copper, Cu	S3547
Ash	S3547
Sucrose	S3547

NDB No. 35202 Raspberries, wild (Northern Plains Indians)

Sugars, total	S3547
Lycopene	S3547
Vitamin K (phylloquinone)	S3547
Phosphorus, P	S3547
Potassium, K	S3547
Vitamin E (alpha-tocopherol)	S3547
Vitamin C, total ascorbic acid	S3547
Fiber, total dietary	S3547

NDB No. 35202 Raspberries, wild (Northern Plains Indians)

Zinc, Zn	S3547
Carotene, beta	S3547
Carotene, alpha	S3547
Betaine	S3547
Fructose	S3547
Galactose	S3547
Manganese, Mn	S3547
Protein	S3547
Total lipid (fat)	S3547
Maltose	S3547
Calcium, Ca	S3547
Magnesium, Mg	S3547
Copper, Cu	S3547
Tocopherol, gamma	S3547
Riboflavin	S3547
Folate, total	S3547
Water	S3547
Sodium, Na	S3547
Cryptoxanthin, beta	S3547
Tocopherol, beta	S3547
Thiamin	S3547
Niacin	S3547
Pantothenic acid	S3547
Vitamin B-6	S3547
Folate, food	S3547
Ash	S3547
Sucrose	S3547
Glucose (dextrose)	S3547
Lactose	S3547
Iron, Fe	S3547
Lutein + zeaxanthin	S3547
Tocopherol, delta	S3547
Choline, total	S3547

NDB No. 35203 Rose Hips, wild (Northern Plains Indians)

Iron, Fe	S3547
----------	-------

NDB No. 35203 Rose Hips, wild (Northern Plains Indians)

Vitamin K (phylloquinone)	S3547
Sucrose	S3547
Water	S3547
Calcium, Ca	S3547
Potassium, K	S3547
Vitamin E (alpha-tocopherol)	S3547
Tocopherol, beta	S3547
Total lipid (fat)	S3547
Maltose	S3547
Copper, Cu	S3547
Tocopherol, delta	S3547
Lycopene	S3547
Riboflavin	S3547
Folate, food	S3547
Ash	S3547
Glucose (dextrose)	S3547
Magnesium, Mg	S3547
Phosphorus, P	S3547
Sodium, Na	S3547
Lutein + zeaxanthin	S3547
Niacin	S3547
Galactose	S3547
Fiber, total dietary	S3547
Carotene, alpha	S3547
Pantothenic acid	S3547
Fructose	S3547
Lactose	S3547
Carotene, beta	S3547
Vitamin C, total ascorbic acid	S3547
Protein	S3547
Sugars, total	S3547
Zinc, Zn	S3547
Manganese, Mn	S3547
Cryptoxanthin, beta	S3547
Tocopherol, gamma	S3547
Thiamin	S3547
Vitamin B-6	S3547

NDB No. 35203 Rose Hips, wild (Northern Plains Indians)

Folate, total	S3547
Choline, total	S3547
Betaine	S3547

NDB No. 35204 Chokecherries, raw, pitted (Northern Plains Indians)

Sucrose	S3547
Zinc, Zn	S3547
Tocopherol, delta	S3547
Niacin	S3547
Vitamin B-6	S3547
Choline, total	S3547
Protein	S3547
Sodium, Na	S3547
Manganese, Mn	S3547
Riboflavin	S3547
Folate, food	S3547
Sugars, total	S3547
Lycopene	S3547
Vitamin C, total ascorbic acid	S3547
Vitamin K (phylloquinone)	S3547
Glucose (dextrose)	S3547
Fiber, total dietary	S3547
Calcium, Ca	S3547
Magnesium, Mg	S3547
Vitamin E (alpha-tocopherol)	S3547
Tocopherol, gamma	S3547
Fructose	S3547
Lactose	S3547
Galactose	S3547
Iron, Fe	S3547
Thiamin	S3547
Pantothenic acid	S3547
Folate, total	S3547
Tocopherol, beta	S3547
Betaine	S3547
Total lipid (fat)	S3547

NDB No. 35204 Chokecherries, raw, pitted (Northern Plains Indians)

Maltose	S3547
Water	S3547
Potassium, K	S3547
Carotene, beta	S3547
Carotene, alpha	S3547
Lutein + zeaxanthin	S3547
Ash	S3547
Phosphorus, P	S3547
Copper, Cu	S3547
Cryptoxanthin, beta	S3547

NDB No. 35206 Plums, wild (Northern Plains Indians)

Protein	S3547
Sugars, total	S3547
Potassium, K	S3547
Copper, Cu	S3547
Manganese, Mn	S3547
Cryptoxanthin, beta	S3547
Tocopherol, beta	S3547
Riboflavin	S3547
Magnesium, Mg	S3547
Thiamin	S3547
Sodium, Na	S3547
Carotene, alpha	S3547
Lycopene	S3547
Lutein + zeaxanthin	S3547
Tocopherol, gamma	S3547
Vitamin B-6	S3547
Folate, food	S3547
Glucose (dextrose)	S3547
Iron, Fe	S3547
Choline, total	S3547
Ash	S3547
Lactose	S3547
Maltose	S3547
Fructose	S3547

NDB No. 35206 Plums, wild (Northern Plains Indians)

Water	S3547
Calcium, Ca	S3547
Phosphorus, P	S3547
Vitamin C, total ascorbic acid	S3547
Carotene, beta	S3547
Tocopherol, delta	S3547
Pantothenic acid	S3547
Betaine	S3547
Total lipid (fat)	S3547
Sucrose	S3547
Galactose	S3547
Fiber, total dietary	S3547
Zinc, Zn	S3547
Vitamin E (alpha-tocopherol)	S3547
Niacin	S3547
Folate, total	S3547
Vitamin K (phylloquinone)	S3547

NDB No. 35207 Pinon Nuts, roasted (Navajo)

Magnesium, Mg	S2381
Phosphorus, P	S2381
Sodium, Na	S2381
Thiamin	S2381
Pantothenic acid	S2381
18:0	S2381
20:0	S2381
22:0	S2381
18:4	S2381
20:1	S2381
15:0	S2381
16:1 undifferentiated	S2381
20:5 n-3	S2381
22:5 n-3	S2381
Sucrose	S2381
Iron, Fe	S2381
Vitamin C, total ascorbic acid	S2381

NDB No. 35207 Pinon Nuts, roasted (Navajo)

Riboflavin	S2381
18:3 undifferentiated	S2381
18:3 n-3 c,c,c	S2381
Protein	S2381
Ash	S2381
Water	S2381
Zinc, Zn	S2381
Fatty acids, total saturated	S2381
10:0	S2381
12:0	S2381
20:4 undifferentiated	S2381
22:1 undifferentiated	S2381
20:2 n-6 c,c	S2381
Fructose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Vitamin E (alpha-tocopherol)	S2381
Niacin	S2381
14:0	S2381
18:2 undifferentiated	S2381
Fatty acids, total monounsaturated	S2381
24:0	S2381
Total lipid (fat)	S2381
Starch	S2381
Glucose (dextrose)	S2381
Lactose	S2381
Manganese, Mn	S2381
Folate, total	S2381
14:1	S2381
20:3 undifferentiated	S2381
Copper, Cu	S2381
Vitamin B-6	S2381
18:1 undifferentiated	S2381
Fatty acids, total polyunsaturated	S2381
17:0	S2381
17:1	S2381
Maltose	S2381

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3085 of 3136

NDB No. 35207 Pinon Nuts, roasted (Navajo)

Potassium, K	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
8:0	S2381
16:0	S2381
22:6 n-3	S2381
15:1	S2381

NDB No. 35225 Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Fatty acids, total monounsaturated	D4961
Vitamin A, IU	D4961
Fatty acids, total saturated	D4961
18:3 undifferentiated	D4961
Carbohydrate, by difference	D4961
Copper, Cu	D4961
Vitamin E (alpha-tocopherol)	D4961
Thiamin	D4961
18:2 undifferentiated	D4961
Ash	D4961
Phosphorus, P	D4961
Sodium, Na	D4961
Niacin	D4961
Fatty acids, total polyunsaturated	D4961
Magnesium, Mg	D4961
Zinc, Zn	D4961
Riboflavin	D4961
Cholesterol	D4961
Water	D4961
Iron, Fe	D4961
Potassium, K	D4961

NDB No. 42148 Candies, MASTERFOODS USA, M&M's Peanut Butter Chocolate Candies

Sugars, total	S3361
---------------	-------

Reference_Report

NDB No. 42148 Candies, MASTERFOODS USA, M&M's Peanut Butter Chocolate Candies

Fiber, total dietary	S3361
Sodium, Na	S3361
Iron, Fe	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total trans	S3361
Total lipid (fat)	S3361
Calcium, Ca	S3361
Cholesterol	S3361
Protein	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Fatty acids, total saturated	S3361

NDB No. 42161 Bologna, beef, low fat

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

NDB No. 42187 Frozen yogurts, flavors other than chocolate

Fluoride, F	D5301
Choline, total	S3461

NDB No. 42190 Pork sausage rice links, brown and serve, cooked

Potassium, K	S243
Copper, Cu	S243
Sodium, Na	S281, S243, S282
Iron, Fe	S243
Vitamin A, IU	S281
Vitamin C, total ascorbic acid	S243
Riboflavin	S243

Reference Report

JUL-17-2008 02:00 PM

Page 3087 of 3136

NDB No. 42190 Pork sausage rice links, brown and serve, cooked

Water	S281, S243, S282
Cholesterol	S281, S243, S282
Protein	S281, S243, S282
Calcium, Ca	S243
Phosphorus, P	S243
Zinc, Zn	S243
Manganese, Mn	S243
Thiamin	S243
Fiber, total dietary	S243
Niacin	S243
Total lipid (fat)	S281, S243, S282
Ash	S281, S243, S282
Magnesium, Mg	S243

NDB No. 42192 Salad dressing, blue or roquefort cheese dressing, fat-free

Calcium, Ca	S4501
Protein	S4501
Fiber, total dietary	S4501
Sodium, Na	S4501
Sugars, total	S4501
Iron, Fe	S4501
Total lipid (fat)	S4501
Vitamin C, total ascorbic acid	S4501

NDB No. 42196 Candies, MASTERFOODS USA, MILKY WAY Midnight Bar

Cholesterol	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Sodium, Na	S3361
Fatty acids, total saturated	S3361
Protein	S3361
Calcium, Ca	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Vitamin C, total ascorbic acid	S3361
Fiber, total dietary	S3361

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3088 of 3136

NDB No. 42196 Candies, MASTERFOODS USA, MILKY WAY Midnight Bar

Iron, Fe	S3361
Vitamin A, IU	S3361

NDB No. 42227 Candies, MASTERFOODS USA, M&M's Almond Chocolate Candies

Vitamin C, total ascorbic acid	S3361
Protein	S3361
Iron, Fe	S3361
Fatty acids, total trans	S3361
Energy	S3361
Calcium, Ca	S3361
Cholesterol	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Sugars, total	S3361
Vitamin A, IU	S3361
Sodium, Na	S3361
Fiber, total dietary	S3361
Fatty acids, total saturated	S3361

NDB No. 42289 Oil, corn and canola

Ash	S2741
Tocopherol, beta	S2741
Vitamin K (phylloquinone)	S2741
17:1	S2741
15:1	S2741
Vitamin E (alpha-tocopherol)	S2741
Fatty acids, total saturated	S2741
18:0	S2741
20:0	S2741
22:0	S2741
16:1 undifferentiated	S2741
18:2 t,t	S2741
20:3 undifferentiated	S2741
18:1 t	S2741
20:2 n-6 c,c	S2741
18:3 n-3 c,c,c	S2741

