

Reference Report

JUL-28-2003 12:06 PM

Page 1 of 1265

NDB No. 01001 Butter, salted

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

Reference Report

JUL-28-2003 12:06 PM

Page 2 of 1265

NDB No. 01001 Butter, salted

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

NDB No. 01009 Cheese, cheddar

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

NDB No. 01017 Cheese, cream

Vitamin K (phylloquinone)	D4002
---------------------------	-------

NDB No. 01026 Cheese, mozzarella, whole milk

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 3 of 1265

NDB No. 01026 Cheese, mozzarella, whole milk

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

Reference Report

JUL-28-2003 12:06 PM

Page 4 of 1265

NDB No. 01026 Cheese, mozzarella, whole milk

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

NDB No. 01028 Cheese, mozzarella, part skim milk

Calcium, Ca	S5
Sodium, Na	S5
Cholesterol	S5

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 5 of 1265

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

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

NDB No. 01032 Cheese, parmesan, grated

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 6 of 1265

NDB No. 01032 Cheese, parmesan, grated

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 7 of 1265

NDB No. 01032 Cheese, parmesan, grated

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

NDB No. 01040 Cheese, swiss

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 8 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 9 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 10 of 1265

NDB No. 01049 Cream, fluid, half and half

Vitamin K (phylloquinone) D4002

NDB No. 01056 Cream, sour, cultured

Vitamin K (phylloquinone) D4002

NDB No. 01069 Cream substitute, powdered

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

Tocopherol, delta S84

NDB No. 01077 Milk, whole, 3.25% milkfat

Protein S27

Ash S27

Sucrose S27

Glucose (dextrose) S27

Fructose S27

Lactose S27

Maltose S27

Water S27

Sugars, total S27

Galactose S27

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

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

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

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

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

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

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

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

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

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

Carotene, beta S1203, S27

Carotene, alpha S1203, S27

Vitamin E (alpha-tocopherol) S27

Reference Report

JUL-28-2003 12:06 PM

Page 11 of 1265

NDB No. 01077 Milk, whole, 3.25% milkfat

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

Reference Report

JUL-28-2003 12:06 PM

Page 12 of 1265

NDB No. 01077 Milk, whole, 3.25% milkfat

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 13 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 14 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 15 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 16 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 17 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 18 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 19 of 1265

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

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

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

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

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

Vitamin K (phylloquinone)	D4002, D4043
---------------------------	--------------

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

Vitamin K (phylloquinone)	D4002, D4043
---------------------------	--------------

NDB No. 01123 Egg, whole, raw, fresh

Protein	S1063, S561
Total lipid (fat)	S1063, S561
Ash	S1063, S561
Sucrose	S1063, S561
Glucose (dextrose)	S1063, S561
Fructose	S1063, S561
Lactose	S1063, S561
Maltose	S1063, S561
Water	S1063, S561
Sugars, total	S1063, S561
Galactose	S1063, S561
Fiber, total dietary	S1063
Calcium, Ca	S1063, S561
Iron, Fe	S1063, S561
Magnesium, Mg	S1063, S561
Phosphorus, P	S1063, S561

NDB No. 01123 Egg, whole, raw, fresh

Potassium, K	S1063, S561
Sodium, Na	S1063, S561
Zinc, Zn	S1063, S561
Copper, Cu	S1063, S561
Manganese, Mn	S1063, S561
Selenium, Se	S1063
Retinol	S1063, S561
Carotene, beta	S1063, S1203
Carotene, alpha	S1063, S1203
Vitamin E (alpha-tocopherol)	S1063, S561
Vitamin D	S1063, S561
Cryptoxanthin, beta	S1063, S1203
Lycopene	S1063, S1203
Tocopherol, beta	S1063, S561
Tocopherol, gamma	S1063, S561
Tocopherol, delta	S1063, S561
Vitamin C, total ascorbic acid	S1063, S561
Thiamin	S1063, S561
Riboflavin	S1063, S561
Niacin	S1063
Pantothenic acid	S1063, S561
Vitamin B-6	S1063
Folate, total	S1063, S561
Vitamin B-12	S1063, S561
Vitamin K (phylloquinone)	S1063, S561
Cholesterol	S1063, S561

NDB No. 01124 Egg, white, raw, fresh

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

Reference Report

JUL-28-2003 12:06 PM

Page 21 of 1265

NDB No. 01124 Egg, white, raw, fresh

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

Reference Report

JUL-28-2003 12:06 PM

Page 22 of 1265

NDB No. 01124 Egg, white, raw, fresh

Glycine	S1065
Proline	S1065
Serine	S1065

NDB No. 01125 Egg, yolk, raw, fresh

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Sugars, total	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Vitamin D	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 23 of 1265

NDB No. 01125 Egg, yolk, raw, fresh

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

NDB No. 01128 Egg, whole, cooked, fried

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

NDB No. 01128 Egg, whole, cooked, fried

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

NDB No. 01130 Egg, whole, cooked, omelet

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

NDB No. 01131 Egg, whole, cooked, poached

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

Reference Report

JUL-28-2003 12:06 PM

Page 25 of 1265

NDB No. 01131 Egg, whole, cooked, poached

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

NDB No. 01145 Butter, without salt

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin B-12	S405
Vitamin K (phylloquinone)	D4002
Cholesterol	S27
4:0	S27
6:0	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27

Reference Report

JUL-28-2003 12:06 PM

Page 26 of 1265

NDB No. 01145 Butter, without salt

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

NDB No. 02001 Spices, allspice, ground

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

NDB No. 02002 Spices, anise seed

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

NDB No. 02003 Spices, basil, dried

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069

Reference_Report

NDB No. 02003 Spices, basil, dried

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

NDB No. 02004 Spices, bay leaf

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

NDB No. 02005 Spices, caraway seed

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

NDB No. 02006 Spices, cardamom

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

NDB No. 02007 Spices, celery seed

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

NDB No. 02008 Spices, chervil, dried

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

NDB No. 02009 Spices, chili powder

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 28 of 1265

NDB No. 02009 Spices, chili powder

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

NDB No. 02010 Spices, cinnamon, ground

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

Reference Report

JUL-28-2003 12:06 PM

Page 29 of 1265

NDB No. 02010 Spices, cinnamon, ground

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

NDB No. 02011 Spices, cloves, ground

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

NDB No. 02012 Spices, coriander leaf, dried

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

NDB No. 02014 Spices, cumin seed

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

NDB No. 02015 Spices, curry powder

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069

NDB No. 02015 Spices, curry powder

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

NDB No. 02016 Spices, dill seed

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

NDB No. 02017 Spices, dill weed, dried

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

NDB No. 02018 Spices, fennel seed

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

NDB No. 02019 Spices, fenugreek seed

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

NDB No. 02020 Spices, garlic powder

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

Reference_Report

NDB No. 02020 Spices, garlic powder

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

NDB No. 02021 Spices, ginger, ground

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

NDB No. 02022 Spices, mace, ground

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

NDB No. 02023 Spices, marjoram, dried

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

NDB No. 02024 Spices, mustard seed, yellow

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069

NDB No. 02024 Spices, mustard seed, yellow

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

NDB No. 02025 Spices, nutmeg, ground

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

NDB No. 02026 Spices, onion powder

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

Reference Report

JUL-28-2003 12:06 PM

Page 33 of 1265

NDB No. 02027 Spices, oregano, dried

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

NDB No. 02028 Spices, paprika

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

Reference Report

JUL-28-2003 12:06 PM

Page 34 of 1265

NDB No. 02029 Spices, parsley, dried

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

NDB No. 02030 Spices, pepper, black

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

NDB No. 02031 Spices, pepper, red or cayenne

Reference_Report

NDB No. 02031 Spices, pepper, red or cayenne

Vitamin B-6 D4381

NDB No. 02032 Spices, pepper, white

Vitamin B-6 D4381

NDB No. 02033 Spices, poppy seed

Vitamin A, IU S1069

Vitamin A, RAE S1069

Carotene, beta S1069

Carotene, alpha S1069

Vitamin E (alpha-tocopherol) S1069

Cryptoxanthin, beta S1069

Lycopene S1069

Lutein + zeaxanthin S1069

Tocopherol, beta S1069

Tocopherol, gamma S1069

Tocopherol, delta S1069

Vitamin K (phylloquinone) S1069

NDB No. 02034 Spices, poultry seasoning

Vitamin B-6 D4381

NDB No. 02035 Spices, pumpkin pie spice

Vitamin B-6 D4381

NDB No. 02036 Spices, rosemary, dried

Vitamin B-6 D4381

NDB No. 02037 Spices, saffron

Vitamin B-6 D4381

NDB No. 02038 Spices, sage, ground

Reference Report

JUL-28-2003 12:06 PM

Page 36 of 1265

NDB No. 02038 Spices, sage, ground

Vitamin B-6 D4381

NDB No. 02039 Spices, savory, ground

Vitamin B-6 D4381

NDB No. 02041 Spices, tarragon, dried

Vitamin B-6 D4381

NDB No. 02042 Spices, thyme, dried

Vitamin B-6 D4381

NDB No. 02043 Spices, turmeric, ground

Sucrose S1069

Glucose (dextrose) S1069

Fructose S1069

Lactose S1069

Maltose S1069

Sugars, total S1069

Galactose S1069

Vitamin A, IU S1069

Vitamin A, RAE S1069

Carotene, beta S1069

Carotene, alpha S1069

Vitamin E (alpha-tocopherol) S1069

Cryptoxanthin, beta S1069

Lycopene S1069

Lutein + zeaxanthin S1069

Tocopherol, beta S1069

Tocopherol, gamma S1069

Tocopherol, delta S1069

Vitamin K (phylloquinone) S1069

NDB No. 02044 Basil, fresh

Sugars, total S1069

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 37 of 1265

NDB No. 02044 Basil, fresh

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

NDB No. 02046 Mustard, prepared, yellow

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

NDB No. 02049 Thyme, fresh

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

NDB No. 02050 Vanilla extract

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

NDB No. 02053 Vinegar, distilled

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

NDB No. 02054 Capers, canned

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

NDB No. 02055 Horseradish, prepared

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 38 of 1265

NDB No. 02055 Horseradish, prepared

Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 04002 Lard

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 39 of 1265

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

Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

Reference Report

JUL-28-2003 12:06 PM

Page 40 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 41 of 1265

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

18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:1	S19

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 42 of 1265

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

Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 43 of 1265

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

Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Cholesterol	S19
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 44 of 1265

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

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

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

Total lipid (fat)	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Vitamin K (phylloquinone)	D4002, D4072
Cholesterol	S22
4:0	S22
6:0	S22
8:0	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
20:0	S22
20:4 undifferentiated	S22
22:6 n-3	S22

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 45 of 1265

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

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

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

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 46 of 1265

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

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

NDB No. 04037 Oil, vegetable, rice bran

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

NDB No. 04038 Oil, wheat germ

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

NDB No. 04042 Oil, peanut, salad or cooking

Vitamin E (alpha-tocopherol) S87

Tocopherol, beta S87

Tocopherol, gamma S87

Tocopherol, delta S87

Vitamin K (phylloquinone) D4050, D4051

NDB No. 04044 Oil, soybean, salad or cooking

Vitamin E (alpha-tocopherol) S87

Vitamin K (phylloquinone) D4042, D4051, D4071, D4072, D4074, D4077

NDB No. 04047 Vegetable oil, coconut

Carotene, beta D3920

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

Tocopherol, delta S84

Vitamin K (phylloquinone) D4050

NDB No. 04053 Oil, olive, salad or cooking

Protein S19

Ash S19

Water S19

Calcium, Ca S19

Iron, Fe S19

Reference Report

JUL-28-2003 12:06 PM

Page 47 of 1265

NDB No. 04053 Oil, olive, salad or cooking

Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19

Reference Report

JUL-28-2003 12:06 PM

Page 48 of 1265

NDB No. 04053 Oil, olive, salad or cooking

17:1 S19

NDB No. 04055 Oil, vegetable, palm

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

NDB No. 04058 Oil, sesame, salad or cooking

Vitamin K (phylloquinone) D4050, D4051

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 49 of 1265

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

Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19

Reference Report

JUL-28-2003 12:06 PM

Page 50 of 1265

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

22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19
15:1	S19

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 51 of 1265

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

Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 52 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 53 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 54 of 1265

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

Riboflavin	S19
Niacin	S19
Vitamin B-6	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:1	S19

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 55 of 1265

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

Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19
15:1	S19

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

Protein	S19
---------	-----

Reference Report

JUL-28-2003 12:06 PM

Page 56 of 1265

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

Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19

Reference Report

JUL-28-2003 12:06 PM

Page 57 of 1265

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

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

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

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19

Reference Report

JUL-28-2003 12:06 PM

Page 58 of 1265

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

Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Folate, total	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
24:0	S19
20:2 n-6 c,c	S19
17:1	S19

NDB No. 04501 Oil, vegetable, cocoa butter

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

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

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

NDB No. 04506 Oil, vegetable, sunflower, linoleic, (60% and over)

Vitamin E (alpha-tocopherol) S84

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 59 of 1265

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

Vitamin K (phylloquinone) D4048, D4050, D4051

NDB No. 04513 Vegetable oil, palm kernel

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

NDB No. 04518 Oil, vegetable corn, salad or cooking

Vitamin K (phylloquinone) D4043, D4051, D4072, D4073

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

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

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

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

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

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

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

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

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

Total lipid (fat) S87

Reference Report

JUL-28-2003 12:06 PM

Page 60 of 1265

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

Water S81

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

Total lipid (fat) S87

Water S81

Vitamin E (alpha-tocopherol) S81, S87

Tocopherol, beta S87

Tocopherol, gamma S81, S87

Tocopherol, delta S81, S87

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

Total lipid (fat) S87

Water S81

Vitamin E (alpha-tocopherol) S81, S87

Tocopherol, beta S87

Tocopherol, gamma S81, S87

Tocopherol, delta S81, S87

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

Total lipid (fat) S87

Water S81

Vitamin E (alpha-tocopherol) S81, S87

Tocopherol, beta S87

Tocopherol, gamma S81, S87

Tocopherol, delta S81, S87

NDB No. 04582 Vegetable oil, canola

Vitamin E (alpha-tocopherol) S82, S87

Tocopherol, beta S82, S87

Tocopherol, gamma S82, S87

Tocopherol, delta S82, S87

Vitamin K (phyloquinone) D4042, D4051, D4071, D4072

NDB No. 04584 Vegetable oil, sunflower, oleic (70% and over)

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 61 of 1265

NDB No. 04584 Vegetable oil, sunflower, oleic (70% and over)

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

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

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

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

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

NDB No. 04588 Vegetable oil, oat

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

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

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18

Reference Report

JUL-28-2003 12:06 PM

Page 62 of 1265

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 63 of 1265

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

Total lipid (fat)	S19
Water	S19
Vitamin K (phylloquinone)	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19
22:0	S19
14:1	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

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

Total lipid (fat)	S19
Water	S19
Vitamin K (phylloquinone)	S19

Reference Report

JUL-28-2003 12:06 PM

Page 64 of 1265

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

Cholesterol	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19
22:0	S19
14:1	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

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

Vitamin K (phylloquinone)	S19
---------------------------	-----

NDB No. 04615 Shortening, household, composite

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 65 of 1265

NDB No. 04615 Shortening, household, composite

Tocopherol, delta S81, S87

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

Vitamin K (phylloquinone) S19

NDB No. 04620 Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Vitamin K (phylloquinone) S19

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

Vitamin K (phylloquinone) S20

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

Protein S18

Total lipid (fat) S18

Ash S18

Water S18

Calcium, Ca S18

Iron, Fe S18

Magnesium, Mg S18

Phosphorus, P S18

Potassium, K S18

Sodium, Na S18

Zinc, Zn S18

Vitamin E (alpha-tocopherol) S18

Thiamin S18

Riboflavin S18

Niacin S18

Pantothenic acid S18

Vitamin B-6 S18

Folate, total S18

Vitamin K (phylloquinone) S18

Cholesterol S18

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 66 of 1265

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 67 of 1265

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

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Manganese, Mn	S18
Thiamin	S18
Riboflavin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Cholesterol	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
16:1 t	S18

Reference Report

JUL-28-2003 12:06 PM

Page 68 of 1265

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

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
Vitamin E (alpha-tocopherol)	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
4:0	S19
6:0	S19

Reference Report

JUL-28-2003 12:06 PM

Page 69 of 1265

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

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
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 70 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 71 of 1265

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

Stigmasterol	S20
Campesterol	S20
Beta-sitosterol	S20
18:1 t	S20
18:1 c	S20
18:2 n-6 c,c	S20
18:3 n-3 c,c,c	S20

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 72 of 1265

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

Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
17:0	S19
24:0	S19
20:2 n-6 c,c	S19
17:1	S19

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 73 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 74 of 1265

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

22:1 undifferentiated	S19
15:0	S19
17:0	S19
17:1	S19
20:3 undifferentiated	S19
13:0	S19

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 75 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 76 of 1265

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

Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26

Reference Report

JUL-28-2003 12:06 PM

Page 77 of 1265

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

22:6 n-3	S26
22:0	S26
14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 78 of 1265

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

Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26

Reference Report

JUL-28-2003 12:06 PM

Page 79 of 1265

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

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

NDB No. 04641 Salad dressing, mayonnaise, light

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

Reference Report

JUL-28-2003 12:06 PM

Page 80 of 1265

NDB No. 04641 Salad dressing, mayonnaise, light

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

Reference Report

JUL-28-2003 12:06 PM

Page 81 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 82 of 1265

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

10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 83 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 84 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 85 of 1265

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

Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 86 of 1265

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

18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

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

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 87 of 1265

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

Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082, S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 88 of 1265

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

14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 89 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 90 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 91 of 1265

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

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

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

Protein	S1581
Total lipid (fat)	S1581

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 92 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 93 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 94 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 95 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 96 of 1265

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

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

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

Protein	S1581
---------	-------

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 97 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 98 of 1265

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

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

NDB No. 05623 Emu, fan fillet, raw

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 99 of 1265

NDB No. 05623 Emu, fan fillet, raw

monounsaturated

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

Protein	D4281, D4282
Total lipid (fat)	D4281, D4282

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 100 of 1265

NDB No. 05626 Emu, full rump, raw

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 101 of 1265

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

Reference Report

JUL-28-2003 12:06 PM

Page 102 of 1265

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

Reference Report

JUL-28-2003 12:06 PM

Page 103 of 1265

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
---------	-------

Reference Report

JUL-28-2003 12:06 PM

Page 104 of 1265

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 105 of 1265

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

Reference Report

JUL-28-2003 12:06 PM

Page 106 of 1265

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

Total lipid (fat) D4301

Ash D4301

Water D4301

Calcium, Ca D4301

Iron, Fe D4301

Sodium, Na D4301

Cholesterol D4301

12:0 D4301

14:0 D4301

16:0 D4301

18:0 D4301

18:1 undifferentiated D4301

18:2 undifferentiated D4301

18:3 undifferentiated D4301

20:4 undifferentiated D4301

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 107 of 1265

NDB No. 05646 Ostrich, inside strip, raw

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

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 108 of 1265

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

Reference Report

JUL-28-2003 12:06 PM

Page 109 of 1265

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 110 of 1265

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 111 of 1265

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 112 of 1265

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 113 of 1265

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. 05661 Chicken, liver, all classes, cooked, pan-fried

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

Reference Report

JUL-28-2003 12:06 PM

Page 114 of 1265

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

Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 115 of 1265

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

14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

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

Carotene, beta	S405
Carotene, alpha	S405

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

Carotene, beta	S995
Carotene, alpha	S995
Cryptoxanthin, beta	S995
Lycopene	S995
Lutein + zeaxanthin	S995

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

Carotene, beta	S995
Carotene, alpha	S995
Cryptoxanthin, beta	S995
Lycopene	S995
Lutein + zeaxanthin	S995

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

Carotene, beta	S995
Carotene, alpha	S995

Reference Report

JUL-28-2003 12:06 PM

Page 116 of 1265

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

Cryptoxanthin, beta	S995
Lycopene	S995
Lutein + zeaxanthin	S995

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

Carotene, beta	S995
Carotene, alpha	S995
Cryptoxanthin, beta	S995
Lycopene	S995
Lutein + zeaxanthin	S995

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

Carotene, beta	S405
----------------	------

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

Carotene, beta	S995
Carotene, alpha	S995
Cryptoxanthin, beta	S995
Lycopene	S995
Lutein + zeaxanthin	S995

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

Protein	S222
Total lipid (fat)	S222
Carbohydrate, by difference	S222
Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222

Reference Report

JUL-28-2003 12:06 PM

Page 117 of 1265

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

Magnesium, Mg	S222
Phosphorus, P	S222
Potassium, K	S222
Sodium, Na	S222
Zinc, Zn	S222
Copper, Cu	S222
Manganese, Mn	S222
Selenium, Se	S222
Vitamin A, IU	S222
Vitamin C, total ascorbic acid	S222
Thiamin	S222
Riboflavin	S222
Niacin	S222
Pantothenic acid	S222
Vitamin B-6	S222
Folate, total	S222
Vitamin B-12	S222
Cholesterol	S222
Fatty acids, total saturated	S222
4:0	S222
6:0	S222
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

Reference Report

JUL-28-2003 12:06 PM

Page 118 of 1265

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

22:5 n-3	S222
Fatty acids, total monounsaturated	S222
Fatty acids, total polyunsaturated	S222

NDB No. 07004 Sausage, Berliner, pork, beef

Caffeine	S248
Sugars, total	S248
Vitamin D	S248

NDB No. 07005 Blood sausage

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

Reference Report

JUL-28-2003 12:06 PM

Page 119 of 1265

NDB No. 07005 Blood sausage

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

Reference Report

JUL-28-2003 12:06 PM

Page 120 of 1265

NDB No. 07005 Blood sausage

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

NDB No. 07006 Bockwurst, pork, veal, raw

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
Vitamin C, total ascorbic acid	S247
Cholesterol	S247
Fatty acids, total saturated	S247
Fatty acids, total monounsaturated	S247
Fatty acids, total polyunsaturated	S247

NDB No. 07007 Bologna, beef

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 121 of 1265

NDB No. 07007 Bologna, beef

Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 122 of 1265

NDB No. 07007 Bologna, beef

18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

NDB No. 07008 Bologna, beef and pork

Protein	S238
Total lipid (fat)	S238
Ash	S238
Water	S238
Sugars, total	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Iron, Fe	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Potassium, K	S238
Sodium, Na	S238
Zinc, Zn	S238
Copper, Cu	S238
Vitamin A, IU	S238
Vitamin D	S238
Vitamin C, total ascorbic acid	S238
Thiamin	S238

Reference_Report

NDB No. 07008 Bologna, beef and pork

Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S238

NDB No. 07011 Bologna, turkey

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

NDB No. 07013 Bratwurst, pork, cooked

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

Reference Report

JUL-28-2003 12:06 PM

Page 124 of 1265

NDB No. 07013 Bratwurst, pork, cooked

Folate, total	S242
Cholesterol	S242, S281
Fatty acids, total saturated	S242, S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

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

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

NDB No. 07015 Brotwurst, pork, beef, link

Protein	S248
Total lipid (fat)	S248
Ash	S248
Water	S248
Caffeine	S248
Sugars, total	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248
Potassium, K	S248
Sodium, Na	S248

Reference Report

JUL-28-2003 12:06 PM

Page 125 of 1265

NDB No. 07015 Brotwurst, pork, beef, link

Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248
Niacin	S248
Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248
Vitamin B-12	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248

Reference Report

JUL-28-2003 12:06 PM

Page 126 of 1265

NDB No. 07015 Brotwurst, pork, beef, link

10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

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

Protein	S248
Total lipid (fat)	S248
Ash	S248
Water	S248
Caffeine	S248
Sugars, total	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248
Potassium, K	S248
Sodium, Na	S248
Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 127 of 1265

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

Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248
Niacin	S248
Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248
Vitamin B-12	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248

Reference Report

JUL-28-2003 12:06 PM

Page 128 of 1265

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

16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

NDB No. 07017 Chicken roll, light meat

Caffeine	S248
----------	------

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
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 129 of 1265

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

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

NDB No. 07022 Frankfurter, beef

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

Reference Report

JUL-28-2003 12:06 PM

Page 130 of 1265

NDB No. 07022 Frankfurter, beef

Vitamin B-12	S21
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
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
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 131 of 1265

NDB No. 07023 Frankfurter, beef and pork

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

NDB No. 07029 Ham, sliced, regular (approximately 11% fat)

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

NDB No. 07035 Honey loaf, pork, beef

Caffeine	S248
Vitamin D	S248

NDB No. 07038 Knackwurst, knockwurst, pork, beef

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

NDB No. 07039 Lebanon bologna, beef

Protein	S244
Total lipid (fat)	S244
Ash	S244
Energy	S244
Water	S244
Caffeine	S244

Reference Report

JUL-28-2003 12:06 PM

Page 132 of 1265

NDB No. 07039 Lebanon bologna, beef

Fiber, total dietary	S244
Calcium, Ca	S244
Iron, Fe	S244
Magnesium, Mg	S244
Phosphorus, P	S244
Potassium, K	S244
Sodium, Na	S244
Zinc, Zn	S244
Copper, Cu	S244
Manganese, Mn	S244
Selenium, Se	S244
Vitamin A, IU	S244
Vitamin C, total ascorbic acid	S244
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

Protein	S248
Total lipid (fat)	S248
Carbohydrate, by difference	S248
Ash	S248
Energy	S248
Water	S248
Caffeine	S248
Energy	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248

Reference Report

JUL-28-2003 12:06 PM

Page 133 of 1265

NDB No. 07056 Peppered loaf, pork, beef

Potassium, K	S248
Sodium, Na	S248
Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248
Niacin	S248
Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248
Vitamin B-12	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248

Reference Report

JUL-28-2003 12:06 PM

Page 134 of 1265

NDB No. 07056 Peppered loaf, pork, beef

Fatty acids, total monounsaturated S248

Fatty acids, total polyunsaturated S248

NDB No. 07057 Pepperoni, pork, beef

Protein S281

Total lipid (fat) S281

Ash S281

Water S281

Sugars, total S238

Fiber, total dietary S235, S238

Calcium, Ca S235, S238

Iron, Fe S235, S238

Magnesium, Mg S238

Phosphorus, P S235, S238

Potassium, K S235, S238

Sodium, Na S281

Zinc, Zn S238

Copper, Cu S238

Vitamin A, IU S281

Vitamin D S238

Vitamin C, total ascorbic acid S235, S238

Thiamin S235, S238

Riboflavin S235, S238

Niacin S235, S238

Pantothenic acid S238

Vitamin B-6 S238

Folate, total S238

Vitamin B-12 S238

Cholesterol S281

18:0 S238

NDB No. 07063 Pork sausage, fresh, raw

Protein S1164, S582

Total lipid (fat) S1164, S582

Ash S1164, S582

NDB No. 07063 Pork sausage, fresh, raw

Water	S1164, S582
Calcium, Ca	S1164, S582
Iron, Fe	S1164, S582
Magnesium, Mg	S1164, S582
Phosphorus, P	S1164, S582
Potassium, K	S1164, S582
Sodium, Na	S1164, S582
Zinc, Zn	S1164, S582
Copper, Cu	S1164, S582
Manganese, Mn	S1164, S582
Selenium, Se	S1164, S582
Retinol	S1164, S582
Carotene, beta	S1164, S582
Carotene, alpha	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S582
Lycopene	S1164, S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164, S582
Thiamin	S1164, S582
Riboflavin	S1164, S582
Niacin	S1164, S582
Pantothenic acid	S1164, S582
Vitamin B-6	S1164, S582
Folate, total	S1164
Vitamin B-12	S1164, S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164, S582
Threonine	S1164, S582
Isoleucine	S1164, S582
Leucine	S1164, S582
Lysine	S1164, S582
Methionine	S1164, S582
Cystine	S1164, S582
Phenylalanine	S1164, S582

NDB No. 07063 Pork sausage, fresh, raw

Tyrosine	S1164, S582
Valine	S1164, S582
Arginine	S1164, S582
Histidine	S1164, S582
Alanine	S1164, S582
Aspartic acid	S1164, S582
Glutamic acid	S1164, S582
Glycine	S1164, S582
Proline	S1164, S582
Serine	S1164, S582
Hydroxyproline	S1164, S582
Cholesterol	S1164, S582
Fatty acids, total trans	S1164, S582
Fatty acids, total saturated	S1164, S582
8:0	S1164, S582
10:0	S1164, S582
12:0	S1164, S582
14:0	S1164, S582
16:0	S1164, S582
18:0	S1164, S582
20:0	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
20:4 undifferentiated	S1164, S582
22:0	S1164, S582
14:1	S1164, S582
16:1 undifferentiated	S1164, S582
20:1	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
15:0	S1164, S582
17:0	S1164, S582
20:2 n-6 c,c	S1164, S582
18:3 n-6 c,c,c	S1164, S582
20:3 undifferentiated	S1164, S582
15:1	S1164, S582
18:3 n-3 c,c,c	S1164, S582

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 137 of 1265

NDB No. 07064 Pork sausage, fresh, cooked

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 138 of 1265

NDB No. 07064 Pork sausage, fresh, cooked

Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 139 of 1265

NDB No. 07064 Pork sausage, fresh, cooked

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

NDB No. 07068 Salami, cooked, beef

Protein	S1041
Total lipid (fat)	S1041
Carbohydrate, by difference	S1041
Ash	S1041
Energy	S1041
Water	S1041
Sugars, total	S1041
Fiber, total dietary	S1041
Calcium, Ca	S1041
Iron, Fe	S1041
Magnesium, Mg	S1041
Phosphorus, P	S1041
Potassium, K	S1041
Sodium, Na	S1041
Zinc, Zn	S1041
Copper, Cu	S1041
Vitamin C, total ascorbic acid	S1041
Cholesterol	S1041
12:0	S1041
14:0	S1041
16:0	S1041
18:0	S1041
18:1 undifferentiated	S1041
18:2 undifferentiated	S1041
18:3 undifferentiated	S1041
16:1 undifferentiated	S1041

NDB No. 07070 Salami, cooked, turkey

Protein	S238
Total lipid (fat)	S238

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 140 of 1265

NDB No. 07070 Salami, cooked, turkey

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

NDB No. 07075 Sausage, smoked link sausage, pork and beef

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 141 of 1265

NDB No. 07075 Sausage, smoked link sausage, pork and beef

Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 142 of 1265

NDB No. 07075 Sausage, smoked link sausage, pork and beef

20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

NDB No. 07079 Turkey breast meat

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

NDB No. 07080 Turkey ham, cured turkey thigh meat

Protein	S227
Total lipid (fat)	S227
Water	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227

Reference Report

JUL-28-2003 12:06 PM

Page 143 of 1265

NDB No. 07080 Turkey ham, cured turkey thigh meat

Vitamin A, IU	S227
Cholesterol	S227
Fatty acids, total saturated	S227
Fatty acids, total monounsaturated	S227
Fatty acids, total polyunsaturated	S227

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

Reference Report

JUL-28-2003 12:06 PM

Page 144 of 1265

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

Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 145 of 1265

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. 07230 OSCAR MAYER, Salami (hard)

Protein	S281
Total lipid (fat)	S281
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

Reference Report

JUL-28-2003 12:06 PM

Page 146 of 1265

NDB No. 07233 OSCAR MAYER, Smokies (beef)

Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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

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

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

Total lipid (fat)	S21
Ash	S21
Starch	S21
Water	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 147 of 1265

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

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
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 148 of 1265

NDB No. 07255 LOUIS RICH, Turkey Bologna

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
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

Reference Report

JUL-28-2003 12:06 PM

Page 149 of 1265

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

Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S281
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259, S281
Carotene, beta	S259, S281
Carotene, alpha	S259, S281
Cryptoxanthin, beta	S259, S281
Lycopene	S259, S281
Lutein + zeaxanthin	S259, S281
Vitamin C, total ascorbic acid	S259
Cholesterol	S281
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

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

Caffeine	S259
Theobromine	S259
Fiber, total dietary	S259
Carotene, beta	S259
Carotene, alpha	S259
Cryptoxanthin, beta	S259
Lycopene	S259
Lutein + zeaxanthin	S259
Cholesterol	S259
12:0	S259
14:0	S259

Reference Report

JUL-28-2003 12:06 PM

Page 150 of 1265

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

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

NDB No. 07278 HORMEL Pillow Pak Sliced Turkey Pepperoni

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

Reference Report

JUL-28-2003 12:06 PM

Page 151 of 1265

NDB No. 07278 HORMEL Pillow Pak Sliced Turkey Pepperoni

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

NDB No. 07279 HORMEL WRANGLER Beef Franks

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 152 of 1265

NDB No. 07910 Bratwurst, veal, cooked

Protein	S245
Total lipid (fat)	S245
Carbohydrate, by difference	S245
Ash	S245
Energy	S245
Water	S245
Caffeine	S245
Theobromine	S245
Sugars, total	S245
Fiber, total dietary	S245
Calcium, Ca	S245
Iron, Fe	S245
Magnesium, Mg	S245
Phosphorus, P	S245
Potassium, K	S245
Sodium, Na	S245
Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Vitamin A, RAE	S245
Carotene, beta	S245
Carotene, alpha	S245
Cryptoxanthin, beta	S245
Lycopene	S245
Lutein + zeaxanthin	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245
Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
18:0	S245
Fatty acids, total monounsaturated	S245

Reference_Report

NDB No. 07910 Bratwurst, veal, cooked

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

Caffeine S226

Theobromine S226

Sugars, total S226

Fiber, total dietary S226

Calcium, Ca S226

Iron, Fe S226

Sodium, Na S226

Vitamin A, IU S226

Vitamin A, RAE S226

Carotene, beta S226

Carotene, alpha S226

Cryptoxanthin, beta S226

Lycopene S226

Lutein + zeaxanthin S226

Vitamin C, total ascorbic acid S226

Cholesterol S226

Fatty acids, total saturated S226

NDB No. 07912 Roast beef spread

Protein S226

Total lipid (fat) S226

Carbohydrate, by difference S226

Ash S226

Energy S226

Water S226

Caffeine S226

Theobromine S226

Reference Report

JUL-28-2003 12:06 PM

Page 154 of 1265

NDB No. 07912 Roast beef spread

Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Vitamin A, RAE	S226
Carotene, beta	S226
Carotene, alpha	S226
Cryptoxanthin, beta	S226
Lycopene	S226
Lutein + zeaxanthin	S226
Vitamin C, total ascorbic acid	S226
Cholesterol	S226
Fatty acids, total saturated	S226
4:0	S226

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

Protein	S238
Total lipid (fat)	S238
Carbohydrate, by difference	S238
Ash	S238
Energy	S238
Water	S238
Caffeine	S238
Theobromine	S238
Sugars, total	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Iron, Fe	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Potassium, K	S238
Sodium, Na	S238
Zinc, Zn	S238
Copper, Cu	S238

Reference Report

JUL-28-2003 12:06 PM

Page 155 of 1265

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

Vitamin A, IU	S238
Vitamin A, RAE	S238
Carotene, beta	S238
Carotene, alpha	S238
Vitamin D	S238
Cryptoxanthin, beta	S238
Lycopene	S238
Lutein + zeaxanthin	S238
Vitamin C, total ascorbic acid	S238
Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S238
Fatty acids, total saturated	S238
18:0	S238
Fatty acids, total monounsaturated	S238
Fatty acids, total polyunsaturated	S238

NDB No. 07914 Sausage, Italian, sweet, links

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 156 of 1265

NDB No. 07914 Sausage, Italian, sweet, links

Carotene, beta	S252
Carotene, alpha	S252
Cryptoxanthin, beta	S252
Lycopene	S252
Lutein + zeaxanthin	S252

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

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

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

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242

Reference Report

JUL-28-2003 12:06 PM

Page 157 of 1265

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

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
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Fatty acids, total saturated	S242

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

Protein	S242
Total lipid (fat)	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, RAE	S242
Carotene, beta	S242
Carotene, alpha	S242

Reference Report

JUL-28-2003 12:06 PM

Page 158 of 1265

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

Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

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

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

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

Protein	S252
Total lipid (fat)	S252
Carbohydrate, by difference	S252
Ash	S252

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 159 of 1265

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

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
Carotene, beta	S252
Carotene, alpha	S252
Cryptoxanthin, beta	S252
Lycopene	S252
Lutein + zeaxanthin	S252

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

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242

Reference Report

JUL-28-2003 12:06 PM

Page 160 of 1265

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

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
Carotene, beta	S228
Carotene, alpha	S228
Cryptoxanthin, beta	S228
Lycopene	S228
Lutein + zeaxanthin	S228
Cholesterol	S228
Fatty acids, total saturated	S228
Fatty acids, total monounsaturated	S228
Fatty acids, total polyunsaturated	S228

NDB No. 07922 Bratwurst, beef and pork, smoked

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 161 of 1265

NDB No. 07922 Bratwurst, beef and pork, smoked

Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

NDB No. 07923 Bratwurst, chicken, cooked

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

Reference Report

JUL-28-2003 12:06 PM

Page 162 of 1265

NDB No. 07923 Bratwurst, chicken, cooked

Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Carotene, beta	S245
Carotene, alpha	S245
Cryptoxanthin, beta	S245
Lycopene	S245
Lutein + zeaxanthin	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245
Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
Fatty acids, total monounsaturated	S245
Fatty acids, total polyunsaturated	S245

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 163 of 1265

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

Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

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

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

NDB No. 07926 Salami, Italian, pork

Reference Report

JUL-28-2003 12:06 PM

Page 164 of 1265

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
Iron, Fe	S228
Potassium, K	S228
Sodium, Na	S228
Carotene, beta	S228
Carotene, alpha	S228
Cryptoxanthin, beta	S228
Lycopene	S228
Lutein + zeaxanthin	S228
Vitamin C, total ascorbic acid	S228
Cholesterol	S228
Fatty acids, total saturated	S228
Fatty acids, total monounsaturated	S228
Fatty acids, total polyunsaturated	S228

NDB No. 07927 Sausage, Italian, turkey, smoked

Protein	S227
Total lipid (fat)	S227
Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 165 of 1265

NDB No. 07927 Sausage, Italian, turkey, smoked

Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227

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

Protein	S225
Total lipid (fat)	S225
Carbohydrate, by difference	S225
Ash	S225
Energy	S225
Water	S225
Caffeine	S225
Theobromine	S225
Sugars, total	S225
Fiber, total dietary	S225
Calcium, Ca	S225
Iron, Fe	S225
Sodium, Na	S225
Carotene, beta	S225
Carotene, alpha	S225
Cryptoxanthin, beta	S225
Lycopene	S225
Lutein + zeaxanthin	S225
Vitamin C, total ascorbic acid	S225
Cholesterol	S225
Fatty acids, total saturated	S225

NDB No. 07929 Sausage, turkey, hot, smoked

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 166 of 1265

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
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227

NDB No. 07930 Yachtwurst, with pistachio nuts, cooked

Protein	S222
Total lipid (fat)	S222
Carbohydrate, by difference	S222
Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222

