

Composition of Foods:
Raw Processed Prepared
USDA Nutrient Database for Standard Reference,
Release No. 11

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Introduction

The USDA Nutrient Database for Standard Reference (SR) is the major source of food composition data in the United States and provides the foundation for most public and private sector databases. As food composition data are updated, new versions of the database are released. This version, the USDA Nutrient Database for Standard Reference, Release 11 (SR11) contains data on 5,635 food items for up to 79 food components. Every food item may not contain a complete nutrient profile. It replaces the previous release (SR10) issued in July 1993 and adds food composition data for several hundred new items. A number of other items have been updated and new information on all foods such as type of data and INFOODS tagnames (7) have been added. Although most foods, with the exception of breakfast cereals and infant formulas, have generic descriptions, there has been an expansion of data for brand name products. SR11 includes all the food composition data published in the 21 sections and four supplements of Agriculture Handbook No. 8 (AH-8) (15-39). If there are differences between the printed sections and the electronic release, the electronic release supersedes the printed version.

Data were compiled from published and unpublished sources. Published sources include the scientific and technical literature. Unpublished data are from the food industry, other government agencies, and research conducted under contract with the Agricultural Research Service (ARS). Values may be analytical or calculated by the use of appropriate factors or recipes. The source code described below, provides more information on the type of data.

The SR is the responsibility of the staff of the Nutrient Data Laboratory (NDL), Agricultural Research Service (ARS), Beltsville Human Nutrition Research Center, U.S. Department of Agriculture, Riverdale, Maryland, 20737.

Explanation of File Contents

The database is comprised of several separate data files. This section provides further details on the information provided in each of the data files. More extensive details on specific foods are available in the printed version of each Handbook section. The three principal files are: Food Description File, Nutrient Data File, and Gram Weight File. The four support files are: Nutrient Definition File, Measure Description File, Food Group Description File, and Source Codes File.

Food Descriptions

Descriptive information about the food items is included in the Food Description File (Page 10). Descriptions are based on those published in AH-8, but may not match exactly. Abbreviations used in creating short descriptions are given in Appendix A. In creating the short description, the first word in the long description was not abbreviated. Also, if the long description was 25 characters or less, the short description contains no abbreviations. Abbreviations used elsewhere in the tables are given in Appendix B. Scientific names, refuse and refuse description are also provided in this file where appropriate. The factors used to calculate protein from nitrogen as

well as those used to calculate calories are also included in this file.

REFUSE

The “Refuse” and “Refuse Description” fields in the Food Description File contain amounts and descriptions of inedible material (i.e., seeds, bone, skin) for those foods containing refuse. These amounts are expressed as the percentage of the total weight of the item as purchased and were used to compute the weight of the edible portion. Refuse data were obtained from Agriculture Handbook No. 102 (AH-102) (11), AH-456 (1), and information supplied from unpublished sources such as ARS contracts. To calculate “Amount in edible portion of 1 pound as purchased” (Column G in AH-8) use the following formula:

$$Y = V * (4.536 * ((100 - R) / 100))$$

Where:

Y = Nutrient value per 1 pound as purchased

V = Nutrient value per 100 grams (Nutr_Val in the Nutrient Data File)

R = Percent refuse (Refuse in the Food Description File)

For raw meats, the items as purchased are raw; for cooked meats, the values are the amounts in the edible portion from 1 pound of cooked meat with refuse. For meat cuts containing bone, any connective tissue present is included in the value given for bone. Separable fat is not shown as refuse if the meat is described as separable lean and fat. Separable lean refers to muscle tissue that can be readily separated out of the intact cut and includes any fat striations within the muscle. For a boneless cut, the refuse values are for connective tissue or connective tissue plus separable fat. The percentage yield of cooked edible meat from the corresponding raw meat with refuse can be determined to give the cooked weight of the edible portion from 1 pound of raw meat with refuse using the following formula:

$$Y = (W_c / 453.6) * 100$$

Where:

W_c = Weight of cooked edible meat

Nutrients

Nutrient values per 100 g are contained in the Nutrient File. It contains the mean, number of samples, standard error and source codes. For more details on this file see the discussion under Format (Page 11).

When nutrient data on some prepared or cooked products were unavailable or incomplete, nutrient values were calculated from data for comparable raw items. Values for such nutrients are computed for cooked items by applying nutrient retention (40) and yield factors. The

nutrient content per 100 grams of raw food is multiplied by the percentage retained, and this product is divided by the percentage yield of cooked food to obtain the content of nutrient per 100 grams of cooked foods.

$$V_c = (V_r * RF) / Y_c$$

Where:

V_c = Nutrient content of cooked food

V_r = Nutrient content of raw food

RF = Retention factor

Y_c = Yield of cooked food

Retention factors are based on research funded by USDA contracts, recent research reported in the literature, and data from USDA publications. Retention factors were calculated by the True Retention Method (%TR) (13). This method, as shown below, accounts for the loss of solids from foods that occurs during preparation and cooking.

$$\%TR = \frac{\text{Nutrient content per g of cooked food} \times \text{g of food after cooking}}{\text{Nutrient content per g of raw food} \times \text{g of food before cooking}} \times 100$$

PROXIMATES: Proximate components include moisture (water), protein, total lipid (fat), carbohydrate, and ash.