Reference_Report

NDB No. 42289 Oil, corn and canola

Water	S2741
Tocopherol, gamma	S2741
16:0	S2741
18:3 undifferentiated	S2741
20:4 undifferentiated	S2741
Beta-sitosterol	S2741
14:1	S2741
Fatty acids, total trans-monoenoic	S2741
Fatty acids, total trans-polyenoic	S2741
14:0	S2741
18:1 undifferentiated	S2741
18:2 undifferentiated	S2741
20:1	S2741
Stigmasterol	S2741
Betaine	S2741
10:0	S2741
12:0	S2741
15:0	S2741
18:2 n-6 c,c	S2741
Protein	S2741
Tocopherol, delta	S2741
Choline, total	S2741
Fatty acids, total trans	S2741
8:0	S2741
Campesterol	S2741
Fatty acids, total monounsaturated	S2741
17:0	S2741
18:1 c	S2741
18:3 n-6 c,c,c	S2741

NDB No. 42304 Cheese, mozzarella, nonfat

Calcium, Ca	S5
Sodium, Na	S5

NDB No. 43015 Salad dressing, caesar dressing, regular

Protein	S4501
Fiber, total dietary	S4501
Calcium, Ca	S4501
Iron, Fe	S4501
Vitamin A, IU	S4501
Choline, total	S4001
Betaine	S4001
Cholesterol	S4501
Sugars, total	S4501
Vitamin C, total ascorbic acid	S4501

NDB No. 43021 Salad dressing, caesar, low calorie

Betaine	S4001
Choline, total	S4001

NDB No. 43158 Sweeteners, tabletop, saccharin

Starch	S2109
Total lipid (fat)	S2109
Iron, Fe	S2109
Manganese, Mn	S2109
Ash	S2109
Magnesium, Mg	S2109
Calcium, Ca	S2109
Phosphorus, P	S2109
Water	S2109
Sodium, Na	S2109
Copper, Cu	S2109
Protein	S2109
Potassium, K	S2109
Zinc, Zn	S2109

NDB No. 43215 Salad dressing, buttermilk, lite

Glucose (dextrose)	S26
Lactose	S26
Water	S26

Reference Report

JUL-17-2008 02:00 PM

Page 3091 of 3136

NDB No. 43215 Salad dressing, buttermilk, lite

Fiber, total dietary	S26, S4501
Magnesium, Mg	S26
18:3 n-3 c,c,c	S26
Cholesterol	S26, S4501
16:0	S26
22:6 n-3	S26
14:1	S26
Stigmasterol	S26
18:2 n-6 c,c	S26
Sucrose	S26
Galactose	S26
Niacin	S26
Vitamin B-6	S26
Vitamin K (phylloquinone)	S26
Beta-sitosterol	S26
17:0	S26
24:0	S26
18:2 i	S26
Fructose	S26
Iron, Fe	S26, S4501
Phosphorus, P	S26
8:0	S26
10:0	S26
14:0	S26
20:1	S26
20:5 n-3	S26
22:5 n-3	S26
Campesterol	S26
24:1 c	S26
Protein	S26, S4501
Maltose	S26
Calcium, Ca	S26, S4501
Potassium, K	S26
Copper, Cu	S26
22:1 undifferentiated	S26
18:1 t	S26
Total lipid (fat)	S26, S4501

Reference_Report

NDB No. 43215 Salad dressing, buttermilk, lite

Sugars, total	S26, S4501
Zinc, Zn	S26
Vitamin C, total ascorbic acid	S26, S4501
6:0	S26
12:0	S26
20:4 undifferentiated	S26
18:4	S26
Ash	S26
Sodium, Na	S26, S4501
Manganese, Mn	S26
Vitamin A, IU	S4501
Thiamin	S26
Riboflavin	S26
Pantothenic acid	S26
Folate, total	S26
Vitamin B-12	S26
16:1 c	S26
Fatty acids, total trans	S4501
4:0	S26
18:0	S26
20:0	S26
22:0	S26
18:1 c	S26

NDB No. 43261 Yogurt, fruit variety, nonfat

Choline, total	S2105
Betaine	S2105

NDB No. 43274 Cheese, cream, low fat

Lactose	S2702
Sugars, total	S2702
Potassium, K	S2702
Folate, total	S2702
Histidine	S2702
10:0	S2702
16:1 undifferentiated	S2702

NDB No. 43274 Cheese, cream, low fat

20:2 n-6 c,c	S2702
Glucose (dextrose)	S2702
Water	S2702
Glutamic acid	S2702
8:0	S2702
20:4 undifferentiated	S2702
20:1	S2702
15:1	S2702
Galactose	S2702
Iron, Fe	S2702
Tryptophan	S2702
Leucine	S2702
Cystine	S2702
Aspartic acid	S2702
12:0	S2702
16:0	S2702
14:1	S2702
18:3 n-3 c,c,c	S2702
Sucrose	S2702
Phosphorus, P	S2702
Sodium, Na	S2702
Carotene, alpha	S2702
Riboflavin	S2702
Vitamin B-12	S2702
Threonine	S2702
Isoleucine	S2702
Glycine	S2702
Proline	S2702
18:0	S2702
20:0	S2702
17:1	S2702
Protein	S2702
Starch	S2702
Calcium, Ca	S2702
Zinc, Zn	S2702
Vitamin E (alpha-tocopherol)	S2702
Tocopherol, delta	S2702

NDB No. 43274 Cheese, cream, low fat

Vitamin C, total ascorbic acid	S2702
Niacin	S2702
Vitamin B-6	S2702
Valine	S2702
Serine	S2702
18:1 undifferentiated	S2702
17:0	S2702
Maltose	S2702
Cryptoxanthin, beta	S2702
Tocopherol, beta	S2702
Thiamin	S2702
Alanine	S2702
22:0	S2702
15:0	S2702
Total lipid (fat)	S2702
Copper, Cu	S2702
Manganese, Mn	S2702
Tocopherol, gamma	S2702
Pantothenic acid	S2702
Vitamin K (phylloquinone)	S2702
Lysine	S2702
Tyrosine	S2702
Hydroxyproline	S2702
18:2 undifferentiated	S2702
18:3 n-6 c,c,c	S2702
20:3 undifferentiated	S2702
Ash	S2702
Fructose	S2702
Carotene, beta	S2702
Lycopene	S2702
Methionine	S2702
Phenylalanine	S2702
Arginine	S2702
Cholesterol	S2702
14:0	S2702
18:3 undifferentiated	S2702

NDB No. 43297 Pork, oriental style, dehydrated

Cystine	S1082
Valine	S1082
Threonine	S1082
Isoleucine	S1082
Arginine	S1082
Glycine	S1082
Lysine	S1082
Glutamic acid	S1082
Leucine	S1082
Histidine	S1082
Methionine	S1082
Proline	S1082
Phenylalanine	S1082
Tyrosine	S1082
Aspartic acid	S1082
Tryptophan	S1082
Alanine	S1082
Serine	S1082

NDB No. 43312 Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

Fluoride, F	D5002
-------------	-------

NDB No. 43329 Salad dressing, mayonnaise and mayonnaise-type, low calorie

Folic acid	S25
Zinc, Zn	S25
Phosphorus, P	S25
Iron, Fe	S25
Sodium, Na	S25
Sugars, total	S25
Pantothenic acid	S25
Vitamin E (alpha-tocopherol)	S25
Magnesium, Mg	S25
Potassium, K	S25

NDB No. 43364 Snacks, tortilla chips, unsalted, white corn

Reference Report

JUL-17-2008 02:00 PM

Page 3096 of 3136

NDB No. 43364 Snacks, tortilla chips, unsalted, white corn

Protein	S26
Sucrose	S26
Maltose	S26
Phosphorus, P	S26
Iron, Fe	S26
Ash	S26
Riboflavin	S26
Pantothenic acid	S26
Vitamin B-12	S26
Calcium, Ca	S26
Magnesium, Mg	S26
Zinc, Zn	S26
Thiamin	S26
Vitamin B-6	S26
Starch	S26
Galactose	S26
Vitamin C, total ascorbic acid	S26
Cholesterol	S26
Fructose	S26
Potassium, K	S26
Vitamin K (phylloquinone)	S26
Glucose (dextrose)	S26
Lactose	S26
Water	S26
Sugars, total	S26
Fiber, total dietary	S26
Niacin	S26

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

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3097 of 3136

NDB No. 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

Manganese, Mn	S1082
Tryptophan	S1082
Cystine	S1082
Glycine	S1082
Proline	S1082
12:0	S1082
20:4 undifferentiated	S1082
Iron, Fe	S1082
Niacin	S1082
Threonine	S1082
Alanine	S1082
18:3 n-6 c,c,c	S1082
Isoleucine	S1082
Methionine	S1082
Glutamic acid	S1082
Cholesterol	S1082
20:1	S1082
17:1	S1082
Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Magnesium, Mg	S1082
Aspartic acid	S1082
Serine	S1082
14:1	S1082
17:0	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Lysine	S1082
Phenylalanine	S1082
10:0	S1082
15:0	S1082
18:2 n-6 c,c	S1082
20:3 undifferentiated	S1082
18:3 n-3 c,c,c	S1082
Water	S1082
Calcium, Ca	S1082

Reference Report

JUL-17-2008 02:00 PM

Page 3098 of 3136

NDB No. 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

Phosphorus, P	S1082
Retinol	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Fatty acids, total trans	S1082
18:1 undifferentiated	S1082
22:0	S1082
20:2 n-6 c,c	S1082
Selenium, Se	S1082
Tocopherol, delta	S1166
Vitamin K (phylloquinone)	S1166
Valine	S1082
Histidine	S1082
8:0	S1082
14:0	S1082
16:0	S1082
15:1	S1082
Potassium, K	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Thiamin	S1082
Riboflavin	S1082
Pantothenic acid	S1082
Leucine	S1082
Tyrosine	S1082
Arginine	S1082
18:0	S1082
20:0	S1082
16:1 undifferentiated	S1082

NDB No. 43514 Frozen novelties, ice type, pop, with low calorie sweetener

Sucrose	S1067
Fluoride, F	S1067
Glucose (dextrose)	S1067

NDB No. 43514 Frozen novelties, ice type, pop, with low calorie sweetener

Water	S1067
Manganese, Mn	S1067
Maltose	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Potassium, K	S1067
Copper, Cu	S1067
Protein	S1067
Fructose	S1067
Zinc, Zn	S1067
Ash	S1067
Fiber, total dietary	S1067
Lactose	S1067
Calcium, Ca	S1067
Phosphorus, P	S1067
Sodium, Na	S1067
Vitamin C, total ascorbic acid	S1067

NDB No. 43535 Babyfood, juice, apple - cherry

Fluoride, F	D5201
-------------	-------

NDB No. 43570 Cereals ready-to-eat, KRAFT, POST, HONEY BUNCHES OF OATS, honey roasted

Total lipid (fat)	S3774
Riboflavin	S3774
Niacin	S3774
Vitamin B-6	S3774
Betaine	S3461
Alanine	S3774
6:0	S3774
Fatty acids, total polyunsaturated	S3774
Protein	S3774
Starch	S3774
Galactose	S3774
Calcium, Ca	S3774
Selenium, Se	S3774
Glycine	S3774

NDB No. 43570 Cereals ready-to-eat, KRAFT, POST, HONEY BUNCHES OF OATS, honey roasted

