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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

Vitamin B-6 D4381

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 B-6 D4381

NDB No. 02008 Spices, chervil, dried

Vitamin B-6 D4381

NDB No. 02009 Spices, chili powder

Vitamin B-6 D4381

NDB No. 02010 Spices, cinnamon, ground

Vitamin B-6 D4381

NDB No. 02012 Spices, coriander leaf, dried

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NDB No. 02012 Spices, coriander leaf, dried

Vitamin B-6 D4381

NDB No. 02014 Spices, cumin seed

Vitamin B-6 D4381

NDB No. 02015 Spices, curry powder

Vitamin B-6 D4381

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 B-6 D4381

NDB No. 02021 Spices, ginger, ground

Vitamin B-6 D4381

NDB No. 02022 Spices, mace, ground

Vitamin B-6 D4381

NDB No. 02023 Spices, marjoram, dried

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NDB No. 02023 Spices, marjoram, dried

Vitamin B-6 D4381

NDB No. 02024 Spices, mustard seed, yellow

Vitamin B-6 D4381

NDB No. 02025 Spices, nutmeg, ground

Vitamin B-6 D4381

NDB No. 02026 Spices, onion powder

Vitamin B-6 D4381

NDB No. 02028 Spices, paprika

Vitamin B-6 D4381

NDB No. 02031 Spices, pepper, red or cayenne

Vitamin B-6 D4381

NDB No. 02032 Spices, pepper, white

Vitamin B-6 D4381

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

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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. 04025 Salad dressing, mayonnaise, soybean oil, with salt

Tocopherol, alpha S81

Tocopherol, gamma S81

Tocopherol, delta S81

Vitamin E S81

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

Protein S18

Total lipid (fat) S18

Ash S18

Water S18

Calcium, Ca S18

Iron, Fe S18

Magnesium, Mg S18

Phosphorus, P S18

Potassium, K S18

Sodium, Na S18

Zinc, Zn S18

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

Tocopherol, alpha	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Cholesterol	S18
4:0	S18
6:0	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:6 n-3	S18
22:0	S18
14:1	S18
18:4	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
16:1 t	S18
18:1 t	S18
18:2 i	S18
24:1 c	S18
20:2 n-6 c,c	S18

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

16:1 c	S18
18:1 c	S18
18:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

NDB No. 04629

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

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NDB No. 04629

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

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

Protein	S19
Total lipid (fat)	S19
Ash	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Tocopherol, alpha	S19
Thiamin	S19
Riboflavin	S19

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

Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19

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

20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

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

Protein	S20
Total lipid (fat)	S20
Ash	S20
Water	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Tocopherol, alpha	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Cholesterol	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
20:4 undifferentiated	S20
22:6 n-3	S20

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

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

NDB No. 04632 Margarine spread, fat-free, bottle

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

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NDB No. 04632 Margarine spread, fat-free, bottle

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

NDB No. 05623 Emu, fan fillet, raw

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

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NDB No. 05623 Emu, fan fillet, raw

Fatty acids, total saturated	D4282
Fatty acids, total monounsaturated	D4282
Fatty acids, total polyunsaturated	D4282

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

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

NDB No. 05625 Emu, flat fillet, raw

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

NDB No. 05626 Emu, full rump, raw

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NDB No. 05626 Emu, full rump, raw

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

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

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

NDB No. 05628 Emu, inside drum, raw

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NDB No. 05628 Emu, inside drum, raw

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

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

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

NDB No. 05630 Emu, outside drum, raw

Protein	D4282
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NDB No. 05630 Emu, outside drum, raw

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

NDB No. 05631 Emu, oyster, raw

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

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

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

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

Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

NDB No. 05643 Ostrich, fan, raw

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

NDB No. 05644 Ostrich, inside leg, raw

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

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NDB No. 05644 Ostrich, inside leg, raw

16:1 undifferentiated D4301

NDB No. 05645 Ostrich, inside leg, cooked

Protein D4301

Total lipid (fat) D4301

Water D4301

Calcium, Ca D4301

Iron, Fe D4301

Sodium, Na D4301

Cholesterol D4301

14:0 D4301

16:0 D4301

18:0 D4301

18:1 undifferentiated D4301

18:2 undifferentiated D4301

18:3 undifferentiated D4301

20:4 undifferentiated D4301

16:1 undifferentiated D4301

NDB No. 05646 Ostrich, inside strip, raw

Protein D4301, S28

Total lipid (fat) D4301, S28

Ash S28

Water D4301, S28

Calcium, Ca D4301

Iron, Fe D4301

Sodium, Na D4301

Cholesterol D4301, S28

12:0 S28

14:0 D4301, S28

16:0 D4301, S28

18:0 D4301, S28

18:1 undifferentiated D4301, S28

18:2 undifferentiated D4301, S28

18:3 undifferentiated D4301, S28

20:4 undifferentiated D4301, S28

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NDB No. 05646 Ostrich, inside strip, raw

22:6 n-3	S28
22:0	S28
14:1	S28
16:1 undifferentiated	D4301, S28
20:1	S28
20:5 n-3	S28
15:0	S28
17:0	S28
20:2 n-6 c,c	S28
17:1	S28

NDB No. 05647 Ostrich, inside strip, cooked

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

NDB No. 05648 Ostrich, outside leg, raw

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

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NDB No. 05648 Ostrich, outside leg, raw

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

NDB No. 05649 Ostrich, outside strip, raw

Protein	D4301, S28
Total lipid (fat)	D4301, S28
Ash	S28
Water	D4301, S28
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301, S28
12:0	S28
14:0	D4301, S28
16:0	D4301, S28
18:0	D4301, S28
18:1 undifferentiated	D4301, S28
18:2 undifferentiated	D4301, S28
18:3 undifferentiated	D4301, S28
20:4 undifferentiated	D4301, S28
22:6 n-3	S28
22:0	S28
14:1	S28
16:1 undifferentiated	D4301, S28
20:1	S28
20:5 n-3	S28
15:0	S28
17:0	S28
20:2 n-6 c,c	S28
17:1	S28

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NDB No. 05650 Ostrich, outside strip, cooked

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

NDB No. 05651 Ostrich, oyster, raw

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

NDB No. 05652 Ostrich, oyster, cooked

Protein	D4301
Total lipid (fat)	D4301

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NDB No. 05652 Ostrich, oyster, cooked

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

NDB No. 05653 Ostrich, round, raw

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

NDB No. 05654 Ostrich, tenderloin, raw

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

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NDB No. 05654 Ostrich, tenderloin, raw

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

NDB No. 05655 Ostrich, tip trimmed, raw

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

NDB No. 05656 Ostrich, tip trimmed, cooked

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

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NDB No. 05656 Ostrich, tip trimmed, cooked

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

NDB No. 05657 Ostrich, top loin, raw

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

NDB No. 05658 Ostrich, top loin, cooked

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

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NDB No. 05658 Ostrich, top loin, cooked

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

NDB No. 07004 Sausage, Berliner, pork, beef

Caffeine	S248
Sugars, total	S248
Vitamin D	S248
Vitamin E	S248

NDB No. 07005 Blood sausage

Caffeine	S248
Sugars, total	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248

NDB No. 07006 Bockwurst, pork, veal, raw

Protein	S247
Total lipid (fat)	S247
Carbohydrate, by difference	S247
Ash	S247
Energy	S247
Water	S247
Sugars, total	S247
Fiber, total dietary	S247
Calcium, Ca	S247
Iron, Fe	S247
Sodium, Na	S247
Vitamin A, IU	S247
Cholesterol	S247

NDB No. 07008 Bologna, pork and beef

Sugars, total	S238
Vitamin D	S238

NDB No. 07015 Brotwurst, pork and beef, link

Caffeine	S248
Sugars, total	S248
Vitamin D	S248
Vitamin E	S248

NDB No. 07016 Cheesefurter, beef and pork, with cheese, smoked

Caffeine	S248
Sugars, total	S248
Vitamin D	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248

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NDB No. 07016 Cheesefurter, beef and pork, with cheese, smoked

Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248

NDB No. 07017 Chicken roll, light meat

Caffeine	S248
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NDB No. 07018 Chicken spread

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

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

Protein	S237
Total lipid (fat)	S237
Ash	S237
Energy	S237
Water	S237
Calcium, Ca	S237

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

Iron, Fe	S237
Sodium, Na	S237
Cholesterol	S237
Fatty acids, total monounsaturated	S237

NDB No. 07022 Frankfurter, beef

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Sugars, total	S21
Galactose	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Cholesterol	S21

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NDB No. 07022 Frankfurter, beef

14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
20:1	S21
22:1 undifferentiated	S21
15:0	S21
17:0	S21

NDB No. 07023 Frankfurter, beef and pork

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

NDB No. 07035 Honey loaf, pork, beef

Caffeine	S248
Vitamin D	S248

NDB No. 07038 Knackwurst, knockwurst, pork, beef

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281

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NDB No. 07039 Lebanon bologna, beef

Protein	S244
Ash	S244
Water	S244
Caffeine	S244
Sugars, total	S244
Calcium, Ca	S244
Iron, Fe	S244
Magnesium, Mg	S244
Phosphorus, P	S244
Potassium, K	S244
Sodium, Na	S244
Zinc, Zn	S244
Copper, Cu	S244
Manganese, Mn	S244
Vitamin A, IU	S244
Thiamin	S244
Riboflavin	S244
Niacin	S244
Pantothenic acid	S244
Vitamin B-6	S244
Folate, total	S244
Vitamin B-12	S244
Cholesterol	S244

NDB No. 07056 Peppered loaf, pork, beef

Caffeine	S248
Sugars, total	S248
Vitamin D	S248

NDB No. 07068 Salami, cooked, beef

Protein	S228
Total lipid (fat)	S228
Ash	S228
Water	S228
Sugars, total	S228
Fiber, total dietary	S228

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NDB No. 07068 Salami, cooked, beef

Calcium, Ca	S228
Iron, Fe	S228
Potassium, K	S228
Sodium, Na	S228
Cholesterol	S228

NDB No. 07201 OSCAR MAYER, Bologna (beef)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

NDB No. 07202 OSCAR MAYER, Bologna (beef light)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

NDB No. 07205 OSCAR MAYER, Bologna Light (pork, chicken, beef)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281

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NDB No. 07205 OSCAR MAYER, Bologna Light (pork, chicken, beef)

Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

NDB No. 07207 OSCAR MAYER, Braunschweiger Liver Sausage (sliced)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281

NDB No. 07209 OSCAR MAYER, Chicken Breast (honey glazed)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

NDB No. 07211 OSCAR MAYER, Ham and Cheese Loaf

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

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NDB No. 07212 OSCAR MAYER, Ham (chopped with natural juice)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

NDB No. 07213 OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281

NDB No. 07220 OSCAR MAYER, Liver Cheese (pork fat wrapped)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Retinol	S281
Cholesterol	S281

NDB No. 07230 OSCAR MAYER, Salami (hard)

Protein	S281
Total lipid (fat)	S281

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NDB No. 07230 OSCAR MAYER, Salami (hard)

Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

NDB No. 07233 OSCAR MAYER, Smokies (beef)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

NDB No. 07240 OSCAR MAYER, Wieners (pork, turkey)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281

NDB No. 07241 OSCAR MAYER, Wieners (beef franks)

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Water	S21
Calcium, Ca	S21

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NDB No. 07241 OSCAR MAYER, Wieners (beef franks)

Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
14:1	S21
20:1	S21
15:0	S21
17:0	S21

NDB No. 07242 OSCAR MAYER, Wieners (beef franks, bun length)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

NDB No. 07254 LOUIS RICH, Turkey Bacon

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

NDB No. 07255 LOUIS RICH, Turkey Bologna

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

NDB No. 07256 LOUIS RICH, Turkey Breast and White Turkey (oven roasted)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

NDB No. 07268 LOUIS RICH, Turkey Smoked Sausage

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281

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NDB No. 07268 LOUIS RICH, Turkey Smoked Sausage

Water	S281
Sodium, Na	S281
Cholesterol	S281

NDB No. 07276 Hormel SPAM, Luncheon Meat, pork with ham, minced, canned

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S259, S281
Theobromine	S259, S281
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S281
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259, S281
Vitamin C, total ascorbic acid	S259
Cholesterol	S281
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

NDB No. 07277 Hormel SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

Caffeine	S259
Theobromine	S259
Fiber, total dietary	S259
Cholesterol	S259
12:0	S259

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NDB No. 07277 HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

NDB No. 07278 HORMEL Pillow Pak Sliced Turkey Pepperoni

Protein	S259
Total lipid (fat)	S259
Ash	S259
Water	S259
Caffeine	S259
Theobromine	S259
Sugars, total	S259
Fiber, total dietary	S259
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

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NDB No. 07279 HORMEL WRANGLER Beef Franks

Protein	S259
Total lipid (fat)	S259
Ash	S259
Energy	S259
Water	S259
Sugars, total	S259
Fiber, total dietary	S259
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
Fatty acids, total saturated	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259
Fatty acids, total monounsaturated	S259
Fatty acids, total polyunsaturated	S259

NDB No. 07910 Bratwurst, veal, cooked

Protein	S245
Total lipid (fat)	S245
Carbohydrate, by difference	S245
Ash	S245
Energy	S245
Water	S245

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NDB No. 07910 Bratwurst, veal, cooked

Caffeine	S245
Theobromine	S245
Sugars, total	S245
Fiber, total dietary	S245
Calcium, Ca	S245
Iron, Fe	S245
Magnesium, Mg	S245
Phosphorus, P	S245
Potassium, K	S245
Sodium, Na	S245
Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Vitamin A, RAE	S245
Vitamin E	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245
Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
18:0	S245
Fatty acids, total monounsaturated	S245
Fatty acids, total polyunsaturated	S245

NDB No. 07911 Liverwurst spread

Protein	S226
Total lipid (fat)	S226
Carbohydrate, by difference	S226
Ash	S226
Energy	S226
Water	S226

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NDB No. 07911 Liverwurst spread

Caffeine	S226
Theobromine	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Vitamin A, RAE	S226
Vitamin C, total ascorbic acid	S226
Cholesterol	S226
Fatty acids, total saturated	S226

NDB No. 07912 Roast beef spread

Protein	S226
Total lipid (fat)	S226
Carbohydrate, by difference	S226
Ash	S226
Energy	S226
Water	S226
Caffeine	S226
Theobromine	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Vitamin A, RAE	S226
Vitamin C, total ascorbic acid	S226
Cholesterol	S226
Fatty acids, total saturated	S226
4:0	S226

NDB No. 07913 Salami, pork, beef, less sodium

Protein	S238
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NDB No. 07913 Salami, pork, beef, less sodium

Total lipid (fat)	S238
Carbohydrate, by difference	S238
Ash	S238
Energy	S238
Water	S238
Caffeine	S238
Theobromine	S238
Sugars, total	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Iron, Fe	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Potassium, K	S238
Sodium, Na	S238
Zinc, Zn	S238
Copper, Cu	S238
Vitamin A, IU	S238
Vitamin A, RAE	S238
Vitamin D	S238
Vitamin C, total ascorbic acid	S238
Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S238
Fatty acids, total saturated	S238
18:0	S238
Fatty acids, total monounsaturated	S238
Fatty acids, total polyunsaturated	S238

NDB No. 07914 Sausage, Italian, sweet, links

Protein	S252
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NDB No. 07914 Sausage, Italian, sweet, links

Total lipid (fat)	S252
Carbohydrate, by difference	S252
Ash	S252
Energy	S252
Water	S252
Caffeine	S252
Theobromine	S252
Sugars, total	S252
Fiber, total dietary	S252
Calcium, Ca	S252
Iron, Fe	S252
Sodium, Na	S252

NDB No. 07915 Sausage, Polish, beef with chicken, hot

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Iron, Fe	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