Reference Report

JUL-28-2003 12:06 PM

Page 167 of 1265

NDB No. 07930 Yachtwurst, with pistachio nuts, cooked

Sodium, Na	S222
Vitamin A, IU	S222
Carotene, beta	S222
Carotene, alpha	S222
Cryptoxanthin, beta	S222
Lycopene	S222
Lutein + zeaxanthin	S222
Vitamin C, total ascorbic acid	S222
Cholesterol	S222
Fatty acids, total saturated	S222

NDB No. 07931 Beerwurst, pork and beef

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

Reference Report

JUL-28-2003 12:06 PM

Page 168 of 1265

NDB No. 07931 Beerwurst, pork and beef

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
Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 169 of 1265

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

Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Carotene, beta	S224
Carotene, alpha	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 170 of 1265

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

Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

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

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

NDB No. 07935 Oven-roasted chicken breast roll

Protein	S224
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 171 of 1265

NDB No. 07935 Oven-roasted chicken breast roll

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

NDB No. 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

Reference Report

JUL-28-2003 12:06 PM

Page 172 of 1265

NDB No. 07936 Bologna, pork and turkey, lite

Sodium, Na	S247
Vitamin A, IU	S247
Carotene, beta	S247
Carotene, alpha	S247
Cryptoxanthin, beta	S247
Lycopene	S247
Lutein + zeaxanthin	S247
Vitamin C, total ascorbic acid	S247
Cholesterol	S247
Fatty acids, total saturated	S247
Fatty acids, total monounsaturated	S247
Fatty acids, total polyunsaturated	S247

NDB No. 07937 Bologna, pork, turkey and beef

Protein	S239
Total lipid (fat)	S239
Caffeine	S239
Theobromine	S239
Sugars, total	S239
Fiber, total dietary	S239
Calcium, Ca	S239
Iron, Fe	S239
Sodium, Na	S239
Vitamin A, IU	S239
Carotene, beta	S239
Carotene, alpha	S239
Cryptoxanthin, beta	S239
Lycopene	S239
Lutein + zeaxanthin	S239
Vitamin C, total ascorbic acid	S239
Cholesterol	S239
Fatty acids, total saturated	S239

NDB No. 07938 Ham, honey, smoked, cooked

Protein	S233
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 173 of 1265

NDB No. 07938 Ham, honey, smoked, cooked

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
Carotene, beta	S233
Carotene, alpha	S233
Cryptoxanthin, beta	S233
Lycopene	S233
Lutein + zeaxanthin	S233
Vitamin C, total ascorbic acid	S233
Thiamin	S233
Riboflavin	S233
Niacin	S233
Pantothenic acid	S233
Vitamin B-6	S233
Folate, total	S233
Vitamin B-12	S233
Cholesterol	S233
Fatty acids, total saturated	S233

Reference Report

JUL-28-2003 12:06 PM

Page 174 of 1265

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
Carotene, beta	S235
Carotene, alpha	S235
Cryptoxanthin, beta	S235
Lycopene	S235
Lutein + zeaxanthin	S235
Vitamin C, total ascorbic acid	S235
Thiamin	S235
Riboflavin	S235
Niacin	S235
Pantothenic acid	S235
Vitamin B-6	S235
Folate, total	S235
Vitamin B-12	S235
Cholesterol	S235
Fatty acids, total saturated	S235
10:0	S235

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 175 of 1265

NDB No. 07939 Frankfurter, pork

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
Carotene, beta	S237
Carotene, alpha	S237
Cryptoxanthin, beta	S237
Lycopene	S237
Cholesterol	S237
Fatty acids, total saturated	S237
Fatty acids, total monounsaturated	S237

Reference Report

JUL-28-2003 12:06 PM

Page 176 of 1265

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

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

Carotene, beta S281

Carotene, alpha S281

Cryptoxanthin, beta S281

Lycopene S281

Lutein + zeaxanthin S281

Vitamin C, total ascorbic acid S281

Cholesterol S281

Fatty acids, total saturated S281

Fatty acids, total monounsaturated S281

Fatty acids, total polyunsaturated S281

NDB No. 07942 Pate, truffle flavor

Protein S281

Total lipid (fat) S281

Carbohydrate, by difference S281

Ash S281

Energy S281

Water S281

Iron, Fe S281

Sodium, Na S281

Reference Report

JUL-28-2003 12:06 PM

Page 177 of 1265

NDB No. 07942 Pate, truffle flavor

Vitamin A, IU	S281
Carotene, beta	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
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
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

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

Protein	S227
Total lipid (fat)	S227

Reference Report

JUL-28-2003 12:06 PM

Page 178 of 1265

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

Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227
Fatty acids, total monounsaturated	S227
Fatty acids, total polyunsaturated	S227

NDB No. 07945 Frankfurter, beef, heated

Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Galactose	S21
Calcium, Ca	S21

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 179 of 1265

NDB No. 07945 Frankfurter, beef, heated

Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S21
14:0	S21
16:0	S21

Reference Report

JUL-28-2003 12:06 PM

Page 180 of 1265

NDB No. 07945 Frankfurter, beef, heated

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

Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 181 of 1265

NDB No. 07949 Frankfurter, meat, heated

Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

NDB No. 07950 Frankfurter, meat

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 182 of 1265

NDB No. 07950 Frankfurter, meat

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

NDB No. 07951 Scrapple, pork

Protein	S243
Total lipid (fat)	S243
Ash	S243
Sucrose	S243
Glucose (dextrose)	S243
Fructose	S243
Lactose	S243
Maltose	S243
Water	S243

Reference Report

JUL-28-2003 12:06 PM

Page 183 of 1265

NDB No. 07951 Scrapple, pork

Fiber, total dietary	S243
Calcium, Ca	S243
Iron, Fe	S243
Magnesium, Mg	S243
Phosphorus, P	S243
Potassium, K	S243
Sodium, Na	S243
Zinc, Zn	S243
Copper, Cu	S243
Vitamin A, IU	S243
Vitamin C, total ascorbic acid	S243
Thiamin	S243
Riboflavin	S243
Niacin	S243
Cholesterol	S243

NDB No. 07952 Bologna, chicken, turkey, pork

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

Reference Report

JUL-28-2003 12:06 PM

Page 184 of 1265

NDB No. 07952 Bologna, chicken, turkey, pork

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 185 of 1265

NDB No. 07952 Bologna, chicken, turkey, pork

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

NDB No. 07953 Pork sausage, pre-cooked

Protein	S1164, S582
Total lipid (fat)	S1164, S582
Ash	S1164, S582
Water	S1164, S582
Calcium, Ca	S1164, S582
Iron, Fe	S1164, S582
Magnesium, Mg	S1164, S582
Phosphorus, P	S1164, S582
Potassium, K	S1164, S582
Sodium, Na	S1164, S582
Zinc, Zn	S1164, S582
Copper, Cu	S1164, S582
Manganese, Mn	S1164, S582
Selenium, Se	S1164, S582
Retinol	S1164, S582
Carotene, beta	S1164, S582
Carotene, alpha	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S582
Lycopene	S1164, S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164, S582
Thiamin	S1164, S582
Riboflavin	S1164, S582
Niacin	S1164, S582
Pantothenic acid	S1164, S582
Vitamin B-6	S1164, S582

Reference Report

JUL-28-2003 12:06 PM

Page 186 of 1265

NDB No. 07953 Pork sausage, pre-cooked

Folate, total	S1164
Vitamin B-12	S1164, S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164, S582
Threonine	S1164, S582
Isoleucine	S1164, S582
Leucine	S1164, S582
Lysine	S1164, S582
Methionine	S1164, S582
Cystine	S1164, S582
Phenylalanine	S1164, S582
Tyrosine	S1164, S582
Valine	S1164, S582
Arginine	S1164, S582
Histidine	S1164, S582
Alanine	S1164, S582
Aspartic acid	S1164, S582
Glutamic acid	S1164, S582
Glycine	S1164, S582
Proline	S1164, S582
Serine	S1164, S582
Hydroxyproline	S1164, S582
Cholesterol	S1164, S582
Fatty acids, total trans	S1164, S582
Fatty acids, total saturated	S1164, S582
8:0	S1164, S582
10:0	S1164, S582
12:0	S1164, S582
14:0	S1164, S582
16:0	S1164, S582
18:0	S1164, S582
20:0	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
20:4 undifferentiated	S1164, S582
22:0	S1164, S582
14:1	S1164, S582

NDB No. 07953 Pork sausage, pre-cooked

16:1 undifferentiated	S1164, S582
20:1	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
15:0	S1164, S582
17:0	S1164, S582
20:2 n-6 c,c	S1164, S582
18:3 n-6 c,c,c	S1164, S582
20:3 undifferentiated	S1164, S582
15:1	S1164, S582
18:3 n-3 c,c,c	S1164, S582

NDB No. 07954 Beef sausage, pre-cooked

Protein	S582
Total lipid (fat)	S582
Ash	S582
Water	S582
Calcium, Ca	S582
Iron, Fe	S582
Magnesium, Mg	S582
Phosphorus, P	S582
Potassium, K	S582
Sodium, Na	S582
Zinc, Zn	S582
Copper, Cu	S582
Manganese, Mn	S582
Selenium, Se	S582
Retinol	S582
Carotene, beta	S582
Carotene, alpha	S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S582
Lycopene	S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 188 of 1265

NDB No. 07954 Beef sausage, pre-cooked

Vitamin C, total ascorbic acid	S582
Thiamin	S582
Riboflavin	S582
Niacin	S582
Pantothenic acid	S582
Vitamin B-6	S582
Folate, total	S1164
Vitamin B-12	S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582
Hydroxyproline	S582
Cholesterol	S582
Fatty acids, total trans	S582
Fatty acids, total saturated	S582
8:0	S582
10:0	S582
12:0	S582
14:0	S582
16:0	S582
18:0	S582

Reference Report

JUL-28-2003 12:06 PM

Page 189 of 1265

NDB No. 07954 Beef sausage, pre-cooked

20:0	S582
18:1 undifferentiated	S582
18:2 undifferentiated	S582
20:4 undifferentiated	S582
22:0	S582
14:1	S582
16:1 undifferentiated	S582
20:1	S582
Fatty acids, total monounsaturated	S582
Fatty acids, total polyunsaturated	S582
15:0	S582
17:0	S582
20:2 n-6 c,c	S582
18:3 n-6 c,c,c	S582
20:3 undifferentiated	S582
15:1	S582
18:3 n-3 c,c,c	S582

NDB No. 07955 Turkey sausage, fresh, raw

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 190 of 1265

NDB No. 07955 Turkey sausage, fresh, raw

Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 191 of 1265

NDB No. 07955 Turkey sausage, fresh, raw

10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

NDB No. 07956 Beef sausage, fresh, cooked

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 192 of 1265

NDB No. 07956 Beef sausage, fresh, cooked

Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 193 of 1265

NDB No. 07956 Beef sausage, fresh, cooked

Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

NDB No. 07957 Pork and turkey sausage, pre-cooked

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 194 of 1265

NDB No. 07957 Pork and turkey sausage, pre-cooked

Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 195 of 1265

NDB No. 07957 Pork and turkey sausage, pre-cooked

Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

NDB No. 07958 Turkey sausage, fresh, cooked

Protein	S1164
Total lipid (fat)	S1164

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 196 of 1265

NDB No. 07958 Turkey sausage, fresh, cooked

Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 197 of 1265

NDB No. 07958 Turkey sausage, fresh, cooked

Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 198 of 1265

NDB No. 07958 Turkey sausage, fresh, cooked

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

NDB No. 07959 Bologna, chicken, pork, beef

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 199 of 1265

NDB No. 07959 Bologna, chicken, pork, beef

Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

NDB No. 07960 Bologna, chicken, pork

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 200 of 1265

NDB No. 07960 Bologna, chicken, pork

Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164

Reference Report

JUL-28-2003 12:06 PM

Page 201 of 1265

NDB No. 07960 Bologna, chicken, pork

Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 202 of 1265

NDB No. 07960 Bologna, chicken, pork

18:3 n-3 c,c,c S1164

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Manganese, Mn	S1065
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Pantothenic acid	S1065
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Vitamin K (phylloquinone)	S1065
Cholesterol	S1209
Fatty acids, total saturated	S1209
8:0	S1065
10:0	S1065
12:0	S1065

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 203 of 1265

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

14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 204 of 1265

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

Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 205 of 1265

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

Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 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
Manganese, Mn	S702
Selenium, Se	S702

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 206 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 207 of 1265

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

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	S1065
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702

Reference Report

JUL-28-2003 12:06 PM

Page 208 of 1265

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

Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Vitamin K (phylloquinone)	S1065
Cholesterol	S702
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

Protein	S603
---------	------

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 209 of 1265

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

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
Manganese, Mn	S1065
Selenium, Se	D3357, D3359, S1065
Vitamin A, IU	S603
Vitamin E (alpha-tocopherol)	S84
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S1065
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Vitamin K (phylloquinone)	S1065
Cholesterol	S603
Fatty acids, total saturated	S603
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 210 of 1265

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

18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 211 of 1265

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

Copper, Cu	S1209
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Vitamin K (phylloquinone)	S1065
Cholesterol	S1209
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 212 of 1265

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

20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 213 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 214 of 1265

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

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

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 215 of 1265

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

Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Vitamin K (phylloquinone)	S1065
Cholesterol	S1209
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

Protein	S1209
---------	-------

Reference Report

JUL-28-2003 12:06 PM

Page 216 of 1265

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

Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 217 of 1265

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

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
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

Reference Report

JUL-28-2003 12:06 PM

Page 218 of 1265

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

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. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 219 of 1265

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

Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Vitamin K (phylloquinone)	S1065
Cholesterol	S1209
Fatty acids, total saturated	S1209
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 220 of 1265

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 221 of 1265

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

Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 222 of 1265

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

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
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

Reference Report

JUL-28-2003 12:06 PM

Page 223 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 224 of 1265

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 225 of 1265

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

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

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 226 of 1265

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

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. 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 227 of 1265

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

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
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

Reference Report

JUL-28-2003 12:06 PM

Page 228 of 1265

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

Cholesterol	S603
Fatty acids, total saturated	S603

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Pantothenic acid	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 229 of 1265

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

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

Protein	S1209
Total lipid (fat)	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 230 of 1265

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

Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 08061 Cereals ready-to-eat, bran flakes with raisins, single brand

Manganese, Mn	S1065
Selenium, Se	S1065
Pantothenic acid	S1065
Vitamin K (phylloquinone)	S1065
8:0	S1065
10:0	S1065
12:0	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 231 of 1265

NDB No. 08061 Cereals ready-to-eat, bran flakes with raisins, single brand

14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 232 of 1265

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

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

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 233 of 1265

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

Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Pantothenic acid	S1065
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Vitamin K (phylloquinone)	S1065
Cholesterol	S1209
Fatty acids, total saturated	S1209
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 234 of 1265

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

20:3 undifferentiated	S1065
15:1	S1065

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 235 of 1265

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 236 of 1265

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

Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 237 of 1265

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

Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 238 of 1265

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

Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 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
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S1065
Vitamin B-6	S603

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 239 of 1265

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

Folate, total	S603
Vitamin B-12	S603
Vitamin K (phylloquinone)	S1065
Cholesterol	S603
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 240 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 241 of 1265

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

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. 08084 Cereals ready-to-eat, wheat germ, toasted, plain

Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 242 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 243 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 244 of 1265

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

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. 08090 Cereals, corn grits, white, regular and quick, enriched, dry

Folate, total	D4901
---------------	-------

NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 245 of 1265

NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry

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

NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 246 of 1265

NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

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

NDB No. 08102 Cereals, CREAM OF WHEAT, regular, dry

Selenium, Se	D3359
--------------	-------

NDB No. 08112 Cereals, farina, enriched, dry

Folate, total	D4901
---------------	-------

NDB No. 08120 Cereals, oats, regular and quick and instant, not fortified, dry

Fiber, total dietary	D3771
Vitamin A, IU	D3921
Vitamin A, RAE	D3921
Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4043, D4048, D4068, D4073

NDB No. 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 247 of 1265

NDB No. 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

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

NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 248 of 1265

NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry

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

NDB No. 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 249 of 1265

NDB No. 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702

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
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

Reference Report

JUL-28-2003 12:06 PM

Page 250 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 251 of 1265

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 252 of 1265

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 253 of 1265

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

15:1 S1065

NDB No. 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Protein S1209

Total lipid (fat) S1209

Carbohydrate, by difference S1209

Ash S1209

Energy S1209

Water S1209

Sugars, total S1209

Fiber, total dietary S1209

Calcium, Ca S1209

Iron, Fe S1209

Magnesium, Mg S1209

Phosphorus, P S1209

Potassium, K S1209

Sodium, Na S1209

Zinc, Zn S1209

Copper, Cu S1209

Vitamin A, IU S1209

Vitamin D S1209

Vitamin C, total ascorbic acid S1209

Thiamin S1209

Riboflavin S1209

Niacin S1209

Vitamin B-6 S1209

Folate, total S1209

Vitamin B-12 S1209

Cholesterol S1209

Fatty acids, total saturated S1209

Fatty acids, total monounsaturated S1209

Fatty acids, total polyunsaturated S1209

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

Protein S603

Reference Report

JUL-28-2003 12:06 PM

Page 254 of 1265

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

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. 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

Reference Report

JUL-28-2003 12:06 PM

Page 255 of 1265

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

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

NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 256 of 1265

NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 257 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 258 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 259 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 260 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 261 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 262 of 1265

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

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

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

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 263 of 1265

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

Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Cholesterol	S702
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 264 of 1265

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

22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 265 of 1265

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

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

NDB No. 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

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

Reference Report

JUL-28-2003 12:06 PM

Page 266 of 1265

NDB No. 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

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

NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 267 of 1265

NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

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

NDB No. 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

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

NDB No. 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 268 of 1265

NDB No. 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry

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

NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 269 of 1265

NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

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

NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 270 of 1265

NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 271 of 1265

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

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
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

Reference Report

JUL-28-2003 12:06 PM

Page 272 of 1265

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

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
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 273 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 274 of 1265

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

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	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 275 of 1265

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

Fatty acids, total polyunsaturated S1209

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

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 S1209

Reference Report

JUL-28-2003 12:06 PM

Page 276 of 1265

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

Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 277 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 278 of 1265

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

Fatty acids, total saturated S603

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

Protein S603

Total lipid (fat) S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

Calcium, Ca S603

Iron, Fe S603

Potassium, K S603

Sodium, Na S603

Zinc, Zn S603

Vitamin A, IU S603

Vitamin D S603

Vitamin C, total ascorbic acid S603

Thiamin S603

Riboflavin S603

Niacin S603

Vitamin B-6 S603

Folate, total S603

Vitamin B-12 S603

Cholesterol S603

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

Reference Report

JUL-28-2003 12:06 PM

Page 279 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 280 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 281 of 1265

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

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 282 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 283 of 1265

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

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

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

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
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

Reference Report

JUL-28-2003 12:06 PM

Page 284 of 1265

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

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

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

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

NDB No. 08277 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

Protein	S603
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 285 of 1265

NDB No. 08277 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

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

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 286 of 1265

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

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	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 287 of 1265

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

Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 288 of 1265

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Pantothenic acid	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 289 of 1265

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

Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 290 of 1265

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

Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 291 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 292 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 293 of 1265

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

monounsaturated

Fatty acids, total polyunsaturated S702

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

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total
monounsaturated S702

Fatty acids, total polyunsaturated S702

Reference Report

JUL-28-2003 12:06 PM

Page 294 of 1265

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 295 of 1265

NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry

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

NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 296 of 1265

NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, dry

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

NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 297 of 1265

NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry

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

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 298 of 1265

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

Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Pantothenic acid	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

NDB No. 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 299 of 1265

NDB No. 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size

Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 300 of 1265

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 301 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 302 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 303 of 1265

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

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 304 of 1265

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

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

NDB No. 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 305 of 1265

NDB No. 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 306 of 1265

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

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
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 307 of 1265

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

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
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 308 of 1265

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

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 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

Reference Report

JUL-28-2003 12:06 PM

Page 309 of 1265

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

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 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

Reference Report

JUL-28-2003 12:06 PM

Page 310 of 1265

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

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 311 of 1265

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

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

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 312 of 1265

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

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

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 313 of 1265

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

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 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Cinnamon Corn Stars

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

Reference Report

JUL-28-2003 12:06 PM

Page 314 of 1265

NDB No. 08368 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Cinnamon Corn Stars

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
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 315 of 1265

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 316 of 1265

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

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	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Pantothenic acid	S1209
Vitamin B-6	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 317 of 1265

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

Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 318 of 1265

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

monounsaturated

Fatty acids, total polyunsaturated S1209

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

Protein S1209

Total lipid (fat) S1209

Carbohydrate, by difference S1209

Ash S1209

Energy S1209

Water S1209

Sugars, total S1209

Fiber, total dietary S1209

Calcium, Ca S1209

Magnesium, Mg S1209

Phosphorus, P S1209

Potassium, K S1209

Sodium, Na S1209

Zinc, Zn S1209

Copper, Cu S1209

Vitamin A, IU S1209

Vitamin C, total ascorbic acid S1209

Thiamin S1209

Riboflavin S1209

Niacin S1209

Vitamin B-6 S1209

Folate, total S1209

Vitamin B-12 S1209

Cholesterol S1209

Fatty acids, total saturated S1209

Fatty acids, total
monounsaturated S1209

Fatty acids, total polyunsaturated S1209

NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS

Protein S682

Total lipid (fat) S682

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 319 of 1265

NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS

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
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	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 320 of 1265

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

Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Cholesterol	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 321 of 1265

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

Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 322 of 1265

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

Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 323 of 1265

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

Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Selenium, Se	S1209
Vitamin A, IU	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 324 of 1265

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

Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 325 of 1265

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

Fatty acids, total polyunsaturated S1209

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

Protein S1209

Total lipid (fat) S1209

Carbohydrate, by difference S1209

Ash S1209

Energy S1209

Water S1209

Sugars, total S1209

Fiber, total dietary S1209

Calcium, Ca S1209

Iron, Fe S1209

Magnesium, Mg S1209

Phosphorus, P S1209

Potassium, K S1209

Sodium, Na S1209

Zinc, Zn S1209

Copper, Cu S1209

Manganese, Mn S1209

Vitamin A, IU S1209

Vitamin D S1209

Vitamin C, total ascorbic acid S1209

Thiamin S1209

Riboflavin S1209

Niacin S1209

Pantothenic acid S1209

Vitamin B-6 S1209

Folate, total S1209

Vitamin B-12 S1209

Cholesterol S1209

Fatty acids, total saturated S1209

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

Protein S1209

Total lipid (fat) S1209

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 326 of 1265

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

Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Manganese, Mn	S1209
Vitamin A, IU	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 327 of 1265

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

Iron, Fe	S682
Magnesium, Mg	S682
Phosphorus, P	S682
Potassium, K	S682
Sodium, Na	S682
Zinc, Zn	S682
Vitamin A, IU	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
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 328 of 1265

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

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
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 329 of 1265

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

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

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

Protein	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

Reference Report

JUL-28-2003 12:06 PM

Page 330 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 331 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 332 of 1265

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

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 333 of 1265

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

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

Potassium, K S603

Sodium, Na S603

Zinc, Zn S603

Vitamin A, IU S603

Vitamin D S603

Vitamin C, total ascorbic acid S603

Thiamin S603

Riboflavin S603

Niacin S603

Vitamin B-6 S603

Folate, total S603

Vitamin B-12 S603

Cholesterol S603

Fatty acids, total saturated S603

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

Protein S603

Total lipid (fat) S603

Carbohydrate, by difference S603

Ash S603

Energy S603

Water S603

Fiber, total dietary S603

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 334 of 1265

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

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. 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

Reference Report

JUL-28-2003 12:06 PM

Page 335 of 1265

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

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

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

Protein	S881
Total lipid (fat)	S881
Carbohydrate, by difference	S881
Ash	S881
Energy	S881
Water	S881
Sugars, total	S881
Fiber, total dietary	S881
Calcium, Ca	S881
Iron, Fe	S881
Magnesium, Mg	S881
Phosphorus, P	S881
Potassium, K	S881
Sodium, Na	S881
Zinc, Zn	S881
Copper, Cu	S881
Manganese, Mn	S881
Selenium, Se	S881
Vitamin A, IU	S881
Vitamin D	S881
Vitamin C, total ascorbic acid	S881

Reference Report

JUL-28-2003 12:06 PM

Page 336 of 1265

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

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

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

Protein	S881
Total lipid (fat)	S881
Carbohydrate, by difference	S881
Ash	S881
Energy	S881
Water	S881
Sugars, total	S881
Fiber, total dietary	S881
Calcium, Ca	S881
Iron, Fe	S881
Magnesium, Mg	S881
Phosphorus, P	S881
Potassium, K	S881
Sodium, Na	S881
Zinc, Zn	S881
Copper, Cu	S881
Manganese, Mn	S881
Selenium, Se	S881
Vitamin A, IU	S881
Vitamin D	S881
Vitamin C, total ascorbic acid	S881
Thiamin	S881
Riboflavin	S881
Niacin	S881

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 337 of 1265

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

Pantothenic acid	S881
Vitamin B-6	S881
Folate, total	S881
Vitamin B-12	S881
Cholesterol	S881
Fatty acids, total saturated	S881
Fatty acids, total monounsaturated	S881
Fatty acids, total polyunsaturated	S881

NDB No. 08402 Cereals, QUAKER, Quick Oats, Dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 338 of 1265

NDB No. 08402 Cereals, QUAKER, Quick Oats, Dry

Cholesterol S702

NDB No. 08403 Cereals ready-to-eat, KELLOGG, POKEMON

Protein S1209

Total lipid (fat) S1209

Carbohydrate, by difference S1209

Ash S1209

Energy S1209

Water S1209

Sugars, total S1209

Fiber, total dietary S1209

Calcium, Ca S1209

Iron, Fe S1209

Magnesium, Mg S1209

Phosphorus, P S1209

Potassium, K S1209

Sodium, Na S1209

Zinc, Zn S1209

Copper, Cu S1209

Vitamin D S1209

Vitamin C, total ascorbic acid S1209

Thiamin S1209

Riboflavin S1209

Niacin S1209

Vitamin B-6 S1209

Folate, total S1209

Vitamin B-12 S1209

Cholesterol S1209

Fatty acids, total saturated S1209

Fatty acids, total monounsaturated S1209

Fatty acids, total polyunsaturated S1209

NDB No. 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Protein S702

Total lipid (fat) S702

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 339 of 1265

NDB No. 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

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

NDB No. 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

Protein	S702
Total lipid (fat)	S702

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 340 of 1265

NDB No. 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

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

NDB No. 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 341 of 1265

NDB No. 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

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

NDB No. 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 342 of 1265

NDB No. 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

NDB No. 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 343 of 1265

NDB No. 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

NDB No. 08415 Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 344 of 1265

NDB No. 08415 Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry

Vitamin B-12	S702
Cholesterol	S702

NDB No. 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

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

NDB No. 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Protein	S702
Total lipid (fat)	S702

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 345 of 1265

NDB No. 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

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

NDB No. 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 346 of 1265

NDB No. 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

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

NDB No. 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 347 of 1265

NDB No. 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

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

NDB No. 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 348 of 1265

NDB No. 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 349 of 1265

NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

NDB No. 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

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

Reference Report

JUL-28-2003 12:06 PM

Page 350 of 1265

NDB No. 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 351 of 1265

NDB No. 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

NDB No. 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 352 of 1265

NDB No. 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

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

NDB No. 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 353 of 1265

NDB No. 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

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

NDB No. 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 354 of 1265

NDB No. 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

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

NDB No. 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 355 of 1265

NDB No. 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

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

NDB No. 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 356 of 1265

NDB No. 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

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

NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 357 of 1265

NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

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

NDB No. 08454 Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209
Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Iron, Fe	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin D	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

Reference Report

JUL-28-2003 12:06 PM

Page 358 of 1265

NDB No. 09003 Apples, raw, with skin

Protein	S1183, S502, S561
Total lipid (fat)	S1183, S502, S561, S87
Ash	S1183, S502, S561
Starch	S561
Sucrose	S502, S561
Glucose (dextrose)	S502, S561
Fructose	S502, S561
Lactose	S502, S561
Maltose	S502, S561
Water	S1183, S502, S561, S87
Sugars, total	S502, S561
Galactose	S502, S561
Fiber, total dietary	S1183, S502, S561
Calcium, Ca	D4070, S1183, S502, S561
Iron, Fe	D4070, S1183, S561
Magnesium, Mg	D4070, S1183, S502, S561
Phosphorus, P	S1183, S502, S561
Potassium, K	D4070, S1183, S502, S561
Sodium, Na	D4070, S1183
Zinc, Zn	D4070, S1183, S502, S561
Copper, Cu	D4070, S561
Manganese, Mn	D4070, S1183, S502, S561
Selenium, Se	S502, S561
Vitamin A, IU	S502, S561
Vitamin A, RAE	S502, S561
Carotene, beta	S502, S561
Carotene, alpha	S502, S561
Vitamin E (alpha-tocopherol)	S561, S87
Cryptoxanthin, beta	S502, S561
Lycopene	S502, S561
Lutein + zeaxanthin	S502, S561
Tocopherol, beta	S561, S87
Tocopherol, gamma	S561, S87
Tocopherol, delta	S561, S87
Vitamin C, total ascorbic acid	S1183
Thiamin	S1183, S502, S561
Riboflavin	S502, S561

Reference Report

JUL-28-2003 12:06 PM

Page 359 of 1265

NDB No. 09003 Apples, raw, with skin

Niacin	S1183, S561
Pantothenic acid	S1183, S502, S561
Vitamin B-6	S1183, S502, S561
Vitamin K (phylloquinone)	S502, S561
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561
Alanine	S561
Aspartic acid	S561
Glutamic acid	S561
Glycine	S561
Proline	S561
Serine	S561

NDB No. 09004 Apples, raw, without skin

Protein	S502
Total lipid (fat)	S502, S84
Ash	S502
Sucrose	S502
Glucose (dextrose)	S502
Fructose	S502
Lactose	S502
Maltose	S502
Water	S502, S84
Sugars, total	S502
Galactose	S502
Fiber, total dietary	S502

Reference Report

JUL-28-2003 12:06 PM

Page 360 of 1265

NDB No. 09004 Apples, raw, without skin

Calcium, Ca	S502
Magnesium, Mg	S502
Phosphorus, P	S502
Potassium, K	S502
Zinc, Zn	S502
Manganese, Mn	S502
Vitamin A, IU	S502
Vitamin A, RAE	S502
Carotene, beta	S502
Carotene, alpha	S502
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S502
Lycopene	S502
Lutein + zeaxanthin	S502
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Thiamin	S502
Riboflavin	S502
Pantothenic acid	S502
Vitamin B-6	S502
Vitamin K (phylloquinone)	S502
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561
Alanine	S561
Aspartic acid	S561
Glutamic acid	S561

Reference Report

JUL-28-2003 12:06 PM

Page 361 of 1265

NDB No. 09004 Apples, raw, without skin

Proline	S561
Serine	S561

NDB No. 09011 Apples, dried, sulfured, uncooked

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic acid

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581
Vitamin K (phylloquinone)	D4002

NDB No. 09020 Applesauce, canned, sweetened, without salt

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 09021 Apricots, raw

Sucrose	D3321, D3344, S604
Glucose (dextrose)	D3321, D3344, S604
Fructose	D3321, D3344, S604
Maltose	D3321
Fiber, total dietary	D3780, S604
Calcium, Ca	S10, S11, S12, S206, S208, S7, S8, S9

Reference Report

JUL-28-2003 12:06 PM

Page 362 of 1265

NDB No. 09021 Apricots, raw

Iron, Fe	S10, S11, S12, S206, S208, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S7, S8, S9
Vitamin A, IU	D3887, D3924, D3949
Vitamin A, RAE	D3887, D3924, D3949
Carotene, beta	D3887, D3924, D3949
Carotene, alpha	D3887, D3924, D3949
Cryptoxanthin, beta	D3887, D3924, D3949
Lutein + zeaxanthin	D3924, D3949
Vitamin K (phylloquinone)	D4002

NDB No. 09032 Apricots, dried, sulfured, uncooked

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	D3780, S21
Sugars, total	S21
Galactose	S21
Fiber, total dietary	D3780, S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Zinc, Zn	S21

Reference Report

JUL-28-2003 12:06 PM

Page 363 of 1265

NDB No. 09032 Apricots, dried, sulfured, uncooked

Copper, Cu	S21
Manganese, Mn	S21
Vitamin A, IU	S21
Vitamin A, RAE	S21
Carotene, beta	S21
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S21
Tocopherol, gamma	S21
Tocopherol, delta	S21
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin K (phylloquinone)	D4002, S21
Tryptophan	S21
Threonine	S21
Isoleucine	S21
Leucine	S21
Lysine	S21
Methionine	S21
Cystine	S21
Phenylalanine	S21
Tyrosine	S21
Valine	S21
Arginine	S21
Histidine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Glycine	S21

Reference Report

JUL-28-2003 12:06 PM

Page 364 of 1265

NDB No. 09032 Apricots, dried, sulfured, uncooked

Proline	S21
Serine	S21
4:0	S21
6:0	S21
8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21
17:0	S21
24:0	S21

NDB No. 09033 Apricots, dried, sulfured, stewed, without added sugar

Tryptophan	S21
Threonine	S21
Isoleucine	S21
Leucine	S21
Lysine	S21
Methionine	S21
Cystine	S21

Reference Report

JUL-28-2003 12:06 PM

Page 365 of 1265

NDB No. 09033 Apricots, dried, sulfured, stewed, without added sugar

Phenylalanine	S21
Tyrosine	S21
Valine	S21
Arginine	S21
Histidine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Glycine	S21
Proline	S21
Serine	S21

NDB No. 09037 Avocados, raw, all commercial varieties

Protein	S1031, S1621, S381, S481, S502
Total lipid (fat)	S1031, S121, S1621, S381, S481, S502
Ash	S1031, S1621, S381, S481, S502
Starch	S481, S502
Sucrose	S481, S502, S837
Glucose (dextrose)	S481, S502, S837
Fructose	S481, S502, S837
Lactose	S481, S502, S837
Maltose	S481, S502, S837
Water	S1031, S121, S1401, S1621, S381, S481, S502, S837
Sugars, total	S1621, S481, S502, S837
Galactose	S481, S502
Fiber, total dietary	S1031, S1401, S1621, S381, S481, S502, S642, S837
Calcium, Ca	D4070, S1031, S1621, S381, S481, S502
Iron, Fe	D4070, S1031, S1621, S381, S481, S502
Magnesium, Mg	D4070, S1031, S381, S481, S502
Phosphorus, P	S1031, S381, S481, S502
Potassium, K	D4070, S1031, S1621, S381, S481, S502
Sodium, Na	D4070, S1031, S1621, S381, S481
Zinc, Zn	D4070, S1031, S381, S481, S502
Copper, Cu	D4070, S1031, S381, S481, S502
Manganese, Mn	D4070, S1031, S381, S481, S502
Selenium, Se	S481, S502

Reference Report

JUL-28-2003 12:06 PM

Page 366 of 1265

NDB No. 09037 Avocados, raw, all commercial varieties

Vitamin A, IU	S1031, S1621, S381, S481, S502, S986
Vitamin A, RAE	S1621, S381, S481, S502, S986
Carotene, beta	S1031, S1621, S381, S481, S502, S986
Carotene, alpha	S1031, S1621, S381, S481, S502, S986
Vitamin E (alpha-tocopherol)	S1031, S121, S1621, S481, S502
Cryptoxanthin, beta	S1621, S381, S481, S502, S986
Lycopene	S481, S502
Lutein + zeaxanthin	S1621, S481, S502
Tocopherol, beta	S121, S481, S502
Tocopherol, gamma	S121, S1621, S481, S502
Tocopherol, delta	S121, S481, S502
Vitamin C, total ascorbic acid	S1031, S1621, S381
Thiamin	S1031, S381, S481, S502
Riboflavin	S1031, S381, S481, S502
Niacin	S1031, S381, S481, S502
Pantothenic acid	S1031, S381, S481, S502
Vitamin B-6	S1031, S381, S481, S502
Folate, total	S1031, S381, S481, S502
Vitamin K (phylloquinone)	S481, S502
8:0	S481, S502
10:0	S481, S502
12:0	S481, S502
14:0	S481, S502
16:0	S481, S502
18:0	S481, S502
20:0	S481, S502
18:1 undifferentiated	S481, S502
18:2 undifferentiated	S481, S502
20:4 undifferentiated	S481, S502
22:6 n-3	S502
22:0	S481, S502
14:1	S481, S502
16:1 undifferentiated	S481, S502
18:4	S502
20:1	S481, S502
20:5 n-3	S502
22:1 undifferentiated	S502

Reference Report

JUL-28-2003 12:06 PM

Page 367 of 1265

NDB No. 09037 Avocados, raw, all commercial varieties

22:5 n-3	S502
Stigmasterol	D4761
Campesterol	D4761
Beta-sitosterol	D4761
15:0	S481, S502
17:0	S481, S502
24:0	S502
20:2 n-6 c,c	S481, S502
18:3 n-6 c,c,c	S481
17:1	S481, S502
20:3 undifferentiated	S481, S502
15:1	S481, S502
18:3 n-3 c,c,c	S481

NDB No. 09038 Avocados, raw, California

Protein	S1031, S1621, S481, S502
Total lipid (fat)	S1031, S121, S1621, S481, S502
Ash	S1031, S1621, S481, S502
Starch	S481, S502
Sucrose	S481, S502, S837
Glucose (dextrose)	S481, S502, S837
Fructose	S481, S502, S837
Lactose	S481, S502, S837
Maltose	S481, S502, S837
Water	S1031, S121, S1401, S1621, S481, S502, S837
Sugars, total	S1621, S481, S502, S837
Galactose	S481, S502
Fiber, total dietary	S1031, S1401, S1621, S481, S502, S642, S837
Calcium, Ca	S1031, S1621, S481, S502
Iron, Fe	S1031, S1621, S481, S502
Magnesium, Mg	S1031, S481, S502
Phosphorus, P	S1031, S481, S502
Potassium, K	S1031, S1621, S481, S502
Sodium, Na	S1031, S1621, S481
Zinc, Zn	S1031, S481, S502
Copper, Cu	S1031, S481, S502

Reference Report

JUL-28-2003 12:06 PM

Page 368 of 1265

NDB No. 09038 Avocados, raw, California

Manganese, Mn	S1031, S481, S502
Selenium, Se	S481, S502
Vitamin A, IU	S1031, S1621, S502, S986
Vitamin A, RAE	S481, S502, S986
Carotene, beta	S1031, S1621, S481, S502, S986
Carotene, alpha	S1031, S1621, S481, S502, S986
Vitamin E (alpha-tocopherol)	S1031, S121, S1621, S481, S502
Cryptoxanthin, beta	S1621, S481, S502, S986
Lycopene	S481, S502
Lutein + zeaxanthin	S1621, S481, S502
Tocopherol, beta	S121, S481, S502
Tocopherol, gamma	S121, S1621, S481, S502
Tocopherol, delta	S121, S481, S502
Vitamin C, total ascorbic acid	S1031, S1621
Thiamin	S1031, S481, S502
Riboflavin	S1031, S481, S502
Niacin	S1031, S481, S502
Pantothenic acid	S1031, S481, S502
Vitamin B-6	S1031, S481, S502
Folate, total	S1031, S481, S502
Vitamin K (phylloquinone)	S481, S502
Tryptophan	S481, S502
Threonine	S481, S502
Isoleucine	S481, S502
Leucine	S481, S502
Lysine	S481, S502
Methionine	S481, S502
Cystine	S481, S502
Phenylalanine	S481, S502
Tyrosine	S481, S502
Valine	S481, S502
Arginine	S481, S502
Histidine	S481, S502
Alanine	S481, S502
Aspartic acid	S481, S502
Glutamic acid	S481, S502
Glycine	S481, S502