Fatty acids, total saturated	S3774
12:0	S3774
15:0	S3774
18:2 CLAs	S3774
24:1 c	S3774
Magnesium, Mg	S3774
Manganese, Mn	S3774
Threonine	S3774
Isoleucine	S3774
Methionine	S3774
10:0	S3774
18:4	S3774
22:5 n-3	S3774
24:0	S3774
18:2 t not further defined	S3774
16:1 c	S3774
18:1 c	S3774
22:1 c	S3774
18:3 n-6 c,c,c	S3774
Ash	S3774
Lactose	S3774
Water	S3774
Zinc, Zn	S3774
Tryptophan	S3774
Aspartic acid	S3774
16:0	S3774
20:0	S3774
20:2 n-6 c,c	S3774
17:1	S3774
20:3 undifferentiated	S3774
Fatty acids, total trans-monoenoic	S3774
15:1	S3774
22:4	S3774
Fructose	S3774
Sugars, total	S3774
Fiber, total dietary	S3774
Iron, Fe	S3774

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3101 of 3136

NDB No. 43570 Cereals ready-to-eat, KRAFT, POST, HONEY BUNCHES OF OATS, honey roasted

Sodium, Na	S3774
Vitamin B-12	S3774
Histidine	S3774
8:0	S3774
14:0	S3774
20:4 undifferentiated	S3774
22:1 undifferentiated	S3774
17:0	S3774
18:3 n-3 c,c,c	S3774
Sucrose	S3774
Glucose (dextrose)	S3774
Phosphorus, P	S3774
Folic acid	S3774
Cystine	S3774
20:1	S3774
20:5 n-3	S3774
16:1 t	S3774
18:1 t	S3774
22:1 t	S3774
20:3 n-6	S3774
Maltose	S3774
Potassium, K	S3774
Copper, Cu	S3774
Vitamin C, total ascorbic acid	S3774
Thiamin	S3774
Pantothenic acid	S3774
Choline, total	S3461
Leucine	S3774
Tyrosine	S3774
Valine	S3774
Serine	S3774
Fatty acids, total trans	S3774
18:2 undifferentiated	S3774
22:6 n-3	S3774
22:0	S3774
14:1	S3774
18:2 n-6 c,c	S3774

Reference_Report

NDB No. 43570 Cereals ready-to-eat, KRAFT, POST, HONEY BUNCHES OF OATS, honey roasted

Fatty acids, total trans-polyenoic	S3774
Retinol	S3774
Lysine	S3774
Phenylalanine	S3774
Arginine	S3774
Glutamic acid	S3774
Proline	S3774
18:0	S3774
18:1 undifferentiated	S3774
18:3 undifferentiated	S3774
16:1 undifferentiated	S3774
Fatty acids, total monounsaturated	S3774
20:3 n-3	S3774

NDB No. 48052 Vital wheat gluten

Total lipid (fat)	S1362
Energy	S1362
Protein	S1362
Fiber, total dietary	S1362
Ash	S1362
Iron, Fe	S1362
Calcium, Ca	S1362
Potassium, K	S1362
Water	S1362
Phosphorus, P	S1362
Sodium, Na	S1362

List of References

- S2 National Cattlemen's Beef Association (NCBA) 2000
Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef
Chicago, IL
- S3 University of Wisconsin - Madison, Muscle Biology Laboratory 2000
Nutrient Content of Alternate Red Meat Products
Madison, WI
- S5 Food and Drug Administration (FDA), DHHS 1996
FDA Study on Labeling
- S6 Food and Drug Administration (FDA), DHHS 1991
FDA Total Diet Study
- S7 Food and Drug Administration (FDA), DHHS 1992
FDA Total Diet Study
- S8 Food and Drug Administration (FDA), DHHS 1993
FDA Total Diet Study
- S9 Food and Drug Administration (FDA), DHHS 1994
FDA Total Diet Study
- S10 Food and Drug Administration (FDA), DHHS 1995
FDA Total Diet Study
- S11 Food and Drug Administration (FDA), DHHS 1996
FDA Total Diet Study
- S12 Food and Drug Administration (FDA), DHHS 1997
FDA Total Diet Study
- S13 Food Safety and Inspection Service (FSIS), USDA 1996
FSIS Labeling Study
- S14 National Cattlemen's Beef Association (NCBA) 2000
Nutrient Content of Ground Beef
Chicago, IL
- S14 National Cattlemen's Beef Association 2000
Nutrient Content of Ground Beef
- S18 Nutrient Data Laboratory, ARS, USDA 1998
National Food and Nutrient Analysis Program Wave 1a
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3104 of 3136

-
- S19 Nutrient Data Laboratory, ARS, USDA 1999
National Food and Nutrient Analysis Program Wave 2a
Beltsville, MD
- S20 Nutrient Data Laboratory, ARS, USDA 1999
National Food and Nutrient Analysis Program Wave 2b
Beltsville, MD
- S21 Nutrient Data Laboratory, ARS, USDA 1999
National Food and Nutrient Analysis Program Wave 2c
Beltsville, MD
- S22 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 3a
Beltsville, MD
- S23 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 3b
Beltsville, MD
- S25 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4a
Beltsville, MD
- S26 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4b
Beltsville, MD
- S27 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4c
Beltsville, MD
- S39 Nutrient Data Laboratory, ARS, USDA 1998
National Food and Nutrient Analysis Program Wave 0
Beltsville, MD
- S53 Produce Marketing Association (PMA) 1990
Nutrient Content of Sweet Cherries
- S73 Food and Drug Administration (FDA), DHHS 1989
FDA Total Diet Study
- S74 Food and Drug Administration (FDA), DHHS 1990
FDA Total Diet Study
- S77 International Nut Council 1999
Nutrient Content of Macadamia Nuts
- S78 Produce Marketing Association (PMA) 1982
Nutrient Content of Mushrooms

Reference Report

JUL-17-2008 02:00 PM

Page 3105 of 3136

- S79 California Walnut Commission 1999
Nutrient Content of Walnuts
Modesto, CA
- S80 Mushroom Council 1999
Nutrient Content of Mushrooms
Dublin, CA
- S81 Nutrient Data Laboratory, ARS, USDA 1987
Nutrient Analysis of Selected Foods, University of Georgia
Beltsville, MD
- S82 Nutrient Data Laboratory, ARS, USDA 1990
Determination of the Tocopherol Content of Selected Foods
Beltsville, MD
- S83 Hazelnut Marketing Board 1999
Nutrient Content of Hazelnuts
Aurora, OR
- S84 Nutrient Data Laboratory, ARS, USDA 1992
Determination of the Tocopherol Content of Selected Foods
Beltsville, MD
- S85 Pecan Shellers Association 1999
Nutrient Content of Pecans

- S86 California Pistachio Commission 1999
Nutrient Content of Pistachio Nuts

- S87 Nutrient Data Laboratory, ARS, USDA 1997
NDL Report Vitamin E 1997
Beltsville, MD
- S101 California Pistachio Commission 1994
Nutrition Labeling Database for California Pistachios

- S121 Nutrient Data Laboratory, ARS, USDA 1991
NDL Report Vitamin E 1991
Beltsville, MD
- S141 Almond Board of California 1999
Nutrient Content of Almonds
Modesto, CA
- S182 Food and Drug Administration (FDA), DHHS 1982
FDA Total Diet Study
- S183 Food and Drug Administration (FDA), DHHS 1983
FDA Total Diet Study

Reference Report

JUL-17-2008 02:00 PM

Page 3106 of 3136

-
- S201 Food and Drug Administration (FDA), DHHS 1984
FDA Total Diet Study
- S202 Food and Drug Administration (FDA), DHHS 1985
FDA Total Diet Study
- S203 Food and Drug Administration (FDA), DHHS 1986
FDA Total Diet Study
- S204 Food and Drug Administration (FDA), DHHS 1987
FDA Total Diet Study
- S205 Food and Drug Administration (FDA), DHHS 1988
FDA Total Diet Study
- S206 Food and Drug Administration (FDA), DHHS 1998
FDA Total Diet Study
- S208 Food and Drug Administration (FDA), DHHS 1999
FDA Total Diet Study
- S221 National Cattlemen's Beef Association (NCBA) 1992
Beef study, Texas A&M University
Chicago, IL
- S222 Fred Usinger Inc. 1999
Nutrient Composition of Fred Usinger, Inc. Luncheon Meats
Milwaukee, WI
- S224 Tyson Foods, Inc. 1999
Nutrient Composition of Tyson Foods, Inc./Weaver Luncheon Meats
Springdale, AR
- S225 Bar-S Foods 1999
Nutrient composition of Bar-S Foods Company Luncheon Meats
Clinton, OK
- S226 Underwood 1999
Nutrient Composition of The Pillsbury Company/Underwood Luncheon Meats
St. Paul, MN
- S227 Bil Mar Foods 1999
Nutrient Composition of Bil-Mar Foods Luncheon Meats
Zeeland, MI
- S228 Bridgford 1999
Nutrient Composition of Bridgford Foods of Illinois, Inc. Luncheon Meats
Chicago, IL

Reference Report

JUL-17-2008 02:00 PM

Page 3107 of 3136

-
- S230 Carl Buddig 1999
Nutrient Composition of Carl Buddig and Company Luncheon Meats
South Holland, IL
- S231 Carando Gourmet 1999
Nutrient Composition of Carando Gourmet Foods Corporation Luncheon Meats
Springfield, MA
- S233 Citterio USA Corp. 1999
Nutrient Composition of Citterio USA Corporation Luncheon Meats
Freeland, PA
- S235 Country Smoked Meats 1999
Nutrient Composition of Country Smoked Meats, Inc. Luncheon Meats
Wooster, OH
- S237 Farmland 1999
Nutrient Composition of Farmland Foods Luncheon Meats
Topeka, KS
- S238 Gallo Salame 1999
Nutrient Composition of Gallo Salame/Galileo Foods Luncheon Meats
San Lorenzo, CA
- S239 Hillshire Farm & Kahn's 1999
Nutrient Composition of Hillshire Farms and Kahn's Luncheon Meats
Cincinnati, OH
- S241 Jimmy Dean Foods 1999
Nutrient Composition of Jimmy Dean Foods Luncheon Meats
Cordova, TN
- S242 Johnsonville Foods Co. 1999
Nutrient Composition of Johnsonville Foods Company Luncheon Meats
Sheboygan Falls, WI
- S243 Jones 1999
Nutrient Composition of Jones Dairy Farm Luncheon Meats
Fort Atkinson, WI
- S244 Juniata Packing 1999
Nutrient Composition of Juniata Packing Luncheon Meats
- S245 Penn Valley Farms 1999
Nutrient Composition of Penn Valley Farms, Ltd. Luncheon Meats
Chicago, IL
- S247 Schaller & Weber Inc. 1999
Nutrient Composition of Schaller and Weber, Inc. Luncheon Meats
Long Island City, NY
- S248 Sutton Place Gourmet 1999
Nutrient Composition of Sutton Place Gourmet Luncheon Meats

Reference Report

JUL-17-2008 02:00 PM

Page 3108 of 3136

-
- S249 Ohio Agriculture & Devel Center, Wooster, Ohio, KC Institute OH0002 1999
Nutrient Composition of Odom's Tennessee Pride Sausage, Inc. Luncheon Meats
Madison, TN
- S251 Bob Evans Farms 1999
Nutrient Composition of Bob Evans Farms Luncheon Meats
Columbus, OH
- S252 Jerome Foods 1999
Nutrient Composition of Jerome Foods/The Turkey Store Company Luncheon Meats
Barron, WI
- S259 Hormel Foods Corp. 1999
Nutrient Composition of Hormel Foods Corporation Luncheon Meats
- S281 Food Safety and Inspection Service (FSIS), USDA 1999
Nutrient Composition of FSIS 96 NDL SLM Luncheon Meats
- S282 Owens Country Sausage 1999
Nutrient Composition of Owens Country Sausage Luncheon Meats
- S343 International Nut Council 1999
Nutrient Content of Cashews
- S363 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5c
Beltsville, MD
- S381 Nutrient Data Laboratory, ARS, USDA 1987
Nutrient Analysis of Specialty Fruit Marketed in the United States
Beltsville, MD
- S402 National Food Processors Association 1980
Investigations to Determine Nutrient Content of Selected Fruits and Vegetables
- S404 Nutrient Data Laboratory, ARS, USDA 1985
Determination of the Nutrient Content of Selected Candies, Nuts, Condiments, Beverages & Vegetables
Beltsville, MD
- S405 Nutrient Data Laboratory, ARS, USDA 1992
Monitoring Nutrient Content of Selected Key Foods
Beltsville, MD
- S406 Nutrient Data Laboratory, ARS, USDA 1986
Nutritional Evaluation of the Solid and Liquid Portion of Selected Canned Fruits and Vegetables
Beltsville, MD
- S421 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4d
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3109 of 3136