Protein: The values for protein were calculated from the content of total nitrogen (N) in the food using the conversion factors recommended primarily by Jones (6). The specific factor applied to each food item is provided in the N_Factor Field in the Food Description File. The general factor of 6.25 is used to calculate protein in items for which a specific factor does not exist. No factor is present for prepared recipe items generated using the Nutrient Data Bank System recipe program or if protein calculated by the manufacturer is reported

Protein values for chocolate, cocoa products, coffee, mushrooms, and yeast were adjusted for nonprotein nitrogenous material. The adjusted protein conversion factors used to calculate protein for these items are as follows: chocolate and cocoa (4.74), coffee (5.3), mushrooms (4.38), and yeast (5.7). When these items were used as ingredients, only their protein nitrogen content was used to determine their contribution to the protein and amino acid content of the food. Protein calculated from total nitrogen, which may contain non-protein nitrogen, was used in determining carbohydrate by difference. This unadjusted protein value is not given in the Nutrient Data File for SR11--it is given as a footnote in the printed sections of AH-8.

For soybeans, a factor of 5.71 (6) was used for calculating protein. However, this factor differs from the practices of the soybean industry that uses 6.25 to calculate protein. Protein content of soy flours, soy meals, soy protein concentrates, and soy protein isolates is expressed both ways.

The item calculated using the 6.25 factor is identified as “...crude protein basis.”

Total lipid (fat): Total lipid content of most foods was determined using extraction methods employing ether or a mixed solvent system consisting of chloroform and methanol.

Carbohydrate: Carbohydrate when present is determined as the difference between 100 and the sum of the percentages of water, protein, total lipid (fat), and ash (and alcohol when present). Total carbohydrate values include total dietary fiber. Total dietary fiber content was determined by the following AOAC (2) enzymatic-gravimetric methods: 985.29 and 991.43 .

Food energy: Food energy is expressed in both kilocalories (kcal) and kilojoules (kJ). One kcal equals 4.184 kJ. The data are for physiological energy which is the energy value remaining after the losses in digestion and metabolism have been deducted from the gross energy. Calorie values are based on the Atwater system for determining energy values. Details for the derivation of the Atwater calorie factors are outlined in Agriculture Handbook No. 74 (12). For formulated foods, calorie values (source codes 8 or 9) generally reflect industry practices as permitted by the Nutrition Labeling and Education Act (NLEA) of calculating calories from 4-4-9 Kcal/g for protein, carbohydrate, and fat, respectively or from 4-4-9 minus insoluble fiber. The latter method is frequently used for high-fiber foods.

Calorie factors are listed in the Food Description File with fields for protein, fat, and carbohydrate. For those foods containing alcohol, a factor of 6.93 was used to calculate calories from alcohol. No calorie factors are presented for prepared items generated using the Nutrient Data Bank system recipe program. Calories for these items are the sums of the calories contributed by each ingredient. No calorie factors are presented for formulated foods if the calories calculated by the manufacturer are reported.

Calorie factors for fructose and sorbitol, not available in the Atwater system, were derived from Livesay (9). Calorie factors for coffee and tea were estimated from seeds and vegetables, respectively.

MINERALS: Most minerals were determined by AOAC methods (2). Phosphorus was determined colorimetrically. Sodium and potassium were usually determined by flame photometry. Calcium, iron, magnesium, zinc, copper, and manganese were determined by atomic absorption and plasma emission spectrophotometry. Newer values were generally determined by Inductive Coupled Plasma (ICP).

Analytical mineral values represent the total amount of the nutrient present in the edible portion of the food, including any added to the product in preparation for the retail market. The values do not necessarily represent the amounts of the mineral elements available to the body. In general, levels of fortification nutrients are the values calculated by the manufacturer or by NDL food specialists based on the NLEA label declaration of %Daily Value (DV). Such values represent the minimum nutrient level to be expected in the product. If analytical values were used for added nutrients, there would be a number in the sample count field

VITAMINS: All data for ascorbic acid are listed under nutrient number 401 (total ascorbic acid) although reduced ascorbic acid was reported for most food groups. Total ascorbic acid was reported for Food Groups 1 (Dairy and Eggs), 2 (Spices and Herbs), 4 (Fats and Oils), 12 (Nut and Seeds), and 17 (Lamb, Veal and Game). Food Group 10, Pork and Pork Products contains a mixture of total and reduced forms which are reported under nutrient number 401.

Thiamin was determined chemically by the thiochrome procedure or by microbiological methods. Fluorometric or microbiological methods were used to measure riboflavin. The values for niacin are for preformed niacin only and do not include the niacin that would be contributed by tryptophan, a niacin precursor. The term, “niacin equivalent” applies to the potential niacin value, that is, to the sum of the preformed niacin and the amount that could be derived from tryptophan. In estimating the amounts of niacin available from foods, the mean value of 60 mg of tryptophan is considered equivalent to 1 mg of niacin (14).