Reference Report

JUL-28-2003 12:06 PM

Page 369 of 1265

NDB No. 09038 Avocados, raw, California

Proline	S481, S502
Serine	S481, S502
8:0	S481, S502
10:0	S481, S502
12:0	S481, S502
14:0	S481, S502
16:0	S481, S502
18:0	S481, S502
20:0	S481, S502
18:1 undifferentiated	S481, S502
18:2 undifferentiated	S481, S502
20:4 undifferentiated	S481, S502
22:6 n-3	S502
22:0	S481, S502
14:1	S481, S502
16:1 undifferentiated	S481, S502
18:4	S502
20:1	S481, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
Stigmasterol	D4761
Campesterol	D4761
Beta-sitosterol	D4761
15:0	S481, S502
17:0	S481, S502
24:0	S502
20:2 n-6 c,c	S481, S502
18:3 n-6 c,c,c	S481
17:1	S481, S502
20:3 undifferentiated	S481, S502
15:1	S481, S502
18:3 n-3 c,c,c	S481

NDB No. 09039 Avocados, raw, Florida

Protein	S381
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 370 of 1265

NDB No. 09039 Avocados, raw, Florida

Total lipid (fat)	S381
Ash	S381
Sucrose	S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S121, S1401, S381, S837
Sugars, total	S837
Fiber, total dietary	S1401, S381, S837
Calcium, Ca	D4070, S381
Iron, Fe	D4070, S381
Magnesium, Mg	D4070, S381
Phosphorus, P	S381
Potassium, K	D4070, S381
Sodium, Na	D4070, S381
Zinc, Zn	D4070, S381
Copper, Cu	D4070, S381
Manganese, Mn	D4070, S381
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	S381
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

Reference Report

JUL-28-2003 12:06 PM

Page 371 of 1265

NDB No. 09040 Bananas, raw

Protein	S1023, S481, S562
Total lipid (fat)	S1023, S121, S481, S562, S87
Ash	S1023, S481, S562
Starch	S481, S562
Sucrose	S481, S562
Glucose (dextrose)	S481, S562
Fructose	S481, S562
Lactose	S481, S562
Maltose	S481, S562
Water	D3764, S1023, S121, S481, S562, S87
Sugars, total	S481, S562
Galactose	S481, S562
Fiber, total dietary	D3764, S1023, S481, S562, S642
Calcium, Ca	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S1023, S11, S12, S206, S208, S562, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S481, S562, S6, S7, S8, S9
Vitamin A, IU	S1023, S481, S562
Vitamin A, RAE	S1023, S481, S562
Carotene, beta	S1023, S481, S562
Carotene, alpha	S1023, S481, S562
Vitamin E (alpha-tocopherol)	S121, S481, S562, S87
Cryptoxanthin, beta	S481, S562
Lycopene	S481, S562
Lutein + zeaxanthin	S481, S562
Tocopherol, beta	S121, S481, S562, S87
Tocopherol, gamma	S121, S481, S562, S87
Tocopherol, delta	S121, S481, S562, S87
Vitamin C, total ascorbic acid	S1023, S562
Thiamin	S1023, S481, S562
Riboflavin	S1023, S481, S562

Reference Report

JUL-28-2003 12:06 PM

Page 372 of 1265

NDB No. 09040 Bananas, raw

Niacin	S1023, S481, S562
Pantothenic acid	S1023, S481, S562
Vitamin B-6	S1023, S481, S562
Folate, total	S1023, S481, S562
Vitamin K (phylloquinone)	D4002, D4048, S562
Tryptophan	S481, S562
Threonine	S481, S562
Isoleucine	S481, S562
Leucine	S481, S562
Lysine	S481, S562
Methionine	S481, S562
Cystine	S481, S562
Phenylalanine	S481, S562
Tyrosine	S481, S562
Valine	S481, S562
Arginine	S481, S562
Histidine	S481, S562
Alanine	S481, S562
Aspartic acid	S481, S562
Glutamic acid	S481, S562
Glycine	S481, S562
Proline	S481, S562
Serine	S481, S562

NDB No. 09042 Blackberries, raw

Protein	S461, S566
Total lipid (fat)	S461, S566
Ash	S461, S566
Starch	S461
Sucrose	S461, S566
Glucose (dextrose)	S461, S566
Fructose	S461, S566
Lactose	S461, S566
Maltose	S461, S566
Water	S461, S566
Sugars, total	S461, S566

Reference Report

JUL-28-2003 12:06 PM

Page 373 of 1265

NDB No. 09042 Blackberries, raw

Galactose	S461, S566
Fiber, total dietary	S461, S566
Calcium, Ca	S461, S566
Iron, Fe	S461, S566
Magnesium, Mg	S461, S566
Phosphorus, P	S461, S566
Potassium, K	S566
Sodium, Na	S566
Zinc, Zn	S461, S566
Copper, Cu	S461, S566
Manganese, Mn	S461, S566
Selenium, Se	S566
Vitamin A, IU	S461, S566
Vitamin A, RAE	S461, S566
Carotene, beta	S461, S566
Carotene, alpha	S461, S566
Vitamin E (alpha-tocopherol)	S461, S566
Cryptoxanthin, beta	S461, S566
Lycopene	S461, S566
Lutein + zeaxanthin	S461, S566
Tocopherol, beta	S461, S566
Tocopherol, gamma	S461, S566
Tocopherol, delta	S461, S566
Thiamin	S461, S566
Riboflavin	S461, S566
Niacin	S461, S566
Pantothenic acid	S461, S566
Vitamin B-6	S461, S566
Folate, total	S461, S566
Vitamin K (phylloquinone)	S461, S566

NDB No. 09050 Blueberries, raw

Protein	S1141, S421, S441
Total lipid (fat)	S1141, S421, S441
Ash	S1141, S421, S441
Starch	S421

Reference Report

JUL-28-2003 12:06 PM

Page 374 of 1265

NDB No. 09050 Blueberries, raw

Sucrose	S421, S441
Glucose (dextrose)	S421, S441
Fructose	S421, S441
Lactose	S421, S441
Maltose	S421, S441
Water	S1141, S421, S441
Sugars, total	S421, S441
Galactose	S421, S441
Fiber, total dietary	S421
Calcium, Ca	S1141, S421, S441
Iron, Fe	S1141, S421, S441
Magnesium, Mg	S1141, S421, S441
Phosphorus, P	S1141, S421, S441
Potassium, K	S1141, S441
Sodium, Na	S1141, S441
Zinc, Zn	S1141, S421, S441
Copper, Cu	S1141, S421, S441
Manganese, Mn	S1141, S421
Selenium, Se	S441
Vitamin A, IU	S1141, S421, S441
Vitamin A, RAE	S1141, S421, S441
Carotene, beta	D3887, S1141, S421, S441
Carotene, alpha	D3887, S421, S441
Vitamin E (alpha-tocopherol)	S421
Cryptoxanthin, beta	D3887, S421, S441
Lycopene	S421, S441
Lutein + zeaxanthin	S421, S441
Tocopherol, beta	S421
Tocopherol, gamma	S421
Tocopherol, delta	S421
Vitamin C, total ascorbic acid	S1141
Thiamin	S1141, S421, S441
Riboflavin	S1141, S421, S441
Niacin	S1141, S421, S441
Pantothenic acid	S1141, S421, S441
Vitamin B-6	S1141, S421, S441
Folate, total	S1141, S421, S441

Reference Report

JUL-28-2003 12:06 PM

Page 375 of 1265

NDB No. 09050 Blueberries, raw

Vitamin K (phylloquinone) S421, S441

NDB No. 09052 Blueberries, canned, heavy syrup, solids and liquids

Vitamin K (phylloquinone) D4048

NDB No. 09059 Breadfruit, raw

Vitamin A, IU D3899

Vitamin A, RAE D3899

Carotene, beta D3899

Carotene, alpha D3899

Cryptoxanthin, beta D3899

NDB No. 09060 Carambola, (starfruit), raw

Vitamin A, IU S381

Vitamin A, RAE S381

Carotene, beta D3899

Carotene, alpha D3899

Cryptoxanthin, beta D3899

Lycopene D3969

Lutein + zeaxanthin D3969

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

Reference Report

JUL-28-2003 12:06 PM

Page 376 of 1265

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
Carotene, beta	S381
Carotene, alpha	S381
Cryptoxanthin, beta	S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381, S404
Riboflavin	S381, S404
Niacin	S381, S404
Pantothenic acid	S381, S404
Vitamin B-6	S381, S404
Folate, total	S381

NDB No. 09063 Cherries, sour, red, raw

Sucrose	D3321
Glucose (dextrose)	D3321, D3336
Fructose	D3321, D3336

NDB No. 09070 Cherries, sweet, raw

Protein	S53, S582
Total lipid (fat)	S53, S582
Ash	S53, S582
Starch	S582
Sucrose	D3321, D3336, D3344, S582
Glucose (dextrose)	D3321, D3336, D3344, S582
Fructose	D3321, D3336, D3344, S582
Lactose	S582
Maltose	D3321, S582
Water	D3344, S121, S53, S582
Galactose	S582
Fiber, total dietary	S53, S582
Calcium, Ca	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9

Reference Report

JUL-28-2003 12:06 PM

Page 377 of 1265

NDB No. 09070 Cherries, sweet, raw

Iron, Fe	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Selenium, Se	S582
Vitamin A, IU	S53, S582
Vitamin A, RAE	S53, S582
Carotene, beta	S53, S582
Carotene, alpha	S582
Vitamin E (alpha-tocopherol)	S121, S582
Cryptoxanthin, beta	S582
Lycopene	S582
Lutein + zeaxanthin	S582
Tocopherol, beta	S121, S582
Tocopherol, gamma	S121, S582
Tocopherol, delta	S121, S582
Vitamin C, total ascorbic acid	S53, S582
Thiamin	S53, S582
Riboflavin	S53, S582
Niacin	S53, S582
Pantothenic acid	S53, S582
Vitamin B-6	S53, S582
Folate, total	S53
Vitamin K (phylloquinone)	D4002, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582

Reference Report

JUL-28-2003 12:06 PM

Page 378 of 1265

NDB No. 09070 Cherries, sweet, raw

Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582

NDB No. 09074 Cherries, sweet, canned, heavy syrup pack, solids and liquids

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

NDB No. 09078 Cranberries, raw

Protein	S561
Total lipid (fat)	S561
Ash	S561
Starch	S561
Sucrose	S561
Glucose (dextrose)	S561
Fructose	S561
Lactose	S561
Maltose	S561
Water	S561
Sugars, total	S561
Galactose	S561
Fiber, total dietary	S561

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 379 of 1265

NDB No. 09078 Cranberries, raw

Calcium, Ca	S561
Iron, Fe	S561
Magnesium, Mg	S561
Phosphorus, P	S561
Potassium, K	S561
Sodium, Na	S561
Zinc, Zn	S561
Copper, Cu	S561
Manganese, Mn	S561
Selenium, Se	S561
Vitamin A, IU	S561
Vitamin A, RAE	S561
Carotene, beta	S561
Carotene, alpha	S561
Vitamin E (alpha-tocopherol)	S561
Cryptoxanthin, beta	S561
Lycopene	S561
Lutein + zeaxanthin	S561
Tocopherol, beta	S561
Tocopherol, gamma	S561
Tocopherol, delta	S561
Vitamin C, total ascorbic acid	S561
Thiamin	S561
Riboflavin	S561
Niacin	S561
Pantothenic acid	S561
Vitamin B-6	S561
Folate, total	S561
Vitamin K (phylloquinone)	S561
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561

Reference Report

JUL-28-2003 12:06 PM

Page 380 of 1265

NDB No. 09078 Cranberries, raw

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

NDB No. 09079 Cranberries, dried, sweetened

Protein	S1701
Total lipid (fat)	S1701
Ash	S1701
Water	S1701
Sugars, total	S1701
Fiber, total dietary	S1701
Calcium, Ca	S1701
Iron, Fe	S1701
Magnesium, Mg	S1701
Phosphorus, P	S1701
Potassium, K	S1701
Sodium, Na	S1701
Zinc, Zn	S1701
Copper, Cu	S1701
Vitamin A, IU	S1701
Vitamin C, total ascorbic acid	S1701
Thiamin	S1701
Riboflavin	S1701
Niacin	S1701

NDB No. 09081 Cranberry sauce, canned, sweetened

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

Reference Report

JUL-28-2003 12:06 PM

Page 381 of 1265

NDB No. 09084 Currants, red and white, raw

Sucrose	D3321
Glucose (dextrose)	D3321
Fructose	D3321
Vitamin A, IU	D3919
Vitamin A, RAE	D3919
Carotene, beta	D3919
Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919
Vitamin K (phylloquinone)	D4052

NDB No. 09087 Dates, deglet noor

Protein	S1032, S564, S582
Total lipid (fat)	S1032, S564, S582
Ash	S1032, S564, S582
Sucrose	S564, S582
Glucose (dextrose)	S564, S582
Fructose	S564, S582
Lactose	S564, S582
Maltose	S564, S582
Water	S1032, S564, S582
Sugars, total	S564, S582
Galactose	S564, S582
Fiber, total dietary	S1032, S564, S582
Calcium, Ca	S1032, S564, S582
Iron, Fe	S1032, S564, S582
Magnesium, Mg	S1032, S564, S582
Phosphorus, P	S1032, S564, S582
Potassium, K	S1032, S564, S582
Sodium, Na	S1032, S564
Zinc, Zn	S1032, S564, S582
Copper, Cu	S1032, S564, S582
Manganese, Mn	S1032, S564, S582
Selenium, Se	S564, S582
Vitamin A, IU	S564, S582

Reference Report

JUL-28-2003 12:06 PM

Page 382 of 1265

NDB No. 09087 Dates, deglet noor

Vitamin A, RAE	S564, S582
Carotene, beta	S564, S582
Carotene, alpha	S564, S582
Vitamin E (alpha-tocopherol)	S564
Cryptoxanthin, beta	S564, S582
Lycopene	S564, S582
Lutein + zeaxanthin	S564, S582
Tocopherol, beta	S564
Tocopherol, gamma	S564
Tocopherol, delta	S564
Vitamin C, total ascorbic acid	S564, S582
Thiamin	S1032, S564, S582
Riboflavin	S1032, S564, S582
Niacin	S1032, S564, S582
Pantothenic acid	S1032, S564, S582
Vitamin B-6	S1032, S564, S582
Folate, total	S1032, S564, S582
Vitamin K (phylloquinone)	S564, S582
Tryptophan	S564, S582
Threonine	S564, S582
Isoleucine	S564, S582
Leucine	S564, S582
Lysine	S564, S582
Methionine	S564, S582
Cystine	S564, S582
Phenylalanine	S564, S582
Tyrosine	S564, S582
Valine	S564, S582
Arginine	S564, S582
Histidine	S564, S582
Alanine	S564, S582
Aspartic acid	S564, S582
Glutamic acid	S564, S582
Glycine	S564, S582
Proline	S564, S582
Serine	S564, S582
8:0	S564

Reference Report

JUL-28-2003 12:06 PM

Page 383 of 1265

NDB No. 09087 Dates, deglet noor

10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

NDB No. 09094 Figs, dried, uncooked

Protein	S363, S582
Total lipid (fat)	S363, S582
Ash	S363, S582
Starch	S363
Sucrose	S363, S582
Glucose (dextrose)	S363, S582
Fructose	S363, S582
Lactose	S363, S582
Maltose	S363, S582
Water	S363, S582
Sugars, total	S363, S582
Galactose	S363, S582
Fiber, total dietary	S363, S582

NDB No. 09094 Figs, dried, uncooked

Calcium, Ca	S363, S582
Iron, Fe	S363, S582
Magnesium, Mg	S363, S582
Phosphorus, P	S363, S582
Potassium, K	S363, S582
Sodium, Na	S363, S582
Zinc, Zn	S363, S582
Copper, Cu	S363, S582
Manganese, Mn	S363, S582
Selenium, Se	S363
Vitamin A, IU	S363, S582
Vitamin A, RAE	S363, S582
Carotene, beta	S363, S582
Carotene, alpha	S363, S582
Vitamin E (alpha-tocopherol)	S363
Cryptoxanthin, beta	S363, S582
Lycopene	S363, S582
Lutein + zeaxanthin	S363, S582
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S363, S582
Thiamin	S363, S582
Riboflavin	S363, S582
Niacin	S363, S582
Pantothenic acid	S363, S582
Vitamin B-6	S363, S582
Folate, total	S363, S582
Vitamin K (phylloquinone)	S363, S582
Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582

NDB No. 09094 Figs, dried, uncooked

Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

NDB No. 09095 Figs, dried, stewed

Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582
Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

NDB No. 09099 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

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

Reference Report

JUL-28-2003 12:06 PM

Page 386 of 1265

NDB No. 09099 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

Tocopherol, delta S84

NDB No. 09100 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

Tocopherol, delta S84

Vitamin K (phylloquinone) D4002

NDB No. 09112 Grapefruit, raw, pink and red, all areas

Protein S482, S563

Total lipid (fat) S482, S563

Ash S482, S563

Starch S563

Sucrose S482, S563

Glucose (dextrose) S482, S563

Fructose S482, S563

Lactose S482, S563

Maltose S482, S563

Water D3764, S482, S563

Sugars, total S482, S563

Galactose S482, S563

Fiber, total dietary D3764, S563

Calcium, Ca D4070, S482, S563

Iron, Fe D4070, S563

Magnesium, Mg D4070, S482, S563

Phosphorus, P S482, S563

Potassium, K D4070, S482, S563

Zinc, Zn D4070, S482, S563

Copper, Cu D4070, S563

Manganese, Mn D4070, S482, S563

Selenium, Se S563

Carotene, beta D3845, D3887, D3888, D3904, D3912, S1203, S482, S563

Carotene, alpha D3887, D3888, D3904, S1203, S482, S563

Reference Report

JUL-28-2003 12:06 PM

Page 387 of 1265

NDB No. 09112 Grapefruit, raw, pink and red, all areas

Vitamin E (alpha-tocopherol)	S482, S563
Cryptoxanthin, beta	D3887, D3904, D3912, S1203, S482, S563
Lycopene	D3845, D3904, S1203, S482, S563
Lutein + zeaxanthin	D3904, S1203, S482, S563
Tocopherol, beta	S482, S563
Tocopherol, gamma	S482, S563
Tocopherol, delta	S482, S563
Vitamin C, total ascorbic acid	S482, S563
Thiamin	S482, S563
Riboflavin	S482, S563
Niacin	S482, S563
Pantothenic acid	S482, S563
Vitamin B-6	S482, S563
Folate, total	S482, S563
Vitamin K (phylloquinone)	S482, S563
Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

NDB No. 09116 Grapefruit, raw, white, all areas

Carotene, beta	D3888
----------------	-------

Reference Report

JUL-28-2003 12:06 PM

Page 388 of 1265

NDB No. 09116 Grapefruit, raw, white, all areas

Carotene, alpha	D3888
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919

NDB No. 09123 Grapefruit juice, white, canned, unsweetened

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

NDB No. 09128 Grapefruit juice, white, raw

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

NDB No. 09132 Grapes, red or green (european type varieties, such as, Thompson seedless), raw

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Sugars, total	S1062
Galactose	S1062
Fiber, total dietary	S1062
Calcium, Ca	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Iron, Fe	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Magnesium, Mg	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Potassium, K	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Sodium, Na	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Zinc, Zn	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9

Reference Report

JUL-28-2003 12:06 PM

Page 389 of 1265

NDB No. 09132 Grapes, red or green (european type varieties, such as, Thompson seedless), raw

Copper, Cu	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Manganese, Mn	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Selenium, Se	S1062
Carotene, beta	S1206
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S1062, S121
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 390 of 1265

NDB No. 09135 Grape juice, canned or bottled, unsweetened, without added vitamin C

Vitamin E (alpha-tocopherol)	S121, S81
Tocopherol, beta	S121, S81
Tocopherol, gamma	S121, S81
Tocopherol, delta	S121, S81
Vitamin K (phylloquinone)	D4002

NDB No. 09137 Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C

Vitamin K (phylloquinone)	D4002
---------------------------	-------

NDB No. 09139 Guavas, common, raw

Carotene, beta	D3899, D4863, D4864
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899
Lycopene	D4863, D4864

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Protein	S1033, S363, S582
Total lipid (fat)	S1033, S363, S582
Ash	S1033, S363, S582
Starch	S363
Sucrose	S363, S582
Glucose (dextrose)	S363, S582
Fructose	S363, S582
Lactose	S363, S582
Maltose	S363, S582
Water	S1033, S363, S582
Sugars, total	S363, S582
Galactose	S363, S582
Fiber, total dietary	S363, S582
Calcium, Ca	D4070, S1033, S363, S582
Iron, Fe	D4070, S1033, S363, S582
Magnesium, Mg	D4070, S1033, S363, S582
Phosphorus, P	S1033, S363, S582
Potassium, K	D4070, S1033, S363
Sodium, Na	D4070, S1033, S363, S582

Reference Report

JUL-28-2003 12:06 PM

Page 391 of 1265

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Zinc, Zn	D4070, S1033, S363, S582
Copper, Cu	D4070, S1033, S363, S582
Manganese, Mn	D4070, S1033, S363
Selenium, Se	S363, S582
Vitamin A, IU	S1033, S363, S582
Vitamin A, RAE	S1033, S363, S582
Carotene, beta	S1033, S363, S582
Carotene, alpha	S363, S582
Vitamin E (alpha-tocopherol)	S1033, S363
Cryptoxanthin, beta	S363, S582
Lycopene	S363, S582
Lutein + zeaxanthin	S363, S582
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S1033, S582
Thiamin	S582
Riboflavin	S1033, S363, S582
Niacin	S1033, S363, S582
Pantothenic acid	S1033, S363, S582
Vitamin B-6	S1033, S363, S582
Folate, total	S1033, S363, S582
Vitamin K (phylloquinone)	S363, S582
Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582
Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582

Reference Report

JUL-28-2003 12:06 PM

Page 392 of 1265

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

NDB No. 09149 Kumquats, raw

Protein	S381
Total lipid (fat)	S381
Ash	S381
Water	S381
Fiber, total dietary	S381
Calcium, Ca	S381
Iron, Fe	S381
Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

NDB No. 09150 Lemons, raw, without peel

Carotene, beta	D3919, D3949
Carotene, alpha	D3919, D3949

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 393 of 1265

NDB No. 09150 Lemons, raw, without peel

Cryptoxanthin, beta	D3949
Lycopene	D3919
Lutein + zeaxanthin	D3919, D3949

NDB No. 09153 Lemon juice, canned or bottled

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

NDB No. 09159 Limes, raw

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 394 of 1265

NDB No. 09159 Limes, raw

Lutein + zeaxanthin	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065

NDB No. 09176 Mangos, raw

Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

NDB No. 09177 Mangosteen, canned, syrup pack

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

NDB No. 09181 Melons, cantaloupe, raw

Protein	S1024, S1121, S461
Total lipid (fat)	S1024, S1121, S121, S461, S87
Ash	S1024, S1121, S461
Starch	S461
Sucrose	S1121, S461, S604, S606
Glucose (dextrose)	S1121, S461, S604, S606
Fructose	S1121, S461, S604, S606
Lactose	S1121, S461
Maltose	S1121, S461, S604
Water	S1024, S1121, S121, S461, S604, S606, S87
Galactose	S1121, S461
Fiber, total dietary	S1024, S1121, S461

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 395 of 1265

NDB No. 09181 Melons, cantaloupe, raw

Calcium, Ca	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S1024, S11, S1121, S12, S206, S208, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S1121
Carotene, beta	D3887, D3889, D3912, S1024, S1121, S1203, S461
Carotene, alpha	D3887, D3889, D3904, S1121, S1203, S461
Vitamin E (alpha-tocopherol)	S121, S461, S87
Cryptoxanthin, beta	D3887, D3904, S1121, S1203, S461
Lycopene	D3904, S1121, S1203, S461
Lutein + zeaxanthin	D3904, S1121, S1203, S461
Tocopherol, beta	S121, S461, S87
Tocopherol, gamma	S121, S461, S87
Tocopherol, delta	S121, S461, S87
Vitamin C, total ascorbic acid	S1024
Thiamin	S1024, S1121, S461
Riboflavin	S1121
Niacin	S1024, S1121, S461
Pantothenic acid	S1024, S1121, S461
Vitamin B-6	S1024, S1121
Folate, total	S1024, S1121, S461
Vitamin K (phylloquinone)	S1121, S461
Tryptophan	S1121
Threonine	S1121
Isoleucine	S1121
Leucine	S1121
Lysine	S1121
Methionine	S1121
Cystine	S1121
Phenylalanine	S1121
Tyrosine	S1121
Valine	S1121

Reference Report

JUL-28-2003 12:06 PM

Page 396 of 1265

NDB No. 09181 Melons, cantaloupe, raw

Arginine	S1121
Histidine	S1121
Alanine	S1121
Aspartic acid	S1121
Glutamic acid	S1121
Glycine	S1121
Proline	S1121
Serine	S1121

NDB No. 09183 Melons, casaba, raw

Protein	S381
Ash	S381
Water	S381
Fiber, total dietary	S381
Calcium, Ca	S381
Iron, Fe	S381
Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Cryptoxanthin, beta	S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

Reference Report

JUL-28-2003 12:06 PM

Page 397 of 1265

NDB No. 09184 Melons, honeydew, raw

Protein	S1026, S562, S565
Total lipid (fat)	S562, S565
Ash	S1026, S562, S565
Starch	S562
Sucrose	S562, S565
Glucose (dextrose)	S562, S565
Fructose	S562, S565
Lactose	S562, S565
Maltose	S562, S565
Water	D3765, S1026, S562, S565
Sugars, total	S562, S565
Galactose	S562, S565
Fiber, total dietary	D3765, S1026, S562, S565
Calcium, Ca	D4070, S1026, S562, S565
Iron, Fe	D4070, S1026, S562, S565
Magnesium, Mg	D4070, S1026, S562, S565
Phosphorus, P	S1026, S562, S565
Potassium, K	D4070, S1026, S562, S565
Sodium, Na	D4070, S1026, S562, S565
Zinc, Zn	D4070, S1026, S562, S565
Copper, Cu	D4070, S1026, S562, S565
Manganese, Mn	D4070, S1026, S562, S565
Selenium, Se	S562
Vitamin A, IU	S1026, S562, S565
Vitamin A, RAE	S1026, S562, S565
Carotene, beta	S1026, S562, S565
Carotene, alpha	S562, S565
Vitamin E (alpha-tocopherol)	S562
Cryptoxanthin, beta	S562, S565
Lycopene	S562, S565
Lutein + zeaxanthin	S562, S565
Tocopherol, beta	S562
Tocopherol, gamma	S562
Tocopherol, delta	S562
Vitamin C, total ascorbic acid	S1026, S562
Thiamin	S1026, S562
Riboflavin	S562, S565

Reference Report

JUL-28-2003 12:06 PM

Page 398 of 1265

NDB No. 09184 Melons, honeydew, raw

Niacin	S1026, S562, S565
Pantothenic acid	S562, S565
Vitamin B-6	S1026, S562, S565
Folate, total	S1026, S562, S565
Vitamin K (phylloquinone)	S562, S565
Tryptophan	S562, S565
Threonine	S562, S565
Isoleucine	S562, S565
Leucine	S562, S565
Lysine	S562, S565
Methionine	S562, S565
Cystine	S562, S565
Phenylalanine	S562, S565
Tyrosine	S562, S565
Valine	S562, S565
Arginine	S562, S565
Histidine	S562, S565
Alanine	S562, S565
Aspartic acid	S562, S565
Glutamic acid	S562, S565
Glycine	S562, S565
Proline	S562, S565
Serine	S562, S565

NDB No. 09191 Nectarines, raw

Protein	S421, S582
Total lipid (fat)	S421, S582, S84
Ash	S421, S582
Starch	S421
Sucrose	D3344, S421, S582
Glucose (dextrose)	D3344, S421, S582
Fructose	D3344, S421, S582
Lactose	S421, S582
Maltose	S421, S582
Water	D3344, D3764, S1206, S421, S582, S837, S84
Sugars, total	S421, S582

Reference Report

JUL-28-2003 12:06 PM

Page 399 of 1265

NDB No. 09191 Nectarines, raw

Galactose	S421, S582
Fiber, total dietary	D3764, S1206, S421, S582, S837
Calcium, Ca	D4070, S421
Iron, Fe	D4070, S421, S582
Magnesium, Mg	D4070, S421, S582
Phosphorus, P	S421, S582
Potassium, K	D4070, S421, S582
Sodium, Na	D4070, S582
Zinc, Zn	D4070, S421, S582
Copper, Cu	D4070, S421, S582
Manganese, Mn	D4070, S421, S582
Selenium, Se	S582
Carotene, beta	D3888, S1206, S421, S582
Carotene, alpha	D3888, S421, S582
Vitamin E (alpha-tocopherol)	S421, S84
Cryptoxanthin, beta	S1206, S421, S582
Lycopene	S421, S582
Lutein + zeaxanthin	S421, S582
Tocopherol, beta	S421, S84
Tocopherol, gamma	S421, S84
Tocopherol, delta	S421, S84
Thiamin	S421, S582
Riboflavin	S421, S582
Niacin	S421, S582
Pantothenic acid	S421, S582
Vitamin B-6	S421, S582
Folate, total	S582
Vitamin K (phylloquinone)	S421, S582
Tryptophan	S421, S582
Threonine	S421, S582
Isoleucine	S421, S582
Leucine	S421, S582
Lysine	S421, S582
Methionine	S421, S582
Cystine	S421, S582
Phenylalanine	S421, S582
Tyrosine	S421, S582

NDB No. 09191 Nectarines, raw

Valine	S421, S582
Arginine	S421, S582
Histidine	S421, S582
Alanine	S421, S582
Aspartic acid	S421, S582
Glutamic acid	S421, S582
Glycine	S421, S582
Proline	S421, S582
Serine	S421, S582

NDB No. 09193 Olives, ripe, canned (small-extra large)

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

NDB No. 09194 Olives, ripe, canned (jumbo-super colossal)

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

NDB No. 09195 Olives, pickled, canned or bottled, green

Protein	S1202, S1562
Total lipid (fat)	S1202, S1562, S84
Ash	S1202
Water	S1202, S1562, S84
Fiber, total dietary	S1202, S1562
Calcium, Ca	S1202, S1562
Iron, Fe	S1202, S1562
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202, S1562

Reference Report

JUL-28-2003 12:06 PM

Page 401 of 1265

NDB No. 09195 Olives, pickled, canned or bottled, green

Sodium, Na	S1202, S1562
Zinc, Zn	S1202
Copper, Cu	S1202
Vitamin A, IU	D3919, S1202, S1562
Vitamin A, RAE	D3919, S1202
Carotene, beta	D3919, S1202
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3919, S1202
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S1202, S1562
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

NDB No. 09200 Oranges, raw, all commercial varieties

Vitamin A, IU	D3887, S1203, S482
Vitamin A, RAE	D3887, S1203, S482
Carotene, beta	D3887, S1203, S482
Carotene, alpha	D3887, S1203, S482
Vitamin E (alpha-tocopherol)	S482, S564, S84
Cryptoxanthin, beta	S1203, S482
Lycopene	S1203, S482
Lutein + zeaxanthin	S1203, S482
Vitamin K (phyloquinone)	D4002, D4048, S482, S564

NDB No. 09202 Oranges, raw, navels

Protein	S482, S564
Total lipid (fat)	S482, S564

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 402 of 1265

NDB No. 09202 Oranges, raw, navels

Ash	S482, S564
Starch	S564
Sucrose	S482, S564, S837
Glucose (dextrose)	S482, S564, S837
Fructose	S482, S564, S837
Lactose	S482, S564, S837
Maltose	S482, S564, S837
Water	S482, S564, S837
Sugars, total	S482, S564, S837
Galactose	S482, S564
Fiber, total dietary	S564, S837
Calcium, Ca	S482, S564
Iron, Fe	S564
Magnesium, Mg	S482, S564
Phosphorus, P	S482, S564
Potassium, K	S482, S564
Sodium, Na	S564
Zinc, Zn	S482, S564
Copper, Cu	S564
Manganese, Mn	S482, S564
Selenium, Se	S564
Vitamin A, IU	S1203, S482
Vitamin A, RAE	S1203, S482
Carotene, beta	S1203, S482
Carotene, alpha	S1203, S482
Vitamin E (alpha-tocopherol)	S482, S564
Cryptoxanthin, beta	S1203, S482
Lycopene	S1203, S482
Lutein + zeaxanthin	S1203, S482
Tocopherol, beta	S482, S564
Tocopherol, gamma	S482, S564
Tocopherol, delta	S482, S564
Vitamin C, total ascorbic acid	S482, S564
Thiamin	S482, S564
Riboflavin	S482, S564
Niacin	S482, S564
Pantothenic acid	S482, S564

NDB No. 09202 Oranges, raw, navels

Vitamin B-6	S482, S564
Vitamin K (phylloquinone)	S482, S564
Tryptophan	S482, S564
Threonine	S482, S564
Isoleucine	S482, S564
Leucine	S482, S564
Lysine	S482, S564
Methionine	S482, S564
Cystine	S482, S564
Phenylalanine	S482, S564
Tyrosine	S482, S564
Valine	S482, S564
Arginine	S482, S564
Histidine	S482, S564
Alanine	S482, S564
Aspartic acid	S482, S564
Glutamic acid	S482, S564
Glycine	S482, S564
Proline	S482, S564
Serine	S482, S564

NDB No. 09214 Orange juice, frozen concentrate, unsweetened, undiluted

Vitamin K (phylloquinone)	S23
---------------------------	-----

NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Sucrose	S404, S837
Glucose (dextrose)	S404, S837
Fructose	S404, S837
Lactose	S837
Maltose	S837
Vitamin A, IU	D3848, S1203, S23
Vitamin A, RAE	D3848, S1203, S23
Carotene, beta	D3848, D3912, S1203, S23
Carotene, alpha	D3848, S1203, S23
Vitamin E (alpha-tocopherol)	S81, S84
Cryptoxanthin, beta	D3848, D3912, S1203, S23

Reference Report

JUL-28-2003 12:06 PM

Page 404 of 1265

NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Lycopene	S1203, S23
Lutein + zeaxanthin	S1203, S23
Tocopherol, beta	S81, S84
Tocopherol, gamma	S81, S84
Tocopherol, delta	S81, S84

NDB No. 09218 Tangerines, (mandarin oranges), raw

Vitamin A, IU	S1065
Vitamin A, RAE	S1065, S1161, S1203
Carotene, beta	S1065, S1161, S1203
Carotene, alpha	S1065, S1203
Cryptoxanthin, beta	S1065, S1203
Lycopene	S1065, S1203
Lutein + zeaxanthin	S1065, S1203
Vitamin K (phylloquinone)	S1065

NDB No. 09221 Tangerine juice, raw

Vitamin A, IU	D3849
Vitamin A, RAE	D3849
Carotene, beta	D3849
Carotene, alpha	D3849
Cryptoxanthin, beta	D3849
Lutein + zeaxanthin	D3849

NDB No. 09224 Tangerine juice, frozen concentrate, sweetened, undiluted

Vitamin A, IU	D3912
Vitamin A, RAE	D3912
Carotene, beta	D3912
Cryptoxanthin, beta	D3912

NDB No. 09226 Papayas, raw

Carotene, beta	D3842, D3912, S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	D3842, D3912, S1203

Reference Report

JUL-28-2003 12:06 PM

Page 405 of 1265

NDB No. 09226 Papayas, raw

Lycopene	S1203
Lutein + zeaxanthin	S1203

NDB No. 09231 Passion-fruit, (granadilla), purple, raw

Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

NDB No. 09236 Peaches, raw

Protein	S461, S582
Total lipid (fat)	S121, S461, S582
Ash	S461, S582
Starch	S461
Sucrose	S461, S582
Glucose (dextrose)	S461, S582
Fructose	S461, S582
Lactose	S461, S582
Maltose	S461, S582
Water	S121, S461, S582
Sugars, total	S461, S582
Galactose	S461, S582
Fiber, total dietary	S461, S582
Calcium, Ca	D4070, S10, S11, S12, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S582, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S11, S12, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S582
Vitamin A, IU	D3887, D3904, S1203, S461, S582
Vitamin A, RAE	D3887, D3904, S1203, S461, S582

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 406 of 1265

NDB No. 09236 Peaches, raw

Carotene, beta	D3887, D3904, S1203, S461, S582
Carotene, alpha	D3887, D3904, S1203, S461, S582
Vitamin E (alpha-tocopherol)	S121, S461
Cryptoxanthin, beta	D3887, D3904, S1203, S461, S582
Lycopene	D3904, S1203, S461, S582
Lutein + zeaxanthin	D3904, S1203, S461, S582
Tocopherol, beta	S121, S461
Tocopherol, gamma	S121, S461
Tocopherol, delta	S121, S461
Thiamin	S461, S582
Riboflavin	S461, S582
Niacin	S461, S582
Pantothenic acid	S461, S582
Vitamin B-6	S461, S582
Folate, total	S582
Vitamin K (phylloquinone)	D4002, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582

NDB No. 09246 Peaches, dried, sulfured, uncooked

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 407 of 1265

NDB No. 09246 Peaches, dried, sulfured, uncooked

Sucrose	D3315, S606
Glucose (dextrose)	D3315, S606
Fructose	D3315, S606
Sugars, total	D3315, S606
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 09252 Pears, raw

Protein	S482, S541
Total lipid (fat)	S482, S541
Ash	S482, S541
Sucrose	S482, S541
Glucose (dextrose)	S482, S541
Fructose	S482, S541
Lactose	S482, S541
Maltose	S482, S541
Water	S482, S541
Sugars, total	S482, S541
Galactose	S482, S541
Fiber, total dietary	S482, S541
Calcium, Ca	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S206, S208, S541, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Manganese, Mn	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Selenium, Se	S541
Vitamin A, IU	S1206, S482, S541
Vitamin A, RAE	S1206, S482, S541
Carotene, beta	S1206, S482, S541
Carotene, alpha	S1206, S482, S541

Reference Report

JUL-28-2003 12:06 PM

Page 408 of 1265

NDB No. 09252 Pears, raw

Vitamin E (alpha-tocopherol)	S541
Cryptoxanthin, beta	S482, S541
Lycopene	S482, S541
Lutein + zeaxanthin	S482, S541
Tocopherol, beta	S541
Tocopherol, gamma	S541
Tocopherol, delta	S541
Vitamin C, total ascorbic acid	S482, S541
Thiamin	S482, S541
Riboflavin	S482, S541
Niacin	S482, S541
Pantothenic acid	S482, S541
Vitamin B-6	S482, S541
Folate, total	S482, S541
Vitamin K (phylloquinone)	S482, S541
Tryptophan	S541
Threonine	S541
Isoleucine	S541
Leucine	S541
Lysine	S541
Methionine	S541
Cystine	S541
Phenylalanine	S541
Tyrosine	S541
Valine	S541
Arginine	S541
Histidine	S541
Alanine	S541
Aspartic acid	S541
Glutamic acid	S541
Glycine	S541
Proline	S541
Serine	S541