-
- S441 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5k
Beltsville, MD
- S461 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4e
Beltsville, MD
- S481 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5g
Beltsville, MD
- S482 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5i
Beltsville, MD
- S502 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5j
Beltsville, MD
- S503 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5d
Beltsville, MD
- S541 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5a
Beltsville, MD
- S561 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 5b
Beltsville, MD
- S562 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 4f
Beltsville, MD
- S563 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5e
Beltsville, MD
- S564 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5f
Beltsville, MD
- S565 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5h
Beltsville, MD
- S566 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5L
Beltsville, MD
- S581 Produce Marketing Association (PMA) 1989
Nutrient Content of Strawberries

Reference Report

JUL-17-2008 02:00 PM

Page 3110 of 3136

-
- S582 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5m
Beltsville, MD
- S603 General Mills Inc. 2001
General Mills Company Data
- S604 Nutrient Data Laboratory, ARS, USDA 1985
Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared
Beltsville, MD
- S605 Produce Marketing Association (PMA) 1984
Nutrient Content of Onions
- S606 Nutrient Data Laboratory, ARS, USDA 1989
Variability of the sugar content of foods
Beltsville, MD
- S608 Produce Marketing Association (PMA) 1983
Nutrient Content of Tomato
- S611 Produce Marketing Association (PMA) 1987
Nutrient Content of Pepper
- S615 Produce Marketing Association (PMA) 1991
Nutrient Content of Eggplant
- S616 Produce Marketing Association (PMA) 1992
Nutrient content of Broccoflower
- S617 Produce Marketing Association (PMA) 1982
Nutrient Content of Radish
- S618 Produce Marketing Association (PMA) 1982
Nutrient Content of Carrot
- S619 Produce Marketing Association (PMA) 1982
Nutrient Content of Broccoli
- S620 Produce Marketing Association (PMA) 1991
Nutrient Content of Lettuce
- S622 Produce Marketing Association (PMA) 1991
Nutrient Content of Squash

Reference Report

JUL-17-2008 02:00 PM

Page 3111 of 3136

-
- S624 Produce Marketing Association (PMA) 1982
Nutrient Content of Lettuce
- S625 National Food Processors Association 1993
NFPA Canned Vegetables
- S626 National Food Processors Association 1995
NFPA Canned Vegetables
- S627 National Food Processors Association 1994
NFPA Canned Vegetables
- S641 National Food Processors Association 1992
NFPA Canned Vegetables
- S642 National Cancer Institute (NCI), DHHS 1992
Total dietary fiber content of selected foods
- S661 Dahlgren & Company, Inc. 1996
Sunflower analysis for Dahlgren & Company
Crookston, MN
- S682 Kellogg, Co. 2001
Kellogg Company Data
- S702 The Quaker Oats, Co. 2001
Quaker Oats Company Data
- S743 Nutrient Data Laboratory, ARS, USDA 1989
University of Idaho Contract No. 53-3198-8-29
Beltsville, MD
- S822 Kraft Foods, Inc. 1992
Kraft Study, Hazelton Lab
- S837 Nutrient Data Laboratory, ARS, USDA 1994
Dietary Fiber and Sugars in Commonly Consumed Foods
Beltsville, MD
- S881 The Quaker Oats, Co. 2002
Quaker Oats Co. 02
- S922 General Mills Inc. 2005
General Mills Company Data

Reference Report

JUL-17-2008 02:00 PM

Page 3112 of 3136

-
- S941 Hammons Products Company 2002
Nutrient Analysis of Black Walnuts
Stockton, MO
- S961 National Sunflower Association 2000
Nutrient Analysis of Oil Roasted Sunflower Seeds
Bismark, ND
- S963 Produce Marketing Association (PMA) 1990
Nutrient Content of Raspberries
- S986 University of Maine 1982
Determination of alpha- and beta-carotene in fruit and vegetables by HPLC
- S1001 Southeastern Regional Lab (ARS South Atlantic Area), Georgia, USDA 1981
Protein hydrolysis studies on tree nuts
Athens, GA
- S1023 Produce Marketing Association (PMA) 1990
Nutrient Content of Banana
- S1024 Produce Marketing Association (PMA) 1985
Nutrient Content of Cantaloupe
- S1026 Produce Marketing Association (PMA) 1985
Nutrient Content of Honeydew
- S1027 Produce Marketing Association (PMA) 1989
Nutrient Content of Watermelon
- S1031 Produce Marketing Association (PMA) 1989
Nutrient Content of Avocado
- S1032 Produce Marketing Association (PMA) 1986
Nutrient Content of Date
- S1033 Produce Marketing Association (PMA) 1983
Nutrient Content of Kiwi
- S1041 Nutrient Data Laboratory, ARS, USDA 2002
Nutrient composition of Oscar Mayer Luncheon Meats
Beltsville, MD
- S1062 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6a
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3113 of 3136

-
- S1063 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6b
Beltsville, MD
- S1064 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6c
Beltsville, MD
- S1065 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6d
Beltsville, MD
- S1066 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6e
Beltsville, MD
- S1067 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6f
Beltsville, MD
- S1068 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6g
Beltsville, MD
- S1069 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6h
Beltsville, MD
- S1082 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6i
Beltsville, MD
- S1121 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5n
Beltsville, MD
- S1122 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5o
Beltsville, MD
- S1141 Produce Marketing Association (PMA) 1990
Nutrient Content of Blueberry
- S1161 Produce Marketing Association (PMA) 1992
Nutrient Content of Tangerines
- S1162 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6k
Beltsville, MD
- S1163 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6l
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3114 of 3136

-
- S1164 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6m
Beltsville, MD
- S1165 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6n
Beltsville, MD
- S1166 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6j
Beltsville, MD
- S1167 Produce Marketing Association (PMA) 1981
Nutrient Content of Pineapple
- S1183 Produce Marketing Association (PMA) 1990
Nutrient Content of Apple
- S1202 Nutrient Data Laboratory, ARS, USDA 1995
Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories
Beltsville, MD
- S1203 National Institutes of Health (NIH) 1997
Carotenoid analyses of U.S. foods, Food Composition Laboratory
- S1206 Nutrient Data Laboratory, ARS, USDA 1993
Continued monitoring of the nutrient content of selected key foods, University of Georgia
Beltsville, MD
- S1221 Flax Council of Canada 1997
Nutrient Analysis of Flaxseed by Medallion Lab
Winnipeg,
- S1322 Nutrient Data Laboratory, ARS, USDA 1993
Development/Verification of Nutrient Retention Values in Foods Prepared by Different Cooking Methods
Beltsville, MD
- S1341 California Prune Board 2000
Carotenoid Analysis of Prunes
- S1343 Nutrient Data Laboratory, ARS, USDA 2002
Analysis of carotenoids in selected foods.
Beltsville, MD
- S1362 MGP Ingredients 2002
Nutrient Analyses of Vital Wheat Gluten
Atchison, KS
- S1381 National Cancer Institute (NCI), DHHS 1988
NCI Contract No. 1-CN-SS442 - Carotenoids

Reference Report

JUL-17-2008 02:00 PM

Page 3115 of 3136

-
- S1401 Nutrient Data Laboratory, ARS, USDA 1992
Total dietary fiber in 104 foods
Beltsville, MD
- S1504 National Sunflower Association 2001
Phytochemicals in sunflower kernel (*Helianthus annus L.*) and selected tree nuts
Bismark, ND
- S1562 Association of Spanish Exporters of Table Olives 1993
Analysis of Spanish Olives
- S1581 Nutrient Data Laboratory, ARS, USDA 2003
Variety Meats All Food Groups
Beltsville, MD
- S1621 California Avocado Commission 1993
California Avocado Commission data for avocados 1993-2001
- S1662 Nutrient Data Laboratory, ARS, USDA 2002
Food Analysis Laboratory and Control Center Folate Stability Study
Beltsville, MD
- S1701 Ocean Spray Cranberries, Inc. 2002
Nutrient Analysis of Sweetened Dried Cranberries
- S1742 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program - Industrial Flour
Beltsville, MD
- S1782 University of Arizona 1999
An omega-3 fatty acid enriched chia diet: Influence on egg fatty acid comp., cholest. & oil content
- S1783 Ministry of Public Health 2003
Analysis of *Salvia hispanica* chia seed
,
- S1821 Utah State University 1980
Composition of Foods
- S1921 Mead Johnson, KC Institute GM1079 2003
- S2102 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 7a
Beltsville, MD
- S2103 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 7b
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3116 of 3136

-
- S2104 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 7c
Beltsville, MD
- S2105 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 7d
Beltsville, MD
- S2106 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 7e
Beltsville, MD
- S2107 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 7f
Beltsville, MD
- S2108 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 7g
Beltsville, MD
- S2109 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 7h
Beltsville, MD
- S2110 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 7i
Beltsville, MD
- S2111 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 7j
Beltsville, MD
- S2112 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 7k
Beltsville, MD
- S2113 Nutrient Data Laboratory, ARS, USDA 2003
National Food and Nutrient Analysis Program Wave 8a
Beltsville, MD
- S2121 Nutrient Data Laboratory, ARS, USDA 1995
FCL-NDL Interlaboratory agreement- Data on Dietary fiber and sugar in foods
Beltsville, MD
- S2122 Nutrient Data Laboratory, ARS, USDA 1989
Analyses of Selenium in Foods, Hazleton Laboratories
Beltsville, MD
- S2123 Nutrient Data Laboratory, ARS, USDA 1989
Analyses of Selenium in Foods, Environmental Trace Substances Research Center
Beltsville, MD
- S2141 Indian Health Service - Alaska 1993
Nutrient Value of Alaska Foods
Anchorage, AK

Reference Report

JUL-17-2008 02:00 PM

Page 3117 of 3136

-
- S2142 National Sunflower Association 2003
National Sunflower Association Analysis of Vitamin E in Dry Roasted and Oil Roasted Sunflower Seeds
Bismark, ND
- S2202 Nutrient Data Laboratory, ARS, USDA 1984
Nutrient Content of Legumes and Some Cereal and Baked Products
Beltsville, MD
- S2203 Nutrient Data Laboratory, ARS, USDA 2001
USDA Commodity pickup 2001
Beltsville, MD
- S2221 Nutrient Data Laboratory, ARS, USDA 2001
Industrial Oils, Shortenings and Margarines
Beltsville, MD
- S2381 Nutrient Data Laboratory, ARS, USDA 2000
American Indian/Alaskan Native Database - Navajo Foods 1999-2000
Beltsville, MD
- S2401 GFA Brands 2004
GFA Brands Company Data
,
- S2422 Kraft Foods, Inc. 2004
Kraft Foods
- S2502 Malt-O-Meal Company 2004
Malt-O-Meal Company Data
,
- S2581 Nutrient Data Laboratory, ARS, USDA 1987
Fiber Content of Selected Foods
Beltsville, MD
- S2621 California Salmon Council 2000
Nutrient Analysis of King Salmon Samples Caught off of the California Coast
Folsom, CA
- S2644 National Cancer Institute (NCI), DHHS 1988
Carotenoid content of fruits and vegetables
- S2661 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 8e
Beltsville, MD
- S2662 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 8f
Beltsville, MD
- S2664 Kellogg, Co. 2004
Kellogg Company Data