NDB No. 07916 Sausage, Polish, pork and beef, smoked

Protein	S242
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NDB No. 07916 Sausage, Polish, pork and beef, smoked

Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Energy	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin A, RAE	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Fatty acids, total saturated	S242

NDB No. 07917 Sausage, pork and beef, with cheddar cheese, smoked

Protein	S242
Total lipid (fat)	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, RAE	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

NDB No. 07918 Sausage, summer, pork and beef, sticks, with cheddar cheese

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NDB No. 07918 Sausage, summer, pork and beef, sticks, with cheddar cheese

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin A, RAE	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

NDB No. 07919 Sausage, turkey, breakfast links, mild

Protein	S252
Total lipid (fat)	S252
Carbohydrate, by difference	S252
Ash	S252
Energy	S252
Water	S252
Caffeine	S252
Theobromine	S252
Sugars, total	S252
Fiber, total dietary	S252
Calcium, Ca	S252
Iron, Fe	S252
Sodium, Na	S252
Vitamin A, IU	S252
Vitamin A, RAE	S252

NDB No. 07920 Swisswurst, pork and beef, with swiss cheese, smoked

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NDB No. 07920 Swisswurst, pork and beef, with swiss cheese, smoked

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

NDB No. 07921 Bacon and beef sticks

Protein	S228
Total lipid (fat)	S228
Carbohydrate, by difference	S228
Ash	S228
Energy	S228
Water	S228
Caffeine	S228
Theobromine	S228
Sugars, total	S228
Fiber, total dietary	S228
Calcium, Ca	S228
Iron, Fe	S228
Potassium, K	S228
Sodium, Na	S228
Vitamin A, IU	S228
Vitamin A, RAE	S228
Cholesterol	S228
Fatty acids, total saturated	S228

NDB No. 07921 Bacon and beef sticks

Fatty acids, total monounsaturated	S228
Fatty acids, total polyunsaturated	S228

NDB No. 07922 Bratwurst, beef and pork, smoked

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

NDB No. 07923 Bratwurst, chicken, cooked

Protein	S245
Total lipid (fat)	S245
Carbohydrate, by difference	S245
Ash	S245
Energy	S245
Water	S245
Caffeine	S245
Theobromine	S245
Sugars, total	S245
Fiber, total dietary	S245
Calcium, Ca	S245
Iron, Fe	S245
Magnesium, Mg	S245

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NDB No. 07923 Bratwurst, chicken, cooked

Phosphorus, P	S245
Potassium, K	S245
Sodium, Na	S245
Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Vitamin E	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245
Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
18:0	S245
Fatty acids, total monounsaturated	S245
Fatty acids, total polyunsaturated	S245

NDB No. 07924 Bratwurst, pork, beef and turkey, lite, smoked

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin C, total ascorbic acid	S242

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NDB No. 07924 Bratwurst, pork, beef and turkey, lite, smoked

Folate, total	S242
Cholesterol	S242

NDB No. 07925 Pastrami, beef, 98% fat-free

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

NDB No. 07926 Salami, Italian, pork

Protein	S228
Total lipid (fat)	S228
Carbohydrate, by difference	S228
Ash	S228
Water	S228
Caffeine	S228
Theobromine	S228
Sugars, total	S228
Fiber, total dietary	S228
Calcium, Ca	S228

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NDB No. 07926 Salami, Italian, pork

Iron, Fe	S228
Potassium, K	S228
Sodium, Na	S228
Vitamin C, total ascorbic acid	S228
Cholesterol	S228
Fatty acids, total saturated	S228
Fatty acids, total monounsaturated	S228
Fatty acids, total polyunsaturated	S228

NDB No. 07927 Sausage, Italian, turkey, smoked

Protein	S227
Total lipid (fat)	S227
Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227

NDB No. 07928 Sausage, chicken, beef, pork, skinless, smoked

Protein	S225
Total lipid (fat)	S225
Carbohydrate, by difference	S225
Ash	S225
Energy	S225

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NDB No. 07928 Sausage, chicken, beef, pork, skinless, smoked

Water	S225
Caffeine	S225
Theobromine	S225
Sugars, total	S225
Fiber, total dietary	S225
Calcium, Ca	S225
Iron, Fe	S225
Sodium, Na	S225
Vitamin C, total ascorbic acid	S225
Cholesterol	S225
Fatty acids, total saturated	S225

NDB No. 07929 Sausage, turkey, hot, smoked

Protein	S227
Total lipid (fat)	S227
Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227

NDB No. 07930 Yachtwurst, with pistachio nuts, cooked

Protein	S222
Total lipid (fat)	S222
Carbohydrate, by difference	S222

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NDB No. 07930 Yachtwurst, with pistachio nuts, cooked

Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222
Sodium, Na	S222
Vitamin A, IU	S222
Vitamin C, total ascorbic acid	S222
Cholesterol	S222
Fatty acids, total saturated	S222

NDB No. 07931 Beerwurst, pork and beef

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

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NDB No. 07931 Beerwurst, pork and beef

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

NDB No. 07932 Chicken breast, fat-free, mesquite flavor, sliced

Protein	S224
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NDB No. 07932 Chicken breast, fat-free, mesquite flavor, sliced

Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

NDB No. 07933 Chicken breast, oven-roasted, fat-free, sliced

Protein	S224
Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224

NDB No. 07933 Chicken breast, oven-roasted, fat-free, sliced

Fatty acids, total saturated S224

NDB No. 07934 Kielbasa, Polish, turkey and beef, smoked

Protein S281

Total lipid (fat) S281

Carbohydrate, by difference S281

Ash S281

Energy S281

Water S281

Caffeine S281

Theobromine S281

Sugars, total S281

Fiber, total dietary S281

Iron, Fe S281

Sodium, Na S281

Vitamin A, IU S281

Vitamin A, RAE S281

Vitamin C, total ascorbic acid S281

Cholesterol S281

Fatty acids, total saturated S281

Fatty acids, total
monounsaturated S281

Fatty acids, total polyunsaturated S281

NDB No. 07935 Oven-roasted chicken breast roll

Protein S224

Total lipid (fat) S224

Carbohydrate, by difference S224

Ash S224

Energy S224

Water S224

Caffeine S224

Theobromine S224

Sugars, total S224

Fiber, total dietary S224

Calcium, Ca S224

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NDB No. 07935 Oven-roasted chicken breast roll

Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

NDB No. 07936 Bologna, pork and turkey, lite

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

NDB No. 07937 Bologna, pork, turkey and beef

Protein	S239
Total lipid (fat)	S239
Caffeine	S239
Theobromine	S239
Sugars, total	S239

NDB No. 07937 Bologna, pork, turkey and beef

Fiber, total dietary	S239
Calcium, Ca	S239
Iron, Fe	S239
Sodium, Na	S239
Vitamin A, IU	S239
Vitamin C, total ascorbic acid	S239
Cholesterol	S239
Fatty acids, total saturated	S239

NDB No. 07938 Ham, honey, smoked, cooked

Protein	S233
Total lipid (fat)	S233
Carbohydrate, by difference	S233
Ash	S233
Energy	S233
Water	S233
Caffeine	S233
Theobromine	S233
Sugars, total	S233
Fiber, total dietary	S233
Calcium, Ca	S233
Iron, Fe	S233
Magnesium, Mg	S233
Phosphorus, P	S233
Potassium, K	S233
Sodium, Na	S233
Zinc, Zn	S233
Copper, Cu	S233
Manganese, Mn	S233
Selenium, Se	S233
Vitamin A, IU	S233
Vitamin E	S233
Vitamin C, total ascorbic acid	S233
Thiamin	S233
Riboflavin	S233
Niacin	S233

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NDB No. 07938 Ham, honey, smoked, cooked

Pantothenic acid	S233
Vitamin B-6	S233
Folate, total	S233
Vitamin B-12	S233
Cholesterol	S233
Fatty acids, total saturated	S233