NDB No. 09253 Pears, canned, water pack, solids and liquids

Sucrose	D4841
---------	-------

Reference Report

JUL-28-2003 12:06 PM

Page 409 of 1265

NDB No. 09253 Pears, canned, water pack, solids and liquids

Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 09254 Pears, canned, juice pack, solids and liquids

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 09256 Pears, canned, light syrup pack, solids and liquids

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 09257 Pears, canned, heavy syrup pack, solids and liquids

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 09259 Pears, dried, sulfured, uncooked

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121

Reference Report

JUL-28-2003 12:06 PM

Page 410 of 1265

NDB No. 09259 Pears, dried, sulfured, uncooked

Tocopherol, delta S121

NDB No. 09263 Persimmons, japanese, raw

Sucrose S606
Glucose (dextrose) S606
Fructose S606
Sugars, total S606
Carotene, beta D3842, D3912
Cryptoxanthin, beta D3842, D3912
Lycopene D3842
Lutein + zeaxanthin D3842

NDB No. 09264 Persimmons, japanese, dried

Vitamin A, IU D3899
Vitamin A, RAE D3899
Carotene, beta D3899
Carotene, alpha D3899
Cryptoxanthin, beta D3899

NDB No. 09266 Pineapple, raw, all varieties

Protein S1167, S441, S561
Total lipid (fat) S1167, S441, S561
Ash S1167, S441, S561
Starch S561
Sucrose S441, S561
Glucose (dextrose) S441, S561
Fructose S441, S561
Lactose S441, S561
Maltose S441, S561
Water S1167, S441, S561
Sugars, total S441, S561
Galactose S441, S561
Fiber, total dietary S561
Calcium, Ca D4070, S1167, S441, S561
Iron, Fe D4070, S1167, S441, S561

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 411 of 1265

NDB No. 09266 Pineapple, raw, all varieties

Magnesium, Mg	D4070, S1167, S441, S561
Phosphorus, P	S1167, S441, S561
Potassium, K	D4070, S1167, S441, S561
Zinc, Zn	D4070, S1167, S441, S561
Copper, Cu	D4070, S1167, S441, S561
Manganese, Mn	D4070, S1167, S441, S561
Selenium, Se	S441, S561
Vitamin A, IU	S1167, S441, S561
Vitamin A, RAE	S1167, S441, S561
Carotene, beta	S1167, S441, S561
Carotene, alpha	S441, S561
Vitamin E (alpha-tocopherol)	S441, S561
Cryptoxanthin, beta	S441, S561
Lycopene	S441, S561
Lutein + zeaxanthin	S441, S561
Tocopherol, beta	S441, S561
Tocopherol, gamma	S441, S561
Tocopherol, delta	S441, S561
Vitamin C, total ascorbic acid	S1167, S441, S561
Thiamin	S1167, S441, S561
Riboflavin	S1167, S441, S561
Niacin	S1167, S441, S561
Pantothenic acid	S1167, S441, S561
Vitamin B-6	S1167, S441, S561
Folate, total	S1167, S441, S561
Vitamin K (phylloquinone)	S441, S561
Tryptophan	S441, S561
Threonine	S441, S561
Isoleucine	S441, S561
Leucine	S441, S561
Lysine	S441, S561
Methionine	S441, S561
Cystine	S441, S561
Phenylalanine	S441, S561
Tyrosine	S441, S561
Valine	S441, S561
Arginine	S441, S561

Reference Report

JUL-28-2003 12:06 PM

Page 412 of 1265

NDB No. 09266 Pineapple, raw, all varieties

Histidine	S441, S561
Alanine	S441, S561
Aspartic acid	S441, S561
Glutamic acid	S441, S561
Glycine	S441, S561
Proline	S441, S561
Serine	S441, S561

NDB No. 09268 Pineapple, canned, juice pack, solids and liquids

Sucrose	D3315
Glucose (dextrose)	D3315
Fructose	D3315
Sugars, total	D3315
Vitamin K (phylloquinone)	D4002

NDB No. 09270 Pineapple, canned, heavy syrup pack, solids and liquids

Sucrose	D3315
Glucose (dextrose)	D3315
Fructose	D3315
Sugars, total	D3315

NDB No. 09275 Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Vitamin K (phylloquinone)	D4002
---------------------------	-------

NDB No. 09279 Plums, raw

Protein	S421, S582
Total lipid (fat)	S121, S421, S582
Ash	S421, S582
Starch	S421
Sucrose	S421, S582
Glucose (dextrose)	S421, S582
Fructose	S421, S582
Lactose	S421, S582
Maltose	S421, S582

Reference Report

JUL-28-2003 12:06 PM

Page 413 of 1265

NDB No. 09279 Plums, raw

Water	S121, S421, S582
Sugars, total	S421, S582
Galactose	S421, S582
Fiber, total dietary	S421, S582
Calcium, Ca	S10, S11, S12, S206, S208, S421, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S582, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Selenium, Se	S582
Vitamin A, IU	S421, S582
Vitamin A, RAE	S421, S582
Carotene, beta	S421, S582
Carotene, alpha	S421, S582
Vitamin E (alpha-tocopherol)	S121, S421
Cryptoxanthin, beta	S421, S582
Lycopene	S421, S582
Lutein + zeaxanthin	S421, S582
Tocopherol, beta	S121, S421
Tocopherol, gamma	S121, S421
Tocopherol, delta	S121, S421
Thiamin	S421, S582
Riboflavin	S421, S582
Niacin	S421, S582
Pantothenic acid	S421, S582
Vitamin B-6	S421, S582
Folate, total	S421, S582
Vitamin K (phylloquinone)	D4002, S421, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582

Reference Report

JUL-28-2003 12:06 PM

Page 414 of 1265

NDB No. 09279 Plums, raw

Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582

NDB No. 09287 Prickly pears, raw

Vitamin A, IU	D3899, S1202
Vitamin A, RAE	D3899, S1202
Carotene, beta	D3899, S1202
Carotene, alpha	D3899, S1202
Cryptoxanthin, beta	D3899, S1202

NDB No. 09291 Plums, dried (prunes), uncooked

Protein	S564, S566
Total lipid (fat)	S121, S564, S566
Ash	S564, S566
Starch	S564, S566
Sucrose	D3315, S564, S566, S606, S837
Glucose (dextrose)	D3315, D3318, S564, S566, S606, S837
Fructose	D3315, D3318, S564, S566, S606, S837
Lactose	S564, S566, S837
Maltose	S564, S566, S837
Water	D3780, S121, S564, S566, S606, S837
Sugars, total	D3315, S566, S606, S837
Galactose	S566
Fiber, total dietary	D3780, S564, S566
Calcium, Ca	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 415 of 1265

NDB No. 09291 Plums, dried (prunes), uncooked

Iron, Fe	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Selenium, Se	S564, S566
Vitamin A, IU	S1341, S564, S566
Vitamin A, RAE	S1341, S564, S566
Carotene, beta	S1341, S564, S566
Carotene, alpha	S1341, S564, S566
Vitamin E (alpha-tocopherol)	S121, S564
Cryptoxanthin, beta	S1341, S564, S566
Lycopene	S564, S566
Lutein + zeaxanthin	S1341, S564, S566
Tocopherol, beta	S121, S564
Tocopherol, gamma	S121, S564
Tocopherol, delta	S121, S564
Vitamin C, total ascorbic acid	S564, S566
Thiamin	S564, S566
Riboflavin	S564, S566
Niacin	S564, S566
Pantothenic acid	S564, S566
Vitamin B-6	S564, S566
Folate, total	S564
Vitamin K (phylloquinone)	S564, S566
Tryptophan	S564, S566
Threonine	S564, S566
Isoleucine	S564, S566
Leucine	S564, S566
Lysine	S564, S566
Methionine	S564, S566
Cystine	S564, S566
Phenylalanine	S564, S566
Tyrosine	S564, S566

Reference Report

JUL-28-2003 12:06 PM

Page 416 of 1265

NDB No. 09291 Plums, dried (prunes), uncooked

Valine	S564, S566
Arginine	S564, S566
Histidine	S564, S566
Alanine	S564, S566
Aspartic acid	S564, S566
Glutamic acid	S564, S566
Glycine	S564, S566
Proline	S564, S566
Serine	S564, S566
8:0	S564, S566
10:0	S564, S566
12:0	S564, S566
14:0	S564, S566
16:0	S564, S566
18:0	S564, S566
20:0	S564, S566
18:1 undifferentiated	S564, S566
18:2 undifferentiated	S564, S566
18:3 undifferentiated	S564, S566
20:4 undifferentiated	S564, S566
22:0	S564, S566
14:1	S564, S566
16:1 undifferentiated	S564, S566
20:1	S564, S566
15:0	S564, S566
17:0	S564, S566
20:2 n-6 c,c	S564, S566
18:3 n-6 c,c,c	S564
17:1	S564, S566
20:3 undifferentiated	S564, S566
15:1	S564, S566

NDB No. 09294 Prune juice, canned

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

Reference Report

JUL-28-2003 12:06 PM

Page 417 of 1265

NDB No. 09294 Prune juice, canned

Vitamin K (phylloquinone) D4002

NDB No. 09295 Pummelo, raw

Vitamin A, IU D3899

Vitamin A, RAE D3899

Carotene, beta D3899

Carotene, alpha D3899

Cryptoxanthin, beta D3899

NDB No. 09298 Raisins, seedless

Protein S5, S564, S566

Total lipid (fat) S121, S5, S564, S566

Ash S564, S566

Starch S564, S566

Sucrose D3315, S564, S566, S837

Glucose (dextrose) D3315, S564, S566, S837

Fructose D3315, S564, S566, S837

Lactose S564, S566

Maltose S564, S566

Water D3764, D3779, S121, S564, S566

Sugars, total D3315, S564, S566, S837

Galactose S564, S566

Fiber, total dietary D3764, D3779, S5, S564, S566, S837

Calcium, Ca S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Iron, Fe S10, S11, S12, S206, S208, S5, S564, S566, S6, S7, S73, S74, S8, S9

Magnesium, Mg S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Phosphorus, P S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Potassium, K S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Sodium, Na S10, S11, S12, S206, S208, S5, S564, S566, S6, S7, S73, S74, S8, S9

Zinc, Zn S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Copper, Cu S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Manganese, Mn S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Selenium, Se S564, S566

Vitamin A, IU S564, S566

Vitamin A, RAE S564, S566

Carotene, beta S564, S566

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 418 of 1265

NDB No. 09298 Raisins, seedless

Carotene, alpha	S564, S566
Vitamin E (alpha-tocopherol)	S121, S564
Cryptoxanthin, beta	S564, S566
Lycopene	S564, S566
Lutein + zeaxanthin	S564, S566
Tocopherol, beta	S121, S564
Tocopherol, gamma	S121, S564
Tocopherol, delta	S121, S564
Vitamin C, total ascorbic acid	S5, S564, S566
Thiamin	S564, S566
Riboflavin	S564, S566
Niacin	S564, S566
Pantothenic acid	S564, S566
Vitamin B-6	S564, S566
Folate, total	S564
Vitamin K (phylloquinone)	D4002, S564, S566
Tryptophan	S564, S566
Threonine	S564, S566
Isoleucine	S564, S566
Leucine	S564, S566
Lysine	S564, S566
Methionine	S564, S566
Cystine	S564, S566
Phenylalanine	S564, S566
Tyrosine	S564, S566
Valine	S564, S566
Arginine	S564, S566
Histidine	S564, S566
Alanine	S564, S566
Aspartic acid	S564, S566
Glutamic acid	S564, S566
Glycine	S564, S566
Proline	S564, S566
Serine	S564, S566
8:0	S564, S566
10:0	S564, S566
12:0	S564, S566

Reference Report

JUL-28-2003 12:06 PM

Page 419 of 1265

NDB No. 09298 Raisins, seedless

14:0	S564, S566
16:0	S564, S566
18:0	S564, S566
20:0	S564, S566
18:1 undifferentiated	S564, S566
18:2 undifferentiated	S564, S566
18:3 undifferentiated	S564, S566
20:4 undifferentiated	S564, S566
22:0	S564, S566
14:1	S564, S566
16:1 undifferentiated	S564, S566
20:1	S564, S566
15:0	S564, S566
17:0	S564, S566
20:2 n-6 c,c	S564, S566
18:3 n-6 c,c,c	S564
17:1	S564, S566
20:3 undifferentiated	S564, S566
15:1	S564, S566

NDB No. 09301 Rambutan, canned, syrup pack

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

NDB No. 09302 Raspberries, raw

Protein	S381, S461, S566, S963
Total lipid (fat)	S381, S461, S566, S963
Ash	S381, S461, S566, S963
Starch	S461
Sucrose	S461, S566
Glucose (dextrose)	S461, S566
Fructose	S461, S566
Lactose	S461, S566

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 420 of 1265

NDB No. 09302 Raspberries, raw

Maltose	S461, S566
Water	D3780, S381, S461, S566, S963
Sugars, total	S461, S566
Galactose	S461, S566
Fiber, total dietary	D3780, S381, S461, S566, S963
Calcium, Ca	S381, S461, S566, S963
Iron, Fe	S381, S461, S566, S963
Magnesium, Mg	S381, S461, S566, S963
Phosphorus, P	S381, S461, S566, S963
Potassium, K	S381, S461, S566, S963
Sodium, Na	S381, S566, S963
Zinc, Zn	S381, S461, S566, S963
Copper, Cu	S381, S461, S566, S963
Manganese, Mn	S381, S461, S566, S963
Selenium, Se	S566
Carotene, beta	D3887, D3899, S461, S566, S963
Carotene, alpha	D3887, D3899, S461, S566
Vitamin E (alpha-tocopherol)	S461, S566
Cryptoxanthin, beta	D3887, D3899, S461, S566
Lycopene	S461, S566
Lutein + zeaxanthin	S461, S566
Tocopherol, beta	S461, S566
Tocopherol, gamma	S461, S566
Tocopherol, delta	S461, S566
Vitamin C, total ascorbic acid	S381, S461, S566, S963
Thiamin	S381, S461, S566, S963
Riboflavin	S381, S461, S566, S963
Niacin	S381, S461, S566, S963
Pantothenic acid	S381, S461, S566, S963
Vitamin B-6	S381, S461, S566, S963
Folate, total	S381, S461, S566, S963
Vitamin K (phylloquinone)	S461, S566

NDB No. 09307 Rhubarb, raw

Vitamin A, IU	D3919
Vitamin A, RAE	D3919

Reference Report

JUL-28-2003 12:06 PM

Page 421 of 1265

NDB No. 09307 Rhubarb, raw

Carotene, beta	D3919
Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919

NDB No. 09316 Strawberries, raw

Protein	S1162, S421, S566, S581, S604
Total lipid (fat)	S1162, S421, S566, S581, S604
Ash	S1162, S421, S566, S581, S604
Starch	S421, S566
Sucrose	S421, S566, S606
Glucose (dextrose)	S421, S566, S604, S606
Fructose	S421, S566, S604, S606
Lactose	S421, S566
Maltose	S421, S566
Water	D3764, S1162, S421, S566, S581, S604, S606
Galactose	S421, S566
Fiber, total dietary	D3764, S1162, S421, S566, S581, S604, S642
Calcium, Ca	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S1162, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S1162, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S566, S581, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S581, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Selenium, Se	S566
Vitamin A, IU	S421, S566, S581

NDB No. 09316 Strawberries, raw

Vitamin A, RAE	S421, S566, S581
Carotene, beta	S421, S566, S581
Carotene, alpha	S421, S566
Vitamin E (alpha-tocopherol)	S421, S566
Cryptoxanthin, beta	S421, S566
Lycopene	S421, S566
Lutein + zeaxanthin	S421, S566
Tocopherol, beta	S421, S566
Tocopherol, gamma	S421, S566
Tocopherol, delta	S421, S566
Vitamin C, total ascorbic acid	S1162, S421, S581
Thiamin	S421, S566, S581
Riboflavin	S421, S566, S581
Niacin	S421, S566, S581
Pantothenic acid	S421, S566, S581
Vitamin B-6	S421, S566, S581
Folate, total	D4781, S1662
Vitamin K (phylloquinone)	D4002, S421, S566

NDB No. 09318 Strawberries, frozen, unsweetened

Sucrose	S604
Glucose (dextrose)	S604, S606
Fructose	S604, S606

NDB No. 09326 Watermelon, raw

Protein	S1027, S441, S461
Total lipid (fat)	S1027, S441, S461
Ash	S1027, S441, S461
Starch	S461
Sucrose	S441, S461, S837
Glucose (dextrose)	S441, S461, S837
Fructose	S441, S461, S837
Lactose	S441, S461, S837
Maltose	S441, S461, S837
Water	D3764, S1027, S441, S461, S837, S84
Sugars, total	S441, S461, S837

Reference Report

JUL-28-2003 12:06 PM

Page 423 of 1265

NDB No. 09326 Watermelon, raw

Galactose	S441, S461
Fiber, total dietary	D3764, S1027, S461, S837
Calcium, Ca	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S1027, S11, S12, S206, S208, S441, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Manganese, Mn	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S441
Vitamin A, IU	S1027, S441, S461
Vitamin A, RAE	S441, S461
Carotene, beta	D3912, S1027, S1203, S441, S461
Carotene, alpha	S1203, S441, S461
Vitamin E (alpha-tocopherol)	S441, S461, S84
Cryptoxanthin, beta	D3912, S1203, S441, S461
Lycopene	D4801, S1203, S441, S461
Lutein + zeaxanthin	S1203, S441, S461
Tocopherol, beta	S441, S461, S84
Tocopherol, gamma	S441, S461, S84
Tocopherol, delta	S441, S461, S84
Vitamin C, total ascorbic acid	S1027, S461
Thiamin	S1027, S441, S461
Riboflavin	S1027, S441, S461
Niacin	S1027, S441, S461
Pantothenic acid	S1027, S441, S461
Vitamin B-6	S1027, S441, S461
Folate, total	S441
Vitamin K (phylloquinone)	D4002, S441, S461

NDB No. 09328 Maraschino cherries, canned, drained

Protein	S1206
Total lipid (fat)	S1206
Ash	S1206

Reference Report

JUL-28-2003 12:06 PM

Page 424 of 1265

NDB No. 09328 Maraschino cherries, canned, drained

Water	S1206
Fiber, total dietary	S1206
Calcium, Ca	S1206
Iron, Fe	S1206
Magnesium, Mg	S1206
Phosphorus, P	S1206
Potassium, K	S1206
Sodium, Na	S1206
Zinc, Zn	S1206
Copper, Cu	S1206
Manganese, Mn	S1206
Riboflavin	S1206
Niacin	S1206
Pantothenic acid	S1206
Vitamin B-6	S1206

NDB No. 09351 Fruit cocktail, canned, heavy syrup, drained

Vitamin A, IU	S1203
Vitamin A, RAE	S1203
Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

NDB No. 09354 Pineapple, canned, juice pack, drained

Carotene, beta	D3912
----------------	-------

NDB No. 09357 Apricots, canned, heavy syrup, drained

Carotene, beta	D3843, D3846, D3912, D3919, D3924
Carotene, alpha	D3919, D3924
Cryptoxanthin, beta	D3919, D3924
Lutein + zeaxanthin	D3919, D3924

Reference Report

JUL-28-2003 12:06 PM

Page 425 of 1265

NDB No. 09370 Peaches, canned, heavy syrup, drained

Vitamin A, IU	D3843, D3904, D3912
Vitamin A, RAE	D3843, D3904, D3912
Carotene, beta	D3843, D3904, D3912
Carotene, alpha	D3904
Cryptoxanthin, beta	D3904, D3912
Lycopene	D3904
Lutein + zeaxanthin	D3904

NDB No. 09374 Pears, canned, heavy syrup, drained

Carotene, beta	D3843
----------------	-------

NDB No. 09421 Dates, medjool

Protein	S564, S582
Total lipid (fat)	S564, S582
Ash	S564, S582
Sucrose	S564, S582
Glucose (dextrose)	S564, S582
Fructose	S564, S582
Lactose	S564, S582
Maltose	S564, S582
Water	S564, S582
Sugars, total	S564, S582
Galactose	S564, S582
Fiber, total dietary	S564, S582
Calcium, Ca	S564, S582
Iron, Fe	S564, S582
Magnesium, Mg	S564, S582
Phosphorus, P	S564, S582
Potassium, K	S564, S582
Sodium, Na	S564, S582
Zinc, Zn	S564, S582
Copper, Cu	S564, S582
Manganese, Mn	S564, S582
Vitamin A, IU	S564, S582
Vitamin A, RAE	S564, S582
Carotene, beta	S564, S582

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 426 of 1265

NDB No. 09421 Dates, medjool

Carotene, alpha	S564, S582
Cryptoxanthin, beta	S564, S582
Lycopene	S564, S582
Lutein + zeaxanthin	S564, S582
Vitamin C, total ascorbic acid	S564, S582
Thiamin	S564, S582
Riboflavin	S564, S582
Niacin	S564, S582
Pantothenic acid	S564, S582
Vitamin B-6	S564, S582
Folate, total	S564
Vitamin K (phylloquinone)	S564, S582
Tryptophan	S564, S582
Threonine	S564, S582
Isoleucine	S564, S582
Leucine	S564, S582
Lysine	S564, S582
Methionine	S564, S582
Cystine	S564, S582
Phenylalanine	S564, S582
Tyrosine	S564, S582
Valine	S564, S582
Arginine	S564, S582
Histidine	S564, S582
Alanine	S564, S582
Aspartic acid	S564, S582
Glutamic acid	S564, S582
Glycine	S564, S582
Proline	S564, S582
Serine	S564, S582

NDB No. 09422 Durian, raw or frozen

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202

Reference Report

JUL-28-2003 12:06 PM

Page 427 of 1265

NDB No. 09422 Durian, raw or frozen

Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

NDB No. 09427 Abiyuch, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053

Reference Report

JUL-28-2003 12:06 PM

Page 428 of 1265

NDB No. 09427 Abiyuch, raw

Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Carotene, beta	D4053
Carotene, alpha	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

NDB No. 09428 Rowal, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
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

Reference Report

JUL-28-2003 12:06 PM

Page 429 of 1265

NDB No. 09428 Rowal, raw

Manganese, Mn	D4053
Vitamin A, IU	D4053
Carotene, beta	D4053
Carotene, alpha	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

NDB No. 09429 Pineapple, raw, traditional varieties

Protein	S1167, S441
Total lipid (fat)	S1167, S441
Ash	S1167, S441
Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441
Water	S1167, S441
Sugars, total	S441
Galactose	S441
Calcium, Ca	D4070, S1167, S441
Iron, Fe	D4070, S1167, S441
Magnesium, Mg	D4070, S1167, S441
Phosphorus, P	S1167, S441
Potassium, K	D4070, S1167, S441
Zinc, Zn	D4070, S1167, S441
Copper, Cu	D4070, S1167, S441
Manganese, Mn	D4070, S1167, S441
Selenium, Se	S441
Vitamin A, IU	S1167, S441
Vitamin A, RAE	S1167, S441
Carotene, beta	S1167, S441
Carotene, alpha	S441
Cryptoxanthin, beta	S441
Lycopene	S441
Lutein + zeaxanthin	S441
Vitamin C, total ascorbic acid	S1167, S441

NDB No. 09429 Pineapple, raw, traditional varieties

Thiamin	S1167, S441
Riboflavin	S1167, S441
Niacin	S1167, S441
Pantothenic acid	S1167, S441
Vitamin B-6	S1167, S441
Folate, total	S1167, S441
Vitamin K (phylloquinone)	S441

NDB No. 09430 Pineapple, raw, extra sweet variety

Protein	S441, S561
Total lipid (fat)	S441, S561
Ash	S441, S561
Starch	S561
Sucrose	S441, S561
Glucose (dextrose)	S441, S561
Fructose	S441, S561
Lactose	S441, S561
Maltose	S441, S561
Water	S441, S561
Sugars, total	S441, S561
Galactose	S441, S561
Fiber, total dietary	S561
Calcium, Ca	S441, S561
Iron, Fe	S441, S561
Magnesium, Mg	S441, S561
Phosphorus, P	S441, S561
Potassium, K	S441, S561
Zinc, Zn	S441, S561
Copper, Cu	S441, S561
Manganese, Mn	S441, S561
Selenium, Se	S561
Vitamin A, IU	S441, S561
Vitamin A, RAE	S441, S561
Carotene, beta	S441, S561
Carotene, alpha	S441, S561
Vitamin E (alpha-tocopherol)	S441, S561

Reference Report

JUL-28-2003 12:06 PM

Page 431 of 1265

NDB No. 09430 Pineapple, raw, extra sweet variety

Cryptoxanthin, beta	S441, S561
Lycopene	S441, S561
Lutein + zeaxanthin	S441, S561
Tocopherol, beta	S441, S561
Tocopherol, gamma	S441, S561
Tocopherol, delta	S441, S561
Vitamin C, total ascorbic acid	S441, S561
Thiamin	S441, S561
Riboflavin	S441, S561
Niacin	S441, S561
Pantothenic acid	S441, S561
Vitamin B-6	S441, S561
Folate, total	S441, S561
Vitamin K (phylloquinone)	S441, S561

NDB No. 10006 Pork, fresh, separable fat, raw

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 432 of 1265

NDB No. 10006 Pork, fresh, separable fat, raw

Vitamin B-12	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 433 of 1265

NDB No. 10006 Pork, fresh, separable fat, raw

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

NDB No. 10007 Pork, fresh, separable fat, cooked

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

Reference Report

JUL-28-2003 12:06 PM

Page 434 of 1265

NDB No. 10007 Pork, fresh, separable fat, cooked

Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 435 of 1265

NDB No. 10007 Pork, fresh, separable fat, cooked

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

NDB No. 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Folate, total	S1166

NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

Protein	S1082
Total lipid (fat)	S1082, S1166
Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 436 of 1265

NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	D1243, S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 437 of 1265

NDB No. 10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10067 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

Protein	S1082
Total lipid (fat)	S1082, S1166
Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166

Reference Report

JUL-28-2003 12:06 PM

Page 438 of 1265

NDB No. 10067 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 439 of 1265

NDB No. 10067 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Protein	S1082
Total lipid (fat)	S1082, S1166
Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166

Reference Report

JUL-28-2003 12:06 PM

Page 440 of 1265

NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 441 of 1265

NDB No. 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

Folate, total	S1166
---------------	-------

NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 442 of 1265

NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw

Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 443 of 1265

NDB No. 10098 Pork, fresh, variety meats and by-products, chitterlings, raw

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

NDB No. 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

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

Reference Report

JUL-28-2003 12:06 PM

Page 444 of 1265

NDB No. 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

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

NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 445 of 1265

NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw

Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581

Reference Report

JUL-28-2003 12:06 PM

Page 446 of 1265

NDB No. 10102 Pork, fresh, variety meats and by-products, feet, raw

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

NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 447 of 1265

NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 448 of 1265

NDB No. 10119 Pork, fresh, variety meats and by-products, stomach, raw

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

NDB No. 10123 Pork, cured, bacon, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 449 of 1265

NDB No. 10123 Pork, cured, bacon, raw

Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 450 of 1265

NDB No. 10123 Pork, cured, bacon, raw

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

NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

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

Reference Report

JUL-28-2003 12:06 PM

Page 451 of 1265

NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

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

Reference Report

JUL-28-2003 12:06 PM

Page 452 of 1265

NDB No. 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

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

NDB No. 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered

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

Reference Report

JUL-28-2003 12:06 PM

Page 453 of 1265

NDB No. 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered

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

NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled

Protein	S1082
Total lipid (fat)	S1082, S1166
Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 454 of 1265

NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled

Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 455 of 1265

NDB No. 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled

Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10860 Pork, cured, bacon, cooked, baked

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 456 of 1265

NDB No. 10860 Pork, cured, bacon, cooked, baked

Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 457 of 1265

NDB No. 10860 Pork, cured, bacon, cooked, baked

Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10861 Pork, cured, bacon, cooked, microwaved

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 458 of 1265

NDB No. 10861 Pork, cured, bacon, cooked, microwaved

Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Tocopherol, beta	S1166, S502
Tocopherol, gamma	S1166, S502
Tocopherol, delta	S1166, S502
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166, S502
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 459 of 1265

NDB No. 10861 Pork, cured, bacon, cooked, microwaved

Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10862 Pork, cured, bacon, cooked, pan-fried

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 460 of 1265

NDB No. 10862 Pork, cured, bacon, cooked, pan-fried

Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 461 of 1265

NDB No. 10862 Pork, cured, bacon, cooked, pan-fried

Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581

Reference Report

JUL-28-2003 12:06 PM

Page 462 of 1265

NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered

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

Reference Report

JUL-28-2003 12:06 PM

Page 463 of 1265

NDB No. 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered

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

NDB No. 10864 Pork, bacon, rendered fat, cooked

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Vitamin B-12	S1082
Cholesterol	S1082

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 464 of 1265

NDB No. 10864 Pork, bacon, rendered fat, cooked

Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 11001 Alfalfa seeds, sprouted, raw

Sucrose	S606
Glucose (dextrose)	S604, S606
Fructose	S604, S606
Sugars, total	S606

NDB No. 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt

Sugars, total	S565
Carotene, beta	S565
Carotene, alpha	S565
Cryptoxanthin, beta	S565

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 465 of 1265

NDB No. 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt

Lycopene	S565
Lutein + zeaxanthin	S565
Vitamin K (phylloquinone)	S565

NDB No. 11011 Asparagus, raw

Protein	S1069
Total lipid (fat)	S1069, S81
Ash	S1069
Sucrose	D3321, S1069
Glucose (dextrose)	D3321, D3326, S1069
Fructose	D3321, D3326, S1069
Lactose	S1069
Maltose	S1069
Water	D3326, S1069, S81
Sugars, total	D3326
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Carotene, beta	D3887, D3888
Carotene, alpha	D3887, D3888
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	D3887
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 466 of 1265

NDB No. 11011 Asparagus, raw

Folate, total	S1069
Vitamin K (phylloquinone)	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

NDB No. 11012 Asparagus, cooked, boiled, drained

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 467 of 1265

NDB No. 11012 Asparagus, cooked, boiled, drained

Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Sodium, Na	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 468 of 1265

NDB No. 11012 Asparagus, cooked, boiled, drained

18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

NDB No. 11019 Asparagus, frozen, cooked, boiled, drained, without salt

Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

Reference Report

JUL-28-2003 12:06 PM

Page 469 of 1265

NDB No. 11024 Balsam-pear (bitter gourd), pods, raw

Carotene, beta	D3844
Carotene, alpha	D3844
Lutein + zeaxanthin	D3844

NDB No. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Sucrose	S822, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S822, S837
Sugars, total	S837
Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin K (phylloquinone)	D4002

NDB No. 11052 Beans, snap, green, raw

Carotene, beta	D3853, D3887, D3889, D3905
Carotene, alpha	D3887, D3889, D3905
Cryptoxanthin, beta	D3887, D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

NDB No. 11053 Beans, snap, green, cooked, boiled, drained, without salt

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203

Reference Report

JUL-28-2003 12:06 PM

Page 470 of 1265

NDB No. 11053 Beans, snap, green, cooked, boiled, drained, without salt

Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Sodium, Na	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S202, S203
Vitamin K (phylloquinone)	D4002

NDB No. 11060 Beans, snap, green, frozen, all styles, unprepared

Carotene, beta	D3853
----------------	-------

NDB No. 11082 Beets, canned, regular pack, solids and liquids

Protein	S625, S626, S627
Total lipid (fat)	S625, S626, S627
Ash	S625, S626, S627
Sucrose	D3321, S406
Glucose (dextrose)	D3321
Fructose	D3321
Water	S406, S625, S626, S627
Galactose	D3305
Fiber, total dietary	S625, S626, S627
Calcium, Ca	S183, S201, S202, S203, S6, S625, S626, S627
Iron, Fe	S183, S201, S202, S203, S6, S625, S626, S627
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6, S626, S627
Sodium, Na	S183, S201, S202, S203, S6, S625, S626, S627
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S202, S203, S6
Vitamin K (phylloquinone)	D4052

NDB No. 11086 Beet greens, raw

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 471 of 1265

NDB No. 11086 Beet greens, raw

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	S1821
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Carotene, beta	D3846, D3887
Carotene, alpha	D3887
Cryptoxanthin, beta	D3887

NDB No. 11090 Broccoli, raw

Protein	S1121, S564, S619
Total lipid (fat)	S1121, S121, S564, S619, S87
Ash	S1121, S564, S619
Starch	S564
Sucrose	D3321, S1121, S564, S604, S606, S837
Glucose (dextrose)	D3321, S1121, S564, S604, S606, S837
Fructose	D3321, S1121, S564, S604, S606, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Water	D3773, S1121, S121, S564, S604, S606, S619, S837, S87
Galactose	D3305, S564
Fiber, total dietary	D3773, S564, S604, S606, S837
Calcium, Ca	S1121, S564, S619
Iron, Fe	S1121, S564, S619
Magnesium, Mg	S1121, S564, S619
Phosphorus, P	S1121, S564, S619
Potassium, K	S1121, S1164, S564, S619
Sodium, Na	S1121, S1164, S564, S619
Zinc, Zn	S1121, S564, S619
Copper, Cu	S1121, S564, S619
Manganese, Mn	S1121, S564, S619
Selenium, Se	S564
Vitamin A, IU	S619
Carotene, beta	D3846, D3853, D3887, D3888, D3889, D3901, D3905, S1121, S1164, S564

Reference Report

JUL-28-2003 12:06 PM

Page 472 of 1265

NDB No. 11090 Broccoli, raw

Carotene, alpha	D3887, D3888, D3901, D3905, S1121, S1164, S564
Vitamin E (alpha-tocopherol)	S1121, S121, S564, S87
Cryptoxanthin, beta	D3887, D3901, D3905, S1121, S1164, S564
Lycopene	D3901, D3905, S1121, S1164, S564
Lutein + zeaxanthin	D3901, D3905, S1121, S564
Tocopherol, beta	S1121, S121, S564, S87
Tocopherol, gamma	S1121, S121, S564, S87
Tocopherol, delta	S1121, S121, S564, S87
Vitamin C, total ascorbic acid	S1164, S619
Thiamin	S1121, S564, S619
Riboflavin	S1121, S564, S619
Niacin	S1121, S564, S619
Pantothenic acid	S1121, S564, S619
Vitamin B-6	S1121, S564, S619
Folate, total	S1121, S1164, S564, S619
Vitamin K (phylloquinone)	S1121, S564
Tryptophan	S1121, S564
Threonine	S1121, S564
Isoleucine	S1121, S564
Leucine	S1121, S564
Lysine	S1121, S564
Methionine	S1121, S564
Cystine	S1121, S564
Phenylalanine	S1121, S564
Tyrosine	S1121, S564
Valine	S1121, S564
Arginine	S1121, S564
Histidine	S1121, S564
Alanine	S1121, S564
Aspartic acid	S1121, S564
Glutamic acid	S1121, S564
Glycine	S1121, S564
Proline	S1121, S564
Serine	S1121, S564
8:0	S564
10:0	S564
12:0	S564

Reference Report

JUL-28-2003 12:06 PM

Page 473 of 1265

NDB No. 11090 Broccoli, raw

14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

Protein	S1121, S564
Total lipid (fat)	S1121, S564
Ash	S1121, S564
Starch	S564
Sucrose	S1121, S564, S837
Glucose (dextrose)	S1121, S564, S837
Fructose	S1121, S564, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Water	S1121, S564, S606, S837
Sugars, total	S564, S837
Galactose	S564
Fiber, total dietary	S564, S606, S837
Calcium, Ca	S1121, S564
Iron, Fe	S1121, S564

Reference Report

JUL-28-2003 12:06 PM

Page 474 of 1265

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

Magnesium, Mg	S1121, S564
Phosphorus, P	S1121, S564
Potassium, K	S1121, S564
Sodium, Na	S1121, S564
Zinc, Zn	S1121, S564
Copper, Cu	S1121, S564
Manganese, Mn	S1121, S564
Selenium, Se	S1121, S564
Carotene, beta	D3846, D3890, D3905, S1121, S564
Carotene, alpha	D3905, S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564
Cryptoxanthin, beta	D3905, S1121, S564
Lycopene	D3905, S1121, S564
Lutein + zeaxanthin	D3890, D3905, S1121, S564
Tocopherol, beta	S1121, S564
Tocopherol, gamma	S1121, S564
Tocopherol, delta	S1121, S564
Vitamin C, total ascorbic acid	S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564

Reference Report

JUL-28-2003 12:06 PM

Page 475 of 1265

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

NDB No. 11092 Broccoli, frozen, chopped, unprepared

Glucose (dextrose)	S822
Fructose	S822
Carotene, beta	D3846
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

NDB No. 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6
Sodium, Na	S6
Zinc, Zn	S6
Copper, Cu	S6
Manganese, Mn	S6
Selenium, Se	S6

NDB No. 11096 Broccoli raab, raw

Protein	S1121, S482
Total lipid (fat)	S1121, S482

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 476 of 1265

NDB No. 11096 Broccoli raab, raw

Ash	S1121, S482
Sucrose	S1121, S482
Glucose (dextrose)	S1121, S482
Fructose	S1121, S482
Lactose	S1121, S482
Maltose	S1121, S482
Water	S1121, S482
Sugars, total	S1121
Galactose	S1121
Fiber, total dietary	S1121, S482
Calcium, Ca	S1121, S482
Iron, Fe	S1121, S482
Magnesium, Mg	S1121, S482
Phosphorus, P	S1121, S482
Potassium, K	S1121, S482
Sodium, Na	S1121, S482
Zinc, Zn	S1121, S482
Copper, Cu	S1121, S482
Manganese, Mn	S1121, S482
Selenium, Se	S1121
Carotene, beta	S1121, S482
Carotene, alpha	S1121, S482
Vitamin E (alpha-tocopherol)	S1121, S482
Cryptoxanthin, beta	S1121, S482
Lycopene	S1121, S482
Lutein + zeaxanthin	S1121, S482
Tocopherol, beta	S1121, S482
Tocopherol, gamma	S1121, S482
Tocopherol, delta	S1121, S482
Vitamin C, total ascorbic acid	S1121, S482
Thiamin	S1121, S482
Riboflavin	S1121, S482
Niacin	S1121, S482
Pantothenic acid	S1121, S482
Vitamin B-6	S1121, S482
Folate, total	S1121, S482
Vitamin K (phylloquinone)	S1121, S482

NDB No. 11096 Broccoli raab, raw

Tryptophan	S1121, S482
Threonine	S1121, S482
Isoleucine	S1121, S482
Leucine	S1121, S482
Lysine	S1121, S482
Methionine	S1121, S482
Cystine	S1121, S482
Phenylalanine	S1121, S482
Tyrosine	S1121, S482
Valine	S1121, S482
Arginine	S1121, S482
Histidine	S1121, S482
Alanine	S1121, S482
Aspartic acid	S1121, S482
Glutamic acid	S1121, S482
Glycine	S1121, S482
Proline	S1121, S482
Serine	S1121, S482