Reference Report

JUL-17-2008 02:00 PM

Page 3118 of 3136

-
- S2682 Food and Drug Administration (FDA), DHHS 2000
FDA Total Diet Study
- S2683 Food and Drug Administration (FDA), DHHS 2001
FDA Total Diet Study
- S2684 Food and Drug Administration (FDA), DHHS 2002
FDA Total Diet Study
- S2702 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 8i
Beltsville, MD
- S2703 National Cattlemen's Beef Association (NCBA) 2004
Beef Value Cuts 2004
Chicago, IL
- S2722 Nutrient Data Laboratory, ARS, USDA 2004
Analysis of iron, thiamin, and niacin in unenriched white rice
Beltsville, MD
- S2741 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 9a
Beltsville, MD
- S2781 Nutrient Data Laboratory, ARS, USDA 1985
Nutrient Analysis of Selected Foods, Shankman Labs
Beltsville, MD
- S2782 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 8b
Beltsville, MD
- S2801 McDonalds 2004
McDonald's Supplied Food Analyses
- S2802 Nutrient Data Laboratory, ARS, USDA 2003
AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho
Beltsville, MD
- S2821 Nutrient Data Laboratory, ARS, USDA 1987
Analyses of Selenium in Foods, Hazleton Laboratories
Beltsville, MD
- S2841 Alcohol and Tobacco Tax and Trade Bureau 2004
Wine and malt beverage data from TTB
Beltsville, MD
- S2901 American Italian Pasta Company 2004
Trans fat in egg noodles
, MO

Reference Report

JUL-17-2008 02:00 PM

Page 3119 of 3136

-
- S2921 Uncle Ben's 2005
Niacin in parboiled rice
- S2922 The Vinegar Institute 2002
Nutrient content of vinegars
Atlanta, GA
- S2941 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 9b
Beltsville, MD
- S2941 Mushroom Council 2004
National Food and Nutrient Analysis Program Wave 9b
Dublin, CA
- S2961 Sunkist Growers, Inc. 2004
Nutrient content of citrus fruits
- S2985 Castle and Cooke (Dole) 1979
Select nutrients in pineapple fruit and juice
- S3001 Reckitt Benckiser INC. (French's mustard) 2004
Nutrient content of French's Mustard
Springfield, MO
- S3021 Mizkan Americas, Inc 2005
Nutrient content of different varieties of vinegar
- S3081 National Grain Sorghum Producers 2005
Dietary fiber content of ground whole sorghum grain
- S3221 University of California 2005
University of California, General Clinical research Center
- S3241 Nutrition Coordinating Center, Univ. of Minnesota 2005
NCC-Univ of Minnesota/Univ of Iowa Fluoride Demonstration Study
Minneapolis, MN
- S3242 Dawn Food Products 1990
Dawn Food Products, Fiber Analysis
- S3281 Nutrient Data Laboratory, ARS, USDA 1993
Analysis of low-fat and new food items
Beltsville, MD
- S3301 Nutrient Data Laboratory, ARS, USDA 2003
Ham and ham products, NFNAP
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3120 of 3136

S3361 Masterfoods USA 2006
MASTERFOODS USA 2006
Hackettstown, NJ

S3381 Smuckers, KC Institute GM1198 2006
Label 2006

S3402 California Strawberry Commission 2005
Analyses for nutrition labeling of strawberries
Watsonville, CA

S3421 Kellogg, Co. 2005
Kellogg Company Data

S3461 Nutrient Data Laboratory, ARS, USDA 2003
Choline Study, Local pickup UNC, NFNAP
Beltsville, MD

S3481 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 8c
Beltsville, MD

S3501 Mizkan Americas, Inc 2006
Nutrient analysis of vinegar

S3521 McDonalds 2006
Data supplied by McDonalds

S3541 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program, Wave 8g
Beltsville, MD

S3542 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program, Wave 8h
Beltsville, MD

S3544 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program, Wave 9d
Beltsville, MD

S3546 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9h
Beltsville, MD

S3547 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9j
Beltsville, MD

S3548 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9k
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3121 of 3136

-
- S3549 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9l
Beltsville, MD
- S3550 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9m
Beltsville, MD
- S3551 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9n
Beltsville, MD
- S3552 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9o
Beltsville, MD
- S3553 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9p
Beltsville, MD
- S3554 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program, Wave 9q
Beltsville, MD
- S3557 Nutrient Data Laboratory, ARS, USDA 2006
National Food and Nutrient Analysis Program, Wave 10c
Beltsville, MD
- S3558 Nutrient Data Laboratory, ARS, USDA 2006
National Food and Nutrient Analysis Program, Wave 10d
Beltsville, MD
- S3559 Nutrient Data Laboratory, ARS, USDA 2006
National Food and Nutrient Analysis Program, Wave 10e
Beltsville, MD
- S3561 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 8k
Beltsville, MD
- S3621 Morehouse Foods, Inc. 2003
Nutrient content of prepared yellow mustard
City of Industry, CA
- S3622 Plochman, Inc. 2005
Nutrient content of mild yellow mustard
- S3641 Mushroom Council 2006
Mushroom Council Vitamin D Study
Dublin, CA
- S3682 Nutrient Data Laboratory, ARS, USDA 2002
Nutrient Content of Agave
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3122 of 3136

S3683 Unilever 2006
Carb Options Peanut Butter Spread Label Information
,

S3741 A&M Cookie Company Canada - Archway 2005
A&M Cofokie Company, Canada - Archway Data
Kitchener, ON,

S3742 ConAgra, Inc. 2005
ConAgra Company Data

S3743 Continental Mills, Krusteaz 2005
Continental Mills company data
,

S3744 Nestle USA, Inc. 2005
Nestle, USA company data

S3761 Anheuser-Busch 2005
Anheuser-Busch company data

S3762 Banquet Foods Corp. 2005
Banquet company data

S3764 George weston Bakeries, Inc. 2005
George Watson company data
,

S3765 H.J. Heinz, Co. 2005
Heinz company data

S3766 Pillsbury Co. 2005
Pillsbury company data

S3767 Smuckers, KC Institute GM1198 2005
Smuckers company data

S3768 Tyson Foods, Inc. 2005
Tyson company data
Springdale, AR

S3770 Nestle USA, Inc. 2006
Nestle company data

S3773 Nutrient Data Laboratory, ARS, USDA 2006
National Food and Nutrient Analysis Program Wave 10h
Beltsville, MD

Reference Report

JUL-17-2008 02:00 PM

Page 3123 of 3136

S3774 Nutrient Data Laboratory, ARS, USDA 2006
National Food and Nutrient Analysis Program Wave 10i
Beltsville, MD

S3841 Food and Drug Administration (FDA), DHHS 2003
FDA Total Diet Study

S3901 The Quaker Oats, Co. 2006
Quaker Oats Company Data

S3921 Campbell Soup Company 2006
Campbell's Soup Company

S3941 National Pork Board (NPB) 2006
Pork Study - Natural Cuts - 2006

S3942 National Pork Board (NPB) 2006
Pork Study - Enhanced Cuts - 2006

S4001 Nutrient Data Laboratory, ARS, USDA 2006
Choline Study, Local pickup VPI, NFNAP
Beltsville, MD

S4021 Vitasoy 2006
Nutritional Values for Select Vitasoy Products

S4061 Food and Drug Administration (FDA), DHHS 2004
FDA Total Diet Study

S4101 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave 8d
Beltsville, MD

S4121 Diamond Foods, Inc. 2007
Label 07
Stockton, CA

S4141 Almond Board of California 2006
Nutrient content of almonds
Modesto, CA

S4201 National Cattlemen's Beef Association (NCBA) 2005
Grass- fed Beef from Texas Tech University
Chicago, IL

S4221 Kraft Foods, Inc. 2007
Kraft Foods

Reference Report

JUL-17-2008 02:00 PM

Page 3124 of 3136

-
- S4241 Nutrient Data Laboratory, ARS, USDA 2005
Ground chicken study - NFNAP Wave 9h
Beltsville, MD
- S4261 Soyfood Association of North America 2007
Soymilk Nutrient Composition Data
Washington, DC
- S4281 McCormick & Company, Inc. 1993
Nutrient Analysis Reports for McCormick Spices and Herbs
, MD
- S4303 Nutrient Data Laboratory, ARS, USDA 2005
National Food and Nutrient Analysis Program Wave 9i
Beltsville, MD
- S4344 Coco Lopez, Inc. 2007
Nutrient content of Coco Lopez coconut cream
Miramar, FL
- S4381 National Pork Board (NPB) 2007
Pork Value Cuts 2007
- S4481 Nutrient Data Laboratory, ARS, USDA 2004
National Food and Nutrient Analysis Program Wave a9b
Beltsville, MD
- S4501 Nutrient Data Laboratory, ARS, USDA 2007
Salad dressing data
Beltsville, MD
- S4522 Nutrient Data Laboratory, ARS, USDA 2007
National Food and Nutrient Analysis Program Wave 11g
Beltsville, MD
- S4523 Nutrient Data Laboratory, ARS, USDA 2007
National Food and Nutrient Analysis Program Wave 11f
Beltsville, MD
- S4541 Campbell Soup Company 2007
Campbell's Soup Company
- S4561 Kellogg, Co. 2007
Kellogg Company Data
- S4601 Campbell Soup Company 2008
Campbell Soup Company
- S4621 Pom Wonderful 2007
Nutrient Composition of California Wonderful Pomegranates
, CA

Reference Report

JUL-17-2008 02:00 PM

Page 3125 of 3136

-
- S4661 Nutrient Data Laboratory, ARS, USDA 2004
Proximates in Grass-fed Buffalo
Beltsville, MD
- S4662 Kellogg, Co. 2008
Kellogg Company Vegetarian Products
- S4741 Maine Wild Blueberry Company, Inc 2005
Nutritive value of frozen wild blueberries
Cherryfield, ME
- S4802 Welch's, KC Institute GM1118 2008
Nutrient content of Welch's purple and white grape juices
- S4841 Cherry Marketing Institute 1988
Analysis of physical and chemical properties of cherries
Okemos, MI
- S4881 McDonalds 2008
McDonald's Supplied Food Analyses
- S4901 Nutrient Data Laboratory, ARS, USDA 2008
National Food and Nutrient Analysis Program Wave 12x repeats
Beltsville, MD
- S4921 Nutrient Data Laboratory, ARS, USDA 2007
National Food and Nutrient Analysis Program Wave 12a
Beltsville, MD
- D342 J. A. Bowers, J. Craig
Components of B6 in Turkey Breast Muscle 1978
Journal of Food Science Vol 43, Issue 5, p 1619
- D389 K. Hoppner, B. Lampi, D.E. Perrin
The free & Total folate activity in foods available on the Canadian market. 1972
Canadian Institute of Food Technology Journal Vol 5, Issue 2, p 60
- D390 A.V. Lentoc, L.B. Dimannahan, O.N. Gonzalez
Vitamin B6 Content of Some Phillipine Foods. Raw Foods 1971
Philippine Journal of Nutrition Vol 24, p 209
- D429 Metallocalorie Ratios for Copper, Iron and Zinc in Fruits and Vegetables 1977
Nutrition Reports International Vol 15, Issue 4, p 469
- D463 H.T. Chan
Tropical Foods - the Chemistry & Biochemistry of Papaya 1979
Academic Press Vol 1
- D501 O.S. Abou-Fadel, L.T. Miller
Vitamin retention, color and texture in thermally processed green beans and royal ann cherries packed in pouches
and cans 1983
Journal of Food Science Vol 48, Issue 3, p 920 - 923
- D548 M. A. Amer, G. J. Brisson
Selenium in Human Food Stuffs Collected at Ste-Foy (Quebec) Food M.L.T. 1973
Canadian Institute of Food Technology Journal Vol 6, Issue 3, p 184
- D566 J. Leichtev, R. J. Bandoni
Nutrient Content of Mushrooms Grown in British Columbia 1980