Pantothenic acid was determined microbiologically. Vitamins B₆ and B₁₂ were determined by microbiological or chromatographic methods. Vitamin B₁₂ is found in foods of animal origin or those containing some ingredient of animal origin; i.e. cake that contain eggs and/or milk. For foods that contain only plant products, the value for vitamin B₁₂ is assumed to be zero. Vitamin B₁₂ has been reported in certain fermented foods (i.e. beer, soy sauce, and miso). It is believed that this B₁₂ is synthesized not by the microorganisms responsible for the fermentation of the food, but rather by other contaminating microorganisms that may be present. Therefore, one should not consider these foods a reliable, consistent source of vitamin B₁₂ (8).

Folate values represent total folate activity, in which bound folate is released by enzymatic treatment. Most analytical values shown for folate were determined by the use of conjugase and *Lactobacillus casei*. Beecher and Matthews (3) reported recently that methodology for folate is lacking, needing improvement in the areas of method development, extraction procedures and applications. The current microbiological method approved by the AOAC applies only to foods that contain the free forms of the vitamin. Limited amounts of data generated by USDA through contract analyses were obtained by a modified method using enzymes to release bound forms. Recent research on determining the folate content of high-protein and high-carbohydrate foods indicates that additional improvements in methodology are needed (10).

The data for vitamin A include chemically determined preformed vitamin A and provitamin-A carotenoids as determined by AOAC methods. Total vitamin A activity is expressed both in international units (IU) and in retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene (14).

Vitamin E was determined by gas liquid chromatography. The total vitamin E activity is reported as milligrams alpha-tocopherol equivalents from the amounts and relative activities for the various tocopherols and tocotrienols. Data previously reported as mg alpha-tocopherol or vitamin E have been deleted

LIPID COMPONENTS: Fatty acids: The first number in the nutrient description is the number of carbon atoms and the second is the number of double bonds in the chain. Trivial or systematic names for the fatty acids have also been used. For unsaturated fatty acids, the trivial name reflects the most common isomer, although all isomers are included in the value. Most fatty acid data were obtained as the percentage of fatty acid methyl esters and were primarily determined by gas-liquid chromatographic analyses. The values shown are for the actual quantity of each fatty acid and do not represent fatty acid triglycerides. These data were converted to grams of fatty acid per 100 grams of total lipid (fat) using lipid conversion factors and then to grams of fatty acid per 100 grams edible portion of food using the total lipid content. Details of the derivation of lipid conversion factors have been published (42).

Values for total saturated, monounsaturated, and polyunsaturated fatty acids may include individual fatty acids not reported; therefore, the sum of their values may exceed the sum of the individual fatty acids listed. In rare cases, the sum of the individual fatty acids may exceed the sum of the values given for the total saturated (SFA), monounsaturated (MUFA), and polyunsaturated (PUFA). These differences are generally caused by rounding. In the case of brand name formulated foods, industry data were often available for fatty acid classes (SFA, MUFA, and PUFA) but were lacking for individual fatty acids. In these cases, individual fatty acids were calculated from the ingredients and normalized to the total fat level. A best-fit approximation was made to fatty acid classes, but unavoidably individual fatty acid totals do not always represent an exact match with industry fatty acid class data. Zero values for individual fatty acids should be understood to mean that trace amounts of the individual fatty acid may be present. When grams of fatty acids per 100 grams of total lipid are converted to grams of fatty acids per 100 grams of food, converted values of less than 0.0005 are rounded to zero.

Cholesterol: Cholesterol is present only in foods of animal origin and those foods containing some ingredient of animal origin (i.e., cake that contains eggs). Cholesterol values are generated primarily by gas-liquid chromatographic procedures. For mixtures containing some animal product, the cholesterol value may be calculated from the value for the animal ingredient. For foods that contain only plant products, the value for cholesterol is assumed to be zero.

Phytosterols: Data on plant sterols (campesterol, stigmasterol, β -sitosterol) were obtained by either colorimetric or gas-chromatographic procedures.

AMINO ACIDS: The data represent results obtained primarily by ion-exchange chromatography. Amino acid contents of each item in grams per 100 grams were calculated by the following formula:

$$AA_f = (AA_n * V_p) / N_f$$

Where:

AA_f = Amino acid content per 100 grams of food

AA_n = Amino acid content per gram of nitrogen

$$V_p = \text{Protein content of food}$$

$$N_f = \text{Nitrogen factor}$$

When the number of samples is given, it is the number on which the per-gram-of-nitrogen values was based.

If amino acid values are presented for an item with more than one protein-containing ingredient, amino acid values may have been calculated on a per-gram-of-nitrogen basis from the amino acid patterns of the various protein-containing ingredients. Then the amino acid contents for an item on the 100 gram basis were calculated as the sum of the amino acids in each protein-containing ingredient multiplied by the total nitrogen in the item.