NDB No. 11097 Broccoli raab, cooked

Protein	S482
Total lipid (fat)	S482
Ash	S482
Sucrose	S482
Glucose (dextrose)	S482
Fructose	S482
Lactose	S482
Maltose	S482
Water	S482
Fiber, total dietary	S482
Calcium, Ca	S482
Iron, Fe	S482
Magnesium, Mg	S482
Phosphorus, P	S482
Potassium, K	S482
Sodium, Na	S482

Reference Report

JUL-28-2003 12:06 PM

Page 478 of 1265

NDB No. 11097 Broccoli raab, cooked

Zinc, Zn	S482
Copper, Cu	S482
Manganese, Mn	S482
Selenium, Se	S482
Carotene, beta	S482
Carotene, alpha	S482
Vitamin E (alpha-tocopherol)	S482
Cryptoxanthin, beta	S482
Lycopene	S482
Lutein + zeaxanthin	S482
Tocopherol, beta	S482
Tocopherol, gamma	S482
Tocopherol, delta	S482
Vitamin C, total ascorbic acid	S482
Thiamin	S482
Riboflavin	S482
Niacin	S482
Pantothenic acid	S482
Vitamin B-6	S482
Folate, total	S482
Vitamin K (phylloquinone)	S482
Tryptophan	S1121, S482
Threonine	S1121, S482
Isoleucine	S1121, S482
Leucine	S1121, S482
Lysine	S1121, S482
Methionine	S1121, S482
Cystine	S1121, S482
Phenylalanine	S1121, S482
Tyrosine	S1121, S482
Valine	S1121, S482
Arginine	S1121, S482
Histidine	S1121, S482
Alanine	S1121, S482
Aspartic acid	S1121, S482
Glutamic acid	S1121, S482
Glycine	S1121, S482

Reference Report

JUL-28-2003 12:06 PM

Page 479 of 1265

NDB No. 11097 Broccoli raab, cooked

Proline	S1121, S482
Serine	S1121, S482
8:0	S482
10:0	S482
12:0	S482
14:0	S482
16:0	S482
18:0	S482
20:0	S482
18:1 undifferentiated	S482
18:2 undifferentiated	S482
18:3 undifferentiated	S482
20:4 undifferentiated	S482
22:6 n-3	S482
22:0	S482
14:1	S482
16:1 undifferentiated	S482
18:4	S482
20:1	S482
20:5 n-3	S482
22:1 undifferentiated	S482
22:5 n-3	S482
15:0	S482
17:0	S482
24:0	S482
20:2 n-6 c,c	S482
17:1	S482
20:3 undifferentiated	S482
15:1	S482

NDB No. 11098 Brussels sprouts, raw

Carotene, beta	D3846, D3889, D3901
Carotene, alpha	D3889, D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

Reference Report

JUL-28-2003 12:06 PM

Page 480 of 1265

NDB No. 11099 Brussels sprouts, cooked, boiled, drained, without salt

Total lipid (fat)	S84
Water	S84
Carotene, beta	D3846, D3901
Carotene, alpha	D3901
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 11100 Brussels sprouts, frozen, unprepared

Carotene, beta	D3846
----------------	-------

NDB No. 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

NDB No. 11109 Cabbage, raw

Total lipid (fat)	S121, S81, S87
Sucrose	D3311, S606, S837
Glucose (dextrose)	D3311, S606, S837
Fructose	D3311, S606, S837
Lactose	S837
Maltose	S606, S837

Reference Report

JUL-28-2003 12:06 PM

Page 481 of 1265

NDB No. 11109 Cabbage, raw

Sugars, total	S606, S837
Carotene, beta	D3901, S1202
Carotene, alpha	D3901, S1202
Vitamin E (alpha-tocopherol)	S121, S81, S87
Cryptoxanthin, beta	D3901, S1202
Lycopene	D3901
Lutein + zeaxanthin	D3901
Tocopherol, beta	S121, S81, S87
Tocopherol, gamma	S121, S81, S87
Tocopherol, delta	S121, S81, S87
Vitamin K (phylloquinone)	D4052, D4066

NDB No. 11112 Cabbage, red, raw

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	D3321, D3326, S1065
Glucose (dextrose)	D3321, D3326, S1065
Fructose	D3321, D3326, S1065
Lactose	S1065
Maltose	S1065
Water	D3326, S1065
Sugars, total	D3326
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 482 of 1265

NDB No. 11112 Cabbage, red, raw

Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 483 of 1265

NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt

Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065

NDB No. 11124 Carrots, raw

Protein	S1062, S618
Total lipid (fat)	S1062, S618, S84, S87
Ash	S1062, S618
Starch	S1062
Sucrose	S1062, S604, S606, S837
Glucose (dextrose)	S1062, S604, S606, S837
Fructose	S1062, S604, S606, S837
Lactose	S1062, S837

Reference Report

JUL-28-2003 12:06 PM

Page 484 of 1265

NDB No. 11124 Carrots, raw

Maltose	S1062, S837
Water	S1062, S604, S606, S618, S837, S84, S87
Sugars, total	S606, S837
Calcium, Ca	S1062, S183, S201, S202, S203, S6, S618
Iron, Fe	S1062, S183, S201, S202, S203, S6, S618
Magnesium, Mg	S1062, S183, S201, S202, S203, S6, S618
Phosphorus, P	S1062, S183, S201, S202, S203, S6, S618
Potassium, K	S1062, S183, S201, S202, S203, S6, S618
Sodium, Na	S1062, S183, S201, S202, S203, S6, S618
Zinc, Zn	S1062, S183, S201, S202, S203, S6, S618
Copper, Cu	S1062, S183, S201, S202, S203, S6, S618
Manganese, Mn	S1062, S183, S201, S202, S203, S6, S618
Selenium, Se	S183, S202, S203, S6
Carotene, beta	D3843, D3846, D3847, D3850, D3885, D3887, D3888, D3889, D3900, D3909, D3911, S1062
Carotene, alpha	D3846, D3847, D3850, D3885, D3887, D3888, D3889, D3900, D3909, D3911, S1062
Vitamin E (alpha-tocopherol)	S1062, S84, S87
Cryptoxanthin, beta	D3887, S1062
Lycopene	D3911, S1062
Tocopherol, beta	S1062, S84, S87
Tocopherol, gamma	S1062, S84, S87
Tocopherol, delta	S1062, S84, S87
Vitamin C, total ascorbic acid	S1062, S618
Thiamin	S1062, S618
Riboflavin	S1062, S618
Niacin	S1062, S618
Pantothenic acid	S1062, S618
Vitamin B-6	S1062, S618
Folate, total	S1062, S618
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 485 of 1265

NDB No. 11124 Carrots, raw

18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 486 of 1265

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3885, S1062
Carotene, alpha	D3846, D3885, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 487 of 1265

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11128 Carrots, canned, regular pack, drained solids

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

NDB No. 11130 Carrots, frozen, unprepared

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 488 of 1265

NDB No. 11130 Carrots, frozen, unprepared

Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
18:2 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25

NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt

Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Galactose	S25

Reference Report

JUL-28-2003 12:06 PM

Page 489 of 1265

NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt

Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
18:4	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
24:0	S25

NDB No. 11135 Cauliflower, raw

Total lipid (fat)	S121
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121

Reference Report

JUL-28-2003 12:06 PM

Page 490 of 1265

NDB No. 11135 Cauliflower, raw

Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin K (phylloquinone)	D4002, D4043, D4052, D4073

NDB No. 11143 Celery, raw

Protein	S1121, S564
Total lipid (fat)	S1121, S564, S84, S87
Ash	S1121, S564
Starch	S564
Sucrose	D3284, D3321, S1121, S564, S604
Glucose (dextrose)	D3284, D3321, S1121, S564, S604
Fructose	D3284, D3321, S1121, S564, S604
Lactose	S1121, S564
Maltose	S1121, S564
Water	S1121, S564, S604, S84, S87
Sugars, total	S564
Galactose	S564
Fiber, total dietary	S1121, S564
Calcium, Ca	S1121, S183, S201, S202, S203, S564, S6
Iron, Fe	S1121, S183, S201, S202, S203, S564, S6
Magnesium, Mg	S1121, S183, S201, S202, S203, S564, S6
Phosphorus, P	S1121, S183, S201, S202, S203, S564, S6
Potassium, K	S1121, S183, S201, S202, S203, S564, S6
Sodium, Na	S1121, S183, S201, S202, S203, S564, S6
Zinc, Zn	S1121, S183, S201, S202, S203, S564, S6
Copper, Cu	S1121, S183, S201, S202, S203, S564, S6
Manganese, Mn	S1121, S183, S201, S202, S203, S564, S6
Selenium, Se	S183, S564, S6
Carotene, beta	S1121, S564
Carotene, alpha	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564, S84, S87
Cryptoxanthin, beta	S1121, S564
Lycopene	S1121, S564
Lutein + zeaxanthin	S1121, S564
Tocopherol, beta	S1121, S564, S84, S87
Tocopherol, gamma	S1121, S564, S84, S87

Reference Report

JUL-28-2003 12:06 PM

Page 491 of 1265

NDB No. 11143 Celery, raw

Tocopherol, delta	S1121, S564, S84, S87
Vitamin C, total ascorbic acid	S1121, S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Vitamin K (phyloquinone)	D4002, S1121, S564

NDB No. 11147 Chard, swiss, raw

Carotene, beta	D3887, D3889
Carotene, alpha	D3887, D3889
Cryptoxanthin, beta	D3887

NDB No. 11149 Chayote, fruit, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 11157 Chrysanthemum, garland, raw

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202

Reference Report

JUL-28-2003 12:06 PM

Page 492 of 1265

NDB No. 11157 Chrysanthemum, garland, raw

Carotene, beta	D3869, D3870, S1202
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870, S1202
Lutein + zeaxanthin	D3869
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

NDB No. 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt

Carotene, beta	D3869, D3870
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870
Lutein + zeaxanthin	D3869

NDB No. 11161 Collards, raw

Carotene, beta	D3846
----------------	-------

NDB No. 11162 Collards, cooked, boiled, drained, without salt

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Sodium, Na	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S201, S202, S203
Carotene, beta	D3846
Vitamin K (phylloquinone)	D4002

Reference Report

JUL-28-2003 12:06 PM

Page 493 of 1265

NDB No. 11163 Collards, frozen, chopped, unprepared

Carotene, beta D3846

NDB No. 11165 Coriander (cilantro) leaves, raw

Carotene, beta D3863, D3960, D3964, D3969

Carotene, alpha D3969

Cryptoxanthin, beta D3969

Lycopene D3969

Lutein + zeaxanthin D3960, D3969

Vitamin B-6 D390

NDB No. 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt

Sucrose S604

Glucose (dextrose) S604

Fructose S604

Maltose S604

Selenium, Se S183, S201, S202, S203

NDB No. 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Sucrose S604

Glucose (dextrose) S604

Fructose S604

Maltose S604

Selenium, Se S183, S6

Carotene, beta D3907

Carotene, alpha D3907

Vitamin E (alpha-tocopherol) S121

Cryptoxanthin, beta D3907

Tocopherol, beta S121

Tocopherol, gamma S121

Tocopherol, delta S121

NDB No. 11174 Corn, sweet, yellow, canned, cream style, regular pack

Manganese, Mn S183, S201, S202, S203, S6

Selenium, Se S183, S201, S202, S203, S6

Reference Report

JUL-28-2003 12:06 PM

Page 494 of 1265

NDB No. 11174 Corn, sweet, yellow, canned, cream style, regular pack

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

NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Protein	S405
Total lipid (fat)	S405, S84
Ash	S405
Sucrose	S604, S822, S837
Glucose (dextrose)	S604, S822, S837
Fructose	S604, S822, S837
Lactose	S837
Maltose	S604, S822, S837
Water	S405, S604, S822, S837, S84
Sugars, total	S837
Calcium, Ca	S405, S6
Iron, Fe	S405, S6
Magnesium, Mg	S405, S6
Phosphorus, P	S405, S6
Potassium, K	S405, S6
Sodium, Na	S405, S6
Zinc, Zn	S405, S6
Copper, Cu	S405, S6
Manganese, Mn	S405, S6
Carotene, beta	S405
Carotene, alpha	S405
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S405
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405

Reference Report

JUL-28-2003 12:06 PM

Page 495 of 1265

NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405
Folate, total	S405
Vitamin K (phylloquinone)	D4002

NDB No. 11205 Cucumber, with peel, raw

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062, S604
Fructose	S1062, S604
Lactose	S1062
Maltose	S1062, S604
Water	D3773, S1062, S121, S604
Fiber, total dietary	D3773
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 496 of 1265

NDB No. 11205 Cucumber, with peel, raw

Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
15:1	S1062

NDB No. 11206 Cucumber, peeled, raw

Protein	S1062
Total lipid (fat)	S1062, S121, S81
Ash	S1062
Starch	S1062
Sucrose	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 497 of 1265

NDB No. 11206 Cucumber, peeled, raw

Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062, S121, S81
Calcium, Ca	S1062, S183, S201, S202, S203, S6
Iron, Fe	S1062, S183, S201, S202, S203, S6
Magnesium, Mg	S1062, S183, S201, S202, S203, S6
Phosphorus, P	S1062, S183, S201, S202, S203, S6
Potassium, K	S1062, S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S1062, S183, S201, S202, S203, S6
Copper, Cu	S1062, S183, S201, S202, S203, S6
Manganese, Mn	S1062, S183, S201, S202, S203, S6
Selenium, Se	S1062, S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S1062, S121, S81
Tocopherol, beta	S1062, S121, S81
Tocopherol, gamma	S1062, S121, S81
Tocopherol, delta	S1062, S121, S81
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Vitamin K (phylloquinone)	D4002, D4052, S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 498 of 1265

NDB No. 11206 Cucumber, peeled, raw

22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11209 Eggplant, raw

Protein	S615
Total lipid (fat)	S615
Ash	S615
Water	D3326, S615
Sugars, total	D3326
Fiber, total dietary	S615
Calcium, Ca	S615
Iron, Fe	S615
Magnesium, Mg	S615
Phosphorus, P	S615
Potassium, K	S615
Sodium, Na	S615
Zinc, Zn	S615
Copper, Cu	S615
Manganese, Mn	S615
Vitamin A, IU	S615
Carotene, beta	S615
Vitamin C, total ascorbic acid	S615

Reference Report

JUL-28-2003 12:06 PM

Page 499 of 1265

NDB No. 11209 Eggplant, raw

Thiamin	S615
Riboflavin	S615
Niacin	S615
Pantothenic acid	S615
Vitamin B-6	S615
Folate, total	S615

NDB No. 11210 Eggplant, cooked, boiled, drained, without salt

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

NDB No. 11233 Kale, raw

Carotene, beta	D3843, D3846, D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

NDB No. 11234 Kale, cooked, boiled, drained, without salt

Carotene, beta	D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

Reference Report

JUL-28-2003 12:06 PM

Page 500 of 1265

NDB No. 11250 Lettuce, butterhead (includes boston and bibb types), raw

Protein	S562, S565
Total lipid (fat)	S562, S565
Ash	S562, S565
Sucrose	S562
Glucose (dextrose)	S562
Fructose	S562
Lactose	S562
Maltose	S562
Water	S562, S565
Galactose	S562
Fiber, total dietary	S562
Calcium, Ca	S562, S565
Iron, Fe	S562, S565
Magnesium, Mg	S562, S565
Phosphorus, P	S562, S565
Potassium, K	S562, S565
Zinc, Zn	S562, S565
Copper, Cu	S562, S565
Manganese, Mn	S562, S565
Selenium, Se	S562, S565
Carotene, beta	S565
Carotene, alpha	S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Vitamin C, total ascorbic acid	S562, S565
Thiamin	S562, S565
Riboflavin	S562, S565
Niacin	S562, S565
Pantothenic acid	S562, S565
Vitamin B-6	S562, S565
Vitamin K (phylloquinone)	S562, S565

Reference Report

JUL-28-2003 12:06 PM

Page 501 of 1265

NDB No. 11251 Lettuce, cos or romaine, raw

Protein	S481, S503, S620
Total lipid (fat)	S481, S503, S620
Ash	S481, S503, S620
Starch	S503
Sucrose	S503
Glucose (dextrose)	S503
Fructose	S503
Lactose	S503
Maltose	S503
Water	S481, S503, S620
Sugars, total	S503
Galactose	S503
Fiber, total dietary	S481, S503, S620
Calcium, Ca	S481, S503, S620
Iron, Fe	S481, S503, S620
Magnesium, Mg	S481, S503, S620
Phosphorus, P	S481, S503, S620
Potassium, K	S481, S503, S620
Zinc, Zn	S481, S503, S620
Copper, Cu	S481, S503, S620
Manganese, Mn	S481, S503, S620
Selenium, Se	S481, S503
Carotene, beta	S481, S503, S620
Carotene, alpha	S481, S503
Vitamin E (alpha-tocopherol)	S481, S503
Cryptoxanthin, beta	S481, S503
Lycopene	S481, S503
Lutein + zeaxanthin	S481, S503
Tocopherol, beta	S481, S503
Tocopherol, gamma	S481, S503
Tocopherol, delta	S481, S503
Thiamin	S481, S503, S620
Riboflavin	S481, S503, S620
Niacin	S481, S503, S620
Pantothenic acid	S481, S503, S620
Vitamin B-6	S481, S503, S620
Vitamin K (phylloquinone)	S481, S503

Reference Report

JUL-28-2003 12:06 PM

Page 502 of 1265

NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw

Protein	S481, S562
Total lipid (fat)	S481, S562
Ash	S481, S562
Sucrose	S562
Glucose (dextrose)	S562
Fructose	S562
Lactose	S562
Maltose	S562
Water	S481, S562
Galactose	S562
Fiber, total dietary	S562
Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S481, S562
Potassium, K	S481, S562
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S481, S562
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S481, S562
Carotene, beta	D3887
Carotene, alpha	D3887
Vitamin E (alpha-tocopherol)	S481
Cryptoxanthin, beta	D3887
Tocopherol, beta	S481
Tocopherol, gamma	S481
Tocopherol, delta	S481
Thiamin	S481, S562
Riboflavin	S481, S562
Niacin	S481, S562
Pantothenic acid	S481, S562
Vitamin B-6	S481, S562
Vitamin K (phylloquinone)	S481, S562

NDB No. 11253 Lettuce, green leaf, raw

Reference Report

JUL-28-2003 12:06 PM

Page 503 of 1265

NDB No. 11253 Lettuce, green leaf, raw

Protein	S565
Total lipid (fat)	S541, S565
Ash	S541, S565
Starch	S541
Sucrose	S541
Glucose (dextrose)	S541
Fructose	S541
Lactose	S541
Maltose	S541
Water	S541, S565
Galactose	S541
Fiber, total dietary	S541
Calcium, Ca	S541, S565
Iron, Fe	S541, S565
Magnesium, Mg	S541, S565
Phosphorus, P	S541, S565
Potassium, K	S541, S565
Sodium, Na	S541, S565
Zinc, Zn	S541, S565
Copper, Cu	S541, S565
Manganese, Mn	S541, S565
Selenium, Se	S541, S565
Carotene, beta	S541, S565
Carotene, alpha	S541, S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S541, S565
Lycopene	S541, S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Thiamin	S541, S565
Riboflavin	S541, S565
Niacin	S541, S565
Pantothenic acid	S541, S565
Vitamin B-6	S541, S565
Folate, total	S541, S565

NDB No. 11253 Lettuce, green leaf, raw

Vitamin K (phylloquinone) S541, S565

NDB No. 11257 Lettuce, red leaf, raw

Protein	S565
Total lipid (fat)	S541, S565
Ash	S541, S565
Starch	S541
Sucrose	S541
Glucose (dextrose)	S541
Fructose	S541
Lactose	S541
Maltose	S541
Water	S541, S565
Galactose	S541
Fiber, total dietary	S541
Calcium, Ca	S541, S565
Iron, Fe	S541, S565
Magnesium, Mg	S541, S565
Phosphorus, P	S541, S565
Potassium, K	S541, S565
Sodium, Na	S541, S565
Zinc, Zn	S541, S565
Copper, Cu	S541, S565
Manganese, Mn	S541, S565
Selenium, Se	S541
Carotene, beta	S541, S565
Carotene, alpha	S541, S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S541, S565
Lycopene	S541, S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Vitamin C, total ascorbic acid	S541, S565
Thiamin	S541, S565

Reference Report

JUL-28-2003 12:06 PM

Page 505 of 1265

NDB No. 11257 Lettuce, red leaf, raw

Riboflavin	S541, S565
Niacin	S541, S565
Pantothenic acid	S541, S565
Vitamin B-6	S541, S565
Folate, total	S541, S565
Vitamin K (phylloquinone)	S541, S565

NDB No. 11260 Mushrooms, raw

Protein	D566, S1821, S78, S80
Total lipid (fat)	D566, S121, S1821, S78, S80
Ash	D566, S1821, S78, S80
Glucose (dextrose)	S604, S606, S80
Fructose	S604, S606, S80
Water	D389, D566, S121, S1821, S604, S606, S78, S80
Sugars, total	S606, S80
Calcium, Ca	D566, S10, S11, S12, S6, S7, S78, S8, S80, S9
Iron, Fe	D429, D566, S10, S11, S12, S1821, S6, S7, S78, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S78, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S78, S8, S80, S9
Potassium, K	S10, S11, S12, S6, S7, S78, S8, S80, S9
Sodium, Na	S10, S11, S12, S6, S7, S78, S8, S80, S9
Zinc, Zn	D429, D566, S10, S11, S12, S1821, S6, S7, S78, S8, S80, S9
Copper, Cu	D429, D566, S10, S11, S12, S1821, S6, S7, S78, S8, S80, S9
Manganese, Mn	S10, S11, S12, S1821, S6, S7, S78, S8, S80, S9
Selenium, Se	D548, S10, S11, S12, S6, S7, S8, S80, S9
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin C, total ascorbic acid	D566, S78, S80
Thiamin	S78, S80
Riboflavin	S78, S80
Niacin	S78, S80
Pantothenic acid	S78, S80
Vitamin B-6	D390, S78, S80
Folate, total	D389, D566, S78, S80

Reference Report

JUL-28-2003 12:06 PM

Page 506 of 1265

NDB No. 11260 Mushrooms, raw

Vitamin K (phylloquinone) D4002

NDB No. 11278 Okra, raw

Starch D1417

Sucrose D1417

Glucose (dextrose) D1417

Fructose D1417

NDB No. 11279 Okra, cooked, boiled, drained, without salt

Water S84

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

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

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

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

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

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

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

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

Manganese, Mn S10, S11, S12, S6, S7, S8, S9

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

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

Tocopherol, delta S84

Vitamin K (phylloquinone) D4002

NDB No. 11282 Onions, raw

Protein S1062

Total lipid (fat) S1062, S121

Ash S1062

Starch S1062

Sucrose D3306, D3309, D3321, S1062, S837

Glucose (dextrose) D3306, D3309, D3321, S1062, S837

Fructose D3306, D3309, D3321, S1062, S837

Lactose S1062, S837

Reference Report

JUL-28-2003 12:06 PM

Page 507 of 1265

NDB No. 11282 Onions, raw

Maltose	S1062, S837
Water	D3306, S1062, S121, S837
Sugars, total	S837
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Vitamin K (phyloquinone)	D4002, D4048, D4052, S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062

NDB No. 11282 Onions, raw

18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11294 Onions, sweet, raw

Protein	S563, S582
Total lipid (fat)	S563, S582
Ash	S563, S582
Sucrose	S563, S582
Glucose (dextrose)	S563, S582
Fructose	S563, S582
Lactose	S563, S582
Maltose	S563, S582
Water	S563, S582
Fiber, total dietary	S563, S582
Calcium, Ca	S563, S582
Iron, Fe	S563, S582
Magnesium, Mg	S563, S582
Phosphorus, P	S563, S582
Potassium, K	S563, S582
Sodium, Na	S563, S582
Zinc, Zn	S563, S582
Copper, Cu	S563, S582
Manganese, Mn	S563, S582
Selenium, Se	S563
Carotene, beta	S563, S582
Carotene, alpha	S563, S582
Cryptoxanthin, beta	S563, S582

Reference Report

JUL-28-2003 12:06 PM

Page 509 of 1265

NDB No. 11294 Onions, sweet, raw

Lycopene	S563, S582
Lutein + zeaxanthin	S563, S582
Vitamin C, total ascorbic acid	S563, S582
Thiamin	S563, S582
Riboflavin	S563, S582
Niacin	S563, S582
Pantothenic acid	S563, S582
Vitamin B-6	S563, S582
Folate, total	S563, S582
Vitamin K (phylloquinone)	S563, S582
Tryptophan	S563, S582
Threonine	S563, S582
Isoleucine	S563, S582
Leucine	S563, S582
Lysine	S563, S582
Methionine	S563, S582
Cystine	S563, S582
Phenylalanine	S563, S582
Tyrosine	S563, S582
Valine	S563, S582
Arginine	S563, S582
Histidine	S563, S582
Alanine	S563, S582
Aspartic acid	S563, S582
Glutamic acid	S563, S582
Glycine	S563, S582
Proline	S563, S582
Serine	S563, S582

NDB No. 11297 Parsley, raw

Carotene, beta	D3919, D3924, D3956
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919, D3924, D3956

Reference Report

JUL-28-2003 12:06 PM

Page 510 of 1265

NDB No. 11297 Parsley, raw

Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4052, D4072

NDB No. 11298 Parsnips, raw

Water	D389
Folate, total	D389

NDB No. 11299 Parsnips, cooked, boiled, drained, without salt

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	D3765, S1821
Fiber, total dietary	D3765
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Manganese, Mn	S1821

NDB No. 11304 Peas, green, raw

Carotene, beta	D3887, D3889
Carotene, alpha	D3887, D3889
Cryptoxanthin, beta	D3887

NDB No. 11306 Peas, green, canned, regular pack, solids and liquids

Sucrose	S406, S604
Glucose (dextrose)	S406, S604
Fructose	S406, S604
Maltose	S406, S604
Fiber, total dietary	S625, S626, S627, S641
Selenium, Se	S183, S202, S203, S6
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121

Reference Report

JUL-28-2003 12:06 PM

Page 511 of 1265

NDB No. 11306 Peas, green, canned, regular pack, solids and liquids

Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 11308 Peas, green, canned, regular pack, drained solids

Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

NDB No. 11312 Peas, green, frozen, unprepared

Sucrose	D3321, S604, S822
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Maltose	S604
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

NDB No. 11313 Peas, green, frozen, cooked, boiled, drained, without salt

Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin K (phylloquinone)	D4002

NDB No. 11333 Peppers, sweet, green, raw

Reference Report

JUL-28-2003 12:06 PM

Page 512 of 1265

NDB No. 11333 Peppers, sweet, green, raw

Protein	S1062, S611
Total lipid (fat)	S1062, S611, S84
Ash	S1062
Starch	S1062
Sucrose	S1062, S604, S837
Glucose (dextrose)	D3326, S1062, S604, S837
Fructose	D3326, S1062, S604, S837
Lactose	S1062, S837
Maltose	S1062, S837
Water	D3326, D3764, D3776, S1062, S604, S611, S837
Sugars, total	D3326, S837
Fiber, total dietary	D3764, D3776, S611
Calcium, Ca	S1062, S183, S201, S202, S203, S6, S611
Iron, Fe	S1062, S183, S201, S202, S203, S6, S611
Magnesium, Mg	S1062, S183, S201, S202, S203, S6, S611
Phosphorus, P	S1062, S183, S201, S202, S203, S6, S611
Potassium, K	S1062, S183, S201, S202, S203, S6, S611
Sodium, Na	S1062, S183, S201, S202, S203, S6, S611
Zinc, Zn	S1062, S183, S201, S202, S203, S6, S611
Copper, Cu	S1062, S183, S201, S202, S203, S6, S611
Manganese, Mn	S1062, S183, S201, S202, S203, S6, S611
Selenium, Se	S1062, S183, S6
Vitamin A, IU	S611
Carotene, beta	D3887, D3888, D3889, S1062, S611
Carotene, alpha	D3887, D3888, D3889, S1062
Vitamin E (alpha-tocopherol)	S1062, S84
Cryptoxanthin, beta	D3887, S1062
Lycopene	S1062
Tocopherol, beta	S1062, S84
Tocopherol, gamma	S1062, S84
Tocopherol, delta	S1062, S84
Vitamin C, total ascorbic acid	S1062, S611
Thiamin	S1062, S611
Riboflavin	S1062, S611
Niacin	S1062, S611
Pantothenic acid	S1062, S611
Vitamin B-6	S1062, S611

Reference Report

JUL-28-2003 12:06 PM

Page 513 of 1265

NDB No. 11333 Peppers, sweet, green, raw

Folate, total	S1062, S611
Vitamin K (phylloquinone)	D4002, D4052, S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11339 Peppers, sweet, green, sauteed

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 514 of 1265

NDB No. 11339 Peppers, sweet, green, sauteed

Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	S1062
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 515 of 1265

NDB No. 11339 Peppers, sweet, green, sauteed

Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 516 of 1265

NDB No. 11339 Peppers, sweet, green, sauteed

20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11352 Potato, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563, S566
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566

NDB No. 11352 Potato, flesh and skin, raw

Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566

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

Protein	S563
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563

Reference Report

JUL-28-2003 12:06 PM

Page 518 of 1265

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

Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
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

Reference Report

JUL-28-2003 12:06 PM

Page 519 of 1265

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

Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S566
Carotene, alpha	S566
Cryptoxanthin, beta	S566
Lycopene	S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
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

Reference Report

JUL-28-2003 12:06 PM

Page 520 of 1265

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

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	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
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
Carotene, beta	S566
Carotene, alpha	S566
Cryptoxanthin, beta	S566
Lycopene	S566
Lutein + zeaxanthin	S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566

Reference Report

JUL-28-2003 12:06 PM

Page 521 of 1265

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

Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566

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

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566

Reference Report

JUL-28-2003 12:06 PM

Page 522 of 1265

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

Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Vitamin K (phylloquinone)	S563, S566

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

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566

Reference_Report

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

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

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

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

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

Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566

NDB No. 11424 Pumpkin, canned, without salt

Carotene, beta	D3846, D3902
Carotene, alpha	D3846, D3902
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

NDB No. 11429 Radishes, raw

Protein	S1121, S363, S617
Total lipid (fat)	S1121, S363, S617
Ash	S1121, S363, S617
Starch	S363
Sucrose	D3309, D3321, S1121, S363
Glucose (dextrose)	D3309, D3321, S1121, S363, S604

Reference Report

JUL-28-2003 12:06 PM

Page 525 of 1265

NDB No. 11429 Radishes, raw

Fructose	D3309, D3321, S1121, S363, S604
Lactose	S1121, S363
Maltose	S1121, S363
Water	S1121, S363, S604, S617
Sugars, total	S363
Galactose	S363
Fiber, total dietary	S1121, S363
Calcium, Ca	S1121, S363, S617
Iron, Fe	S1121, S363, S617
Magnesium, Mg	S1121, S363, S617
Phosphorus, P	S1121, S363, S617
Potassium, K	S1121, S363, S617
Sodium, Na	S1121, S363, S617
Zinc, Zn	S1121, S363, S617
Copper, Cu	S1121, S363, S617
Manganese, Mn	S1121, S363, S617
Selenium, Se	S363
Vitamin A, IU	S617
Carotene, beta	S1121, S363
Carotene, alpha	S1121, S363
Vitamin E (alpha-tocopherol)	S363
Cryptoxanthin, beta	S1121, S363
Lycopene	S1121, S363
Lutein + zeaxanthin	S1121, S363
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S1121, S363, S617
Thiamin	S1121, S363, S617
Riboflavin	S1121, S363, S617
Niacin	S1121, S363, S617
Pantothenic acid	S1121, S363, S617
Vitamin B-6	S1121, S363, S617
Folate, total	S1121, S363, S617
Vitamin K (phylloquinone)	S1121, S363

Reference Report

JUL-28-2003 12:06 PM

Page 526 of 1265

NDB No. 11457 Spinach, raw

Total lipid (fat)	S84, S87
Sucrose	D3326, S604, S606, S837
Glucose (dextrose)	D3326, S604, S606, S837
Fructose	D3326, S604, S606, S837
Lactose	S837
Maltose	S837
Water	D3326, D3777, S604, S606, S837, S84, S87
Sugars, total	D3326, S606, S837
Galactose	D3305
Fiber, total dietary	D3777
Carotene, beta	D3846, D3887, D3888, D3901, D3905
Carotene, alpha	D3887, D3888, D3901, D3905
Vitamin E (alpha-tocopherol)	S84, S87
Cryptoxanthin, beta	D3887, D3901, D3905
Lycopene	D3901, D3905
Lutein + zeaxanthin	D3901, D3905
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin K (phylloquinone)	D4041

NDB No. 11458 Spinach, cooked, boiled, drained, without salt

Carotene, beta	D3846, D3905
Carotene, alpha	D3905
Cryptoxanthin, beta	D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25

Reference Report

JUL-28-2003 12:06 PM

Page 527 of 1265

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25

Reference Report

JUL-28-2003 12:06 PM

Page 528 of 1265

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Protein	S25
Total lipid (fat)	S25

Reference Report

JUL-28-2003 12:06 PM

Page 529 of 1265

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25

Reference Report

JUL-28-2003 12:06 PM

Page 530 of 1265

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25

Reference Report

JUL-28-2003 12:06 PM

Page 531 of 1265

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

17:0	S25
24:0	S25

NDB No. 11467 Squash, summer, crookneck and straightneck, raw

Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

NDB No. 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Sucrose	D3321
Glucose (dextrose)	D3321, D3326
Fructose	D3321, D3326
Sugars, total	D3326
Calcium, Ca	S12, S183, S201, S202, S203
Iron, Fe	S12, S183, S201, S202, S203
Magnesium, Mg	S12, S183, S201, S202, S203
Phosphorus, P	S12, S183, S201, S202, S203
Potassium, K	S12, S183, S201, S202, S203
Sodium, Na	S12, S183, S201, S202, S203
Zinc, Zn	S12, S183, S201, S202, S203
Copper, Cu	S12, S183, S201, S202, S203
Manganese, Mn	S12, S183, S201, S202, S203
Selenium, Se	S12, S183, S203
Vitamin K (phylloquinone)	D4002

NDB No. 11477 Squash, summer, zucchini, includes skin, raw

Protein	S1322, S622
Total lipid (fat)	S1322, S622
Ash	S1322, S622
Sucrose	D3321, S604
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Water	D3764, S1322, S604, S622

Reference Report

JUL-28-2003 12:06 PM

Page 532 of 1265

NDB No. 11477 Squash, summer, zucchini, includes skin, raw

Fiber, total dietary	D3764, S1322, S604, S642
Calcium, Ca	S1322, S622
Iron, Fe	S1322, S622
Magnesium, Mg	S1322, S622
Phosphorus, P	S1322, S622
Potassium, K	S1322, S622
Sodium, Na	S1322, S622
Zinc, Zn	S1322, S622
Copper, Cu	S1322, S622
Manganese, Mn	S1322, S622
Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Vitamin C, total ascorbic acid	S1322, S622
Thiamin	S1322, S622
Riboflavin	S1322, S622
Niacin	S1322, S622
Pantothenic acid	S1322, S622
Vitamin B-6	S1322, S622
Folate, total	S1322, S622

NDB No. 11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Vitamin K (phylloquinone)	D4002, D4048
---------------------------	--------------

NDB No. 11482 Squash, winter, acorn, raw

Carotene, beta	D3903
Carotene, alpha	D3903
Cryptoxanthin, beta	D3903
Lycopene	D3903
Lutein + zeaxanthin	D3903

NDB No. 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt

Carotene, beta	D3903
----------------	-------

Reference Report

JUL-28-2003 12:06 PM

Page 533 of 1265

NDB No. 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt

Carotene, alpha	D3903
Cryptoxanthin, beta	D3903
Lycopene	D3903
Lutein + zeaxanthin	D3903

NDB No. 11485 Squash, winter, butternut, raw

Carotene, beta	D3843, D3846, D3847
Carotene, alpha	D3846, D3847
Vitamin K (phylloquinone)	D4002

NDB No. 11489 Squash, winter, hubbard, raw

Carotene, beta	D3846, D3847
Carotene, alpha	D3846

NDB No. 11507 Sweetpotato, raw, unprepared

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Sucrose	S1062, S606
Glucose (dextrose)	S1062, S606
Fructose	S1062, S606
Lactose	S1062
Maltose	S1062
Water	S1062, S606
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	D3843, D3846, D3887, D3888, D3891, S1062
Carotene, alpha	D3887, D3888, S1062
Vitamin E (alpha-tocopherol)	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 534 of 1265

NDB No. 11507 Sweetpotato, raw, unprepared

Cryptoxanthin, beta	D3887, S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 535 of 1265

NDB No. 11507 Sweetpotato, raw, unprepared

15:1 S1062

NDB No. 11508 Sweetpotato, cooked, baked in skin, without salt

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	D3335, S1062, S606
Glucose (dextrose)	D3335, S1062, S606
Fructose	D3335, S1062, S606
Lactose	S1062
Water	S1062, S121, S606
Sugars, total	S606
Fiber, total dietary	S1062
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Sodium, Na	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	D4142, S10, S1062, S11, S12, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062

Reference Report

JUL-28-2003 12:06 PM

Page 536 of 1265

NDB No. 11508 Sweetpotato, cooked, baked in skin, without salt

8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11510 Sweetpotato, cooked, boiled, without skin

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 537 of 1265

NDB No. 11510 Sweetpotato, cooked, boiled, without skin

Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3852, D3891, D3902
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062

NDB No. 11510 Sweetpotato, cooked, boiled, without skin

20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11516 Sweetpotato, frozen, unprepared

Carotene, beta D3846

NDB No. 11529 Tomatoes, red, ripe, raw, year round average

Protein	S441, S503, S608
Total lipid (fat)	S441, S503, S608, S84, S87
Ash	S441, S503, S608
Starch	S503
Sucrose	D3306, S441, S503, S604, S837
Glucose (dextrose)	D3306, D3309, D3326, S441, S503, S604, S837
Fructose	D3306, D3309, D3326, S441, S503, S604, S837
Lactose	S441, S503, S837
Maltose	S441, S503, S837
Water	D3306, D3326, S441, S503, S604, S608, S837, S84, S87