Reference_Report

Reference Report

JUL-17-2008 02:00 PM

Page 3126 of 3136

- D614 Canadian Institute of Food Technology Journal Vol 13, Issue 3, p 122
L. Hook, I.K. Brandt
Copper content of some low-copper foods 1966
- D642 Journal of the American Dietetic Association Vol 49, Issue 3, p 202 - 203
Consumer Reports
Orange Drink Mixes 1977
- D657 Consumer Reports Issue Jan, p 68 - 70
W. J. Hurst, R. A. Martin, B. L. Zoumas
Application of HPLC to Characterization of Individual CHO in Foods 1979
- D672 Journal of Food Science Vol 44, Issue 3, p 892
L. A. Koehler
Food and Drug Bulletin (beverages gen) 1963
- D673 Food and Drug Bulletin No. 134, North Dakota State Lab. 1963 Vol 134, p 134
L. A. Koehlar
Food and Drug Bulletin - N. Dakota State Gen. Beverages 1965
Bulletin No. 141, June 1965 Vol 141, p 141
- D739 J.H. Hankin, S. Margen, N. Goldsmith
Contribution of Hard Water to Calcium and Magnesium Intakes of Adults 1970
- D964 Journal of the American Dietetic Association Vol 56, Issue 3, p 212 - 224
E.H. Jr. Gruger, R.W. Nelson, M.E. Stansby
Fatty acid composition of oils from 21 species of marine fish, freshwater fish and shellfish. 1964
- D1066 American Oil Chemists' Society, Journal Vol 41, Issue 10, p 662 - 667
G.V. Mann
The Health and Nutritional status of Alaskan Eskimos. 1962
- D1073 American Journal of Clinical Nutrition Vol 11, p 31 - 76
J.P. McBride, R.A. Maclead
Sodium and potassium in fish from the Canadian Pacific coast. 1956
- D1107 Journal of the American Dietetic Association Vol 32, p 636 - 638
M.E. Stansby
Chemical Characteristics of fish caught in the northwest Pacific Oceans. 1976
- D1191 Marine Fish Rev. Vol 38, Issue 9, p 1 - 11
I.J. Tinsley, R.R. Lowry
Bromine content of lipids of marine organisms 1980
- D1417 American Oil Chemists' Society, Journal Issue 1, p 31 - 33
O. Longe
Effect of boiling on the carbohydrate constituents of some non-leafy vegetables 1981
- D2793 Food Chemistry Vol 7, Issue 1, p 1 - 6
D.T. Gordon, G.L. Roberts, D.M. Hernty
Thiamin, Riboflavin, and Niacin content and stability in Pacific coast seafoods. 1979
- D3284 Journal of Agricultural and Food Chemistry Vol 27, Issue 3, p 483 - 490
R. Becker
Identification of some sugars and mannitol in celery 1968
- D3296 Journal of Food Science Vol 33, p 128 - 130
C.E. Damon, B.C. Pettitt
Sugars and Sugar Products: High Performance Liquid Chromatographic Determination of Fructose, Glucose and Sucrose in Molasses 1980
- D3302 J. AOAC Vol 63, Issue 3, p 476 - 480
M.C. Gancedo, B.S. Luh
HPLC Analysis of Organic Acids and Sugars in Tomato Juice 1986
- D3305 Journal of Food Science Vol 51, Issue 3, p 571 - 573
K.C. Gross,
Fruits and vegetables are a source of galactose: Implications in planning the diets of patients with galactosaemia

Reference Report

- 1991
J. Inher. Metab. Dis. Vol 14, p 253 - 258
- D3306 K. Haila
Sugar and organic acid content of vegetables consumed in Finland during 1988-1989 1992
Journal of Food Composition and Analysis Vol 5, p 100 - 107
- D3309 M. Horbowicz
Adaptation of the method of sugars determination by gas chromatography (GC) and characteristics of their occurrence 1980
Acta Alimentaria Polonica Vol 6, Issue 4, p 227 - 236
- D3311 A. Hughes, R.C. Lindsay
Liquid chromatographic analysis of sugars and mannitol in cabbage and fermenting sauerkraut 1985
Journal of Food Science Vol 50, Issue 6, p 1662 - 1667
- D3313 HUNTER
PP Document Number 2031005 1993
- D3315 W.J. Hurst, R.A. Martin, B.L. Zoumas
Application of HPLC to Characterization of Individual Carbohydrates in Foods 1979
Journal of Food Science Vol 44, p 892 - 893
- D3316 J.L. Iverson, M.P. Bueno
Evaluation of high pressure liquid chromatography and gas liquid chromatography for quantitative determination of sugars in foods 1981
Journal of the Association of Official Analytical Chemists Vol 64, Issue 1, p 139 - 143
- D3318 D.A. Kline
Quantitative determination of sugars in fruits by GLC separation of TMS derivatives 1970
Journal of AOAC International Vol 53, Issue 6, p 1198 - 1202
- D3321 C. Y. Lee
Free sugars in fruits and vegetables 1970
Food Science and Technology Issue 1
- D3326 C. Martin-Villa
High performance liquid chromatographic determination of carbohydrates in raw and cooked vegetables 1982
Journal of Food Science Vol 47, p 2086
- D3335 D.H. Picha
HPLC Determination Of Sugars In Raw And Baked Sweet Potatoes 1985
Journal Of Food Science Vol 50, p 1189 - 1190
- D3336 M.L. Richmond
Analysis of simple sugars and sorbitol in fruit by high-performance liquid chromatography 1981
J. Agric. Food Chem. Vol 29, p 4 - 7
- D3337 SMITH
Quantitative Determination of Sugars in Various Food Products 1986
Journal of Food Science Vol 51, Issue 5
- D3338 P. Sporns
Alberta honey composition 1992
Food Research International Vol 25, p 93 - 100
- D3339 K.W. Swallow, N.H. Low
Analysis And Quantitation Of The Carbohydrates In Honey Using High-Performance Liquid Chromatography. 1990
Journal of Agricultural and Food Chemistry Vol 38, Issue 9, p 1828 - 1832
- D3342 J.W. White, R MeLoy, J Probst, W Huser
Sugars Containing Galactose Occur In Honey 1986
Journal Of Agricultural Research (J Apic Res. V.25 (3) Vol 25, Issue 3, p 182 - 185
- D3344 R.B. H. Wills
Nutrient composition of stone fruit (Prunus spp.) cultivars: apricot, cherry, nectarine, peach and plum 1983
J Sci Food Agric Vol 34, p 1383 - 1389
S.N. Ganapathy, R Dhanda

Reference Report

- D3352 Selenium content of omnivorous and vegetarian diets 1980
The Ind. J. Nutr. Dietet. Vol 17, p 53 - 59
- D3357 V.C. Morris, O.A. Levander
Selenium content of food 1970
Journal of Nutrition Vol 100, Issue 12, p 1383 - 1388
- D3358 A.L. Moxon, D.L. Palmquist
Selenium content of foods grown or sold in Ohio 1980
Ohio Report Vol 65, Issue 1
- D3359 O.E. Olson, I.S. Palmer
Selenium in foods purchased or produced in South Dakota 1984
Journal of Food Science Vol 49
- D3364 J.T. Snook, D. Kinsey, D.L. Palmquist, J.P. DeLaney, V.M. Vivian, A.L. Moxon
Selenium content of foods purchased or produced in Ohio 1987
Journal of the American Dietetic Association Vol 87, Issue 6, p 744 - 749
- D3410 A.W. Lantz
Use of chilled sea water in place of ice in transporting fish 1953
Fisheries Research Board of Canada, Progress Reports of the Pacific Coast Stations Vol 95, p 39 - 44
- D3764 J Marlett
Content and composition of dietary fiber in 117 frequently consumed foods 1992
Journal of the American Dietetic Association Vol 92, Issue 2
- D3765 N Vollendorf, J Marlett
Comparison of Two Methods of Fiber Analysis of 58 Foods 1993
Journal of Food Composition and Analysis Vol 6, p 203 - 214
- D3766 V Chaudhary, F Weber
Barley bran flour evaluated as dietary fiber ingredient in wheat bread 1990
Cereal Foods World Vol 35, Issue 6, p 560 - 562
- D3771 L Prosky
Total Dietary Fiber in Cereals -- Problems and Determination 1986
AACC Symposium
- D3773 R. Mongeau, R. Brassard
A Comparison of Three Methods for Analyzing Dietary Fiber in 38 Foods 1989
Journal of Food Composition and Analysis Vol 2, p 189 - 199
- D3775 J,L, Rosado, et al
Dietary Fiber in Mexican Foods 1993
Journal of Food Composition and Analysis Vol 6, Issue 3, p 215 - 222
- D3776 C. Lintas, M. Capelloni
Content and composition of dietary fibre in raw and cooked vegetables 1988
Food Sciences and Nutrition Vol 42F, p 117 - 124
- D3777 J Marlett, N Vollendorf
Dietary fiber content and composition of vegetables determined by two methods of analysis 1993
Journal of Agriculture and Food Chemistry Vol 41, p 1608 - 1612
- D3779 N Vollendorf, J Marlett
Dietary Fiber Content and Composition in Home-Prepared and Commercially Baked Products: Analysis and Prediction 1994
Cereal Chemistry Vol 71, Issue 1, p 99 - 105
- D3780 J Marlett, N Vollendorf
Dietary fiber content and composition of different forms of fruits 1994
Food Chemistry Vol 51, p 39 - 44
- D3842 T Philip, T S Chen
Quantitative analyses of major carotenoid fatty acid esters in fruits by liquid chromatography: Persimmon and Papaya. 1988

Reference Report

- D3843 J. Food Science Vol 53, Issue 6, p 1720 - 1722
F W Quackenbush
Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenes in food materials 1987
- D3844 J Liq Chrom Vol 10, p 643 - 653
D B Rodriguez, L C Raymundo, K L Simpson, C O Chichester
Carotenoid pigment changes in ripening Momordica charantia fruits 1976
- D3845 Ann Bot (London) Vol 40, p 615 - 624
R L Rouseff, G D Sadler, T J Putman, J E Davis
Determination of beta-carotene and other hydrocarbon carotenoids in red grapefruit cultivars. 1992
- D3846 J. Agric. Food Chem. Vol 40, p 47 - 51
J P Sweeney, A C Marsh
Effect of processing on provitamin A in vegetables 1971
- D3847 J Am Diet Assoc Vol 59, p 238 - 243
J P Sweeney, A C Marsh
Effects of selected herbicides on provitamin A content of vegetables 1971
- D3848 J Agric Food Chem Vol 19, p 854 - 856
I R Stewart
High performance liquid chromatographic determination of provitamin A in orange juice 1977
- D3849 J AOAC Vol 60, p 132 - 136
I R Stewart
Provitamin A and carotenoid content of citrus juices 1977
- D3850 J Agric Food Chem Vol 25, p 1132 - 1137
P W Simon, X Y Wolff
Carotenes in typical and dark orange carrots 1987
- D3851 J Agric Food Chem Vol 35, p 1017 - 1022
L H Tonucci, J M Holden, G R Beecher, F Khachik, C S Davis, G Mulokozi
Carotenoid content of thermally processed tomato-based food products. 1995
- D3852 J. Agric. Food Chem. Vol 43, p 579 - 586
J Q Wu, D E Carrol
Chemical and physical sensory stabilities of prebaked frozen sweet potatoes. 1991
- D3853 J. Food Sci. Vol 56, Issue 1, p 710 - 713
Y Wu, A K Perry, B P Klein
Vitamin C and beta-carotene in fresh and frozen green beans and broccoli in a simulated system. 1992
- D3860 J. Food Quality Vol 15, Issue 2, p 87 - 96
Carotenoid Table Document Number A9518
- D3863 K. Bhaskarachary, D.S. Sankar Rao, Y.G. Deosthale, Vinodini Reddy
Carotene content of some common and less familiar foods of plant origin. 1995
- D3869 Food Chemistry Vol 54, p 189 - 193
B.H. Chen
Studies on the stability of carotenoids in garland chrysanthemums (Ipomoea spp.) as affected by microwave and conventional heating 1995
- D3870 J. Food Protection Vol 55, p 296 - 300
B.H. Chen, J.R. Chuang, J.H. Lin, P. Chiu
Quantification of provitamin A compounds in Chinese vegetables by high-performance liquid chromatography 1993
- D3885 J. Food Protection Vol 56, p 51 - 54
R J Bushway, A M Wilson
Determination of alpha- and beta-carotene in fruit and vegetables by high performance liquid chromatography 1982
- D3886 Can Inst Food Sci Technol Vol 15, p 165 - 169
A A Bushway, D V Setteze, D F McGann, R H True, T M Work, R J Bushway
Effect of processing method and storage time on the nutrient composition of fiddlehead greens 1985