Weights and Measures

Information is provided on household measures (i.e., 1 cup, 1 tablespoon, 1 fruit, 1 leg) for food items. Weights are given for edible material without refuse. The Weight File (Page 12) contains the gram weight equivalents for each food item. The description of each measure is provided in a separate file—the Measure Description File (Page 12). The Weight File can be used to calculate nutrient values for these food portions from the values provided per 100 grams of food (Columns E and F in AH-8). The formula to calculate the nutrient content per household measure is:

$$N = (V * W)/100$$

Where:

- N = Nutrient value per household measure
- V = Nutrient value per 100 grams (Nutr_Val in the Nutrient Data File)
- W = Gram weight of portion (Gm_wt in Weight File)

Together these files can be used to produce reports showing the household measure and nutrient values calculated to that portion. The weights were derived from published sources, industry files, data in USDA contract reports, U.S. Department of Agriculture Handbook No. 456 (AH-456) (1), Home Economics Research Report No. 41 (HERR-41) (4), and the USDA Food Coding Data Base Weights and Measures File (41). Although special efforts were made to provide representative values, weights/measures for some foods vary considerably when obtained from different sources.

Explanation of File Formats

The data base is comprised of several separate files. This document lists the data files, indicates the relationships among the data files, and provides the format for each file. There are three principal files: Food Description File, Nutrient Data File, and Gram Weight File. There are four support files: Nutrient Definition File, Measure Description File, Food Group Description File, and Source Codes File. A diagram showing the relationship between these files is given in

Figure 1. The data files are provided in four different file formats: two relational, ASCII, and DBF, and two flat: the “abbreviated” and the Standard Product Data Exchange Format, Version 3.0 developed by the International Food Distributors Association (IFDA).

RELATIONAL FILES

ASCII

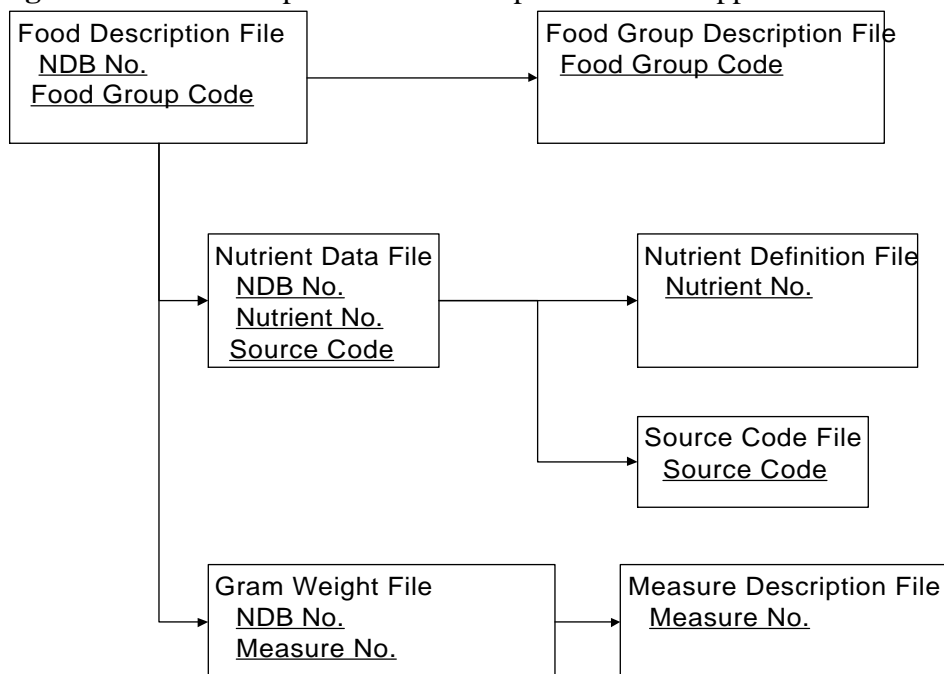
Files are ASCII, delimited. All fields are separated by carets (^) and text fields are surrounded by tildes (~). Format descriptions listed here include the name of each field; its type (N=numeric with width and number of decimals (w.d) and A=alphanumeric); its length; and an asterisk (*) when the field is indexed. Although ASCII delimited files are not indexed, indexes are identified in this document as they show those fields which are used to sort records within the Nutrient Databank System. Users may wish to import these files into their own data base management systems to facilitate access. If files are indexed, it is important to use the same indices listed here, particularly with the Nutrient Data File which uses two.

Fields which always contain data and those fields which can be left blank or null are indicated in the “Blank” column in the following tables. As a result a double caret (^) will appear when a field is null.

DBF

Files are in DBF format and can be read by most database management systems. If necessary refer to the appropriate program manuals or to on-line help to find out how to import the files. The files and fields are identical to those of the ASCII files.

Figure 1 - Relationships Between Principal Files and Support Files



Food Description File: (File Name = FOOD_DES)

The Food Description File contains both a long and short description for 5,635 food items along with the scientific name, refuse, and the factors used for calculating protein, and calories if applicable.