Reference Report

JUL-28-2003 12:06 PM

Page 539 of 1265

NDB No. 11529 Tomatoes, red, ripe, raw, year round average

Sugars, total	D3326, S503, S837
Galactose	S503
Fiber, total dietary	S503
Calcium, Ca	S183, S201, S202, S203, S441, S503, S6, S608
Iron, Fe	S183, S201, S202, S203, S441, S503, S6, S608
Magnesium, Mg	S183, S201, S202, S203, S441, S503, S6, S608
Phosphorus, P	S183, S201, S202, S203, S441, S503, S6, S608
Potassium, K	S183, S201, S202, S203, S441, S503, S6, S608
Sodium, Na	S183, S201, S202, S203, S441, S503, S6, S608
Zinc, Zn	S183, S201, S202, S203, S441, S503, S6, S608
Copper, Cu	S183, S201, S202, S203, S441, S503, S6, S608
Manganese, Mn	S183, S201, S202, S203, S441, S503, S6, S608
Selenium, Se	S183, S503, S6
Vitamin A, IU	S608
Carotene, beta	D3889, D3905, D3912, D3933, S441, S503
Carotene, alpha	D3889, D3905, S441, S503
Vitamin E (alpha-tocopherol)	S441, S503, S84, S87
Cryptoxanthin, beta	D3905, S441, S503
Lycopene	D3905, D3933, S441, S503
Lutein + zeaxanthin	D3905, S441, S503
Tocopherol, beta	S441, S503, S84, S87
Tocopherol, gamma	S441, S503, S84, S87
Tocopherol, delta	S441, S503, S84, S87
Vitamin C, total ascorbic acid	S441, S503, S608
Thiamin	S441, S503, S608
Riboflavin	S441, S503, S608
Niacin	S441, S503, S608
Pantothenic acid	S441, S503, S608
Vitamin B-6	S441, S503, S608
Folate, total	S441, S503, S608
Vitamin K (phylloquinone)	D4002, D4052, D4066, D4072, S441, S503

NDB No. 11530 Tomatoes, red, ripe, cooked

Protein	S441
Total lipid (fat)	S441
Ash	S441

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 540 of 1265

NDB No. 11530 Tomatoes, red, ripe, cooked

Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441
Water	S441
Fiber, total dietary	S441
Calcium, Ca	S441
Iron, Fe	S441
Magnesium, Mg	S441
Phosphorus, P	S441
Potassium, K	S441
Zinc, Zn	S441
Copper, Cu	S441
Manganese, Mn	S441
Carotene, beta	D3905, S441
Carotene, alpha	D3905, S441
Vitamin E (alpha-tocopherol)	S441
Cryptoxanthin, beta	D3905, S441
Lycopene	D3905, S441
Lutein + zeaxanthin	D3905, S441
Tocopherol, beta	S441
Tocopherol, gamma	S441
Tocopherol, delta	S441
Thiamin	S441
Riboflavin	S441
Niacin	S441
Pantothenic acid	S441
Vitamin B-6	S441
Vitamin K (phylloquinone)	S441

NDB No. 11531 Tomatoes, red, ripe, canned, whole, regular pack

Protein	S625, S626, S627, S641
Total lipid (fat)	S625, S626, S627, S641, S87
Ash	S27, S625, S626, S627, S641
Sucrose	S604

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 541 of 1265

NDB No. 11531 Tomatoes, red, ripe, canned, whole, regular pack

Glucose (dextrose)	S604
Fructose	S604
Water	S27, S604, S625, S626, S627, S641
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Calcium, Ca	S183, S201, S202, S203, S6, S625, S626, S627, S641
Iron, Fe	S183, S201, S202, S203, S6, S625, S626, S627, S641
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6, S626, S627
Sodium, Na	S183, S201, S202, S203, S6, S625, S626, S627, S641
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin A, IU	S625, S626, S627, S641
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin C, total ascorbic acid	S625, S626, S627, S641
Riboflavin	S27
Fatty acids, total saturated	S626, S627

NDB No. 11533 Tomatoes, red, ripe, canned, stewed

Protein	S625, S626, S627, S641
Total lipid (fat)	S625, S626, S627, S641
Ash	S625, S626, S627, S641
Water	S625, S626, S627, S641, S81
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Calcium, Ca	S625, S626, S627, S641
Iron, Fe	S625, S626, S627, S641
Potassium, K	S626, S627
Sodium, Na	S625, S626, S627, S641
Vitamin A, IU	S625, S626, S627, S641

Reference Report

JUL-28-2003 12:06 PM

Page 542 of 1265

NDB No. 11533 Tomatoes, red, ripe, canned, stewed

Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S625, S626, S627, S641
Vitamin K (phylloquinone)	D4002
Fatty acids, total saturated	S626, S627

NDB No. 11540 Tomato juice, canned, with salt added

Total lipid (fat)	S87
Sucrose	D3315
Glucose (dextrose)	D3302, D3315
Fructose	D3302, D3315
Sugars, total	D3315
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S6, S7, S8, S9
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S87
Cryptoxanthin, beta	D3851
Lycopene	D3851, D3890, S1381
Lutein + zeaxanthin	D3851
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	D4002

NDB No. 11546 Tomato products, canned, paste, without salt added

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 543 of 1265

NDB No. 11546 Tomato products, canned, paste, without salt added

Protein	S21, S5, S625, S626, S627, S641
Total lipid (fat)	S21, S5, S625, S626, S627, S641
Ash	S21, S5, S625, S626, S627, S641
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Maltose	S21
Water	S21, S5, S625, S626, S627, S641, S81
Sugars, total	S5, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627, S641
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627, S641
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S626, S627
Sodium, Na	S21, S5, S625, S626, S627, S641
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21, S5
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S21, S5, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21

Reference Report

JUL-28-2003 12:06 PM

Page 544 of 1265

NDB No. 11546 Tomato products, canned, paste, without salt added

Folate, total	S21
Vitamin K (phylloquinone)	D4048, S21
Threonine	S21
Leucine	S21
Lysine	S21
Phenylalanine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Serine	S21
Cholesterol	S626, S627
Fatty acids, total saturated	S626, S627
16:0	S21
18:2 undifferentiated	S21

NDB No. 11547 Tomato products, canned, puree, without salt added

Protein	S21, S625, S626, S627
Total lipid (fat)	S21, S625, S626, S627
Ash	S21, S625, S626, S627
Glucose (dextrose)	S21
Fructose	S21
Water	S21, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S625, S626, S627
Sodium, Na	S21, S625, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21
Carotene, alpha	S21

Reference Report

JUL-28-2003 12:06 PM

Page 545 of 1265

NDB No. 11547 Tomato products, canned, puree, without salt added

Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Vitamin C, total ascorbic acid	S21, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	S21
Cholesterol	S626, S627
Fatty acids, total saturated	S626, S627

NDB No. 11549 Tomato products, canned, sauce

Protein	S21
Total lipid (fat)	S21, S87
Ash	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Fiber, total dietary	S21
Calcium, Ca	S183, S201, S202, S203, S21, S6
Iron, Fe	S183, S201, S202, S203, S21, S6
Magnesium, Mg	S183, S201, S202, S203, S21, S6
Phosphorus, P	S183, S201, S202, S203, S21, S6
Potassium, K	S183, S201, S202, S203, S21, S6
Sodium, Na	S183, S201, S202, S203, S21, S6
Zinc, Zn	S183, S201, S202, S203, S21, S6
Copper, Cu	S183, S201, S202, S203, S21, S6
Manganese, Mn	S183, S201, S202, S203, S21, S6
Selenium, Se	S183, S201, S203, S6
Carotene, beta	S21
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81, S87
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21

NDB No. 11549 Tomato products, canned, sauce

Tocopherol, beta	S81, S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	D4002, S21
Aspartic acid	S21
Glutamic acid	S21

NDB No. 11565 Turnips, cooked, boiled, drained, without salt

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

NDB No. 11568 Turnip greens, raw

Total lipid (fat)	S81
Glucose (dextrose)	D3326
Fructose	D3326
Water	D3326, S81
Sugars, total	D3326
Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

Reference Report

JUL-28-2003 12:06 PM

Page 547 of 1265

NDB No. 11578 Vegetable juice cocktail, canned

Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4041

NDB No. 11641 Squash, summer, all varieties, raw

Protein	S1322, S622
Total lipid (fat)	S1322, S622
Ash	S1322, S622
Sucrose	D3321, S604
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Water	D3764, S1322, S604, S622
Fiber, total dietary	D3764, S1322, S604, S642
Calcium, Ca	S1322, S622
Iron, Fe	S1322, S622
Magnesium, Mg	S1322, S622
Phosphorus, P	S1322, S622
Potassium, K	S1322, S622
Zinc, Zn	S1322, S622
Copper, Cu	S1322, S622
Manganese, Mn	S1322, S622
Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Vitamin C, total ascorbic acid	S1322, S622
Thiamin	S1322, S622
Riboflavin	S1322, S622

Reference Report

JUL-28-2003 12:06 PM

Page 548 of 1265

NDB No. 11641 Squash, summer, all varieties, raw

Niacin	S1322, S622
Pantothenic acid	S1322, S622
Vitamin B-6	S1322, S622
Folate, total	S1322, S622

NDB No. 11643 Squash, winter, all varieties, raw

Carotene, beta	D3846, D3847
Carotene, alpha	D3846

NDB No. 11644 Squash, winter, all varieties, cooked, baked, without salt

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	S1821
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Manganese, Mn	S1821
Carotene, beta	D3846
Carotene, alpha	D3846

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 549 of 1265

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

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
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	D4002, S563, S566

NDB No. 11697 Arrowroot, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt

Sugars, total	S565
Carotene, beta	S565

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 550 of 1265

NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt

Carotene, alpha	S565
Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Vitamin K (phylloquinone)	S565

NDB No. 11705 Asparagus, cooked, boiled, drained, with salt

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 551 of 1265

NDB No. 11705 Asparagus, cooked, boiled, drained, with salt

Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

NDB No. 11709 Asparagus, frozen, cooked, boiled, drained, with salt

Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9

Reference Report

JUL-28-2003 12:06 PM

Page 552 of 1265

NDB No. 11709 Asparagus, frozen, cooked, boiled, drained, with salt

Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

NDB No. 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Sucrose	S822, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S822, S837
Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Starch	S564
Sucrose	S1121, S564, S837
Glucose (dextrose)	S1121, S564, S837
Fructose	S1121, S564, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Sugars, total	S564, S837

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 553 of 1265

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Galactose	S564
Fiber, total dietary	S564, S606, S837
Calcium, Ca	S1121, S564
Iron, Fe	S1121, S564
Magnesium, Mg	S1121, S564
Phosphorus, P	S1121, S564
Potassium, K	S1121, S564
Zinc, Zn	S1121, S564
Copper, Cu	S1121, S564
Manganese, Mn	S1121, S564
Selenium, Se	S1121, S564
Carotene, beta	D3846, D3890, D3905, S1121, S564
Carotene, alpha	D3905, S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564
Cryptoxanthin, beta	D3905, S1121, S564
Lycopene	D3905, S1121, S564
Lutein + zeaxanthin	D3890, D3905, S1121, S564
Tocopherol, beta	S1121, S564
Tocopherol, gamma	S1121, S564
Tocopherol, delta	S1121, S564
Vitamin C, total ascorbic acid	S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

NDB No. 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6
Zinc, Zn	S6
Copper, Cu	S6
Manganese, Mn	S6
Selenium, Se	S6

NDB No. 11757 Carrots, cooked, boiled, drained, with salt

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 555 of 1265

NDB No. 11757 Carrots, cooked, boiled, drained, with salt

Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3885, S1062
Carotene, alpha	D3846, D3885, S1062
Vitamin E (alpha-tocopherol)	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 556 of 1265

NDB No. 11757 Carrots, cooked, boiled, drained, with salt

14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11758 Carrots, canned, no salt added, solids and liquids

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

NDB No. 11759 Carrots, canned, no salt added, drained solids

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

NDB No. 11760 Carrots, frozen, cooked, boiled, drained, with salt

Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 557 of 1265

NDB No. 11760 Carrots, frozen, cooked, boiled, drained, with salt

Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
20:0	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
18:4	S25
20:5 n-3	S25
22:5 n-3	S25
15:0	S25
24:0	S25

NDB No. 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt

Reference Report

JUL-28-2003 12:06 PM

Page 558 of 1265

NDB No. 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt

Carotene, beta	D3869, D3870
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870
Lutein + zeaxanthin	D3869

NDB No. 11768 Collards, cooked, boiled, drained, with salt

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S201, S202, S203
Carotene, beta	D3846
Vitamin K (phylloquinone)	D4002

NDB No. 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S201, S202, S203

NDB No. 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S6
Carotene, beta	D3907
Carotene, alpha	D3907
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	D3907

Reference Report

JUL-28-2003 12:06 PM

Page 559 of 1265

NDB No. 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids

Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 11772 Corn, sweet, yellow, canned, cream style, no salt added

Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Protein	S405
Total lipid (fat)	S405, S84
Ash	S405
Sucrose	S604, S822, S837
Glucose (dextrose)	S604, S822, S837
Fructose	S604, S822, S837
Lactose	S837
Maltose	S604, S822, S837
Water	S405, S604, S822, S837, S84
Calcium, Ca	S405, S6
Iron, Fe	S405, S6
Magnesium, Mg	S405, S6
Phosphorus, P	S405, S6
Potassium, K	S405, S6
Zinc, Zn	S405, S6
Copper, Cu	S405, S6
Manganese, Mn	S405, S6
Carotene, beta	S405
Carotene, alpha	S405
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S405
Tocopherol, beta	S84
Tocopherol, gamma	S84

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 560 of 1265

NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405
Folate, total	S405
Vitamin K (phylloquinone)	D4002

NDB No. 11783 Eggplant, cooked, boiled, drained, with salt

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

NDB No. 11790 Kale, cooked, boiled, drained, with salt

Carotene, beta	D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

NDB No. 11803 Okra, cooked, boiled, drained, with salt

Total lipid (fat)	S84
Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9

Reference Report

JUL-28-2003 12:06 PM

Page 561 of 1265

NDB No. 11803 Okra, cooked, boiled, drained, with salt

Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

NDB No. 11812 Peas, green, canned, no salt added, solids and liquids

Sucrose	S406, S604
Glucose (dextrose)	S406, S604
Fructose	S406, S604
Maltose	S406, S604
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Selenium, Se	S183, S202, S203, S6
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 11813 Peas, green, canned, no salt added, drained solids

Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

NDB No. 11821 Peppers, sweet, red, raw

Protein	S1062
---------	-------

Reference Report

JUL-28-2003 12:06 PM

Page 562 of 1265

NDB No. 11821 Peppers, sweet, red, raw

Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3894, D3912, S1062
Carotene, alpha	D3846, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3912, S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 563 of 1265

NDB No. 11821 Peppers, sweet, red, raw

16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 564 of 1265

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

Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S183, S201, S202, S203, S563, S566
Iron, Fe	S183, S201, S202, S203, S563, S566
Magnesium, Mg	S183, S201, S202, S203, S563, S566
Phosphorus, P	S183, S201, S202, S203, S563, S566
Potassium, K	S183, S201, S202, S203, S563, S566
Zinc, Zn	S183, S201, S202, S203, S563, S566
Copper, Cu	S183, S201, S202, S203, S563, S566
Manganese, Mn	S183, S201, S202, S203, S563, S566
Selenium, Se	S183, S201, S202, S203, S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	D4002, S563, S566

NDB No. 11854 Spinach, cooked, boiled, drained, with salt

Carotene, beta	D3846, D3905
Carotene, alpha	D3905
Cryptoxanthin, beta	D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

Reference Report

JUL-28-2003 12:06 PM

Page 565 of 1265

NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

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

Reference Report

JUL-28-2003 12:06 PM

Page 566 of 1265

NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25

Reference Report

JUL-28-2003 12:06 PM

Page 567 of 1265

NDB No. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

NDB No. 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Sucrose	D3321
Glucose (dextrose)	D3321, D3326
Fructose	D3321, D3326
Calcium, Ca	S12, S183, S201, S202, S203
Iron, Fe	S12, S183, S201, S202, S203
Magnesium, Mg	S12, S183, S201, S202, S203
Phosphorus, P	S12, S183, S201, S202, S203
Potassium, K	S12, S183, S201, S202, S203
Sodium, Na	S12, S183, S201, S202, S203
Zinc, Zn	S12, S183, S201, S202, S203
Copper, Cu	S12, S183, S201, S202, S203
Manganese, Mn	S12, S183, S201, S202, S203
Selenium, Se	S12, S183, S203
Vitamin K (phylloquinone)	D4002

NDB No. 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Vitamin K (phylloquinone)	D4002, D4048
---------------------------	--------------

NDB No. 11875 Sweetpotato, cooked, baked in skin, with salt

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	D3335, S1062, S606
Glucose (dextrose)	D3335, S1062, S606
Fructose	D3335, S1062, S606
Lactose	S1062
Water	S1062, S121, S606
Fiber, total dietary	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 568 of 1265

NDB No. 11875 Sweetpotato, cooked, baked in skin, with salt

Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	D4142, S10, S1062, S11, S12, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 569 of 1265

NDB No. 11875 Sweetpotato, cooked, baked in skin, with salt

20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11876 Sweetpotato, cooked, boiled, without skin, with salt

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	S1062
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 570 of 1265

NDB No. 11876 Sweetpotato, cooked, boiled, without skin, with salt

Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 571 of 1265

NDB No. 11876 Sweetpotato, cooked, boiled, without skin, with salt

17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11886 Tomato juice, canned, without salt added

Total lipid (fat)	S87
Sucrose	D3315
Glucose (dextrose)	D3302, D3315
Fructose	D3302, D3315
Sugars, total	D3315
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S6, S7, S8, S9
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S87
Cryptoxanthin, beta	D3851
Lycopene	D3851, D3890, S1381
Lutein + zeaxanthin	D3851
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	D4002

NDB No. 11887 Tomato products, canned, paste, with salt added

Protein	S21, S5, S625, S626, S627, S641
Total lipid (fat)	S21, S5, S625, S626, S627, S641
Ash	S21, S5, S625, S626, S627, S641
Starch	S21
Sucrose	S21

Reference Report

JUL-28-2003 12:06 PM

Page 572 of 1265

NDB No. 11887 Tomato products, canned, paste, with salt added

Glucose (dextrose)	S21
Fructose	S21
Maltose	S21
Water	S21, S5, S625, S626, S627, S641, S81
Sugars, total	S5, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627, S641
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627, S641
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21, S5
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S21, S5, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin K (phylloquinone)	D4048, S21
Threonine	S21
Leucine	S21
Lysine	S21
Phenylalanine	S21

Reference Report

JUL-28-2003 12:06 PM

Page 573 of 1265

NDB No. 11887 Tomato products, canned, paste, with salt added

Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Serine	S21
Fatty acids, total saturated	S626, S627
16:0	S21
18:2 undifferentiated	S21

NDB No. 11888 Tomato products, canned, puree, with salt added

Protein	S21, S625, S626, S627
Total lipid (fat)	S21, S625, S626, S627
Ash	S21, S625, S626, S627
Glucose (dextrose)	S21
Fructose	S21
Water	S21, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S625, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21
Carotene, alpha	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Vitamin C, total ascorbic acid	S21, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21

Reference Report

JUL-28-2003 12:06 PM

Page 574 of 1265

NDB No. 11888 Tomato products, canned, puree, with salt added

Vitamin K (phylloquinone)	S21
Aspartic acid	S21
Glutamic acid	S21
Fatty acids, total saturated	S626, S627

NDB No. 11921 Peppers, sweet, red, sauteed

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	S1062
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 575 of 1265

NDB No. 11921 Peppers, sweet, red, sauteed

Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062

Reference Report

JUL-28-2003 12:06 PM

Page 576 of 1265

NDB No. 11921 Peppers, sweet, red, sauteed

14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

NDB No. 11935 Catsup

Protein	S22
Total lipid (fat)	S22
Ash	S22
Sucrose	D3316
Glucose (dextrose)	D3316
Fructose	D3316
Maltose	D3316
Water	S22, S81
Calcium, Ca	S183, S202, S203, S22, S6
Iron, Fe	S183, S202, S203, S22, S6
Magnesium, Mg	S183, S202, S203, S22, S6
Phosphorus, P	S183, S202, S203, S22, S6
Potassium, K	S183, S202, S203, S22, S6
Sodium, Na	S183, S202, S203, S22, S6
Zinc, Zn	S183, S202, S203, S22, S6
Copper, Cu	S183, S202, S203, S22, S6
Manganese, Mn	S183, S202, S203, S22, S6
Selenium, Se	S183, S6
Carotene, beta	D3851, S22
Carotene, alpha	D3851, S22

Reference Report

JUL-28-2003 12:06 PM

Page 577 of 1265

NDB No. 11935 Catsup

Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	D3851, S22
Lycopene	D3851, S22
Lutein + zeaxanthin	D3851, S22
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Vitamin K (phylloquinone)	S22

NDB No. 11951 Peppers, sweet, yellow, raw

Carotene, beta	D3912
----------------	-------

NDB No. 11960 Carrots, baby, raw

Protein	S481, S562
Total lipid (fat)	S481, S562
Ash	S481, S562
Starch	S562
Sucrose	S562
Glucose (dextrose)	S562
Fructose	S562
Lactose	S562
Maltose	S562
Water	S481, S562
Sugars, total	S562
Galactose	S562
Calcium, Ca	S481, S562
Iron, Fe	S481, S562
Magnesium, Mg	S481, S562
Phosphorus, P	S481, S562
Potassium, K	S481, S562
Sodium, Na	S481, S562

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 578 of 1265

NDB No. 11960 Carrots, baby, raw

Zinc, Zn	S481, S562
Copper, Cu	S481, S562
Manganese, Mn	S481, S562
Selenium, Se	S481, S562
Carotene, beta	D3900
Carotene, alpha	D3900
Thiamin	S481, S562
Riboflavin	S481, S562
Niacin	S481, S562
Pantothenic acid	S481, S562
Vitamin B-6	S481, S562
Vitamin K (phylloquinone)	S481, S562

NDB No. 11963 Nopales, raw

Protein	S405
Total lipid (fat)	S405
Ash	S405
Water	S405
Fiber, total dietary	S405
Calcium, Ca	S405
Iron, Fe	S405
Magnesium, Mg	S405
Phosphorus, P	S405
Potassium, K	S405
Sodium, Na	S405
Zinc, Zn	S405
Copper, Cu	S405
Manganese, Mn	S405
Carotene, beta	S405
Carotene, alpha	S405
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405

Reference Report

JUL-28-2003 12:06 PM

Page 579 of 1265

NDB No. 11963 Nopales, raw

Folate, total S405

NDB No. 11965 Cauliflower, green, raw

Protein S616

Total lipid (fat) S616

Ash S616

Water S616

Calcium, Ca S616

Iron, Fe S616

Magnesium, Mg S616

Phosphorus, P S616

Potassium, K S616

Sodium, Na S616

Zinc, Zn S616

Copper, Cu S616

Manganese, Mn S616

Carotene, beta S616

Vitamin C, total ascorbic acid S616

Thiamin S616

Riboflavin S616

Niacin S616

Pantothenic acid S616

Vitamin B-6 S616

Folate, total S616

NDB No. 11970 Cabbage, napa, cooked

Carotene, beta S1202

Carotene, alpha S1202

Cryptoxanthin, beta S1202

NDB No. 11973 Beans, fava, in pod, raw

Carotene, beta S1202

Carotene, alpha S1202

Cryptoxanthin, beta S1202

Reference Report

JUL-28-2003 12:06 PM

Page 580 of 1265

NDB No. 11975 Grape leaves, canned

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 11976 Pepper, banana, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 11989 Mushrooms, straw, canned, drained solids

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 11990 Wasabi, root, raw

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 581 of 1265

NDB No. 11990 Wasabi, root, raw

Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

NDB No. 11991 Yautia (tannier), raw

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

NDB No. 11995 Fiddlehead ferns, raw

Carotene, beta	D3885, D3886
Carotene, alpha	D3885, D3886

Reference Report

JUL-28-2003 12:06 PM

Page 582 of 1265

NDB No. 11996 Fiddlehead ferns, frozen, unprepared

Carotene, beta	D3886
Carotene, alpha	D3886

NDB No. 11997 Lemon grass (citronella), raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 12006 Seeds, chia seeds, dried

Protein	D4822, D4861, D4862, S1783
Total lipid (fat)	D4821, D4822, D4861, D4862, S1783
Ash	D4822, S1783
Water	D4822, S1783
Fiber, total dietary	D4822
Calcium, Ca	D4862, S1783
Phosphorus, P	D4862, S1783
Potassium, K	S1783
Sodium, Na	S1783
Zinc, Zn	S1783
Copper, Cu	S1783
Manganese, Mn	S1783
Tryptophan	S1782
Threonine	D4822, D4861, S1782
Isoleucine	D4822, D4861, S1782
Leucine	D4822, D4861, S1782
Lysine	D4822, D4861, S1782
Methionine	D4822, D4861, S1782
Cystine	D4822, D4861, S1782
Phenylalanine	D4822, D4861, S1782
Tyrosine	D4822, D4861
Valine	D4822, D4861, S1782
Arginine	D4822, D4861, S1782
Histidine	D4822, D4861, S1782
Alanine	D4822, D4861, S1782
Aspartic acid	D4822, D4861, S1782
Glutamic acid	D4822, D4861

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 583 of 1265

NDB No. 12006 Seeds, chia seeds, dried

Glycine	D4822, D4861, S1782
Proline	D4861
Serine	D4822, D4861, S1782
14:0	S1783
16:0	D4821, D4861, D4862, S1783
18:0	D4821, D4861, D4862, S1783
20:0	D4862, S1783
18:1 undifferentiated	D4821, D4861, D4862, S1783
18:2 undifferentiated	D4821, D4861, D4862, S1783
18:3 undifferentiated	D4821, D4861, D4862, S1783
22:0	D4862
14:1	S1783
16:1 undifferentiated	D4862, S1783
20:1	D4862, S1783
15:0	S1783
17:0	D4862
17:1	D4862

NDB No. 12014 Seeds, pumpkin and squash seed kernels, dried

Vitamin E (alpha-tocopherol)	D4561
Tocopherol, gamma	D4561

NDB No. 12023 Seeds, sesame seeds, whole, dried

Sugars, total	S606
---------------	------

NDB No. 12036 Seeds, sunflower seed kernels, dried

Vitamin E (alpha-tocopherol)	S1504
Tocopherol, beta	S1504
Tocopherol, gamma	S1504
Tocopherol, delta	S1504

NDB No. 12061 Nuts, almonds

Protein	S141
Total lipid (fat)	S141

Reference Report

JUL-28-2003 12:06 PM

Page 584 of 1265

NDB No. 12061 Nuts, almonds

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, S441, S503
Carotene, beta	S141, S441, S503
Carotene, alpha	S141, S441, S503
Vitamin E (alpha-tocopherol)	S141
Cryptoxanthin, beta	S441, S503
Lycopene	S441, S503
Lutein + zeaxanthin	S441, S503
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Vitamin K (phylloquinone)	S441, S503
Tryptophan	S141

Reference Report

JUL-28-2003 12:06 PM

Page 585 of 1265

NDB No. 12061 Nuts, almonds

Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141

Reference Report

JUL-28-2003 12:06 PM

Page 586 of 1265

NDB No. 12061 Nuts, almonds

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
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141

Reference Report

JUL-28-2003 12:06 PM

Page 587 of 1265

NDB No. 12062 Nuts, almonds, blanched

Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141

Reference Report

JUL-28-2003 12:06 PM

Page 588 of 1265

NDB No. 12062 Nuts, almonds, blanched

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. 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

Reference Report

JUL-28-2003 12:06 PM

Page 589 of 1265

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

Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141

Reference Report

JUL-28-2003 12:06 PM

Page 590 of 1265

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

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. 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

Reference Report

JUL-28-2003 12:06 PM

Page 591 of 1265

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

Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141

Reference Report

JUL-28-2003 12:06 PM

Page 592 of 1265

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

Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

Reference Report

JUL-28-2003 12:06 PM

Page 593 of 1265

NDB No. 12071 Nuts, almond paste

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

NDB No. 12078 Nuts, brazilnuts, dried, unblanched

Protein	S1063, S503
Total lipid (fat)	S1063, S503
Ash	S1063, S503
Starch	S1063, S503
Sucrose	S1063, S503
Glucose (dextrose)	S1063, S503
Fructose	S1063, S503
Lactose	S1063, S503
Maltose	S1063, S503
Water	S1063, S503, S81
Sugars, total	S1063, S503
Galactose	S1063, S503
Fiber, total dietary	S503
Calcium, Ca	S1063, S503
Iron, Fe	S1063, S503
Magnesium, Mg	S1063, S503
Phosphorus, P	S1063, S503
Potassium, K	S1063, S503
Sodium, Na	S1063, S503
Zinc, Zn	S1063, S503
Copper, Cu	S1063, S503
Manganese, Mn	S1063, S503
Selenium, Se	S1063, S503
Vitamin A, IU	S503
Vitamin A, RAE	S503
Carotene, beta	S503
Carotene, alpha	S503
Vitamin E (alpha-tocopherol)	S1063, S503, S81
Cryptoxanthin, beta	S503

Reference Report

JUL-28-2003 12:06 PM

Page 594 of 1265

NDB No. 12078 Nuts, brazilnuts, dried, unblanched

Lycopene	S503
Lutein + zeaxanthin	S503
Tocopherol, beta	S1063, S503, S81
Tocopherol, gamma	S1063, S503, S81
Tocopherol, delta	S1063, S503, S81
Vitamin C, total ascorbic acid	S1063, S503
Thiamin	S1063, S503
Riboflavin	S1063, S503
Niacin	S1063, S503
Pantothenic acid	S1063, S503
Vitamin B-6	S1063, S503
Folate, total	S1063
Vitamin K (phylloquinone)	S1063, S503
Tryptophan	S1063, S503
Threonine	S1063, S503
Isoleucine	S1063, S503
Leucine	S1063, S503
Lysine	S1063, S503
Methionine	S1063, S503
Cystine	S1063, S503
Phenylalanine	S1063, S503
Tyrosine	S1063, S503
Valine	S1063, S503
Arginine	S1063, S503
Histidine	S1063, S503
Alanine	S1063, S503
Aspartic acid	S1063, S503
Glutamic acid	S1063, S503
Glycine	S1063, S503
Proline	S1063, S503
Serine	S1063, S503
8:0	S1063, S503
10:0	S1063, S503
12:0	S1063, S503
14:0	S1063, S503
16:0	S1063, S503
18:0	S1063, S503

Reference Report

JUL-28-2003 12:06 PM

Page 595 of 1265

NDB No. 12078 Nuts, brazilnuts, dried, unblanched

20:0	S1063, S503
18:1 undifferentiated	S1063, S503
18:2 undifferentiated	S1063, S503
20:4 undifferentiated	S1063, S503
22:0	S1063, S503
14:1	S1063, S503
16:1 undifferentiated	S1063, S503
20:1	S1063, S503
15:0	S1063, S503
17:0	S1063, S503
20:2 n-6 c,c	S1063, S503
18:3 n-6 c,c,c	S1063, S503
17:1	S1063, S503
20:3 undifferentiated	S1063, S503
15:1	S1063, S503
18:3 n-3 c,c,c	S1063, S503

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 596 of 1265

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

Sodium, Na	S343
Zinc, Zn	S343, S363, S502
Copper, Cu	S343, S363, S502
Manganese, Mn	S343, S363, S502
Selenium, Se	D3358, D3359, S363, S502
Carotene, beta	S363, S502
Carotene, alpha	S363, S502
Vitamin E (alpha-tocopherol)	S502, S82
Cryptoxanthin, beta	S363, S502
Lycopene	S363, S502
Lutein + zeaxanthin	S363, S502
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82
Tocopherol, delta	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502
Pantothenic acid	S363, S502
Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
Vitamin K (phylloquinone)	S363, S502
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502

Reference Report

JUL-28-2003 12:06 PM

Page 597 of 1265

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

Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502
8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502
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

Reference Report

JUL-28-2003 12:06 PM

Page 598 of 1265

NDB No. 12087 Nuts, cashew nuts, raw

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
Copper, Cu	S343
Manganese, Mn	S343
Vitamin C, total ascorbic acid	S343
Thiamin	S343
Riboflavin	S343
Niacin	S343
Vitamin B-6	S343
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502

Reference Report

JUL-28-2003 12:06 PM

Page 599 of 1265

NDB No. 12087 Nuts, cashew nuts, raw

Serine S363, S502

NDB No. 12120 Nuts, hazelnuts or filberts

Protein S83

Total lipid (fat) S83

Ash S83

Starch S83

Sucrose S83

Glucose (dextrose) S83

Fructose S83

Lactose S83

Maltose S83

Water S83

Fiber, total dietary S83

Calcium, Ca S83

Iron, Fe S83

Magnesium, Mg S83

Phosphorus, P S83

Potassium, K S83

Sodium, Na S83

Zinc, Zn S83

Copper, Cu S83

Manganese, Mn S83

Selenium, Se S1063, S503

Carotene, beta S503, S83

Carotene, alpha S503, S83

Vitamin E (alpha-tocopherol) S83

Cryptoxanthin, beta S503

Lycopene S503

Lutein + zeaxanthin S503

Tocopherol, beta S83

Tocopherol, gamma S83

Tocopherol, delta S83

Vitamin C, total ascorbic acid S83

Thiamin S83

Riboflavin S83

Reference Report

JUL-28-2003 12:06 PM

Page 600 of 1265

NDB No. 12120 Nuts, hazelnuts or filberts

Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Vitamin K (phylloquinone)	S1063, S503
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83

Reference Report

JUL-28-2003 12:06 PM

Page 601 of 1265

NDB No. 12120 Nuts, hazelnuts or filberts

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
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

Reference Report

JUL-28-2003 12:06 PM

Page 602 of 1265

NDB No. 12121 Nuts, hazelnuts or filberts, blanched

Manganese, Mn	S83
Carotene, beta	S83
Carotene, alpha	S83
Vitamin E (alpha-tocopherol)	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83

Reference Report

JUL-28-2003 12:06 PM

Page 603 of 1265

NDB No. 12121 Nuts, hazelnuts or filberts, blanched

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. 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

Reference Report

JUL-28-2003 12:06 PM

Page 604 of 1265

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

Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Vitamin A, IU	S83
Carotene, beta	S83
Carotene, alpha	S83
Vitamin E (alpha-tocopherol)	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83

Reference Report

JUL-28-2003 12:06 PM

Page 605 of 1265

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

Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

NDB No. 12131 Nuts, macadamia nuts, raw

Reference Report

JUL-28-2003 12:06 PM

Page 606 of 1265

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
Vitamin E (alpha-tocopherol)	S77
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77

Reference Report

JUL-28-2003 12:06 PM

Page 607 of 1265

NDB No. 12131 Nuts, macadamia nuts, raw

Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77

Reference Report

JUL-28-2003 12:06 PM

Page 608 of 1265

NDB No. 12131 Nuts, macadamia nuts, raw

24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 609 of 1265

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

Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77
Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77
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

Reference Report

JUL-28-2003 12:06 PM

Page 610 of 1265

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

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
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S1121, S363, S85

Reference Report

JUL-28-2003 12:06 PM

Page 611 of 1265

NDB No. 12142 Nuts, pecans

Carotene, beta	S1121, S363, S85
Carotene, alpha	S1121, S363, S85
Vitamin E (alpha-tocopherol)	S85
Cryptoxanthin, beta	S1121, S363
Lycopene	S1121, S363
Lutein + zeaxanthin	S1121, S363
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Vitamin K (phylloquinone)	S1121, S363
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85

Reference Report

JUL-28-2003 12:06 PM

Page 612 of 1265

NDB No. 12142 Nuts, pecans

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. 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

Reference Report

JUL-28-2003 12:06 PM

Page 613 of 1265

NDB No. 12143 Nuts, pecans, dry roasted, without 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
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85

Reference Report

JUL-28-2003 12:06 PM

Page 614 of 1265

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

Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
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

Reference Report

JUL-28-2003 12:06 PM

Page 615 of 1265

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
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85

Reference Report

JUL-28-2003 12:06 PM

Page 616 of 1265

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

Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85

Reference Report

JUL-28-2003 12:06 PM

Page 617 of 1265

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

15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12147 Nuts, pine nuts, pignolia, dried

Protein	S502, S564
Total lipid (fat)	S502, S564
Ash	S502, S564
Starch	S564
Sucrose	S564
Glucose (dextrose)	S564
Fructose	S564
Lactose	S564
Maltose	S564
Water	S502, S564
Sugars, total	S564
Galactose	S564
Fiber, total dietary	S502, S564
Calcium, Ca	S502, S564
Iron, Fe	S502, S564
Magnesium, Mg	S502, S564
Phosphorus, P	S502, S564
Potassium, K	S502, S564
Sodium, Na	S564
Zinc, Zn	S502, S564
Copper, Cu	S502, S564
Manganese, Mn	S502, S564
Selenium, Se	S564
Vitamin E (alpha-tocopherol)	S502, S564
Tocopherol, beta	S502, S564
Tocopherol, gamma	S502, S564
Tocopherol, delta	S502, S564

Reference Report

JUL-28-2003 12:06 PM

Page 618 of 1265

NDB No. 12147 Nuts, pine nuts, pignolia, dried

Vitamin C, total ascorbic acid	S502, S564
Thiamin	S502, S564
Riboflavin	S502
Niacin	S502, S564
Pantothenic acid	S502, S564
Vitamin B-6	S502, S564
Folate, total	S502, S564
Vitamin K (phylloquinone)	S502, S564
Tryptophan	S502, S564
Threonine	S502, S564
Isoleucine	S502, S564
Leucine	S502, S564
Lysine	S502, S564
Methionine	S502, S564
Cystine	S502, S564
Phenylalanine	S502, S564
Tyrosine	S502, S564
Valine	S502, S564
Arginine	S502, S564
Histidine	S502, S564
Alanine	S502, S564
Aspartic acid	S502, S564
Glutamic acid	S502, S564
Glycine	S502, S564
Proline	S502, S564
Serine	S502, S564
8:0	S502, S564
10:0	S502, S564
12:0	S502, S564
14:0	S502, S564
16:0	S502, S564
18:0	S502, S564
20:0	S502, S564
18:1 undifferentiated	S502, S564
18:2 undifferentiated	S502, S564
20:4 undifferentiated	S502, S564
22:6 n-3	S502

Reference Report

JUL-28-2003 12:06 PM

Page 619 of 1265

NDB No. 12147 Nuts, pine nuts, pignolia, dried

22:0	S502, S564
14:1	S502, S564
16:1 undifferentiated	S502, S564
18:4	S502
20:1	S502, S564
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S502, S564
17:0	S502, S564
24:0	S502
20:2 n-6 c,c	S502, S564
18:3 n-6 c,c,c	S564
17:1	S502, S564
20:3 undifferentiated	S502, S564
15:1	S502, S564
18:3 n-3 c,c,c	S564

NDB No. 12151 Nuts, pistachio nuts, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 620 of 1265

NDB No. 12151 Nuts, pistachio nuts, raw

Sodium, Na	S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Carotene, beta	S86
Carotene, alpha	S86
Vitamin E (alpha-tocopherol)	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
Tryptophan	S86
Threonine	S86
Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86

Reference Report

JUL-28-2003 12:06 PM

Page 621 of 1265

NDB No. 12151 Nuts, pistachio nuts, raw

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
Sucrose	S101, S86
Glucose (dextrose)	S101, S86