NDB No. 07939 Frankfurter, pork

Protein	S235
Total lipid (fat)	S235
Carbohydrate, by difference	S235
Ash	S235
Energy	S235
Water	S235
Caffeine	S235
Theobromine	S235
Sugars, total	S235
Fiber, total dietary	S235
Calcium, Ca	S235
Iron, Fe	S235
Magnesium, Mg	S235
Phosphorus, P	S235
Potassium, K	S235
Sodium, Na	S235
Zinc, Zn	S235
Copper, Cu	S235
Manganese, Mn	S235
Selenium, Se	S235
Vitamin A, IU	S235
Vitamin E	S235
Vitamin C, total ascorbic acid	S235
Thiamin	S235
Riboflavin	S235
Niacin	S235
Pantothenic acid	S235
Vitamin B-6	S235

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NDB No. 07939 Frankfurter, pork

Folate, total	S235
Vitamin B-12	S235
Cholesterol	S235
Fatty acids, total saturated	S235
10:0	S235
12:0	S235
14:0	S235
16:0	S235
18:0	S235
18:1 undifferentiated	S235
18:2 undifferentiated	S235
18:3 undifferentiated	S235
20:4 undifferentiated	S235
16:1 undifferentiated	S235
18:4	S235
20:1	S235
Fatty acids, total monounsaturated	S235
Fatty acids, total polyunsaturated	S235

NDB No. 07940 Macaroni and cheese loaf, chicken, pork and beef

Protein	S237
Total lipid (fat)	S237
Carbohydrate, by difference	S237
Ash	S237
Energy	S237
Water	S237
Caffeine	S237
Theobromine	S237
Sugars, total	S237
Fiber, total dietary	S237
Calcium, Ca	S237
Iron, Fe	S237
Sodium, Na	S237
Cholesterol	S237
Fatty acids, total saturated	S237
Fatty acids, total	S237

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NDB No. 07940 Macaroni and cheese loaf, chicken, pork and beef

monounsaturated

Fatty acids, total polyunsaturated S237

NDB No. 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium

Protein S281

Total lipid (fat) S281

Carbohydrate, by difference S281

Ash S281

Energy S281

Water S281

Caffeine S281

Theobromine S281

Sugars, total S281

Fiber, total dietary S281

Sodium, Na S281

Vitamin A, IU S281

Vitamin C, total ascorbic acid S281

Cholesterol S281

Fatty acids, total saturated S281

Fatty acids, total
monounsaturated S281

Fatty acids, total polyunsaturated S281

NDB No. 07942 Pate, truffle flavor

Protein S281

Total lipid (fat) S281

Carbohydrate, by difference S281

Ash S281

Energy S281

Water S281

Iron, Fe S281

Sodium, Na S281

Vitamin A, IU S281

Cholesterol S281

Fatty acids, total saturated S281

Fatty acids, total S281

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NDB No. 07942 Pate, truffle flavor

monounsaturated

Fatty acids, total polyunsaturated S281

NDB No. 07943 Turkey, breast, smoked, lemon pepper flavor, 97% fat-free

Protein S281

Total lipid (fat) S281

Carbohydrate, by difference S281

Ash S281

Energy S281

Water S281

Caffeine S281

Theobromine S281

Sugars, total S281

Fiber, total dietary S281

Sodium, Na S281

Vitamin A, IU S281

Vitamin A, RAE S281

Cholesterol S281

Fatty acids, total saturated S281

Fatty acids, total
monounsaturated S281

Fatty acids, total polyunsaturated S281

NDB No. 07944 Turkey, white, rotisserie, deli cut

Protein S227

Total lipid (fat) S227

Carbohydrate, by difference S227

Ash S227

Energy S227

Water S227

Caffeine S227

Theobromine S227

Sugars, total S227

Fiber, total dietary S227

Calcium, Ca S227

Iron, Fe S227

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NDB No. 07944 Turkey, white, rotisserie, deli cut

Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227
Fatty acids, total monounsaturated	S227
Fatty acids, total polyunsaturated	S227

NDB No. 07945 Frankfurter, beef, heated

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Sugars, total	S21
Galactose	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21

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NDB No. 07945 Frankfurter, beef, heated

Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
14:1	S21
16:1 undifferentiated	S21
20:1	S21
22:1 undifferentiated	S21
15:0	S21
17:0	S21

NDB No. 07949 Frankfurter, meat, heated

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23
18:1 undifferentiated	S23

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NDB No. 07949 Frankfurter, meat, heated

18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

NDB No. 07950 Frankfurter, meat

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original

Protein	S682
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NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original

Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682

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NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682

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NDB No. 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702

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NDB No. 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702

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NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702

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NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Tocopherol, alpha	S84
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603

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NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682

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NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Fatty acids, total monounsaturated S682

Fatty acids, total polyunsaturated S682

NDB No. 08017 Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

Protein S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

Calcium, Ca S603

Iron, Fe S603

Phosphorus, P S603

Potassium, K S603

Sodium, Na S603

Zinc, Zn S603

Vitamin A, IU S603

Vitamin D S603

Vitamin C, total ascorbic acid S603

Thiamin S603

Riboflavin S603

Niacin S603

Vitamin B-6 S603

Folate, total S603

Vitamin B-12 S603

Cholesterol S603

Fatty acids, total saturated S603

NDB No. 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

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NDB No. 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603

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NDB No. 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682

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NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total	S682

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NDB No. 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

monounsaturated

Fatty acids, total polyunsaturated S682

NDB No. 08026 Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran

Protein S603

Total lipid (fat) S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

Calcium, Ca S603

Iron, Fe S603

Potassium, K S603

Sodium, Na S603

Zinc, Zn S603

Vitamin A, IU S603

Vitamin D S603

Vitamin C, total ascorbic acid S603

Thiamin S603

Riboflavin S603

Niacin S603

Vitamin B-6 S603

Folate, total S603

Vitamin B-12 S603

Cholesterol S603

Fatty acids, total saturated S603

NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes

Protein S682

Total lipid (fat) S682

Carbohydrate, by difference S682

Ash S682

Energy S682

Water S682

Sugars, total S682

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NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes

Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Phosphorus, P	S682

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NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Thiamin	S682
Riboflavin	S682

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NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682

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NDB No. 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603

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NDB No. 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702

NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603

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NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702

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NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

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NDB No. 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

Protein	S603
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NDB No. 08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682

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NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Pantothenic acid	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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NDB No. 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682

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NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603

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NDB No. 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

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NDB No. 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Protein	S682
Total lipid (fat)	S682

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NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682

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NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682

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NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682

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NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS

Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin E	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603

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NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603

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NDB No. 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702

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NDB No. 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603

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NDB No. 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin E	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Protein	S603
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NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08139 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603

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NDB No. 08139 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702

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NDB No. 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08189

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682

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NDB No. 08189

Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH APPLES

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

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NDB No. 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603

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NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS

Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702

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NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702

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NDB No. 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08212 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702

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NDB No. 08212 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702

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NDB No. 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702

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NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702

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NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total	S702

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NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

monounsaturated

Fatty acids, total polyunsaturated S702

NDB No. 08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Vitamin D S702

Vitamin E S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

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NDB No. 08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven

Fatty acids, total polyunsaturated S702

NDB No. 08220

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Vitamin D S702

Vitamin E S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

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NDB No. 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603

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NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603

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NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp

Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin E	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603

NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603

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NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin E	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682

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NDB No. 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682

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NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682

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NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603

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NDB No. 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603

NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603

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NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08266 Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin E	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Protein	S603
Carbohydrate, by difference	S603

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NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603

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NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08269 Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603

NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Protein	S603
Carbohydrate, by difference	S603

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NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603

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NDB No. 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

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NDB No. 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603

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NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

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Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM

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NDB No. 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682

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NDB No. 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin E	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08284

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682

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Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682

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NDB No. 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Vitamin D	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Pantothenic acid	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES MINI-WHEATS

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682

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NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES MINI-WHEATS

Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total	S682

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NDB No. 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal

monounsaturated

Fatty acids, total polyunsaturated S682

NDB No. 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS

Protein S682

Total lipid (fat) S682

Carbohydrate, by difference S682

Ash S682

Energy S682

Water S682

Sugars, total S682

Fiber, total dietary S682

Calcium, Ca S682

Iron, Fe S682

Magnesium, Mg S682

Phosphorus, P S682

Potassium, K S682

Sodium, Na S682

Zinc, Zn S682

Copper, Cu S682

Thiamin S682

Riboflavin S682

Niacin S682

Vitamin B-6 S682

Folate, total S682

Vitamin B-12 S682

Cholesterol S682

Fatty acids, total saturated S682

Fatty acids, total monounsaturated S682

Fatty acids, total polyunsaturated S682

NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

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NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702

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NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702

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NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682

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NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682

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NDB No. 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal

Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Pantothenic acid	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08319

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Thiamin	S682

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NDB No. 08319

Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Tocopherol, alpha	S84
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603

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NDB No. 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

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NDB No. 08352 Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08353 Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Protein	S702
Total lipid (fat)	S702

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NDB No. 08353 Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702

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NDB No. 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702

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NDB No. 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08357

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702

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NDB No. 08357

Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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NDB No. 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08359 Cereals ready-to-eat, QUAKER, Frosted Oats

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702

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NDB No. 08359 Cereals ready-to-eat, QUAKER, Frosted Oats

Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702

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NDB No. 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702

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NDB No. 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702

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NDB No. 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702

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NDB No. 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702

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NDB No. 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total	S702

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NDB No. 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

monounsaturated

Fatty acids, total polyunsaturated S702

NDB No. 08367 Cereals ready-to-eat, GENERAL MILLS, SUNRISE

Protein S603

Total lipid (fat) S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

Calcium, Ca S603

Iron, Fe S603

Magnesium, Mg S603

Phosphorus, P S603

Potassium, K S603

Sodium, Na S603

Zinc, Zn S603

Vitamin A, IU S603

Vitamin D S603

Vitamin C, total ascorbic acid S603

Thiamin S603

Riboflavin S603

Niacin S603

Vitamin B-6 S603

Folate, total S603

Cholesterol S603

Fatty acids, total saturated S603

NDB No. 08368

Protein S603

Total lipid (fat) S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

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NDB No. 08368

Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08370 Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603

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NDB No. 08370 Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS

Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08371 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08372 Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE

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NDB No. 08372 Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08373 Cereals ready-to-eat, KELLOGG'S COUNTRY INN-GREYFIELD BLEND

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682

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NDB No. 08373 Cereals ready-to-eat, KELLOGG'S COUNTRY INN-GREYFIELD BLEND

Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Pantothenic acid	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682

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NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08375 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682

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NDB No. 08375 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08376

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682

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NDB No. 08376

Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08377 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY FROSTED MINI-WHEATS, bite size

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08378 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice

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NDB No. 08378 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08379 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Cholesterol	S682
Fatty acids, total saturated	S682

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NDB No. 08379 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat

Fatty acids, total monounsaturated S682

Fatty acids, total polyunsaturated S682

NDB No. 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Protein S682

Total lipid (fat) S682

Carbohydrate, by difference S682

Ash S682

Energy S682

Water S682

Sugars, total S682

Fiber, total dietary S682

Calcium, Ca S682

Iron, Fe S682

Magnesium, Mg S682

Phosphorus, P S682

Potassium, K S682

Sodium, Na S682

Zinc, Zn S682

Copper, Cu S682

Vitamin A, IU S682

Vitamin D S682

Vitamin C, total ascorbic acid S682

Thiamin S682

Riboflavin S682

Niacin S682

Vitamin B-6 S682

Folate, total S682

Vitamin B-12 S682

Cholesterol S682

Fatty acids, total saturated S682

Fatty acids, total monounsaturated S682

Fatty acids, total polyunsaturated S682

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NDB No. 08381 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRUNCHIN' RICE KRISPIES

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Vitamin A, IU	S682
Vitamin D	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682

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NDB No. 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Selenium, Se	S682
Vitamin A, IU	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682

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NDB No. 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08385 Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Manganese, Mn	S682

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NDB No. 08385 Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

Vitamin A, IU	S682
Vitamin D	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Pantothenic acid	S682
Vitamin B-6	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682
Fatty acids, total saturated	S682

NDB No. 08386 Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Copper, Cu	S682
Manganese, Mn	S682
Vitamin A, IU	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Thiamin	S682

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NDB No. 08386 Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG

Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S682
Fatty acids, total saturated	S682
Fatty acids, total monounsaturated	S682
Fatty acids, total polyunsaturated	S682

NDB No. 08387 Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Vitamin A, IU	S682
Vitamin E	S682
Vitamin C, total ascorbic acid	S682
Folate, total	S682
Vitamin B-12	S682
Cholesterol	S682

NDB No. 08388 Cereals ready-to-eat, Puffed KASHI by Kellogg

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682

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NDB No. 08388 Cereals ready-to-eat, Puffed KASHI by Kellogg

Ash	S682
Energy	S682
Water	S682
Fiber, total dietary	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682

NDB No. 08389 Cereals ready-to-eat, Honey Puffed KASHI by Kellogg

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S682

NDB No. 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682

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NDB No. 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg

Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Iron, Fe	S682
Potassium, K	S682
Sodium, Na	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S682

NDB No. 08391 Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Calcium, Ca	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S682

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NDB No. 08392 Cereals ready-to-eat, KASHI Medley by Kellogg

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S682

NDB No. 08393 Cereals ready-to-eat, KASHI GoLEAN by Kellogg

Protein	S682
Total lipid (fat)	S682
Carbohydrate, by difference	S682
Ash	S682
Energy	S682
Water	S682
Sugars, total	S682
Fiber, total dietary	S682
Iron, Fe	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Cholesterol	S682

NDB No. 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

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NDB No. 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702

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NDB No. 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats

Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08396 Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702

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NDB No. 08396 Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin E	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

NDB No. 08397 Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603

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NDB No. 08397 Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes

Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08398 Cereals ready-to-eat, GENERAL MILLS, HARMONY

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin E	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603

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NDB No. 08398 Cereals ready-to-eat, GENERAL MILLS, HARMONY

Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

NDB No. 08399 Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Sugars, total	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin E	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603

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NDB No. 08399 Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat

Fatty acids, total saturated S603

NDB No. 08400 Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

Protein S881

Total lipid (fat) S881

Carbohydrate, by difference S881

Ash S881

Energy S881

Water S881

Sugars, total S881

Fiber, total dietary S881

Calcium, Ca S881

Iron, Fe S881

Magnesium, Mg S881

Phosphorus, P S881

Potassium, K S881

Sodium, Na S881

Zinc, Zn S881

Copper, Cu S881

Manganese, Mn S881

Selenium, Se S881

Vitamin A, IU S881

Vitamin D S881

Vitamin E S881

Vitamin C, total ascorbic acid S881

Thiamin S881

Riboflavin S881

Niacin S881

Pantothenic acid S881

Vitamin B-6 S881

Folate, total S881

Vitamin B-12 S881

Fatty acids, total saturated S881

Fatty acids, total monounsaturated S881

Fatty acids, total polyunsaturated S881

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NDB No. 08401 Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Protein	S881
Total lipid (fat)	S881
Carbohydrate, by difference	S881
Ash	S881
Energy	S881
Water	S881
Sugars, total	S881
Fiber, total dietary	S881
Calcium, Ca	S881
Iron, Fe	S881
Magnesium, Mg	S881
Phosphorus, P	S881
Potassium, K	S881
Sodium, Na	S881
Zinc, Zn	S881
Copper, Cu	S881
Manganese, Mn	S881
Selenium, Se	S881
Vitamin A, IU	S881
Vitamin D	S881
Vitamin E	S881
Vitamin C, total ascorbic acid	S881
Thiamin	S881
Riboflavin	S881
Niacin	S881
Pantothenic acid	S881
Vitamin B-6	S881
Folate, total	S881
Vitamin B-12	S881
Cholesterol	S881
Fatty acids, total saturated	S881
Fatty acids, total monounsaturated	S881
Fatty acids, total polyunsaturated	S881