- Links to the Food Group Description File by the FdGp_Cd field.
- Links to the Nutrient Data File by the NDB_No field
- Links to the Gram Weight File by the NDB_No field

Field Name	Type	Blank	Description
NDB_No	A 5*	N	5-digit Nutrient Data Bank number which uniquely identifies a food item
FdGp_Cd	A 4	N	4-digit code indicating food group to which a food item belongs.
Desc	A 200	N	200 character description of food item
Shrt_Desc	A 60	N	60 character abbreviated description of food item. Generated from the 200 character description using abbreviations in the Appendix. If short description was longer than 60 characters, the food specialist made additional abbreviations.
Ref_desc	A 45	N	Description of inedible parts of a food item, such as, seeds or bone.
Refuse	N 2.0	Y	The percent refuse
SciName	A 60	Y	The scientific name of the food item. Given the first time the food appears in the file, if applicable.
N_Factor	N 4.2	Y	Factor for converting nitrogen to protein
Pro_Factor	N 4.2	Y	Factor for calculating calories from protein.
Fat_Factor	N 4.2	Y	Factor for calculating calories from fat.
CHO_Factor	N 4.2	Y	Factor for calculating calories from carbohydrate.
Blank_1			Field reserved for future use
Blank_2			Field reserved for future use

Blank_3			Field reserved for future use
Blank_4			Field reserved for future use

Food Group Description File: (File Name = FD_GROUP)

- Links to the Food Description File by FdGp_Cd

Field Name	Type	Blank	Description
FdGp_Cd	A 4*	N	Four digit code identifying a food group. Currently only the first 2 digits are assigned. In the future the last 2 digits may be utilized.
FdGp_Desc	A 60	N	The name of the food group

Nutrient Data File (File Name = NUT_DATA)

The Nutrient Data File contains the nutrient values and information about them including, sample count and standard error for analytical values and a source code indicating the type of data.

- Links to the Food Description File by NDB_No
- Links to the Nutrient Definition File by Nutr_No
- Links to the Source Codes File by Src_Cd
- Links to the Gram Weight File by NDB_No

Field Name	Type	Blank	Description
NDB_No	A 5*	N	5-digit Nutrient Data Bank number.
Nutr_No	A 3*	N	3-digit unique identifier code for a nutrient
Nutr_Val	N 10.3	N	Amount in 100 grams, edible portion. (The number of decimal places displayed does not always reflect the accuracy of the data)
Sample_Ct	N 5.0	N	Number of samples, 0 if nutrient value was not analytical
Std_Error	N 8.3	Y	Standard error of the mean. Null if could not be calculated
Src_Cd	A 2	N	Code indicating type of data
Blank_1			Field reserved for future use
Blank_2			Field reserved for future use

Blank_3			Field reserved for future use
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Nutrient Definition File (File Name = NUTR_DEF)

The Nutrient Definition File is the support file to the Nutrient Data File. It identifies the 3 digit nutrient number code with the unit of measure, INFOODS tagname, IFDA number, and description.

- Links to Nutrient Data File by Nutr_No

Field Name	Type	Blank	Description
Nutr_No	A 3*	N	3-digit unique identifier code for a nutrient
Units	A 6	N	Units of measure - mg, g, mcg, etc.
Tagname	A 20	N	INFOODS Tagnames. A unique abbreviation for a food component developed by INFOODS to aid in the interchange of data.
NutrDesc	A 60	N	The name of the food component
IFDA_No	A 3	N	Number assigned by the International Food Distributors Association (IFDA) to each nutrient. Provided for users who wish to convert the data to the IFDA data exchange format (5).
Blank_1			Field reserved for future use

Source Code File: (File Name = SOURCE)

- Links to the Nutrient Data File by Src_Cd

Field Name	Type	Blank	Description
Src_Cd	A 2*	N	2 digit code
SrcCd_Desc	A 60	N	Description of source code that identifies the type of nutrient data.

The Source Code File contains codes to give the user an indication of the type of data in the Nutrient Data File. In previous versions of the SR there was not a separate field to indicate the type of data in the file. The standard error field was used for this purpose. If there was a value

in the standard error field, the nutrient value was based on analytical data. If the value with no standard error was published in the printed sections of Handbook 8, a -1 was placed in this field. If a value was missing from the printed Handbook section, but was imputed for SR, then a -4 was placed in the standard error field. For breakfast cereals, where values for added nutrients were based on the label declaration from the manufacturer, a code of -5 was placed in the field.

In converting to the new format, a value of -1 in the standard error field was converted to a 1 and moved to the new source code field. The standard error field was then blank if an actual value was not reported. If there was an actual standard error, a source code of 1 was put in the source code field. The -4 was converted to 4 and the -5 was converted to 5. To improve the usability of the database, food specialists in NDL have filled in nutrient values for many proximate components, total dietary fiber, vitamin and mineral values. Values for other nutrients, such as alcohol and vitamin E, were filled in because the food items are part of the data base that is used for the USDA Continuing Survey of Food Intakes by Individuals (CSFII).

We have added additional source codes to be more specific about the type of data used for processed and brand name products in SR11. Previous versions of SR were not reviewed to revise source codes. Therefore the new source codes that have been added are used only for items that are new or were revised for SR11. As existing items are revised, source codes will be updated.

The few exceptions are:

- Carbohydrate values of zero in animal products were given the source code of 7 which indicates an assumed zero.
- Carbohydrate values which were calculated by difference were given a source code of 4.
- Energy values which were calculated by Atwater factors are given a source code of 4.
- Cholesterol and vitamin B₁₂ values of zero in plant products were given a source code of 7.
- Vitamin C and total dietary fiber values of zero in animal products were given a source code of 7.