Reference Report

JUL-28-2003 12:06 PM

Page 622 of 1265

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

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	S563, S565, S86
Vitamin A, IU	S563, S565, S86
Vitamin A, RAE	S563, S565, S86
Carotene, beta	S563, S565, S86
Carotene, alpha	S563, S565, S86
Vitamin E (alpha-tocopherol)	S86
Cryptoxanthin, beta	S563, S565
Lycopene	S563, S565
Lutein + zeaxanthin	S563, S565
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S563, S565, S86
Folate, total	S86
Vitamin K (phylloquinone)	S563, S565
Tryptophan	S86
Threonine	S86

Reference Report

JUL-28-2003 12:06 PM

Page 623 of 1265

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

Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
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

Reference Report

JUL-28-2003 12:06 PM

Page 624 of 1265

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

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
Calcium, Ca	S941
Iron, Fe	S941
Magnesium, Mg	S941
Phosphorus, P	S941
Potassium, K	S941
Sodium, Na	S941
Zinc, Zn	S941
Copper, Cu	S941
Manganese, Mn	S941
Vitamin A, IU	S941
Vitamin A, RAE	S941
Carotene, beta	S941
Carotene, alpha	S941
Vitamin E (alpha-tocopherol)	S941

Reference Report

JUL-28-2003 12:06 PM

Page 625 of 1265

NDB No. 12154 Nuts, walnuts, black, dried

Tocopherol, beta	S941
Tocopherol, gamma	S941
Tocopherol, delta	S941
Vitamin C, total ascorbic acid	S941
Thiamin	S941
Riboflavin	S941
Niacin	S941
Pantothenic acid	S941
Vitamin B-6	S941
Folate, total	S941
Tryptophan	S1001
Threonine	S1001
Isoleucine	S1001
Leucine	S1001
Lysine	S1001
Methionine	S1001
Cystine	S1001
Phenylalanine	S1001
Tyrosine	S1001
Valine	S1001
Arginine	S1001
Histidine	S1001
Alanine	S1001
Aspartic acid	S1001
Glutamic acid	S1001
Glycine	S1001
Proline	S1001
Serine	S1001
Cholesterol	S941
8:0	S941
10:0	S941
12:0	S941
14:0	S941
16:0	S941
18:0	S941
20:0	S941
18:1 undifferentiated	S941

Reference Report

JUL-28-2003 12:06 PM

Page 626 of 1265

NDB No. 12154 Nuts, walnuts, black, dried

18:2 undifferentiated	S941
20:4 undifferentiated	S941
22:0	S941
14:1	S941
16:1 undifferentiated	S941
20:1	S941
Stigmasterol	S941
Campesterol	S941
Beta-sitosterol	S941
15:0	S941
17:0	S941
20:2 n-6 c,c	S941
18:3 n-6 c,c,c	S941
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

Reference Report

JUL-28-2003 12:06 PM

Page 627 of 1265

NDB No. 12155 Nuts, walnuts, english

Zinc, Zn	S79
Copper, Cu	S79
Manganese, Mn	S79
Selenium, Se	S481, S563
Vitamin A, IU	S481, S563, S79
Vitamin A, RAE	S481, S563, S79
Carotene, beta	S481, S563, S79
Carotene, alpha	S481, S563, S79
Vitamin E (alpha-tocopherol)	S79, S87
Cryptoxanthin, beta	S481, S563
Lycopene	S481, S563
Lutein + zeaxanthin	S481, S563
Tocopherol, beta	S79, S87
Tocopherol, gamma	S79, S87
Tocopherol, delta	S79, S87
Vitamin C, total ascorbic acid	S79
Thiamin	S79
Riboflavin	S79
Niacin	S481, S563
Pantothenic acid	S79
Vitamin B-6	S79
Folate, total	S79
Vitamin K (phylloquinone)	S481, S563
Tryptophan	S79
Threonine	S79
Isoleucine	S79
Leucine	S79
Lysine	S79
Methionine	S79
Cystine	S79
Phenylalanine	S79
Tyrosine	S79
Valine	S79
Arginine	S79
Histidine	S79
Alanine	S79
Aspartic acid	S79

Reference Report

JUL-28-2003 12:06 PM

Page 628 of 1265

NDB No. 12155 Nuts, walnuts, english

Glutamic acid	S79
Glycine	S79
Proline	S79
Serine	S79
8:0	S79
10:0	S79
12:0	S79
14:0	S79
16:0	S79
18:0	S79
20:0	S79
18:1 undifferentiated	S79
18:2 undifferentiated	S79
18:3 undifferentiated	S79
20:4 undifferentiated	S79
22:6 n-3	S79
22:0	S79
14:1	S79
16:1 undifferentiated	S79
20:1	S79
20:5 n-3	S79
22:1 undifferentiated	S79
22:5 n-3	S79
Stigmasterol	S79
Campesterol	S79
Beta-sitosterol	S79
15:0	S79
17:0	S79
24:0	S79
24:1 c	S79
20:2 n-6 c,c	S79
20:3 undifferentiated	S79
13:0	S79

NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)

Protein	S1164
---------	-------

Reference Report

JUL-28-2003 12:06 PM

Page 629 of 1265

NDB No. 12201 Seeds, sesame seed kernels, dried (decorticated)

Sugars, total	S1164, S606
Fiber, total dietary	S1164, S1401
Vitamin K (phylloquinone)	S1164

NDB No. 12220 Seeds, flaxseed

Sucrose	S1221
Glucose (dextrose)	S1221
Fructose	S1221
Lactose	S1221
Maltose	S1221
Vitamin A, IU	S1221
Vitamin A, RAE	S1221
Carotene, beta	S1221
Carotene, alpha	S1221
Vitamin E (alpha-tocopherol)	D4743
Lutein + zeaxanthin	D4743

NDB No. 12537 Seeds, sunflower seed kernels, dry roasted, with salt added

Sucrose	S604
Glucose (dextrose)	S604
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 12538 Seeds, sunflower seed kernels, oil roasted, with salt added

Sucrose	S606, S661, S961
Glucose (dextrose)	S606, S661, S961
Fructose	S661, S961
Lactose	S661, S961
Maltose	S661, S961
Sugars, total	S606, S661, S961
Vitamin A, IU	S1202, S661
Retinol	S661
Vitamin A, RAE	S1202, S661

Reference Report

JUL-28-2003 12:06 PM

Page 630 of 1265

NDB No. 12538 Seeds, sunflower seed kernels, oil roasted, with salt added

Carotene, beta	S1202, S661
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

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

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

Reference Report

JUL-28-2003 12:06 PM

Page 631 of 1265

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

Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141

Reference Report

JUL-28-2003 12:06 PM

Page 632 of 1265

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

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
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141

Reference Report

JUL-28-2003 12:06 PM

Page 633 of 1265

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

Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141

Reference Report

JUL-28-2003 12:06 PM

Page 634 of 1265

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

Reference Report

JUL-28-2003 12:06 PM

Page 635 of 1265

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
Carotene, beta	S363, S502
Carotene, alpha	S363, S502
Vitamin E (alpha-tocopherol)	S502, S82
Cryptoxanthin, beta	S363, S502
Lycopene	S363, S502
Lutein + zeaxanthin	S363, S502
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82
Tocopherol, delta	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502
Pantothenic acid	S363, S502
Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
Vitamin K (phylloquinone)	S363, S502
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502

Reference Report

JUL-28-2003 12:06 PM

Page 636 of 1265

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

Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502
8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502
20:4 undifferentiated	S363, S502
22:6 n-3	S502
22:0	S363, S502
14:1	S363, S502
16:1 undifferentiated	S363, S502
18:4	S502
20:1	S363, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S363, S502
17:0	S363, S502
24:0	S502
20:2 n-6 c,c	S363, S502
17:1	S363, S502
20:3 undifferentiated	S363, S502
15:1	S363, S502

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

Protein	S77
---------	-----

Reference Report

JUL-28-2003 12:06 PM

Page 637 of 1265

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

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
Selenium, Se	S363, S566
Carotene, beta	S363, S566, S77
Carotene, alpha	S363, S566, S77
Vitamin E (alpha-tocopherol)	S77
Cryptoxanthin, beta	S363, S566
Lycopene	S363, S566
Lutein + zeaxanthin	S363, S566
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Vitamin K (phylloquinone)	S363

Reference Report

JUL-28-2003 12:06 PM

Page 638 of 1265

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

Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77
Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77
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

Reference Report

JUL-28-2003 12:06 PM

Page 639 of 1265

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

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. 12643 Nuts, pecans, dry roasted, with salt added

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

Reference Report

JUL-28-2003 12:06 PM

Page 640 of 1265

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

Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85

Reference Report

JUL-28-2003 12:06 PM

Page 641 of 1265

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

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
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85

Reference Report

JUL-28-2003 12:06 PM

Page 642 of 1265

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

Potassium, K	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85

Reference Report

JUL-28-2003 12:06 PM

Page 643 of 1265

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

10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 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

Reference Report

JUL-28-2003 12:06 PM

Page 644 of 1265

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

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
Sodium, Na	S101, S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S563, S565, S86
Vitamin A, IU	S563, S565, S86
Vitamin A, RAE	S563, S565, S86
Carotene, beta	S563, S565, S86
Carotene, alpha	S563, S565, S86
Vitamin E (alpha-tocopherol)	S86
Cryptoxanthin, beta	S563, S565
Lycopene	S563, S565
Lutein + zeaxanthin	S563, S565
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S563, S565, S86
Folate, total	S86
Vitamin K (phylloquinone)	S563, S565
Tryptophan	S86
Threonine	S86

Reference Report

JUL-28-2003 12:06 PM

Page 645 of 1265

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

Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
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

Reference Report

JUL-28-2003 12:06 PM

Page 646 of 1265

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

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. 13004 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13011 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 647 of 1265

NDB No. 13011 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13012 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13019 Beef, retail cuts, separable fat, raw

Protein	S2
---------	----

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 648 of 1265

NDB No. 13019 Beef, retail cuts, separable fat, raw

Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 649 of 1265

NDB No. 13019 Beef, retail cuts, separable fat, raw

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13020 Beef, retail cuts, separable fat, cooked

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 650 of 1265

NDB No. 13020 Beef, retail cuts, separable fat, cooked

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13022 Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 651 of 1265

NDB No. 13024 Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13034 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 652 of 1265

NDB No. 13034 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Proline	S14, S2
Serine	S14, S2

NDB No. 13036 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13038 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 653 of 1265

NDB No. 13038 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13042 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13043 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 654 of 1265

NDB No. 13043 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13044 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13046 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 655 of 1265

NDB No. 13046 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13050 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13052 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 656 of 1265

NDB No. 13052 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

Reference Report

JUL-28-2003 12:06 PM

Page 657 of 1265

NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 658 of 1265

NDB No. 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 659 of 1265

NDB No. 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13060 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13061 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 660 of 1265

NDB No. 13061 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13062 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 661 of 1265

NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 662 of 1265

NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 663 of 1265

NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 664 of 1265

NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Proline	S14, S2
Serine	S14, S2

NDB No. 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 665 of 1265

NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 666 of 1265

NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13072 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 667 of 1265

NDB No. 13072 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13088 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13092 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 668 of 1265

NDB No. 13092 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13096 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 669 of 1265

NDB No. 13096 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 670 of 1265

NDB No. 13096 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 671 of 1265

NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 672 of 1265

NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13101 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 673 of 1265

NDB No. 13101 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13113 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13124 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 674 of 1265

NDB No. 13124 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13136 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 675 of 1265

NDB No. 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 676 of 1265

NDB No. 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13151 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 677 of 1265

NDB No. 13151 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw

Proline	S14, S2
Serine	S14, S2

NDB No. 13152 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13155 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 678 of 1265

NDB No. 13155 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13160 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 679 of 1265

NDB No. 13160 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13162 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 680 of 1265

NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 681 of 1265

NDB No. 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13168 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Reference Report

JUL-28-2003 12:06 PM

Page 682 of 1265

NDB No. 13168 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13176 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 683 of 1265

NDB No. 13176 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Proline	S14, S2
Serine	S14, S2

NDB No. 13184 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 684 of 1265

NDB No. 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13194 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13196 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 685 of 1265

NDB No. 13196 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13200 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13202 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 686 of 1265

NDB No. 13202 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13204 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13208 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 687 of 1265

NDB No. 13208 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 688 of 1265

NDB No. 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Proline	S14, S2
Serine	S14, S2

NDB No. 13217 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13220 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 689 of 1265

NDB No. 13220 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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

Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 690 of 1265

NDB No. 13231 Beef, short loin, porterhouse 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. 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221

Reference Report

JUL-28-2003 12:06 PM

Page 691 of 1265

NDB No. 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, 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. 13235 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221

Reference Report

JUL-28-2003 12:06 PM

Page 692 of 1265

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

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
Potassium, K	S221
Sodium, Na	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221

Reference Report

JUL-28-2003 12:06 PM

Page 693 of 1265

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

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

NDB No. 13238 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13250 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 694 of 1265

NDB No. 13250 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13260 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13262 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 695 of 1265

NDB No. 13262 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13270 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 696 of 1265

NDB No. 13270 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Proline	S14, S2
Serine	S14, S2

NDB No. 13278 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 697 of 1265

NDB No. 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13286 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13287 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 698 of 1265

NDB No. 13287 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13288 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13289 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 699 of 1265

NDB No. 13289 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13290 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13291 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, raw

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 700 of 1265

NDB No. 13291 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13292 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 701 of 1265

NDB No. 13292 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Proline	S14, S2
Serine	S14, S2

NDB No. 13318 Beef, variety meats and by-products, brain, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 702 of 1265

NDB No. 13318 Beef, variety meats and by-products, brain, raw

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

NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581

Reference Report

JUL-28-2003 12:06 PM

Page 703 of 1265

NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered

Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581

Reference Report

JUL-28-2003 12:06 PM

Page 704 of 1265

NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered

16:1 undifferentiated	S1581
20:1	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

NDB No. 13321 Beef, variety meats and by-products, heart, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 705 of 1265

NDB No. 13321 Beef, variety meats and by-products, heart, raw

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

NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered

Protein	S1581
---------	-------

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 706 of 1265

NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered

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

Reference Report

JUL-28-2003 12:06 PM

Page 707 of 1265

NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered

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

NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 708 of 1265

NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 709 of 1265

NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

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

NDB No. 13324 Beef, variety meats and by-products, kidneys, cooked, simmered

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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 710 of 1265

NDB No. 13324 Beef, variety meats and by-products, kidneys, cooked, simmered

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

NDB No. 13325 Beef, variety meats and by-products, liver, raw

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 711 of 1265

NDB No. 13325 Beef, variety meats and by-products, liver, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 712 of 1265

NDB No. 13325 Beef, variety meats and by-products, liver, raw

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

Reference Report

JUL-28-2003 12:06 PM

Page 713 of 1265

NDB No. 13325 Beef, variety meats and by-products, liver, raw

15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 714 of 1265

NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised

Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 715 of 1265

NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised

18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 716 of 1265

NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 717 of 1265

NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 13335 Beef, variety meats and by-products, suet, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 718 of 1265

NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581

Reference Report

JUL-28-2003 12:06 PM

Page 719 of 1265

NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

NDB No. 13341 Beef, variety meats and by-products, tripe, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 720 of 1265

NDB No. 13341 Beef, variety meats and by-products, tripe, raw

Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 721 of 1265

NDB No. 13341 Beef, variety meats and by-products, tripe, raw

15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

Reference Report

JUL-28-2003 12:06 PM

Page 722 of 1265

NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 723 of 1265

NDB No. 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13347 Beef, cured, corned beef, brisket, cooked

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 724 of 1265

NDB No. 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 725 of 1265

NDB No. 13367 Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13368 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 726 of 1265

NDB No. 13368 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Proline	S14, S2
Serine	S14, S2

NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 727 of 1265

NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 728 of 1265

NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 729 of 1265

NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 730 of 1265

NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Caffeine	S2
Theobromine	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin K (phylloquinone)	S2

NDB No. 13374 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 731 of 1265

NDB No. 13374 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 732 of 1265

NDB No. 13374 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 733 of 1265

NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 734 of 1265

NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13376 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Reference Report

JUL-28-2003 12:06 PM

Page 735 of 1265

NDB No. 13376 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Caffeine	S2
Theobromine	S2
Carotene, beta	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Vitamin K (phylloquinone)	S2

NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 736 of 1265

NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 737 of 1265

NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

Reference Report

JUL-28-2003 12:06 PM

Page 738 of 1265

NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 739 of 1265

NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 740 of 1265

NDB No. 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13385 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 741 of 1265

NDB No. 13385 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Proline	S14, S2
Serine	S14, S2

NDB No. 13388 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 742 of 1265

NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 743 of 1265

NDB No. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

Reference Report

JUL-28-2003 12:06 PM

Page 744 of 1265

NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 745 of 1265

NDB No. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

Reference Report

JUL-28-2003 12:06 PM

Page 746 of 1265

NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 747 of 1265

NDB No. 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

Reference Report

JUL-28-2003 12:06 PM

Page 748 of 1265

NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 749 of 1265

NDB No. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

Reference Report

JUL-28-2003 12:06 PM

Page 750 of 1265

NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 751 of 1265

NDB No. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 752 of 1265

NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 753 of 1265

NDB No. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Caffeine	S2
Theobromine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 754 of 1265

NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Carotene, beta	S2
Carotene, alpha	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 755 of 1265

NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 756 of 1265

NDB No. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 757 of 1265

NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 758 of 1265

NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 759 of 1265

NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 760 of 1265

NDB No. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 761 of 1265

NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 762 of 1265

NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 763 of 1265

NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 764 of 1265

NDB No. 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 765 of 1265

NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 766 of 1265

NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 767 of 1265

NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 768 of 1265

NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 769 of 1265

NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 770 of 1265

NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Serine S14, S2

NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 771 of 1265

NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 772 of 1265

NDB No. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 773 of 1265

NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 774 of 1265

NDB No. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 775 of 1265

NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 776 of 1265

NDB No. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 777 of 1265

NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 778 of 1265

NDB No. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 779 of 1265

NDB No. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Serine S14, S2

NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 780 of 1265

NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 781 of 1265

NDB No. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 782 of 1265

NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 783 of 1265

NDB No. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13427 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13428 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 784 of 1265

NDB No. 13428 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13433 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Tryptophan	S14, S2
------------	---------

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 785 of 1265

NDB No. 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 786 of 1265

NDB No. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Serine S14, S2

NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 787 of 1265

NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 788 of 1265

NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 789 of 1265

NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 790 of 1265

NDB No. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 791 of 1265

NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 792 of 1265

NDB No. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 793 of 1265

NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 794 of 1265

NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 795 of 1265

NDB No. 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

Reference Report

JUL-28-2003 12:06 PM

Page 796 of 1265

NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 797 of 1265

NDB No. 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

Reference Report

JUL-28-2003 12:06 PM

Page 798 of 1265

NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 799 of 1265

NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 800 of 1265

NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

Reference Report

JUL-28-2003 12:06 PM

Page 801 of 1265

NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 802 of 1265

NDB No. 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 803 of 1265

NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 804 of 1265

NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 805 of 1265

NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Proline	S14, S2
Serine	S14, S2

NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 806 of 1265

NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 807 of 1265

NDB No. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 808 of 1265

NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 809 of 1265

NDB No. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 810 of 1265

NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 811 of 1265

NDB No. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Reference Report

JUL-28-2003 12:06 PM

Page 812 of 1265

NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 813 of 1265

NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 814 of 1265

NDB No. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

22:5 n-3 S2

NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 815 of 1265

NDB No. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, 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. 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 816 of 1265

NDB No. 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 817 of 1265

NDB No. 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 818 of 1265

NDB No. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 819 of 1265

NDB No. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 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

Reference Report

JUL-28-2003 12:06 PM

Page 820 of 1265

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
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 821 of 1265

NDB No. 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221

Reference Report

JUL-28-2003 12:06 PM

Page 822 of 1265

NDB No. 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221

Reference Report

JUL-28-2003 12:06 PM

Page 823 of 1265

NDB No. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 824 of 1265

NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 825 of 1265

NDB No. 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 826 of 1265

NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 827 of 1265

NDB No. 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 828 of 1265

NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 829 of 1265

NDB No. 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 830 of 1265

NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 831 of 1265

NDB No. 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13489 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 832 of 1265

NDB No. 13489 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 833 of 1265

NDB No. 13489 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 834 of 1265

NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 835 of 1265

NDB No. 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 836 of 1265

NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 837 of 1265

NDB No. 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 838 of 1265

NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 839 of 1265

NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 840 of 1265

NDB No. 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

22:5 n-3 S2

NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 841 of 1265

NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 842 of 1265

NDB No. 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 843 of 1265

NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 844 of 1265

NDB No. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 845 of 1265

NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 846 of 1265

NDB No. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 847 of 1265

NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 848 of 1265

NDB No. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 849 of 1265

NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 850 of 1265

NDB No. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 851 of 1265

NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 852 of 1265

NDB No. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 853 of 1265

NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 854 of 1265

NDB No. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 855 of 1265

NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 856 of 1265

NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 857 of 1265

NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 858 of 1265

NDB No. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 859 of 1265

NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 860 of 1265

NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 861 of 1265

NDB No. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

22:5 n-3 S2

NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 862 of 1265

NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 863 of 1265

NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 864 of 1265

NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 865 of 1265

NDB No. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 866 of 1265

NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 867 of 1265

NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 868 of 1265

NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 869 of 1265

NDB No. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 870 of 1265

NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 871 of 1265

NDB No. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 872 of 1265

NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 873 of 1265

NDB No. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 874 of 1265

NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 875 of 1265

NDB No. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 876 of 1265

NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 877 of 1265

NDB No. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 878 of 1265

NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 879 of 1265

NDB No. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 880 of 1265

NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 881 of 1265

NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 882 of 1265

NDB No. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

22:5 n-3 S2

NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 883 of 1265

NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 884 of 1265

NDB No. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 885 of 1265

NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 886 of 1265

NDB No. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 887 of 1265

NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 888 of 1265

NDB No. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 889 of 1265

NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 890 of 1265

NDB No. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 891 of 1265

NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 892 of 1265

NDB No. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 893 of 1265

NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 894 of 1265

NDB No. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 895 of 1265

NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 896 of 1265

NDB No. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 897 of 1265

NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 898 of 1265

NDB No. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 899 of 1265

NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 900 of 1265

NDB No. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 901 of 1265

NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 902 of 1265

NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 903 of 1265

NDB No. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

22:5 n-3 S2

NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 904 of 1265

NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 905 of 1265

NDB No. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 906 of 1265

NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 907 of 1265

NDB No. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 908 of 1265

NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 909 of 1265

NDB No. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 910 of 1265

NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 911 of 1265

NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 912 of 1265

NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 913 of 1265

NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 914 of 1265

NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 915 of 1265

NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 916 of 1265

NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 917 of 1265

NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 918 of 1265

NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 919 of 1265

NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 920 of 1265

NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 921 of 1265

NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 922 of 1265

NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 923 of 1265

NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 924 of 1265

NDB No. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

22:5 n-3 S2

NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 925 of 1265

NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 926 of 1265

NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 927 of 1265

NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 928 of 1265

NDB No. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 929 of 1265

NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 930 of 1265

NDB No. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 931 of 1265

NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 932 of 1265

NDB No. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 933 of 1265

NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 934 of 1265

NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 935 of 1265

NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 936 of 1265

NDB No. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 937 of 1265

NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 938 of 1265

NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 939 of 1265

NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 940 of 1265

NDB No. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
---------	------

Reference Report

JUL-28-2003 12:06 PM

Page 941 of 1265

NDB No. 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
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

Reference Report

JUL-28-2003 12:06 PM

Page 942 of 1265

NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 943 of 1265

NDB No. 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted

14:1	S221
16:1 undifferentiated	S221

NDB No. 13938 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221

Reference Report

JUL-28-2003 12:06 PM

Page 944 of 1265

NDB No. 13938 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, roasted

18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221

Reference Report

JUL-28-2003 12:06 PM

Page 945 of 1265

NDB No. 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw

16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 946 of 1265

NDB No. 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted

Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 947 of 1265

NDB No. 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted

Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 948 of 1265

NDB No. 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 949 of 1265

NDB No. 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 950 of 1265

NDB No. 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised

Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13945 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221

Reference Report

JUL-28-2003 12:06 PM

Page 951 of 1265

NDB No. 13945 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221

Reference Report

JUL-28-2003 12:06 PM

Page 952 of 1265

NDB No. 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13947 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, braised

Protein	S221
Total lipid (fat)	S221

Reference Report

JUL-28-2003 12:06 PM

Page 953 of 1265

NDB No. 13947 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, braised

Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

Reference Report

JUL-28-2003 12:06 PM

Page 954 of 1265

NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 955 of 1265

NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 956 of 1265

NDB No. 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

22:5 n-3 S2

NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 957 of 1265

NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 958 of 1265

NDB No. 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 959 of 1265

NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 960 of 1265

NDB No. 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 961 of 1265

NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 962 of 1265

NDB No. 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 963 of 1265

NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 964 of 1265

NDB No. 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 965 of 1265

NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 966 of 1265

NDB No. 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 967 of 1265

NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 968 of 1265

NDB No. 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

Reference Report

JUL-28-2003 12:06 PM

Page 969 of 1265

NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 970 of 1265

NDB No. 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2

Reference Report

JUL-28-2003 12:06 PM

Page 971 of 1265

NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 972 of 1265

NDB No. 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 973 of 1265

NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 974 of 1265

NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 975 of 1265

NDB No. 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

22:5 n-3 S2

NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 976 of 1265

NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 977 of 1265

NDB No. 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 978 of 1265

NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 979 of 1265

NDB No. 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13960 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 980 of 1265

NDB No. 13960 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 981 of 1265

NDB No. 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13962 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 982 of 1265

NDB No. 13962 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 983 of 1265

NDB No. 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13964 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 984 of 1265

NDB No. 13964 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221

Reference Report

JUL-28-2003 12:06 PM

Page 985 of 1265

NDB No. 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221

Reference Report

JUL-28-2003 12:06 PM

Page 986 of 1265

NDB No. 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw

Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Reference Report

JUL-28-2003 12:06 PM

Page 987 of 1265

NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221

Reference Report

JUL-28-2003 12:06 PM

Page 988 of 1265

NDB No. 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

14:1	S221
16:1 undifferentiated	S221

NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 989 of 1265

NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 990 of 1265

NDB No. 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 991 of 1265

NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 992 of 1265

NDB No. 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

Reference Report

JUL-28-2003 12:06 PM

Page 993 of 1265

NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 994 of 1265

NDB No. 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 995 of 1265

NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 996 of 1265

NDB No. 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 997 of 1265

NDB No. 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 998 of 1265

NDB No. 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 999 of 1265

NDB No. 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Sodium, Na	S221

Reference Report

JUL-28-2003 12:06 PM

Page 1000 of 1265

NDB No. 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

NDB No. 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

Reference Report

JUL-28-2003 12:06 PM

Page 1001 of 1265

NDB No. 13984 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
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
---------	------

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1002 of 1265

NDB No. 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

Reference Report

JUL-28-2003 12:06 PM

Page 1003 of 1265

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
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1004 of 1265

NDB No. 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1005 of 1265

NDB No. 14003 Alcoholic beverage, beer, regular

Total lipid (fat)	S87
Glucose (dextrose)	D3310
Maltose	D3310
Water	S87
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	D3364, S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	D4002, D4072

NDB No. 14006 Alcoholic beverage, beer, light

Maltose	D3310
---------	-------

NDB No. 14052 Alcoholic beverage, distilled, whiskey, 86 proof

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

Reference Report

JUL-28-2003 12:06 PM

Page 1006 of 1265

NDB No. 14057 Alcoholic beverage, wine, dessert, sweet

Vitamin K (phylloquinone) D4048

NDB No. 14084 Alcoholic beverage, wine, table, all

Calcium, Ca S10, S11, S12, S6, S7, S8, S9
Iron, Fe S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg S10, S11, S12, S6, S7, S8, S9
Phosphorus, P S10, S11, S12, S6, S7, S8, S9
Potassium, K S10, S11, S12, S6, S7, S8, S9
Sodium, Na S10, S11, S12, S6, S7, S8, S9
Zinc, Zn S10, S11, S12, S6, S7, S8, S9
Copper, Cu S10, S11, S12, S6, S7, S8, S9
Manganese, Mn S10, S11, S12, S6, S7, S8, S9
Selenium, Se D3364, S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone) D4072

NDB No. 14143 Carbonated beverage, low calorie, other than cola or pepper, without caffeine

Vitamin K (phylloquinone) D4048

NDB No. 14166 Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

Calcium, Ca S10, S11, S12, S6, S7, S8, S9
Iron, Fe S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg S10, S11, S12, S6, S7, S8, S9
Phosphorus, P S10, S11, S12, S6, S7, S8, S9
Potassium, K S10, S11, S12, S6, S7, S8, S9
Zinc, Zn S10, S11, S12, S6, S7, S8, S9
Copper, Cu S10, S11, S12, S6, S7, S8, S9
Manganese, Mn S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone) D4002, D4048

NDB No. 14181 Chocolate syrup

Sugars, total S5

NDB No. 14192 Cocoa mix, powder

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1007 of 1265

NDB No. 14192 Cocoa mix, powder

Selenium, Se D3364

NDB No. 14209 Coffee, brewed from grounds, prepared with tap water

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Theobromine	S23
Sugars, total	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S23
Selenium, Se	S23
Vitamin C, total ascorbic acid	S23
Riboflavin	S23
Niacin	S23
Pantothenic acid	S23
Vitamin B-6	S23
Folate, total	S23
Vitamin K (phylloquinone)	D4002, D4048, D4069, D4072
4:0	S23
6:0	S23
8:0	S23
10:0	S23
12:0	S23
14:0	S23
16:0	S23
18:0	S23
20:0	S23
18:1 undifferentiated	S23

Reference Report

JUL-28-2003 12:06 PM

Page 1008 of 1265

NDB No. 14209 Coffee, brewed from grounds, prepared with tap water

18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
22:6 n-3	S23
22:0	S23
14:1	S23
16:1 undifferentiated	S23
18:4	S23
20:1	S23
20:5 n-3	S23
22:1 undifferentiated	S23
22:5 n-3	S23
15:0	S23
17:0	S23
24:0	S23

NDB No. 14219 Coffee, instant, decaffeinated, powder, prepared with water

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

NDB No. 14238 Cranberry-apple juice drink, bottled

Potassium, K	D512
Sodium, Na	D512
Zinc, Zn	D520

NDB No. 14243 Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Ash	D673
-----	------

Reference Report

JUL-28-2003 12:06 PM

Page 1009 of 1265

NDB No. 14243 Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Potassium, K D673

NDB No. 14267 Fruit punch drink, with added nutrients, canned

Water D657
Sugars, total D657
Calcium, Ca S10, S11, S12, S6, S7, S8, S9
Iron, Fe S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg S10, S11, S12, S6, S7, S8, S9
Phosphorus, P S10, S11, S12, S6, S7, S8, S9
Zinc, Zn S10, S11, S12, S6, S7, S8, S9
Copper, Cu D614
Manganese, Mn S10, S11, S12, S6, S7, S8, S9
Selenium, Se S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone) D4002

NDB No. 14277 Grape drink, canned

Ash D672, D673
Potassium, K D672, D673

NDB No. 14282 Grape juice drink, canned

Ash D672
Potassium, K D672

NDB No. 14355 Tea, brewed, prepared with tap water

Vitamin E (alpha-tocopherol) S81
Tocopherol, gamma S81
Tocopherol, delta S81
Vitamin K (phylloquinone) D4069

NDB No. 14370 Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Sugars, total S1108

NDB No. 14400 Carbonated beverage, cola, contains caffeine

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1010 of 1265

NDB No. 14400 Carbonated beverage, cola, contains caffeine

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S5, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 14407 Orange-flavor drink, breakfast type, powder

Calcium, Ca	D739
-------------	------

NDB No. 14416 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 14424 Orange-flavor drink, breakfast type, with pulp, frozen concentrate

Calcium, Ca	D739
-------------	------

NDB No. 14427 Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Potassium, K	D642
Sodium, Na	D642

NDB No. 14429 Water, municipal

Reference_Report

NDB No. 14429 Water, municipal

Calcium, Ca	S20, S23, S25
Iron, Fe	S20, S23, S25
Magnesium, Mg	S20, S23, S25
Phosphorus, P	S20, S23, S25
Potassium, K	S20, S23, S25
Sodium, Na	S20, S23, S25
Zinc, Zn	S20, S23, S25
Copper, Cu	S20, S23, S25
Manganese, Mn	S20, S23, S25

NDB No. 15015 Fish, cod, Atlantic, raw

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4072

NDB No. 15028 Fish, flatfish (flounder and sole species), raw

Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87

NDB No. 15066 Fish, pollock, walleye, raw

Vitamin E (alpha-tocopherol)	S84
Vitamin K (phylloquinone)	D4072

NDB No. 15078 Fish, salmon, chinook, raw

Protein	D1066, D1107, D2793, S1762
Total lipid (fat)	D1066, D1107, D1191, D2793, D964, S1762
Ash	D1066, D1107, D2793, S1762
Water	D1066, D1107, D2793, D3410, S1762
Calcium, Ca	D1066, S1762
Iron, Fe	S1762

NDB No. 15078 Fish, salmon, chinook, raw

Potassium, K	D1073
Sodium, Na	D1073, S1762
Vitamin C, total ascorbic acid	D1066
Thiamin	D1066, D2793
Riboflavin	D1066, D2793
Niacin	D2793
Vitamin B-12	S1762
Cholesterol	S1762
14:0	D964, S1762
16:0	D964, S1762
18:0	D964, S1762
20:0	S1762
18:1 undifferentiated	D964, S1762
18:2 undifferentiated	D964, S1762
18:3 undifferentiated	D964, S1762
20:4 undifferentiated	D964, S1762
22:6 n-3	D964, S1762
16:1 undifferentiated	D964, S1762
18:4	D964
20:1	D964, S1762
20:5 n-3	D964, S1762
22:1 undifferentiated	D964, S1762
22:5 n-3	D964, S1762

NDB No. 15083 Fish, salmon, pink, raw

Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

NDB No. 15084 Fish, salmon, pink, canned, solids with bone and liquid

Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

NDB No. 15119 Fish, tuna, light, canned in oil, drained solids

Vitamin E (alpha-tocopherol)	S121, S81
Tocopherol, beta	S121, S81
Tocopherol, gamma	S121, S81
Tocopherol, delta	S121, S81
Vitamin K (phylloquinone)	D4002, D4072

NDB No. 15121 Fish, tuna, light, canned in water, drained solids

Vitamin E (alpha-tocopherol)	S27, S87
Tocopherol, beta	S27, S87
Tocopherol, gamma	S27, S87
Tocopherol, delta	S27, S87
Vitamin K (phylloquinone)	S27

NDB No. 15126 Fish, tuna, white, canned in water, drained solids

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin K (phylloquinone)	D4072

NDB No. 15140 Crustaceans, crab, blue, cooked, moist heat

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 15141 Crustaceans, crab, blue, canned

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 15149 Crustaceans, shrimp, mixed species, raw

Vitamin E (alpha-tocopherol)	S84, S87
------------------------------	----------

Reference Report

JUL-28-2003 12:06 PM

Page 1014 of 1265

NDB No. 15149 Crustaceans, shrimp, mixed species, raw

Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin K (phylloquinone)	D4002

NDB No. 15157 Mollusks, clam, mixed species, raw

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 15162 Mollusks, clam, mixed species, canned, liquid

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 15164 Mollusks, mussel, blue, raw

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 15172 Mollusks, scallop, mixed species, raw

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Calcium, Ca	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1015 of 1265

NDB No. 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Potassium, K	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

NDB No. 16042 Beans, pinto, mature seeds, raw

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 1016 of 1265

NDB No. 16042 Beans, pinto, mature seeds, raw

Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Vitamin K (phylloquinone)	S1065

NDB No. 16043 Beans, pinto, mature seeds, cooked, boiled, without salt

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065

Reference Report

JUL-28-2003 12:06 PM

Page 1017 of 1265

NDB No. 16043 Beans, pinto, mature seeds, cooked, boiled, without salt

Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Vitamin K (phylloquinone)	S1065

NDB No. 16089 Peanuts, all types, oil-roasted, with salt

Protein	S563
Total lipid (fat)	S563
Ash	S563
Sucrose	S563
Glucose (dextrose)	S563
Fructose	S563
Lactose	S563
Maltose	S563
Water	S563
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563
Iron, Fe	S563
Magnesium, Mg	S563
Phosphorus, P	S563
Potassium, K	S563
Sodium, Na	S563
Zinc, Zn	S563
Copper, Cu	S563
Manganese, Mn	S563
Selenium, Se	S563
Carotene, beta	S563
Carotene, alpha	S563
Cryptoxanthin, beta	S563
Lycopene	S563
Lutein + zeaxanthin	S563

Reference Report

JUL-28-2003 12:06 PM

Page 1018 of 1265

NDB No. 16089 Peanuts, all types, oil-roasted, with salt

Vitamin C, total ascorbic acid	S563
Thiamin	S563
Riboflavin	S563
Niacin	S563
Pantothenic acid	S563
Vitamin B-6	S563
Folate, total	S563
Vitamin K (phylloquinone)	S563
Tryptophan	S563
Threonine	S563
Isoleucine	S563
Leucine	S563
Lysine	S563
Methionine	S563
Cystine	S563
Phenylalanine	S563
Tyrosine	S563
Valine	S563
Arginine	S563
Histidine	S563
Alanine	S563
Aspartic acid	S563
Glutamic acid	S563
Glycine	S563
Proline	S563
Serine	S563
8:0	S563
10:0	S563
12:0	S563
14:0	S563
16:0	S563
18:0	S563
20:0	S563
18:1 undifferentiated	S563
18:2 undifferentiated	S563
18:3 undifferentiated	S563
20:4 undifferentiated	S563

Reference Report

JUL-28-2003 12:06 PM

Page 1019 of 1265

NDB No. 16089 Peanuts, all types, oil-roasted, with salt

22:0	S563
14:1	S563
16:1 undifferentiated	S563
20:1	S563
15:0	S563
17:0	S563
20:2 n-6 c,c	S563
18:3 n-6 c,c,c	S563
17:1	S563
20:3 undifferentiated	S563
15:1	S563

NDB No. 16097 Peanut butter, chunk style, with salt

Protein	S22
Total lipid (fat)	S22
Ash	S22
Water	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Pantothenic acid	S22
12:0	S22
16:0	S22
18:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22

NDB No. 16098 Peanut butter, smooth style, with salt

Protein	S22
---------	-----

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1020 of 1265

NDB No. 16098 Peanut butter, smooth style, with salt

Total lipid (fat)	S22
Ash	S22
Water	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Pantothenic acid	S22
Vitamin K (phylloquinone)	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22

NDB No. 16114 Tempeh

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Energy	S39
Water	S39
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39

Reference Report

JUL-28-2003 12:06 PM

Page 1021 of 1265

NDB No. 16114 Tempeh

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
Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1022 of 1265

NDB No. 16114 Tempeh

24:0	S39
17:1	S39
20:3 undifferentiated	S39

NDB No. 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

NDB No. 16144 Lentils, pink, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