NDB No. 09032 Apricots, dried, sulfured, uncooked

Protein	S21
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NDB No. 09032 Apricots, dried, sulfured, uncooked

Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	D3780, S21
Sugars, total	S21
Galactose	S21
Fiber, total dietary	D3780, S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Vitamin A, IU	S21
Vitamin A, RAE	S21
Tocopherol, alpha	S21
Tocopherol, beta	S21
Tocopherol, gamma	S21
Tocopherol, delta	S21
Vitamin E	S21
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
4:0	S21
6:0	S21
8:0	S21

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NDB No. 09032 Apricots, dried, sulfured, uncooked

10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21
17:0	S21
24:0	S21

NDB No. 09062 Cherimoya, raw

Protein	S381, S404
Total lipid (fat)	S381, S404
Ash	S381, S404
Sucrose	S404
Water	S381, S404
Fiber, total dietary	S381
Calcium, Ca	S381, S404
Iron, Fe	S381, S404
Magnesium, Mg	S381, S404
Phosphorus, P	S381, S404
Potassium, K	S381, S404
Sodium, Na	S381, S404

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NDB No. 09062 Cherimoya, raw

Zinc, Zn	S381, S404
Copper, Cu	S381, S404
Manganese, Mn	S381, S404
Vitamin A, IU	S381
Vitamin A, RAE	S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381, S404
Riboflavin	S381, S404
Niacin	S381, S404
Pantothenic acid	S381, S404
Vitamin B-6	S381, S404
Folate, total	S381

NDB No. 09427 Abiyuch, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053

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NDB No. 09427 Abiyuch, raw

Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

NDB No. 09428 Rowal, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

NDB No. 11165 Coriander leaves, raw

Vitamin B-6	D390
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NDB No. 11352 Potato, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566

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NDB No. 11352 Potato, flesh and skin, raw

Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Tocopherol, alpha	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566

NDB No. 11353 Potatoes, russet, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566

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NDB No. 11353 Potatoes, russet, flesh and skin, raw

Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Vitamin A, IU	S563, S566
Vitamin A, RAE	S563, S566
Tocopherol, alpha	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin E	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566

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NDB No. 11353 Potatoes, russet, flesh and skin, raw

Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

NDB No. 11354 Potatoes, white, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Vitamin A, IU	S566
Vitamin A, RAE	S566
Thiamin	S563, S566

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NDB No. 11354 Potatoes, white, flesh and skin, raw

Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

NDB No. 11355 Potatoes, red, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563

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NDB No. 11355 Potatoes, red, flesh and skin, raw

Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Vitamin A, IU	S566
Vitamin A, RAE	S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566

NDB No. 11356 Potatoes, Russet, flesh and skin, baked

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566

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NDB No. 11356 Potatoes, Russet, flesh and skin, baked

Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Vitamin A, IU	S566
Vitamin A, RAE	S566
Tocopherol, alpha	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566

NDB No. 11357 Potatoes, white, flesh and skin, baked

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566

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NDB No. 11357 Potatoes, white, flesh and skin, baked

Sodium, Na	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Vitamin A, IU	S566
Vitamin A, RAE	S566
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

NDB No. 11358 Potatoes, red, flesh and skin, baked

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566

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NDB No. 11358 Potatoes, red, flesh and skin, baked

Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Vitamin A, IU	S566
Vitamin A, RAE	S566
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566

NDB No. 11674 Potato, baked, flesh and skin, without salt

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566

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NDB No. 11674 Potato, baked, flesh and skin, without salt

Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S183, S201, S202, S203, S563, S566
Iron, Fe	S183, S201, S202, S203, S563, S566
Magnesium, Mg	S183, S201, S202, S203, S563, S566
Phosphorus, P	S183, S201, S202, S203, S563, S566
Potassium, K	S183, S201, S202, S203, S563, S566
Sodium, Na	S183, S201, S202, S203, S563, S566
Zinc, Zn	S183, S201, S202, S203, S563, S566
Copper, Cu	S183, S201, S202, S203, S563, S566
Manganese, Mn	S183, S201, S202, S203, S563, S566
Selenium, Se	S183, S201, S202, S203, S563
Vitamin A, RAE	S566
Tocopherol, alpha	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566

NDB No. 11828 Potatoes, baked, flesh and skin, with salt

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566

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NDB No. 11828 Potatoes, baked, flesh and skin, with salt

Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S183, S201, S202, S203, S563, S566
Iron, Fe	S183, S201, S202, S203, S563, S566
Magnesium, Mg	S183, S201, S202, S203, S563, S566
Phosphorus, P	S183, S201, S202, S203, S563, S566
Potassium, K	S183, S201, S202, S203, S563, S566
Zinc, Zn	S183, S201, S202, S203, S563, S566
Copper, Cu	S183, S201, S202, S203, S563, S566
Manganese, Mn	S183, S201, S202, S203, S563, S566
Selenium, Se	S183, S201, S202, S203, S563
Vitamin A, RAE	S566
Tocopherol, alpha	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566

NDB No. 12061 Nuts, almonds

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141

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NDB No. 12061 Nuts, almonds

Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141

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NDB No. 12061 Nuts, almonds

22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12062 Nuts, almonds, blanched

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141

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NDB No. 12062 Nuts, almonds, blanched

Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141

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NDB No. 12062 Nuts, almonds, blanched

Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12063 Nuts, almonds, dry roasted, without salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141

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NDB No. 12063 Nuts, almonds, dry roasted, without salt added

Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

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NDB No. 12065 Nuts, almonds, oil roasted, without salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141

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NDB No. 12065 Nuts, almonds, oil roasted, without salt added

18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added

Protein	S343, S363, S502
Total lipid (fat)	S363, S5, S502
Ash	S343
Starch	S343, S363, S502
Sucrose	S343, S363, S502
Glucose (dextrose)	S343, S363, S502
Fructose	S343, S363, S502
Lactose	S343, S363, S502
Maltose	S343, S363, S502
Water	S343

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NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added

Sugars, total	S343, S363, S502
Galactose	S363, S502
Fiber, total dietary	S363, S502
Calcium, Ca	S343, S363, S502
Iron, Fe	S343, S363, S5, S502
Magnesium, Mg	S343, S363, S502
Phosphorus, P	S343, S363, S502
Potassium, K	S343, S363, S502
Sodium, Na	S343
Zinc, Zn	S343, S363, S502
Copper, Cu	S343, S363, S502
Manganese, Mn	S343, S363, S502
Selenium, Se	D3358, D3359, S363, S502
Vitamin A, IU	S363, S502
Vitamin A, RAE	S363, S502
Tocopherol, alpha	S502, S82
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82
Tocopherol, delta	S502, S82
Vitamin E	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502
Pantothenic acid	S363, S502
Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502

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NDB No. 12086 Nuts, cashew nuts, oil roasted, without salt added

20:4 undifferentiated	S363, S502
22:6 n-3	S502
22:0	S363, S502
14:1	S363, S502
16:1 undifferentiated	S363, S502
18:4	S502
20:1	S363, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S363, S502
17:0	S363, S502
24:0	S502
20:2 n-6 c,c	S363, S502
17:1	S363, S502
20:3 undifferentiated	S363, S502
15:1	S363, S502

NDB No. 12087 Nuts, cashew nuts, raw

Protein	S343
Ash	S343
Starch	S343
Sucrose	S343
Glucose (dextrose)	S343
Fructose	S343
Lactose	S343
Maltose	S343
Water	S343
Sugars, total	S343
Calcium, Ca	S343
Iron, Fe	S343
Magnesium, Mg	S343
Phosphorus, P	S343
Potassium, K	S343
Sodium, Na	S343
Zinc, Zn	S343

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NDB No. 12087 Nuts, cashew nuts, raw

Copper, Cu	S343
Manganese, Mn	S343
Vitamin C, total ascorbic acid	S343
Thiamin	S343
Riboflavin	S343
Niacin	S343
Vitamin B-6	S343

NDB No. 12120 Nuts, hazelnuts or filberts

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Tocopherol, alpha	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83