SOURCE CODE LIST

Code	Description
1	The value is analytical or derived from analytical.
4	The value is imputed.
5	The value upon which a manufacturer based their label claim for added nutrients (Used primarily for Breakfast Cereals and Infant Formulas)
7	The value is an assumed zero. The nutrient is not expected to be present because biologically it could not be present, such as dietary fiber in animal products, or the nutrient is expected to be present in only insignificant amounts, such as vitamin C in

meat products.

- 8 The value is calculated from the nutrient label by NDL.
- 9 The value is calculated by the manufacturer, not adjusted or rounded for NLEA compliance.
- 12 The value is analytical, supplied by the manufacturer with partial documentation.

Gram Weight File: (File Name = WEIGHT)

The Gram Weight File contains the gram weight for household measures for a food item with the measure number that links it to the description of the measure.

- Links to Food Description File by NDB_No
- Links to the Measure Description File by Msre_No
- Links to the Nutrient Data File by NDB_No

Field Name	Type	Blank	Description
NDB_No	A 5*	N	5-digit Nutrient Data Bank No.
Msre_No	A 5*	N	A unique code in the Measure Description File referencing the description
Gm_wt	N 9.2	N	The weight of the food item
Blank_1			Field reserved for future use

Measure Description File: (File Name = MEASURE)

The Measure Description File is the support file for the Gram Weight File. It contains the 5 digit measure number and measure description.

- Links to the Gram Weight File by Msre_No

Field Name	Type	Blank	Description
Msre_No	A 5*	N	5 digit code denoting the measure
Msre_Desc	A 120	N	The description of the measure, i.e. "cup", "cup, chopped", "tomato", "tbsp", etc.
Blank_1			Field reserved for future use

FLAT FILE**Abbreviated (File Name = ABBREV)**

This file is in free format, with fields separated by carets (^). Text fields are surrounded by a tilde(~). The data in the file refer to 100 gram amounts of the edible portion of the food item. Decimal points are included in the fields. Missing values are denoted by a null value. This will appear as two consecutive carets (^). The file is sorted in ascending order by the food item number.

This file is an adaptation of the Abbreviated File included with earlier releases and is provided as a convenience for users of that file. Because of the restructuring of the SR files, some changes were made to this file as well: 1) The 20-character name is replaced with the 60-character short description; 2) the nutrients magnesium, zinc, copper, manganese, vitamin B₆, pantothenic acid, folate, and vitamin B₁₂ have been added; and 3) only the first two weights and their description for each NDB No. in the gram weight file are included, which may not be the same two weights as in previous releases of this file.

Field Name	Type	Description
NDB No.	A 5*	5-digit Nutrient Data Bank number.
Shrt_Desc	A 60	60 Character abbreviated description of food item. The 200 character description and other descriptive information can be obtained by linking to the Food Description File.
Water	N 10.3	Water in grams per 100 g

Energ_Kcal	N 10.3	Food Energy in kilocalories per 100 g
Protein	N 10.3	Protein in grams per 100 g
Tot_Lipid	N 10.3	Total lipid (fat) in grams per 100 g
Carbohydr	N 10.3	Carbohydrate, by difference in grams per 100 g
Fiber_TD	N 10.3	Total dietary fiber in grams per 100 g
Ash	N 10.3	Ash in grams per 100 g
Calcium	N 10.3	Calcium in milligrams per 100 g
Phosphorus	N 10.3	Phosphorus in milligrams per 100 g
Iron	N 10.3	Iron in milligrams per 100 g
Sodium	N 10.3	Sodium in milligrams per 100 g
Potassium	N 10.3	Potassium in milligrams per 100 g
Magnesium	N 10.3	Magnesium in milligrams per 100 g
Zinc	N 10.3	Zinc in milligrams per 100 g
Copper	N 10.3	Copper in milligrams per 100 g
Manganese	N 10.3	Manganese in milligrams per 100 g
Vit_A	N 10.3	Vitamin A in IU per 100 g
Vit_E	N 10.3	Vitamin E in mg α -tocopherol equivalents
Thiamin	N 10.3	Thiamin in milligrams per 100 g
Riboflavin	N 10.3	Riboflavin in milligrams per 100 g
Niacin	N 10.3	Niacin in milligrams per 100 g
Panto_acid	N 10.3	Pantothenic acid in milligrams per 100 g
Vit_B6	N 10.3	Vitamin B ₆ in milligrams per 100 g
Folate	N 10.3	Folate in micrograms per 100 g
Vit_B12	N 10.3	Vitamin B ₁₂ in micrograms per 100 g
Vit_C	N 10.3	Vitamin C in milligrams per 100 g
FA_Sat	N 10.3	Saturated fatty acid in grams per 100 g
FA_Mono	N 10.3	Monounsaturated fatty acids in grams per 100 g

FA_Poly	N 10.3	Polyunsaturated fatty acids in grams per 100 g
Cholestrl	N 10.3	Cholesterol in milligrams per 100 g
GmWt_1	N 9.2	The first household weight for this item from the Gram Weight File. For the complete list and description of the measure, link to that file.
GmWt_Desc1	A 120	Description of household weight number 1
GmWt_2	N 9.2	The second household weight for this item from the Gram Weight File. For the complete list and description of the measure, link to that file.
GmWt_Desc2	A 120	Description of household weight number 2
Refuse_Pct	N 2.0	The percent refuse. For description of refuse, link to the Food Description File

IFDA Standard Product Data Exchange Format

The data files have been converted to the IFDA Standard Product Data Exchange Format (5). This format was developed by IFDA to facilitate the exchange of product information, including nutrient data, between food manufacturers, suppliers and their various customers throughout the food chain.