Reference Report

JUL-17-2008 02:00 PM

Page 3130 of 3136

- D3887 J Food Sci Vol 50, p 1491 - 1492
J L Bureau, R J Bushway
HPLC determination of carotenoids in fruits and vegetables in the United States 1986
- D3888 J Food Sci Vol 52, p 128 - 130
R J Bushway
Determination of alpha- and beta-carotene in some raw fruits and vegetables by high-performance liquid chromatography 1986
- D3889 J Agr Food Chem Vol 34, p 409 - 412
R J Bushway, A Yang, A M Yamani
Comparison of alpha- and beta-carotene content of supermarket versus roadside stand produce 1987
- D3890 J Food Qual Vol 9, p 437 - 443
E D Brown, M S Micozzi, N E Craft, J G Bieri, G Beecher, B K Edwards, A Rose, P R Taylor, J C Smith, Jr.
Plasma carotenoids in normal men after a single ingestion of vegetables or purified beta-carotene 1989
- D3891 Am J Clin Nutr Vol 49, p 1258 - 1265
L A Chandler, S J Schwartz
Isomerization and losses of trans-beta-carotene in sweet potatoes as affected by processing treatments 1988
- D3894 J Agric Food Chem Vol 36, p 129 - 133
G K Gregory, T-S Chen, T R Philip
Quantitative analysis of carotenoids and carotenoid esters in fruits by HPLC: red bell peppers 1987
- D3899 J Food Sci Vol 52, p 1071 - 1073
A Homnava, W Rogers, R R Eitenmiller
Provitamin A activity of specialty fruit marketed in the United States. 1990
- D3900 J. Food Composition and Analysis Vol 3, p 119 - 133
L R Howard, T Dewi
Minimal processing and edible coating effects on composition and sensory quality of mini-peeled carrots. 1996
- D3901 J. Food Science Vol 61, Issue 3, p 643 - 651
F Khachik, G R Beecher, N F Whittaker
Separation, identification and quantification of the major carotenoid and chlorophyll constituents in extracts of several green vegetables by liquid chromatography 1986
- D3902 J Agr Food Chem Vol 34, p 603 - 616
F Khachik, G R Beecher
Application of C-45-beta-carotene as an internal standard for the quantification of carotenoids in yellow/orange vegetables by liquid chromatography 1987
- D3903 J Agr Food Chem Vol 35, p 732 - 738
F Khachik, G R Beecher
Separation and identification of carotenoids and carotenol fatty acid esters in some squash products by liquid chromatography 1. Quantification of carotenoids and related esters by HPLC 1988
- D3904 J Agr Food Chem Vol 36, p 929 - 937
F Khachik, G R Beecher, W R Lusby
Separation, identification and quantification of the major carotenoids in extracts of apricots, peaches, cantaloupe, and pink grapefruit by liquid chromatography 1989
- D3905 J Agric Food Chem Vol 37, p 1465 - 1473
F Khachik, M B Goli, G R Beecher, J Holden, W R Lusby, M D Tenoro, M R Barrera
Effect of food preparation on qualitative and quantitative distribution of major carotenoid constituents of tomatoes and several green vegetables. 1992
- D3907 J. Agric Food Chem Vol 40, p 390 - 398
C Y Lee, P E McCoon, J H LeBowitz
Vitamin A value of sweet corn 1981
- D3909 J Agric Food Chem Vol 29, p 1294 - 1295
C Y Lee
Changes in carotenoid content of carrots during growth and post-harvest storage 1986
Food Chem Vol 20, p 285 - 293

Reference Report

- D3911 A T Ogunlesi, C Y Lee
Effect of thermal processing on the stereoisomerization of major carotenoids and vitamin A value of carrots 1979
Food Chem Vol 4, p 311 - 318
- D3912 T Philip, T S Chen
Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits. 1988
J. Food Science Vol 53, p 1703 - 1707
- D3919 I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen
Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries 1989
Journal of Agriculture and Food Chemistry Vol 37, p 655 - 659
- D3920 M. Heinonen, V. Ollilainen, E. Perttivaro, P. Koivistoinen
Carotenoids and retinoids in Finnish Foods: Dietary Fats 1988
J. Food Composition and Analysis Vol 1, p 334 - 340
- D3921 I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen
Carotenoids and Retinoids in Finnish Foods: Cereal and Bakery Products 1989
Cereal Chemistry Vol 66, Issue 4, p 270 - 273
- D3924 D.J. Hart, K.J. Scott
Development and evaluation of an HPLC method for the analysis of carotenoids in foods, and the measurement of the carotenoid content of vegetables and fruits commonly consumed in the UK 1995
Food Chemistry Vol 54, p 101 - 111
- D3933 C. Y. Lee, R.W. Robinson
Influence of the crimson gene (ogc) on vitamin A content of tomato 1980
Horticultural Science Vol 15, p 260 - 261
- D3949 H. Muller
Determination of the carotenoid content in selected vegetables and fruit by HPLC and photoiode array detection 1997
Z. Lebensm Unters Forsch A Vol 204, p 88 - 94
- D3956 D.M. R. Ramos, D B Rodriguez
Determination of the vitamin A value of common Brazilian leafy vegetables. 1987
J. Micronutrient Analysis Vol 3, p 147 - 155
- D3964 A.J. Speek, S. Speek-Saichua, W.H. P. Schreurs
Total carotenoid and B-carotene contents of Thai vegetables and the effect of processing. 1988
Food Chemistry Vol 27, p 245 - 257
- D3969 E-Siong Tee, Chin-Lam Lim
Carotenoid composition and content of Malaysian vegetables and fruits by the AOAC and HPLC methods. 1991
Food Chemistry Vol 41, p 309 - 339
- D4002 S.L. Booth, J.A. Sadowski, J.A. T. Pennington
Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study 1995
Journal of Agricultural and Food Chemistry Vol 43, Issue 6, p 1574 - 1579
- D4041 S.L. Booth, KW Davidson, J.A. Sadowski
Evaluation of an HPLC Method for the Determination of Phylloquinone (Vitamin K) in Various Food Matrices 1994
Journal of Agricultural and Food Chemistry Vol 42, Issue 2, p 295 - 300
- D4043 E. Jakob, I. Elmadfa
Application of a Simplified HPLC Assay for the Determination of Phylloquinone (Vitamin K) in Animal and Plant Food Items 1996
Food Chemistry Vol 56, Issue 1, p 87 - 91
- D4048 G. Ferland, D. MacDonald, J.A. Sadowski
Development of a diet low in vitamin K (phylloquinone) 1992
J. American Dietetic Assoc Vol 92, Issue 5, p 593 - 597
- D4050 M.J. Shearer, C. Bolton-Smith
The UK Food Data-Base for Vitamin K and Why We Need It 1999
Food Chemistry Vol 68, p 213 - 218
G. Ferland, J.A. Sadowski

Reference Report

JUL-17-2008 02:00 PM

Page 3132 of 3136

- D4051 Vitamin K (Phylloquinie) Content of Edible Oils: Effects of Heating and Light Exposure 1992
Journal of Agricultural and Food Chemistry Vol 40, Issue 10, p 1869 - 1873
- D4052 T.J. Koivu, V. I. Piironen, S.K. Henttonen, P.H. Mattila
Determination of Phylloquinone in Vegetables, Fruits, and Berries by High-Performance Liquid Chromatography with Electrochemical Detection 1997
American Chemical Society
- D4053 A.C. Shovic
Nutrient composition of abiyuch and rowal fruits 1999
Tropical Science Vol 39, p 159 - 161
- D4066 V. I. Piironen, T.J. Koivu
Quality of Vitamin K Analysis and Food Composition Data in Finland 1998
Food Chemistry Vol 68, p 223 - 226
- D4068 T.J. Koivu, V. I. Piironen, P.H. Mattila
Phylloquinone (Vitamin K) in Cereal Products 1997
Cereal Chemistry Vol 75, Issue 1, p 1 - 6
- D4069 S.L. Booth, H.T. Madabushi, KW Davidson, J.A. Sadowski
Tea and Coffee Brews are not Dietary Sources of Vitamin K-1 (Phylloquinone) 1995
Journal of the American Dietetic Assoc. Vol 95, Issue 1, p 82 - 83
- D4070 N.J. Miller-Ihli
Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States 1996
Journal of Food Composition and Analysis Vol 9, Issue 4, p 301 - 311
- D4071 V. I. Piironen, T.J. Koivu, O. Tammissalo, P.H. Mattila
Determination of phylloquinone in oils, margarines and butter by HPLC with electrochemical detection 1997
Food Chemistry Vol 59, Issue 3, p 473 - 480
- D4072 C. Bolton-Smith, R.J.G. Price, Steven T. Fenton, Dominic J. Harrington, M.J. Shearer
Compilation of a provisional UK database for the phylloquinone (vitamin K) content of foods 2000
British Journal of Nutrition Vol 83, p 389 - 399
- D4073 E. Jakob, I. Elmadfa
Rapid and simple HPLC analysis of vitamin K in food, tissues and blood 2000
Food Chemistry Vol 68, p 219 - 221
- D4074 T.J. Koivu, V. I. Piironen, A.-M. Lampi, P.H. Mattila
Dihydrovitamin K in oils and margarines 1999
Food Chemistry Vol 64, p 411 - 414
- D4077 S.L. Booth, KW Davidson, A.H. Lichtenstein, J.A. Sadowski
Plasma concentration of dihydro-vitamin K following dietary intake of hydrogenated vitamin K-rich vegetable oil 1996
Lipids Vol 31, Issue 7, p 709 - 713
- D4078 S.L. Booth, J.A. T. Pennington, J.A. Sadowski
Dihydro-vitamin K: primary food sources and estimated dietary intakes in the American diet 1996
Lipids Vol 31, Issue 7, p 714 - 719
- D4142 W. R. Mindak, S. P. Dolan
Determination of arsenic and selenium in food using a microwave digestion-dry ash preparation and flow injection hydride generation atomic absorption spectrometry 1999
Journal of Food Composition and Analysis Vol 12, p 111 - 122
- D4281 L.D. Thompson, L.C. Hoover, H.C. Brittin, W.R. Lan, M.F. Miller, C.K. Wu
Carcass characteristics, composition, palatability, microbiological quality and consumer acceptance of emu meat 1996
Department of Animal Science and Food Technology, Texas Tech University Research Report
- D4282 L.D. Thompson
Nutritional composition of six muscles from yearling emus 1997
Department of Animal Science and Food Technology Research Report, Texas Tech University