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NDB No. 12120 Nuts, hazelnuts or filberts

Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

NDB No. 12121 Nuts, hazelnuts or filberts, blanched

Protein	S83
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NDB No. 12121 Nuts, hazelnuts or filberts, blanched

Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Tocopherol, alpha	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83

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NDB No. 12121 Nuts, hazelnuts or filberts, blanched

18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83

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NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Vitamin A, IU	S83
Tocopherol, alpha	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin E	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83

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NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

NDB No. 12131 Nuts, macadamia nuts, raw

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Tocopherol, alpha	S77

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NDB No. 12131 Nuts, macadamia nuts, raw

Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin E	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77

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NDB No. 12131 Nuts, macadamia nuts, raw

20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Tocopherol, alpha	S77
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77

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NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

NDB No. 12142 Nuts, pecans

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85

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NDB No. 12142 Nuts, pecans

Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Vitamin A, IU	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin E	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85

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NDB No. 12142 Nuts, pecans

18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12143 Nuts, pecans, dry roasted, without salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85

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NDB No. 12143 Nuts, pecans, dry roasted, without salt added

Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85

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NDB No. 12143 Nuts, pecans, dry roasted, without salt added

22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12144 Nuts, pecans, oil roasted, without salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85

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NDB No. 12144 Nuts, pecans, oil roasted, without salt added

Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin E	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85

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NDB No. 12144 Nuts, pecans, oil roasted, without salt added

20:3 undifferentiated	S85
13:0	S85

NDB No. 12151 Nuts, pistachio nuts, raw

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Tocopherol, alpha	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86

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NDB No. 12151 Nuts, pistachio nuts, raw

Folate, total	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86

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NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Vitamin A, IU	S86
Tocopherol, alpha	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86

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NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

NDB No. 12154 Nuts, walnuts, black, dried

Protein	S1001, S941
Total lipid (fat)	S941
Ash	S941
Starch	S941
Sucrose	S941
Glucose (dextrose)	S941
Fructose	S941
Lactose	S941
Maltose	S941
Water	S941
Sugars, total	S941
Fiber, total dietary	S941

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NDB No. 12154 Nuts, walnuts, black, dried

Calcium, Ca	S941
Iron, Fe	S941
Magnesium, Mg	S941
Phosphorus, P	S941
Potassium, K	S941
Sodium, Na	S941
Zinc, Zn	S941
Copper, Cu	S941
Manganese, Mn	S941
Vitamin A, IU	S941
Vitamin A, RAE	S941
Tocopherol, alpha	S941
Tocopherol, beta	S941
Tocopherol, gamma	S941
Tocopherol, delta	S941
Vitamin E	S941
Vitamin C, total ascorbic acid	S941
Thiamin	S941
Riboflavin	S941
Niacin	S941
Pantothenic acid	S941
Vitamin B-6	S941
Folate, total	S941
Cholesterol	S941
8:0	S941
10:0	S941
12:0	S941
14:0	S941
16:0	S941
18:0	S941
20:0	S941
18:1 undifferentiated	S941
18:2 undifferentiated	S941
20:4 undifferentiated	S941
22:0	S941
14:1	S941
16:1 undifferentiated	S941

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NDB No. 12154 Nuts, walnuts, black, dried

20:1	S941
Stigmasterol	S941
Campesterol	S941
Beta-sitosterol	S941
15:0	S941
17:0	S941
20:2 n-6 c,c	S941
18:3 n-6 c,c,c	S941
17:1	S941
20:3 undifferentiated	S941
15:1	S941
18:3 n-3 c,c,c	S941

NDB No. 12155 Nuts, walnuts, english

Protein	S79
Total lipid (fat)	S79
Ash	S79
Starch	S79
Sucrose	S79
Glucose (dextrose)	S79
Fructose	S79
Lactose	S79
Maltose	S79
Water	S79
Fiber, total dietary	S79
Calcium, Ca	S79
Iron, Fe	S79
Magnesium, Mg	S79
Phosphorus, P	S79
Potassium, K	S79
Sodium, Na	S79
Zinc, Zn	S79
Copper, Cu	S79
Manganese, Mn	S79
Vitamin A, IU	S79
Vitamin A, RAE	S79

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NDB No. 12155 Nuts, walnuts, english

Tocopherol, alpha	S79, S87
Tocopherol, beta	S79, S87
Tocopherol, gamma	S79, S87
Tocopherol, delta	S79, S87
Vitamin E	S79, S87
Vitamin C, total ascorbic acid	S79
Thiamin	S79
Riboflavin	S79
Niacin	S79, S89
Pantothenic acid	S79
Vitamin B-6	S79
Folate, total	S79
8:0	S79
10:0	S79
12:0	S79
14:0	S79
16:0	S79
18:0	S79
20:0	S79
18:1 undifferentiated	S79
18:2 undifferentiated	S79
18:3 undifferentiated	S79
20:4 undifferentiated	S79
22:6 n-3	S79
22:0	S79
14:1	S79
16:1 undifferentiated	S79
20:1	S79
20:5 n-3	S79
22:1 undifferentiated	S79
22:5 n-3	S79
Stigmasterol	S79
Campesterol	S79
Beta-sitosterol	S79
15:0	S79
17:0	S79
24:0	S79

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NDB No. 12155 Nuts, walnuts, english

24:1 c	S79
20:2 n-6 c,c	S79
20:3 undifferentiated	S79
13:0	S79

NDB No. 12563 Nuts, almonds, dry roasted, with salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141

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NDB No. 12563 Nuts, almonds, dry roasted, with salt added

Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141

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NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141

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NDB No. 12565 Nuts, almonds, oil roasted, with salt added

20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added

Protein	S343, S363, S502
Total lipid (fat)	S363, S5, S502
Ash	S343, S363, S5, S502
Starch	S343, S363, S502
Sucrose	S343, S363, S502
Glucose (dextrose)	S343, S363, S502
Fructose	S343, S363, S502
Lactose	S343, S363, S502
Maltose	S343, S363, S502
Water	S343, S363, S5, S502, S82
Sugars, total	S343, S363, S502
Galactose	S363, S502
Fiber, total dietary	S363, S502
Calcium, Ca	S343, S363, S502
Iron, Fe	S343, S363, S5, S502

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NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added

Magnesium, Mg	S343, S363, S502
Phosphorus, P	S343, S363, S502
Potassium, K	S343, S363, S502
Sodium, Na	S343, S363, S5, S502
Zinc, Zn	S343, S363, S502
Copper, Cu	S343, S363, S502
Manganese, Mn	S343, S363, S502
Selenium, Se	D3358, D3359, S363, S502
Vitamin A, IU	S363, S502
Vitamin A, RAE	S363, S502
Tocopherol, alpha	S502, S82
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82
Tocopherol, delta	S502, S82
Vitamin E	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502
Pantothenic acid	S363, S502
Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502
20:4 undifferentiated	S363, S502
22:6 n-3	S502
22:0	S363, S502
14:1	S363, S502
16:1 undifferentiated	S363, S502

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NDB No. 12586 Nuts, cashew nuts, oil roasted, with salt added

18:4	S502
20:1	S363, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S363, S502
17:0	S363, S502
24:0	S502
20:2 n-6 c,c	S363, S502
17:1	S363, S502
20:3 undifferentiated	S363, S502
15:1	S363, S502

NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Tocopherol, alpha	S77
Tocopherol, beta	S77

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NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77

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NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

13:0 S77

NDB No. 12643 Nuts, pecans, dry roasted, with salt added

Protein S85

Total lipid (fat) S85

Ash S85

Starch S85

Sucrose S85

Glucose (dextrose) S85

Fructose S85

Lactose S85

Maltose S85

Water S85

Fiber, total dietary S85

Calcium, Ca S85

Iron, Fe S85

Magnesium, Mg S85

Phosphorus, P S85

Potassium, K S85

Zinc, Zn S85

Copper, Cu S85

Manganese, Mn S85

Selenium, Se S85

Tocopherol, alpha S85

Tocopherol, beta S85

Tocopherol, gamma S85

Tocopherol, delta S85

Vitamin C, total ascorbic acid S85

Thiamin S85

Riboflavin S85

Niacin S85

Pantothenic acid S85

Vitamin B-6 S85

Folate, total S85

8:0 S85

10:0 S85

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NDB No. 12643 Nuts, pecans, dry roasted, with salt added