UPDATE FILES

Change files in the format described below are provided for those users who have reformatted previous releases for their systems and wish to do their own updates. Items no longer on the market have been deleted from this release. A list of these items is given in the file "DEL_ITEM". In some cases, nutrient values have been removed. For example, when protein values for a breakfast cereal were updated and new amino acid data were not available, the old amino acid values were deleted. Nutrient numbers 323 and 340 have been deleted. Vitamin E is now presented as mg α -tocopherol equivalents (Nutrient No. 394). These records are in the file "DEL_NUTR." In some cases, items were included in more than one AH-8 section for the convenience of the user. Where two different NDB numbers were assigned to duplicate occurrences of the same item, one of them has been removed from the database. A list of these items is given in the file "DUPLICAT". Those items which are added for this release do not have corresponding pages in AH-8. Items added to Release 11 are given in two files, "ADDDESC" for the descriptions of the new items and "ADDNUTR" for the nutrient data. Both of these files are in the same format as the Food Description file (page 10) and the Nutrient Data file (page 11). The file "CHANGES" contains those records with nutrient values, standard errors or counts which have changed since Release 10. If either the nutrient value, number of samples, standard error changed, the entire record is included. If the standard error field

contained a -1, -4 or -5 in SR10, those values were moved to the Source Code field as 1, 4 and 5 respectively and the Standard Error field was changed to null. These items are not included in this file. The 6 update files are provided in both ASCII and DBF formats

Items Deleted (File Name = DEL_ITEM)

Field Name	Type	Blank	Description
NDB_No	A 5*	N	The 5-digit unique number identifying the item to be deleted
Shrt_Desc	A 60	N	60-character abbreviated description of the food item

Nutrients Deleted (File Name = DEL_NUTR)

Field Name	Type	Blank	Description
NDB_No	A 5*	N	The 5-digit unique number identifying the item containing the nutrient record to be deleted
Nutr_No	A 3	N	The nutrient number of the record to be deleted.

Duplicate Items Removed (File Name = DUPLICAT.TXT)

Field Name	Type	Blank	Description
Old_NDB_No	A 5	N	The 5-digit unique number identifying the duplicate item to be deleted
New_NDB_No	A 5	N	The 5-digit unique number identifying the item which replaces the item to be deleted
Shrt_Desc	A 60	N	60-character abbreviated description of the food item denoted by the new NDB No.

Change File (File Name = CHANGES.TXT)

Field Name	Type	Blank	Description
NDB_No	A 5*	N	5-digit Nutrient Data Bank number.
Nutr_No	A 3*	N	3-digit unique identifier code for a nutrient

Nutr_Val	N 10.3	N	Amount in 100 grams, edible portion. (The number of decimal places displayed does not always reflect the accuracy of the data)
Sample_Ct	N 5.0	N	Number of samples, 0 if nutrient value was not analytical
Std_Error	N 8.3	Y	Standard error of the mean. Null if could not be calculated
Blank_1			Field reserved for future use
Blank_2			Field reserved for future use
Blank_3			Field reserved for future use

Disclaimer

The use of trade, firm, or corporation names in this database is for information and convenience of the user. Such use does not constitute an official endorsement or approval by the USDA Agricultural Research Service of any product or service to the exclusion of others that may be suitable.

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Appendix A - Abbreviations Used in Generating Short Descriptions

All Purpose	ALLPURP	Cinnamon	CINN
Aluminum	AL	Coated	COATD
And	&	Coconut	COCNT
Apple	APPL	Commercial	COMM
Apples	APPLS	Commercially	COMMLY
Applesauce	APPLSAUC	Composite	COMP
Approximate	APPROX	Concentrate	CONC
Approximately	APPROX	Concentrated	CONCD
Arm and Blade	ARM&BLD	Condensed	COND
Artificial	ART	Condiment	CONDMNT
Ascorbic Acid	VIT C	Condiments	CONDMNT
Aspartame	ASPRT	Cooked	CKD
Aspartame-sweetened	ASPRT-SWTND	Cottonseed	CTTNSD
Babyfood	BABYFD	Cream	CRM
Baked	BKD	Creamed	CRMD
Barbequed	BBQ	Dark	DK
Based	BSD	Decorticated	DECORT
Beans	BNS	Dehydrated	DEHYD
Beef	BF	Dessert	DSSRT
Beverage	BEV	Desserts	DSSRT
Boiled	BLD	Diluted	DIL
Boneless	BNLESS	Domestic	DOM
Bottled	BTLD	Drained	DRND
Bottom	BTTM	Dressing	DRSNG
Braised	BRSD	Drink	DRK
Breakfast	BRKFST	Drumstick	DRUMSTK
Broiled	BRLD	English	ENG
Buttermilk	BTTRMLK	Enriched	ENR
Calcium	CA	Equal	EQ
Calorie	CAL	Evaporated	EVAP
Calories	CAL	Except	XCPT
Canned	CND	Extra	EX
Carbonated	CARB	Flank Steak	FLANKSTK
Center	CNTR	Flavored	FLAV
Cereal	CRL	Flour	FLR
Cheese	CHS	Food	FD
Chicken	CHICK	Fortified	FORT
Chocolate	CHOC	French Fried	FRENCH FR
Choice	CHOIC	French Fries	FRENCH FR
Cholesterol	CHOL	Fresh	FRSH
Cholesterol-free	CHOL-FREE	Frosted	FRSTD
Chopped	CHOPD	Frosting	FRSTNG