Reference Report

- D4301 K.D. Pollok, D.S. Hale, R.K. Miller, J.T. Keeton, R. Angel, A. Blue-McLendon
Ostrich Meat industry development: Phase II 1997
American Ostrich Association, Fort Worth, Texas
- D4341 Ira Shannon
Fluoride in Carbonated Soft Drinks 1977
Texas Dental Journal Vol 95, p 6 - 9
- D4381 S.W. Leonard, K. Hardin, J.E. Leklem
Vitamin B-6 Content of Spices 2001
Journal of Food Composition and Analysis Vol 14, p 163 - 167
- D4541 Bottled Water Sampling Study Final Report
- D4561 H. Fukuba, T. Murota
Determination of tocopherols in foodstuffs, especially nuts and spices, by high-performance liquid chromatography 1985
Journal of Micronutrient Analysis Vol 1, p 93 - 105
- D4581 R.H. Matthews, P.R. Pehrsson, M. Farhat-Sabet
Sugar Content of Selected Foods: Individual and Total Sugars 1987
Home Economics Research Report Number 48
- D4602 P.J. McLaughlin, J. Weihrauch
Vitamin E content of foods 1979
Journal of the American Dietetic Association Vol 75, Issue 6, p 647 - 665
- D4682 K.U. Pradeep
Common Indian spices: Nutrient composition, consumption and contribution to dietary value 1993
Plant Food for Human Nutrition Vol 44, p 137 - 148
- D4701 M. Murkovic
Development of an Austrian carotenoid database 2000
Journal of Food Composition and Analysis Vol 13, p 435 - 440
- D4721 M.I. Minguez-Mosquera, D. Hornero-Mendez
Comparative study of the effect of paprika processing on the carotenoids in peppers (*Capsicum annuum*) of the Bola and Agridulce varieties 1994
Journal of Agricultural and Food Chemistry Vol 42, p 1555 - 1560
- D4722 H.G. Daood
Antioxidant vitamin content of spice red pepper (paprika) as affected by technological and varietal factors 1996
Food Chemistry Vol 55, Issue 4, p 365 - 372
- D4743 J.K. Daun, R. Przybylski
Environmental effects on the composition of four Canadian flax cultivars 2000
Proceedings of the 58th Meeting of the Flax Institute of the United States p 80 - 91
- D4761 K.C. Duester
Avocado fruit is a rich source of beta-sitosterol 2001
Journal of the American Dietetic Association Vol 101, Issue 4, p 404 - 404
- D4781 R.J. Pawlosky, V.P. Flanagan, R.F. Doherty
A Mass Spectrometric Validated High-Performance Liquid Chromatography Procedure for the Determination of Folates in Foods 2003
Journal of Agricultural and Food Chemistry
- D4801 P. Perkins-Veazie, J.K. Collins, S.D. Pair, W. Roberts
Lycopene content differs among red-fleshed watermelon cultivars 2001
Journal of the Science of Food and Agriculture Vol 81, p 983 - 987
- D4821 B. Heuer
Effect of late salinization of chia (*Salvia hispanica*), stock (*Matthiola tricuspidata*) and evening primrose (*Oenothera biennis*) on their oil content and quality 2002
Industrial Crops and Products Vol 15, p 163 - 167
- D4822 C.W. Weber
The nutritional and chemical evaluation of chia seeds 1991

Reference Report

- D4841 Ecology of Food and Nutrition Vol 26, p 119 - 125
J.A. Dudek
Investigation of total dietary fiber methodology in the characterization of the carbohydrate fraction of canned pears 1985
Journal of Food Science Vol 50, p 851 - 852
- D4861 I.P. Ting
Chia: a potential oil crop for arid zones 1990
New Industrial Crops and Products p 197 - 200
- D4862 R. Ayerza, Wayne Coates
An omega-3 fatty acid enriched chia diet: Influence on egg fatty acid composition, cholesterol and oil content 1999
Canadian Journal of Animal Science Vol 79, p 53 - 58
- D4863 V.C. Wilberg, D.B. Rodriguez-Amaya
HPLC quantitation of major carotenoids of fresh and processed guava, mango and papaya 1995
Lebensmittel-Wissenschaft und-Technologie Vol 28, Issue 5, p 474 - 480
- D4864 M. Padula, D.B. Rodriguez-Amaya
Characteristics of the carotenoids and assessment of the vitamin A value of Brazilian guavas 1986
Food Chemistry Vol 20, p 11 - 19
- D4901 J.I. Rader, C. M. Weaver, G. Angyal
Total folate in enriched cereal grain products in the United States following fortification 2000
Food Chemistry Vol 70, p 275 - 289
- D4941 S.D. Senter, G.W.Jr. Chapman, W.R. Jr Forbus, J.A. Payne
Sugar and nonvolatile acid composition of persimmons during maturation 1991
Journal of Food Science Vol 56, Issue 4, p 989 - 991
- D4961 Elizabeth Nobmann
Nutrient Value of Alaska Native Foods 1993
- D4981 Earle Schulz, Joel Epstein, Donald Forrester
Fluoride Content of Popular Carbonated Beverages 1976
Journal of Preventive Dentistry Vol 3, p 27 - 29
- D5001 Donald Taves
Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods 1983
British Journal of Nutrition Vol 49, p 295 - 301
- D5002 J.D.B. Featherstone, Carol Shields
A Study of Fluoride Intake in New York State Residents
New York State Fluoride Analysis Contract - report date 12/1/1988
- D5003 Stephen Adair, Dennis Leverett, Carol Shields
Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community 1991
Journal of Food Composition and Analysis Vol 4, p 216 - 226
- D5004 Judy Heilman, Mary Kiritsy, Steven Lew, James Wefel
Assessing Fluoride Levels of Carbonated Soft Drinks 1999
JADA Vol 130, p 1593 - 1599
- D5005 Mary Kiritsy, Steven Lew, John Warren, Nupur Guha-Chowdhury, Judy Heilman, Teresa Marshall
Assessing Fluoride Concentrations of Juices and Juice-Flavored Drinks 1996
JADA Vol 127, p 895 - 902
- D5007 Robert Ophaug
Fluoride, Unpublished - Ophaug
Microdiffision
- D5008 Jan Stannard, Youn Soo Shim, Maria Kritsineli, Panagiota Labropoulou, Anthi Tsamtsouris
Fluoride Levels and Fluoride COntamination of Fruit Juices 1991
The Journal of Clinical Pediatric Dentistry Vol 16, p 38 - 40
- D5021 Albert Kingman
Kingman, A. Unpublished data. NIDR/NIH, 1984
9. Kingman, A. Unpublished data. NIDR/NIH, 1984.

Reference Report

JUL-17-2008 02:00 PM

Page 3135 of 3136

- D5083 Carmen Cabrera, Fuensanta Lloris, Rafael Gimenez, Manuel Olalla, M. Carmen Lopez
Mineral content in legumes and nuts: contribution to the Spanish dietary intake. 2003
The Science of the Total Environment Vol 308, p 1 - 14
- D5162 Jan Stannard, J Rovero, Anthi Tsamtsouris, V Gavris
Fluoride Content of Some Bottled Waters and Recommendations for Fluoride Supplementation 1990
Journal of Pedodontics Vol 14, Issue 2, p 103 - 107
- D5201 Steven Lewy
Fluoride data on infant foods and beverages 2003
unpublished Fluoride data from Dr. Steven Lewy, University of Iowa
- D5202 V Chaudhary, F Weber
Dietary fiber ingredients obtained by processing brewer's dried grain 1990
Journal of Food Science Vol 55, Issue 2, p 551 - 553
- D5261 Prakash Bhosale, Igor V. Ermakov, Maia R. Ermakova, Werner Gellermann, Paul S. Bernstein
Resonance Raman notification of nutritionally important carotenoids in fruit, vegetables, and their juices in comparison to high-pressure liquid chromatography analysis. 2004
Journal of Agricultural and Food Chemistry Vol 52, Issue 11, p 3281 - 3285
- D5301 RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace
The fluoride content of foods and beverages from negligibly and optimally fluoridated communities. 2002
Community Dental Oral Epidemiology Vol 30, Issue 5, p 382 - 391
- D5901 M. Soylak, M. Tuzen, I. Narin, H. Sari
Comparison of microwave, dry and wet digestion procedures for the determination of trace metal contents in spice samples produced in Turkey 2004
Journal of Food and Drug Analysis Vol 12, Issue 3, p 254 - 258
- D5961 J.I. Rader, C. M. Weaver, G. Angyal
Use of a microbiological assay with tri-enzyme extraction for measurement of pre-fortification levels of folates in enriched cereal-grain products 1998
Food Chemistry Vol 62, Issue 4, p 451 - 465
- D5981 J. W. DeVries, P.M. Keagy, C.A. Hudson, J.I. Rader
AACC collaborative study of a method for determining total folate in cereal products -- microbiological assay using trienzyme extraction (AACC method 86-47) 2001
Cereal Foods World Vol 46, Issue 5, p 216 - 219
- D6321 Katherine Phillips, D.M. Ruggio, M. Ashraf-Khorassani
Phytosterol composition of nuts and seeds commonly consumed in the United States 2005
Journal of Agricultural and Food Chemistry Vol 53, p 9436 - 9445
- D6341 V. I. Piironen, J. Toivo, Riitta Puupponen-Pimia, A.-M. Lampi
Plant sterols in vegetables, fruits and berries 2003
Journal of the Science of Food and Agriculture Vol 83, p 330 - 337
- D6342 L. Normen, L. Ellegard, H. Brants, P. Dutta, H. Andersson
A phytosterol database: Fatty foods consumed in Sweden and the Netherlands 2007
Journal of Food Composition and Analysis Vol 20, p 193 - 201
- D6343 S. Ahrens, M. Venkatachalam, A.M. Mistry, K. Lapsley, S.K. Sathe
Almond (*Prunus ducis* L.) protein quality 2005
Plant Foods for Human Nutrition Vol 60, p 123 - 128
- D6401 M. Ozcan
Determination of the mineral compositions of some selected oil-bearing seeds & kernels using Inductively Coupled Plasma Atomic Emission Spectrometry (ICP-AES) 2006
Grasas y Aceites Vol 57, Issue 2
- D6421 M. Ozcan, C. Atalay
Determination of seed and oil properties of some poppy (*Papaver somniferum* L.) varieties 2006
Grasas Y Aceites Vol 57, Issue 2, p 169 - 174
- D6481 M. Kaufman, Z. Wiesman
Pomegranate oil analysis with emphasis on MALDI-TOF/MS triacylglycerol fingerprinting 2007

Reference Report

JUL-17-2008 02:00 PM

Page 3136 of 3136

- D6501 Journal of Agricultural and Food Chemistry Vol 55, p 10405 - 10413
John T. Budin, William M. Breene, Daniel H. Putnam
Some compositional properties of seeds and oils of eight amaranthus species 1996
- D6521 Journal of the American Oil Chemists' Society Vol 73, Issue 4, p 475 - 481
A.S. Colmenares De Ruiz, R. Bressani
Effect of germination on the chemical composition and nutritive value of amaranth grain 1990
- D6522 Cereal Chemistry Vol 67, Issue 6, p 519 - 522
J. Lehmann, Daniel H. Putnam, A.A. Qureshi
Vitamin E isomers in grain amaranths (Amaranthus spp.) 1994
- D6523 Lipids. American Oil Chemists' Society Vol 29, Issue 3, p 177 - 181
M.F. Marcone
Starch properties of Amaranthus pumilus (seabeach amaranth): a threatened plant species with potential benefits for the breeding/amelioration of present Amaranthus cultivars 2001
- Food Chemistry Vol 73, p 61 - 66