12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85

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NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin E	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85

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NDB No. 12644 Nuts, pecans, oil roasted, with salt added

22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86

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NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Sodium, Na	S101, S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Vitamin A, IU	S86
Tocopherol, alpha	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86

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NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

NDB No. 13231 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221

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NDB No. 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13235 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13236 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Iron, Fe	S221
Magnesium, Mg	S221

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NDB No. 13236 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Potassium, K	S221
Sodium, Na	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221

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NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221

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NDB No. 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221

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NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13482 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Ash	S221

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NDB No. 13482 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221

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NDB No. 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221

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NDB No. 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221

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NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted

20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13938 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221

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NDB No. 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw

14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted

Protein	S221
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NDB No. 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted

Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221

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NDB No. 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
12:0	S221

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NDB No. 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised

14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13945 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221

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NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13947 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, braised

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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NDB No. 13960 Beef, chuck, tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13961 Beef, chuck, tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221

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NDB No. 13961 Beef, chuck, tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13962 Beef, chuck, tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13963 Beef, chuck, tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221

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NDB No. 13963 Beef, chuck, tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13964 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
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NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221

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NDB No. 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw

18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221

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NDB No. 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

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NDB No. 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Sodium, Na	S221
Zinc, Zn	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221

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NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13984 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
12:0	S221

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NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13986 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Protein	S221
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NDB No. 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 14181 Chocolate syrup

Sugars, total	S5
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NDB No. 14196 Cocoa mix, with aspartame, powder

Sugars, total	S841
Fiber, total dietary	S841
Vitamin A, IU	S841

NDB No. 16114 Tempeh

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Energy	S39
Water	S39

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NDB No. 16114 Tempeh

Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Vitamin A, IU	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Vitamin B-12	S39
Cholesterol	S39
Fatty acids, total saturated	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39

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NDB No. 16114 Tempeh

Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39
24:0	S39
17:1	S39
20:3 undifferentiated	S39

NDB No. 16174 Tempeh, cooked

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18

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NDB No. 16174 Tempeh, cooked

18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18

NDB No. 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

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NDB No. 17335

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17340 Game meat, elk, loin, separable lean only, cooked, broiled

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

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NDB No. 17340 Game meat, elk, loin, separable lean only, cooked, broiled

Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17341 Game meat, elk, round, separable lean only, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3

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NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled

Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

NDB No. 17345

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3

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NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17347 Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

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NDB No. 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 19089 Ice creams, vanilla, rich

Sugars, total	D4481
Fiber, total dietary	D4481

NDB No. 19095 Ice creams, vanilla

Sucrose	D3315, D3316
Glucose (dextrose)	D3315, D3316
Fructose	D3315, D3316
Lactose	D3315, D3316
Maltose	D3315, D3316
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

NDB No. 19112 Candies, TWIZZLERS Strawberry Twists Candy

Protein	D4521
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NDB No. 19112 Candies, TWIZZLERS Strawberry Twists Candy

Total lipid (fat)	D4521
Carbohydrate, by difference	D4521
Energy	D4521
Sugars, total	D4521
Fiber, total dietary	D4521
Calcium, Ca	D4521
Iron, Fe	D4521
Sodium, Na	D4521
Vitamin A, IU	D4521
Vitamin C, total ascorbic acid	D4521
Cholesterol	D4521
Fatty acids, total saturated	D4521

NDB No. 19130 Candies, HERSHEY'S POT OF GOLD Almond Bar

Protein	D4521
Total lipid (fat)	D4521
Carbohydrate, by difference	D4521
Energy	D4521
Sugars, total	D4521
Fiber, total dietary	D4521
Calcium, Ca	D4521
Iron, Fe	D4521
Sodium, Na	D4521
Vitamin C, total ascorbic acid	D4521
Cholesterol	D4521
Fatty acids, total saturated	D4521

NDB No. 19142 Candies, MOUNDS Candy Bar

8:0	S5
10:0	S5
12:0	S5
14:0	S5
16:0	S5
18:0	S5
20:0	S5
22:0	S5

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NDB No. 19142 Candies, MOUNDS Candy Bar

14:1	S5
16:1 undifferentiated	S5
20:1	S5
15:0	S5
17:0	S5
17:1	S5

NDB No. 19155 Candies, M&M MARS, SNICKERS Bar

Tocopherol, alpha	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

NDB No. 19171 Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Protein	D4521
Total lipid (fat)	D4521
Carbohydrate, by difference	D4521
Energy	D4521
Sugars, total	D4521
Fiber, total dietary	D4521
Calcium, Ca	D4521
Iron, Fe	D4521
Sodium, Na	D4521
Vitamin A, IU	D4521
Vitamin C, total ascorbic acid	D4521
Cholesterol	D4521
Fatty acids, total saturated	D4521

NDB No. 19226 Frostings, chocolate, creamy, ready-to-eat

Tocopherol, alpha	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

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NDB No. 19345 Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Sugars, total	D4521
Sodium, Na	D4521
Vitamin A, IU	D4521
Vitamin C, total ascorbic acid	D4521
Cholesterol	D4521
Fatty acids, total saturated	D4521

NDB No. 20020 Cornmeal, whole-grain, yellow

Tocopherol, alpha	S84
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NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry

Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked

Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry

Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared

Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached

Tocopherol, alpha	S20, S82, S87
Tocopherol, beta	S20, S82, S87

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NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached

Tocopherol, gamma	S20, S82, S87
Tocopherol, delta	S20, S82, S87
Vitamin E	S20, S82, S87
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20082 Wheat flour, white, all-purpose, self-rising, enriched

Tocopherol, alpha	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Vitamin E	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20083 Wheat flour, white, bread, enriched

Tocopherol, alpha	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Vitamin E	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20084 Wheat flour, white, cake, enriched

Tocopherol, alpha	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Vitamin E	S20
Folate, total	S20
Folic acid	S20

NDB No. 20084 Wheat flour, white, cake, enriched

Folate, food S20

NDB No. 20100 Macaroni, cooked, enriched

Tocopherol, alpha S20

Tocopherol, beta S20

Tocopherol, gamma S20

Tocopherol, delta S20

Vitamin E S20

Folate, total S20

Folic acid S20

Folate, food S20

NDB No. 20121 Spaghetti, cooked, enriched, without added salt

Tocopherol, alpha S20

Tocopherol, beta S20

Tocopherol, gamma S20

Tocopherol, delta S20

Vitamin E S20

Folate, total S20

Folic acid S20

Folate, food S20

NDB No. 20321 Spaghetti, cooked, enriched, with added salt

Tocopherol, alpha S20

Tocopherol, beta S20

Tocopherol, gamma S20

Tocopherol, delta S20

Vitamin E S20

Folate, total S20

Folic acid S20

Folate, food S20

NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached

Tocopherol, alpha S20

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NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached

Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Vitamin E	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14

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NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
20:4 undifferentiated	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
20:1	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14

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NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Cholesterol	S14

NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14

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NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14

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NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14

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NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
20:4 undifferentiated	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
20:1	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14

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NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Cholesterol	S14

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NDB No. 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14

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NDB No. 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14

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NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
20:4 undifferentiated	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
20:1	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14

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NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14

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NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Vitamin B-12	S14
Cholesterol	S14

NDB No. 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14

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NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14

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NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
20:4 undifferentiated	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
20:1	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14

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NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14

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NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Cholesterol	S14

NDB No. 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14

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NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14

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NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
20:4 undifferentiated	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
20:1	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

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NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

NDB No. 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14

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NDB No. 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Cholesterol	S14

NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

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NDB No. 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Cholesterol	S14

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