Frozen	FRZ	Not Further Specified	NFS
Grades	GRDS	Nutrients	NUTR
Gram	GM	Nutrition	NUTR
Green	GRN	Ounce	OZ
Greens	GRNS	Pack	PK
Heated	HTD	Par fried	PAR FR
Heavy	HVY	Parboiled	PARBLD
Hi-meat	HI-MT	Partial	PART
High	HI	Partially	PART
Hour	HR	Pasteurized	PAST
Hydrogenated	HYDR	Peanut	PNUT
Imitation	IMITN	Peanuts	PNUTS
Immature	IMMAT	Phosphate	PO4
Imported	IMP	Phosphorus	P
Include	INCL	Pineapple	PNAPPL
Includes	INCL	Plain	PLN
Including	INCL	Porterhouse	PRTRHS
Infant Formula	INF FORMULA	Potassium	K
Ingredient	ING	Powder	PDR
Instant	INST	Powdered	PDR
Juice	JUC	Precooked	PRECKD
Junior	JR	Preheated	PREHTD
Kernels	KRNLS	Prepared	PREP
Large	LRG	Processed	PROC
Lean	LN	Propionate	PROP
Lean Only	LN	Protein	PROT
Leavened	LVND	Pudding	PUDD
Light	LT	Puddings	PUDD
Liquid	LIQ	Ready-to-bake	RTB
Low	LO	Ready-to-drink	RTD
Low Fat	LOFAT	Ready-to-eat	RTE
Marshmallow	MARSHMLLW	Ready-to-feed	RTF
Mashed	MSHD	Ready-to-heat	RTH
Mayonnaise	MAYO	Ready-to-serve	RTS
Medium	MED	Ready-to-use	RTU
Minutes	MIN	Reconstituted	RECON
Mixed	MXD	Reduced	RED
Moisture	MOIST	Reduced-calorie	RED-CAL
Natural	NAT	Refrigerated	REFR
New Zealand	NZ	Regular	REG
Non Fat Dry Milk	NFDM	Reheated	REHTD
Non Fat Dry Milk Solids	NFDMS	Replacement	REPLCMNT
Non Fat Milk Solids	NFMS	Restaurant-prepared	REST-PREP
Noncarbonated	NONCARB	Retail	RTL

Roast	RST	Uncooked	UNCKD
Roasted	RSTD	Uncreamed	UNCRMD
Round	RND	Undiluted	UNDIL
Sandwich	SNDWCH	Unenriched	UNENR
Sauce	SAU	Unheated	UNHTD
Scalloped	SCALLPD	Unprepared	UNPREP
Scrambled	SCRMBLD	Unspecified	UNSPEC
Seed	SD	Unsweetened	UNSWTND
Select	SEL	Varieties	VAR
Separable ¹		Variety	VAR
Shank and Sirloin	SHK&SIRL	Vegetable	VEG
Short	SHRT	Vegetables	VEG
Shoulder	SHLDR	Vitamin A	VIT A
Simmered	SIMMRD	Vitamin C	VIT C
Skin	SKN	Water	H2O
Small	SML	Whitener	WHTNR
Sodium	NA	Whole	WHL
Solids	SOL	Winter	WNTR
Solution	SOLN	With	W/
Soybean	SOYBN	Without	WO/
Special	SPL	Yellow	YEL
Species	SP		
Spread	SPRD		
Standard	STD		
Steamed	STMD		
Stewed	STWD		
Stick	STK		
Sticks	STKS		
Strained	STR		
Substitute	SUB		
Summer	SMMR		
Supplement	SUPP		
Sweet	SWT		
Sweetened	SWTND		
Sweetener	SWTNR		
Teaspoon	TSP		
Thousand	1000		
Toasted	TSTD		
Toddler	TODD		
Trimmed ¹			
Trimmed to ¹			

¹ Removed in short description.

Appendix B - List of Abbreviations Used Elsewhere in the Tables

ap	as purchased
approx	approximately
ARS	Agricultural Research Service
ate	alpha-tocopherol equivalent
dia	diameter
fl oz	fluid ounce
g	gram
IU	international unit
kcal	kilocalorie
kJ	kilojoule
lb	pound
mcg	microgram
mg	milligram
ml	milliliter
NDB	Nutrient Data Bank
NDL	Nutrient Data Laboratory
NFS	not further specified
NS	not specified
oz	ounce
RE	retinol equivalent