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

Reference Report

JUL-28-2003 12:06 PM

Page 1023 of 1265

NDB No. 16174 Tempeh, cooked

Vitamin B-12	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18

NDB No. 17202 Veal, variety meats and by-products, liver, raw

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1024 of 1265

NDB No. 17202 Veal, variety meats and by-products, liver, raw

Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1025 of 1265

NDB No. 17202 Veal, variety meats and by-products, liver, raw

Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1026 of 1265

NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised

Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	D463, S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1027 of 1265

NDB No. 17203 Veal, variety meats and by-products, liver, cooked, braised

Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1028 of 1265

NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166, S502
Tocopherol, gamma	S1166, S502
Tocopherol, delta	S1166, S502
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166, S502
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1029 of 1265

NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1030 of 1265

NDB No. 17218 Veal, variety meats and by-products, thymus, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581

Reference Report

JUL-28-2003 12:06 PM

Page 1031 of 1265

NDB No. 17218 Veal, variety meats and by-products, thymus, raw

10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1032 of 1265

NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised

Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581

Reference Report

JUL-28-2003 12:06 PM

Page 1033 of 1265

NDB No. 17219 Veal, variety meats and by-products, thymus, cooked, braised

20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

NDB No. 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

Protein	S3
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 1034 of 1265

NDB No. 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17340 Game meat, elk, loin, separable lean only, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3

Reference Report

JUL-28-2003 12:06 PM

Page 1035 of 1265

NDB No. 17340 Game meat, elk, loin, separable lean only, cooked, broiled

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
Sodium, Na	S3

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1036 of 1265

NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled

Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

NDB No. 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1037 of 1265

NDB No. 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

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

NDB No. 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1038 of 1265

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. 18029 Bread, french or vienna (includes sourdough)

Folate, total D4901

NDB No. 18033 Bread, italian

Folate, total D4901

NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1039 of 1265

NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)

Lactose	S20
Maltose	S20
Water	S20
Sugars, total	S20
Galactose	S20
Fiber, total dietary	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin C, total ascorbic acid	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, total	S20
Vitamin B-12	S20
Vitamin K (phylloquinone)	D4002, D4072
Folic acid	S20
Folate, food	S20
Cholesterol	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20

Reference Report

JUL-28-2003 12:06 PM

Page 1040 of 1265

NDB No. 18069 Bread, white, commercially prepared (includes soft bread crumbs)

18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
15:0	S20
17:0	S20
24:0	S20
17:1	S20
15:1	S20

NDB No. 18079 Bread crumbs, dry, grated, plain

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25

Reference Report

JUL-28-2003 12:06 PM

Page 1041 of 1265

NDB No. 18079 Bread crumbs, dry, grated, plain

Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Carotene, beta	S25
Carotene, alpha	S25
Vitamin E (alpha-tocopherol)	S25
Cryptoxanthin, beta	S25
Lycopene	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1042 of 1265

NDB No. 18079 Bread crumbs, dry, grated, plain

22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

NDB No. 18135 Cake, white, dry mix, pudding-type, enriched

Folate, total D4901

NDB No. 18137 Cake, white, dry mix, regular

Folate, total D4901

NDB No. 18142 Cake, yellow, dry mix, pudding-type

Folate, total D4901

NDB No. 18144 Cake, yellow, dry mix, regular, enriched

Folate, total D4901

NDB No. 18214 Crackers, cheese, regular

Folate, total D4901

NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1043 of 1265

NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling

Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25

Reference Report

JUL-28-2003 12:06 PM

Page 1044 of 1265

NDB No. 18215 Crackers, cheese, sandwich-type with peanut butter filling

12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25

Reference Report

JUL-28-2003 12:06 PM

Page 1045 of 1265

NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25

Reference Report

JUL-28-2003 12:06 PM

Page 1046 of 1265

NDB No. 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25
13:0	S25

NDB No. 18232 Crackers, wheat, regular

Folate, total D4901

NDB No. 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted

Vitamin K (phylloquinone) D4002, D4078

NDB No. 18251 Doughnuts, cake-type, chocolate, sugared or glazed

Vitamin K (phylloquinone) D4002, D4078

NDB No. 18252 Doughnuts, cake-type, wheat, sugared or glazed

Vitamin K (phylloquinone) D4002, D4078

NDB No. 18275 Muffins, blueberry, dry mix

Folate, total D4901

NDB No. 18346 Rolls, dinner, rye

Vitamin K (phylloquinone) D4002, D4068

NDB No. 18349 Rolls, french

Vitamin K (phylloquinone) D4068

Reference Report

JUL-28-2003 12:06 PM

Page 1047 of 1265

NDB No. 18350 Rolls, hamburger or hotdog, plain

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Sugars, total	S21
Galactose	S21
Fiber, total dietary	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin E (alpha-tocopherol)	S21
Tocopherol, beta	S21
Tocopherol, gamma	S21
Tocopherol, delta	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Vitamin B-12	S21
Vitamin K (phylloquinone)	D4002, D4072
Cholesterol	S21
4:0	S21
6:0	S21

Reference Report

JUL-28-2003 12:06 PM

Page 1048 of 1265

NDB No. 18350 Rolls, hamburger or hotdog, plain

8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21
17:0	S21
24:0	S21

NDB No. 18351 Rolls, hamburger or hotdog, mixed-grain

Sugars, total	S21
Vitamin E (alpha-tocopherol)	S21
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 18352 Rolls, hamburger or hotdog, reduced-calorie

Sugars, total	S21
Vitamin E (alpha-tocopherol)	S21
Folate, total	S20
Folic acid	S20

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1049 of 1265

NDB No. 18352 Rolls, hamburger or hotdog, reduced-calorie

Folate, food S20

NDB No. 18416 Bread, white, commercially prepared, low sodium no salt

Sugars, total S20

Folate, total S20

Vitamin K (phylloquinone) D4002, D4072

Folic acid S20

Folate, food S20

NDB No. 18927 Crackers, cheese, sandwich-type with cheese filling

Protein S25

Total lipid (fat) S25

Ash S25

Starch S25

Sucrose S25

Glucose (dextrose) S25

Fructose S25

Lactose S25

Maltose S25

Water S25

Sugars, total S25

Galactose S25

Fiber, total dietary S25

Calcium, Ca S25

Iron, Fe S25

Magnesium, Mg S25

Phosphorus, P S25

Potassium, K S25

Sodium, Na S25

Zinc, Zn S25

Copper, Cu S25

Manganese, Mn S25

Selenium, Se S25

Vitamin E (alpha-tocopherol) S25

Tocopherol, beta S25

Tocopherol, gamma S25

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1050 of 1265

NDB No. 18927 Crackers, cheese, sandwich-type with cheese filling

Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

Reference Report

JUL-28-2003 12:06 PM

Page 1051 of 1265

NDB No. 19014 Snacks, fruit leather, rolls

Protein	S5
Water	S5
Sodium, Na	S5
Vitamin C, total ascorbic acid	S5

NDB No. 19078 Baking chocolate, unsweetened, squares

Total lipid (fat)	S1069
Ash	S1069
Water	S1069
Adjusted Protein	S1069
Caffeine	S1069
Theobromine	S1069
Sugars, total	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Sodium, Na	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1069
Lycopene	S1069
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 1052 of 1265

NDB No. 19078 Baking chocolate, unsweetened, squares

Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
Tryptophan	S1069
Threonine	S1069
Isoleucine	S1069
Leucine	S1069
Lysine	S1069
Methionine	S1069
Cystine	S1069
Phenylalanine	S1069
Tyrosine	S1069
Valine	S1069
Arginine	S1069
Histidine	S1069
Alanine	S1069
Aspartic acid	S1069
Glutamic acid	S1069
Glycine	S1069
Proline	S1069
Serine	S1069
Hydroxyproline	S1069
4:0	S1069
6:0	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 1053 of 1265

NDB No. 19078 Baking chocolate, unsweetened, squares

16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
Stigmasterol	S1069
Campesterol	S1069
Beta-sitosterol	S1069
15:0	S1069
17:0	S1069
24:0	S1069
18:1 t	S1069
24:1 c	S1069
20:2 n-6 c,c	S1069
18:1 c	S1069
18:3 n-6 c,c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
13:0	S1069
15:1	S1069
18:3 n-3 c,c,c	S1069

NDB No. 19080 Candies, semisweet chocolate

Sugars, total	S5
---------------	----

NDB No. 19088 Ice creams, vanilla, light

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

Reference Report

JUL-28-2003 12:06 PM

Page 1054 of 1265

NDB No. 19095 Ice creams, vanilla

Sugars, total	S1067
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

NDB No. 19120 Candies, milk chocolate

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Water	S1069
Caffeine	S1069
Theobromine	S1069
Sugars, total	S1069
Fiber, total dietary	S1069
Calcium, Ca	S10, S1069, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S1069, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S1069, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S1069, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S1069, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S1069, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S1069, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S1069, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S1069, S11, S12, S6, S7, S8, S9
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
Cholesterol	S1069

Reference Report

JUL-28-2003 12:06 PM

Page 1055 of 1265

NDB No. 19120 Candies, milk chocolate

4:0	S1069
6:0	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
Stigmasterol	S1069
Campesterol	S1069
Beta-sitosterol	S1069
15:0	S1069
17:0	S1069
24:0	S1069
18:1 t	S1069
24:1 c	S1069
20:2 n-6 c,c	S1069
18:1 c	S1069
18:3 n-6 c,c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
13:0	S1069
15:1	S1069
18:3 n-3 c,c,c	S1069

NDB No. 19129 Syrups, table blends, pancake

Reference Report

JUL-28-2003 12:06 PM

Page 1056 of 1265

NDB No. 19129 Syrups, table blends, pancake

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	D3364, S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

NDB No. 19142 Candies, MOUNDS Candy Bar

8:0	S5
10:0	S5
12:0	S5
14:0	S5
16:0	S5
18:0	S5
20:0	S5
22:0	S5
14:1	S5
16:1 undifferentiated	S5
20:1	S5
15:0	S5
17:0	S5
17:1	S5

NDB No. 19155 Candies, M&M MARS, SNICKERS Bar

Vitamin E (alpha-tocopherol)	S87
------------------------------	-----

NDB No. 19226 Frostings, chocolate, creamy, ready-to-eat

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1057 of 1265

NDB No. 19230 Frostings, vanilla, creamy, ready-to-eat

Protein	S1063
Total lipid (fat)	S1063, S84
Ash	S1063
Water	S1063
Calcium, Ca	S1063
Iron, Fe	S1063
Magnesium, Mg	S1063
Phosphorus, P	S1063
Potassium, K	S1063
Sodium, Na	S1063
Zinc, Zn	S1063
Copper, Cu	S1063
Manganese, Mn	S1063
Selenium, Se	S1063
Vitamin E (alpha-tocopherol)	S1063, S84
Thiamin	S1063
Riboflavin	S1063
Niacin	S1063
Pantothenic acid	S1063
Vitamin B-6	S1063
Folate, total	S1063
Vitamin K (phylloquinone)	S1063

NDB No. 19296 Honey

Sucrose	D3338, D3339
Glucose (dextrose)	D3316, D3338, D3339
Fructose	D3316, D3338, D3339
Maltose	D3338, D3339
Galactose	D3342
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 19300 Jellies

Protein	S5
Total lipid (fat)	S5
Ash	S5
Water	S5

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1058 of 1265

NDB No. 19300 Jellies

Sugars, total	S5
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S5, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	D3359, S10, S11, S12, S6, S7, S8, S9

NDB No. 19304 Molasses

Sucrose	D3296
Glucose (dextrose)	D3296
Fructose	D3296
Sugars, total	D3296

NDB No. 19334 Sugars, brown

Selenium, Se	D3357, D3364
--------------	--------------

NDB No. 19335 Sugars, granulated

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

NDB No. 19349 Syrups, corn, dark

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1059 of 1265

NDB No. 19349 Syrups, corn, dark

Selenium, Se D3359

NDB No. 19353 Syrups, maple

Sucrose D3316

Glucose (dextrose) D3316

Fructose D3316

NDB No. 19355 Syrups, sorghum

Selenium, Se D3358

NDB No. 20010 Buckwheat groats, roasted, cooked

Sucrose S604

Glucose (dextrose) S604

Fructose S604

Sugars, total S604

NDB No. 20011 Buckwheat flour, whole-groat

Sucrose S604

Vitamin E (alpha-tocopherol) D4602

Tocopherol, gamma D4602

Tocopherol, delta D4602

NDB No. 20017 Corn flour, masa, enriched

Vitamin A, IU S1343

Vitamin A, RAE S1343

Carotene, beta S1343

Carotene, alpha S1343

Cryptoxanthin, beta S1343

Lycopene S1343

Lutein + zeaxanthin S1343

NDB No. 20020 Cornmeal, whole-grain, yellow

Vitamin E (alpha-tocopherol) S84

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1060 of 1265

NDB No. 20020 Cornmeal, whole-grain, yellow

Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 20022 Cornmeal, degermed, enriched, yellow

Sugars, total	S837
Vitamin A, IU	S1203
Vitamin A, RAE	S1203
Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Folate, total	D4901

NDB No. 20024 Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

Folate, total	D4901
---------------	-------

NDB No. 20027 Cornstarch

Sugars, total	S837
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 20033 Oat bran, raw

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

NDB No. 20036 Rice, brown, long-grain, raw

Sucrose	S604
Vitamin E (alpha-tocopherol)	S84

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1061 of 1265

NDB No. 20036 Rice, brown, long-grain, raw

Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 20037 Rice, brown, long-grain, cooked

Sucrose	S604, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

NDB No. 20044 Rice, white, long-grain, regular, raw, enriched

Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20

NDB No. 20045 Rice, white, long-grain, regular, cooked

Vitamin K (phylloquinone)	D4002, D4048
---------------------------	--------------

NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry

Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20

Reference Report

JUL-28-2003 12:06 PM

Page 1062 of 1265

NDB No. 20046 Rice, white, long-grain, parboiled, enriched, dry

Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20

NDB No. 20047 Rice, white, long-grain, parboiled, enriched, cooked

Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Sugars, total	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry

Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared

Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20

Reference Report

JUL-28-2003 12:06 PM

Page 1063 of 1265

NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, prepared

Sugars, total	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20060 Rice bran, crude

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581

NDB No. 20061 Rice flour, white

Vitamin K (phylloquinone)	D4048
---------------------------	-------

NDB No. 20063 Rye flour, dark

Sugars, total	S606
Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068

NDB No. 20072 Wheat, hard red winter

Vitamin E (alpha-tocopherol)	D4602
------------------------------	-------

NDB No. 20074 Wheat, hard white

Vitamin E (alpha-tocopherol)	D4602
------------------------------	-------

NDB No. 20075 Wheat, soft white

Vitamin E (alpha-tocopherol)	D4602
------------------------------	-------

NDB No. 20077 Wheat bran, crude

Vitamin A, IU	D3921
Vitamin A, RAE	D3921

NDB No. 20077 Wheat bran, crude

Carotene, beta	D3921
Lutein + zeaxanthin	D3921

NDB No. 20080 Wheat flour, whole-grain

Sugars, total	S606
Carotene, beta	D3921
Vitamin E (alpha-tocopherol)	D4602
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4048, D4068

NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached

Sugars, total	S20, S837
Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20, S82, S87
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20, S82, S87
Tocopherol, gamma	S20, S82, S87
Tocopherol, delta	S20, S82, S87
Folate, total	S20
Vitamin K (phylloquinone)	S20
Folic acid	S20
Folate, food	S20

NDB No. 20082 Wheat flour, white, all-purpose, self-rising, enriched

Sugars, total	S606
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20

NDB No. 20082 Wheat flour, white, all-purpose, self-rising, enriched

Folic acid	S20
Folate, food	S20

NDB No. 20083 Wheat flour, white, bread, enriched

Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20084 Wheat flour, white, cake, enriched

Vitamin A, IU	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 20088 Wild rice, raw

Reference Report

JUL-28-2003 12:06 PM

Page 1066 of 1265

NDB No. 20088 Wild rice, raw

Sucrose S604

NDB No. 20089 Wild rice, cooked

Sucrose S604

Glucose (dextrose) S604

Fructose S604

Fiber, total dietary S1401, S604

NDB No. 20099 Macaroni, dry, enriched

Sugars, total S20, S606

Vitamin E (alpha-tocopherol) S20, S82

Tocopherol, beta S20, S82

Tocopherol, gamma S20, S82

Tocopherol, delta S20, S82

Folate, total D4901, S20

Vitamin K (phylloquinone) D4048

NDB No. 20100 Macaroni, cooked, enriched

Sugars, total S20, S606, S837

Vitamin E (alpha-tocopherol) S20

Tocopherol, beta S20

Tocopherol, gamma S20

Tocopherol, delta S20

Folate, total S20

Vitamin K (phylloquinone) D4002, D4072, S20

Folic acid S20

Folate, food S20

NDB No. 20108 Macaroni, whole-wheat, cooked

Sucrose S604

Maltose S604

NDB No. 20109 Noodles, egg, dry, enriched

Sugars, total S606

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1067 of 1265

NDB No. 20109 Noodles, egg, dry, enriched

Folate, total D4901

NDB No. 20110 Noodles, egg, cooked, enriched

Sucrose S606

Glucose (dextrose) S606

Maltose S606

Sugars, total S606

Vitamin K (phylloquinone) D4002

NDB No. 20120 Spaghetti, dry, enriched

Sugars, total S20, S606

Vitamin E (alpha-tocopherol) S20, S82

Tocopherol, beta S20, S82

Tocopherol, gamma S20, S82

Tocopherol, delta S20, S82

Folate, total D4901, S20

Vitamin K (phylloquinone) D4048

NDB No. 20121 Spaghetti, cooked, enriched, without added salt

Sugars, total S20, S606, S837

Vitamin E (alpha-tocopherol) S20

Tocopherol, beta S20

Tocopherol, gamma S20

Tocopherol, delta S20

Folate, total S20

Vitamin K (phylloquinone) D4002, D4072, S20

Folic acid S20

Folate, food S20

NDB No. 20130 Barley flour or meal

Vitamin A, IU D3921, S1202

Vitamin A, RAE D3921, S1202

Carotene, beta D3921, S1202

Carotene, alpha S1202

Reference Report

JUL-28-2003 12:06 PM

Page 1068 of 1265

NDB No. 20130 Barley flour or meal

Cryptoxanthin, beta	S1202
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068

NDB No. 20132 Oat flour, partially debranned

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Water	S1202
Sugars, total	D4581
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202

NDB No. 20321 Spaghetti, cooked, enriched, with added salt

Sugars, total	S20, S606, S837
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1069 of 1265

NDB No. 20321 Spaghetti, cooked, enriched, with added salt

Vitamin K (phylloquinone)	D4002, D4072, S20
Folic acid	S20
Folate, food	S20

NDB No. 20322 Cornmeal, degermed, enriched, white

Vitamin A, IU	S1343
Vitamin A, RAE	S1343
Carotene, beta	S1343
Carotene, alpha	S1343
Cryptoxanthin, beta	S1343
Lycopene	S1343
Lutein + zeaxanthin	S1343

NDB No. 20324 Cornmeal, self-rising, bolted, with wheat flour added, enriched, white

Folate, total	D4901
---------------	-------

NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached

Sugars, total	S20, S837
Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

Reference Report

JUL-28-2003 12:06 PM

Page 1070 of 1265

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
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1071 of 1265

NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1072 of 1265

NDB No. 23557 Beef, ground, 95% lean meat / 5% fat, raw

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
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Cholesterol	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1073 of 1265

NDB No. 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
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

Reference Report

JUL-28-2003 12:06 PM

Page 1074 of 1265

NDB No. 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1075 of 1265

NDB No. 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1076 of 1265

NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1077 of 1265

NDB No. 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1078 of 1265

NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1079 of 1265

NDB No. 23562 Beef, ground, 90% lean meat / 10% fat, raw

Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1080 of 1265

NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1081 of 1265

NDB No. 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1082 of 1265

NDB No. 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
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

Reference Report

JUL-28-2003 12:06 PM

Page 1083 of 1265

NDB No. 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 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

Reference Report

JUL-28-2003 12:06 PM

Page 1084 of 1265

NDB No. 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1085 of 1265

NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1086 of 1265

NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1087 of 1265

NDB No. 23567 Beef, ground, 85% lean meat / 15% fat, raw

15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1088 of 1265

NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1089 of 1265

NDB No. 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1090 of 1265

NDB No. 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1091 of 1265

NDB No. 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1092 of 1265

NDB No. 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1093 of 1265

NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1094 of 1265

NDB No. 23572 Beef, ground, 80% lean meat / 20% fat, raw

4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1095 of 1265

NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1096 of 1265

NDB No. 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1097 of 1265

NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1098 of 1265

NDB No. 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Cholesterol S14

NDB No. 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Protein S14

Total lipid (fat) S14

Ash S14

Water S14

Calcium, Ca S14

Iron, Fe S14

Magnesium, Mg S14

Phosphorus, P S14

Potassium, K S14

Sodium, Na S14

Zinc, Zn S14

Copper, Cu S14

Manganese, Mn S14

Selenium, Se S14

Retinol S14

Thiamin S14

Riboflavin S14

Niacin S14

Pantothenic acid S14

Vitamin B-6 S14

Folate, total S14

Vitamin B-12 S14

Folate, food S14

Tryptophan S14

Threonine S14

Isoleucine S14

Leucine S14

Lysine S14

Methionine S14

Cystine S14

Phenylalanine S14

Tyrosine S14

Valine S14

Reference Report

JUL-28-2003 12:06 PM

Page 1099 of 1265

NDB No. 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1100 of 1265

NDB No. 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1101 of 1265

NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1102 of 1265

NDB No. 23577 Beef, ground, 75% lean meat / 25% fat, raw

18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1103 of 1265

NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1104 of 1265

NDB No. 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

NDB No. 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

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1105 of 1265

NDB No. 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Protein	S14
Total lipid (fat)	S14
Ash	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1106 of 1265

NDB No. 23580 Beef, ground, 75% lean meat / 25% 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
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1107 of 1265

NDB No. 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Serine	S14
Cholesterol	S14

NDB No. 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14

Reference Report

JUL-28-2003 12:06 PM

Page 1108 of 1265

NDB No. 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1109 of 1265

NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1110 of 1265

NDB No. 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1111 of 1265

NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1112 of 1265

NDB No. 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1113 of 1265

NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1114 of 1265

NDB No. 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1115 of 1265

NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1116 of 1265

NDB No. 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1117 of 1265

NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1118 of 1265

NDB No. 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1119 of 1265

NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1120 of 1265

NDB No. 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 1121 of 1265

NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1122 of 1265

NDB No. 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1123 of 1265

NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1124 of 1265

NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1125 of 1265

NDB No. 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

22:5 n-3 S2

NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 1126 of 1265

NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1127 of 1265

NDB No. 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1128 of 1265

NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1129 of 1265

NDB No. 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1130 of 1265

NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1131 of 1265

NDB No. 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1132 of 1265

NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1133 of 1265

NDB No. 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1134 of 1265

NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1135 of 1265

NDB No. 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23597 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1136 of 1265

NDB No. 23597 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, all grades, raw

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1137 of 1265

NDB No. 23597 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, all grades, raw

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1138 of 1265

NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1139 of 1265

NDB No. 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1140 of 1265

NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1141 of 1265

NDB No. 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 1142 of 1265

NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1143 of 1265

NDB No. 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1144 of 1265

NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1145 of 1265

NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1146 of 1265

NDB No. 23604 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

22:5 n-3 S2

NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1147 of 1265

NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1148 of 1265

NDB No. 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1149 of 1265

NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1150 of 1265

NDB No. 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1151 of 1265

NDB No. 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1152 of 1265

NDB No. 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1153 of 1265

NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1154 of 1265

NDB No. 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1155 of 1265

NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1156 of 1265

NDB No. 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1157 of 1265

NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1158 of 1265

NDB No. 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1159 of 1265

NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1160 of 1265

NDB No. 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1161 of 1265

NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1162 of 1265

NDB No. 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1163 of 1265

NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1164 of 1265

NDB No. 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1165 of 1265

NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1166 of 1265

NDB No. 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1167 of 1265

NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1168 of 1265

NDB No. 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1169 of 1265

NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1170 of 1265

NDB No. 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1171 of 1265

NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1172 of 1265

NDB No. 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1173 of 1265

NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1174 of 1265

NDB No. 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1175 of 1265

NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1176 of 1265

NDB No. 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1177 of 1265

NDB No. 23626 Beef, rib, small end ribs (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1178 of 1265

NDB No. 23626 Beef, rib, small end ribs (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1179 of 1265

NDB No. 23626 Beef, rib, small end ribs (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

22:5 n-3 S2

NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 1180 of 1265

NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1181 of 1265

NDB No. 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1182 of 1265

NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1183 of 1265

NDB No. 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1184 of 1265

NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1185 of 1265

NDB No. 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1186 of 1265

NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1187 of 1265

NDB No. 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1188 of 1265

NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1189 of 1265

NDB No. 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1190 of 1265

NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1191 of 1265

NDB No. 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1192 of 1265

NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1193 of 1265

NDB No. 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1194 of 1265

NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1195 of 1265

NDB No. 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
---------	----

Reference Report

JUL-28-2003 12:06 PM

Page 1196 of 1265

NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1197 of 1265

NDB No. 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1198 of 1265

NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1199 of 1265

NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1200 of 1265

NDB No. 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

22:5 n-3 S2

NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered

Protein S1581

Total lipid (fat) S1581

Ash S1581

Energy S1581

Water S1581

Calcium, Ca S1581

Iron, Fe S1581

Magnesium, Mg S1581

Phosphorus, P S1581

Potassium, K S1581

Sodium, Na S1581

Zinc, Zn S1581

Copper, Cu S1581

Manganese, Mn S1581

Selenium, Se S1581

Retinol S1581

Carotene, beta S1581

Carotene, alpha S1581

Vitamin E (alpha-tocopherol) S1581

Cryptoxanthin, beta S1581

Lycopene S1581

Tocopherol, beta S1581

Tocopherol, gamma S1581

Tocopherol, delta S1581

Vitamin C, total ascorbic acid S1581

Thiamin S1581

Riboflavin S1581

Niacin S1581

Pantothenic acid S1581

Vitamin B-6 S1581

Folate, total S1581

Vitamin B-12 S1581

Vitamin K (phylloquinone) S1581

Reference Report

JUL-28-2003 12:06 PM

Page 1201 of 1265

NDB No. 23640 Beef, variety meats and by-products, tripe, cooked, simmered

Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

NDB No. 23641 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1202 of 1265

NDB No. 23641 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1203 of 1265

NDB No. 23641 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23644 Beef, short loin, top loin steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1204 of 1265

NDB No. 23644 Beef, short loin, top loin steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1205 of 1265

NDB No. 23644 Beef, short loin, top loin steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1206 of 1265

NDB No. 23645 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1207 of 1265

NDB No. 23645 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1208 of 1265

NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1209 of 1265

NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1210 of 1265

NDB No. 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw

22:5 n-3 S2

NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1211 of 1265

NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1212 of 1265

NDB No. 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Carbohydrate, by difference	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1213 of 1265

NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1214 of 1265

NDB No. 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1215 of 1265

NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1216 of 1265

NDB No. 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1217 of 1265

NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1218 of 1265

NDB No. 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1219 of 1265

NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1220 of 1265

NDB No. 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1221 of 1265

NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1222 of 1265

NDB No. 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1223 of 1265

NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1224 of 1265

NDB No. 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1225 of 1265

NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

Reference Report

JUL-28-2003 12:06 PM

Page 1226 of 1265

NDB No. 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Reference Report

JUL-28-2003 12:06 PM

Page 1227 of 1265

NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1228 of 1265

NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1229 of 1265

NDB No. 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

22:5 n-3 S2

NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Reference Report

JUL-28-2003 12:06 PM

Page 1230 of 1265

NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1231 of 1265

NDB No. 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1232 of 1265

NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1233 of 1265

NDB No. 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1234 of 1265

NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1235 of 1265

NDB No. 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1236 of 1265

NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

Reference Report

JUL-28-2003 12:06 PM

Page 1237 of 1265

NDB No. 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1238 of 1265

NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1239 of 1265

NDB No. 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

NDB No. 42304 Cheese, mozzarella, nonfat

Calcium, Ca	S5
Sodium, Na	S5

NDB No. 43215 Salad dressing, buttermilk, lite

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26

Reference Report

JUL-28-2003 12:06 PM

Page 1240 of 1265

NDB No. 43215 Salad dressing, buttermilk, lite

Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26

Reference Report

JUL-28-2003 12:06 PM

Page 1241 of 1265

NDB No. 43215 Salad dressing, buttermilk, lite

18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Stigmasterol	S26
Campesterol	S26
Beta-sitosterol	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

NDB No. 43297 Pork, oriental style, dehydrated

Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1242 of 1265

NDB No. 43297 Pork, oriental style, dehydrated

Serine S1082

NDB No. 43329 Salad dressing, mayonnaise and mayonnaise-type, low calorie

Sugars, total S25

Iron, Fe S25

Magnesium, Mg S25

Phosphorus, P S25

Potassium, K S25

Sodium, Na S25

Zinc, Zn S25

Vitamin E (alpha-tocopherol) S25

Pantothenic acid S25

Folic acid S25

NDB No. 43372 Apple cider-flavored drink, powder, added vitamin C and sugar

Protein S5

Total lipid (fat) S5

Ash S5

Water S5

Vitamin C, total ascorbic acid S5

NDB No. 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

Protein S1082

Total lipid (fat) S1082

Ash S1082

Water S1082

Calcium, Ca S1082

Iron, Fe S1082

Magnesium, Mg S1082

Phosphorus, P S1082

Potassium, K S1082

Zinc, Zn S1082

Copper, Cu S1082

Manganese, Mn S1082

Selenium, Se S1082

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1243 of 1265

NDB No. 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082

Reference Report

JUL-28-2003 12:06 PM

Page 1244 of 1265

NDB No. 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

NDB No. 48052 Vital wheat gluten

Protein	S1362
Total lipid (fat)	S1362
Ash	S1362
Energy	S1362
Water	S1362
Fiber, total dietary	S1362
Calcium, Ca	S1362
Iron, Fe	S1362
Phosphorus, P	S1362
Potassium, K	S1362
Sodium, Na	S1362

Reference Report

JUL-28-2003 12:06 PM

Page 1245 of 1265

List of References

- S2 National Cattlemen's Beef Association (NCBA) 2000
Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef
Chicago, IL
- S3 University of Wisconsin - Madison, Muscle Biology Laboratory 2000
Nutrient Content of Alternate Red Meat Products
Madison, WI
- S5 Food and Drug Administration (FDA), DHHS 1996
FDA Study on Labeling
- S6 Food and Drug Administration (FDA), DHHS 1991
FDA Total Diet Study
- S7 Food and Drug Administration (FDA), DHHS 1992
FDA Total Diet Study
- S8 Food and Drug Administration (FDA), DHHS 1993
FDA Total Diet Study
- S9 Food and Drug Administration (FDA), DHHS 1994
FDA Total Diet Study
- S10 Food and Drug Administration (FDA), DHHS 1995
FDA Total Diet Study
- S11 Food and Drug Administration (FDA), DHHS 1996
FDA Total Diet Study
- S12 Food and Drug Administration (FDA), DHHS 1997
FDA Total Diet Study
- S14 National Cattlemen's Beef Association (NCBA) 2000
Nutrient Content of Ground Beef
Chicago, IL
- S18 Nutrient Data Laboratory, ARS, USDA 1998
National Food and Nutrient Analysis Program Wave 1a
Beltsville, MD
- S19 Nutrient Data Laboratory, ARS, USDA 1999
National Food and Nutrient Analysis Program Wave 2a
Beltsville, MD
- S20 Nutrient Data Laboratory, ARS, USDA 1999
National Food and Nutrient Analysis Program Wave 2b
Beltsville, MD

Reference Report

JUL-28-2003 12:06 PM

Page 1246 of 1265

-
- S21 Nutrient Data Laboratory, ARS, USDA 1999
National Food and Nutrient Analysis Program Wave 2c
Beltsville, MD
- S22 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 3a
Beltsville, MD
- S23 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 3b
Beltsville, MD
- S25 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4a
Beltsville, MD
- S26 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4b
Beltsville, MD
- S27 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4c
Beltsville, MD
- S39 Nutrient Data Laboratory, ARS, USDA 1998
National Food and Analysis Program Wave 0
Beltsville, MD
- S53 Produce Marketing Association (PMA) 1990
Nutrient Content of Sweet Cherries
- S73 Food and Drug Administration (FDA), DHHS 1989
FDA Total Diet Study
- S74 Food and Drug Administration (FDA), DHHS 1990
FDA Total Diet Study
- S77 International Nut Council 1999
Nutrient Content of Macadamia Nuts
- S78 Produce Marketing Association (PMA) 1982
Nutrient Content of Mushrooms
- S79 California Walnut Commission 1999
Nutrient Content of Walnuts
Modesto, CA
- S80 Mushroom Council 1999
Nutrient Content of Mushrooms

Reference Report

JUL-28-2003 12:06 PM

Page 1247 of 1265

-
- S81 Nutrient Data Laboratory, ARS, USDA 1987
Nutrient Analysis of Selected Foods, University of Georgia
Beltsville, MD
- S82 Nutrient Data Laboratory, ARS, USDA 1990
Determination of the Tocopherol Content of Selected Foods
Beltsville, MD
- S83 Hazelnut Marketing Board 1999
Nutrient Content of Hazelnuts
Aurora, OR
- S84 Nutrient Data Laboratory, ARS, USDA 1992
Determination of the Tocopherol Content of Selected Foods
Beltsville, MD
- S85 Pecan Shellers Association 1999
Nutrient Content of Pecans
- S86 California Pistachio Commission 1999
Nutrient Content of Pistachio Nuts
- S87 Nutrient Data Laboratory, ARS, USDA 1997
NDL Report Vitamin E 1997
Beltsville, MD
- S101 California Pistachio Commission 1994
Nutrition Labeling Database for California Pistachios
- S121 Nutrient Data Laboratory, ARS, USDA 1991
NDL Report Vitamin E 1991
Beltsville, MD
- S141 Almond Board of California 1999
Nutrient Content of Almonds
Modesto, CA
- S182 Food and Drug Administration (FDA), DHHS 1982
FDA Total Diet Study
- S183 Food and Drug Administration (FDA), DHHS 1983
FDA Total Diet Study
- S201 Food and Drug Administration (FDA), DHHS 1984
FDA Total Diet Study
- S202 Food and Drug Administration (FDA), DHHS 1985
FDA Total Diet Study

Reference Report

JUL-28-2003 12:06 PM

Page 1248 of 1265

-
- S203 Food and Drug Administration (FDA), DHHS 1986
FDA Total Diet Study
- S204 Food and Drug Administration (FDA), DHHS 1987
FDA Total Diet Study
- S205 Food and Drug Administration (FDA), DHHS 1988
FDA Total Diet Study
- S206 Food and Drug Administration (FDA), DHHS 1998
FDA Total Diet Study
- S208 Food and Drug Administration (FDA), DHHS 1999
FDA Total Diet Study
- S221 National Cattlemen's Beef Association (NCBA) 1992
Beef study, Texas A&M University
Chicago, IL
- S222 Fred Usinger Inc. 1999
Nutrient Composition of Fred Usinger, Inc. Luncheon Meats
Milwaukee, WI
- S224 Tyson Foods, Inc. 1999
Nutrient Composition of Tyson Foods, Inc./Weaver Luncheon Meats
Springdale, AR
- S225 Bar-S Foods 1999
Nutrient composition of Bar-S Foods Company Luncheon Meats
Clinton, OK
- S226 Underwood 1999
Nutrient Composition of The Pillsbury Company/Underwood Luncheon Meats
St. Paul, MN
- S227 Bil Mar Foods 1999
Nutrient Composition of Bil-Mar Foods Luncheon Meats
Zeeland, MI
- S228 Bridgford 1999
Nutrient Composition of Bridgford Foods of Illinois, Inc. Luncheon Meats
Chicago, IL
- S233 Citterio USA Corp. 1999
Nutrient Composition of Citterio USA Corporation Luncheon Meats
Freeland, PA
- S235 Country Smoked Meats 1999
Nutrient Composition of Country Smoked Meats, Inc. Luncheon Meats
Wooster, OH

Reference Report

JUL-28-2003 12:06 PM

Page 1249 of 1265

-
- S237 Farmland 1999
Nutrient Composition of Farmland Foods Luncheon Meats
Topeka, KS
- S238 Gallo Salame 1999
Nutrient Composition of Gallo Salame/Galileo Foods Luncheon Meats
San Lorenzo, CA
- S239 Hillshire Farm & Kahn's 1999
Nutrient Composition of Hillshire Farms and Kahn's Luncheon Meats
Cincinnati, OH
- S242 Johnsonville Foods Co. 1999
Nutrient Composition of Johnsonville Foods Company Luncheon Meats
Sheboygan Falls, WI
- S243 Jones 1999
Nutrient Composition of Jones Dairy Farm Luncheon Meats
Fort Atkinson, WI
- S244 Juniata Packing 1999
Nutrient Composition of Juniata Packing Luncheon Meats
- S245 Penn Valley Farms 1999
Nutrient Composition of Penn Valley Farms, Ltd. Luncheon Meats
Chicago, IL
- S247 Schaller & Weber Inc. 1999
Nutrient Composition of Schaller and Weber, Inc. Luncheon Meats
Long Island City, NY
- S248 Sutton Place Gourmet 1999
Nutrient Composition of Sutton Place Gourmet Luncheon Meats
- S252 Jerome Foods 1999
Nutrient Composition of Jerome Foods/The Turkey Store Company Luncheon Meats
Barron, WI
- S259 Hormel Foods Corp. 1999
Nutrient Composition of Hormel Foods Corporation Luncheon Meats
- S281 Food Safety and Inspection Service (FSIS), USDA
Nutrient Composition of FSIS 96 NDL SLM Luncheon Meats
- S343 International Nut Council 1999
Nutrient Content of Cashews
- S363 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5c
Beltsville, MD

Reference Report

JUL-28-2003 12:06 PM

Page 1250 of 1265

-
- S381 Nutrient Data Laboratory, ARS, USDA 1987
Nutrient Analysis of Specialty Fruit Marketed in the United States
Beltsville, MD
- S404 Nutrient Data Laboratory, ARS, USDA 1985
Determination of the Nutrient Content of Selected Candies, Nuts, Condiments, Beverages & Vegetables
Beltsville, MD
- S405 Nutrient Data Laboratory, ARS, USDA 1992
Monitoring Nutrient Content of Selected Key Foods
Beltsville, MD
- S406 Nutrient Data Laboratory, ARS, USDA 1986
Nutritional Evaluation of the Solid and Liquid Portion of Selected Canned Fruits and Vegetables
Beltsville, MD
- S421 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4d
Beltsville, MD
- S441 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5k
Beltsville, MD
- S461 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 4e
Beltsville, MD
- S481 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5g
Beltsville, MD
- S482 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5i
Beltsville, MD
- S502 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5j
Beltsville, MD
- S503 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5d
Beltsville, MD
- S541 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5a
Beltsville, MD
- S561 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 5b
Beltsville, MD
- S562 Nutrient Data Laboratory, ARS, USDA 2000
National Food and Nutrient Analysis Program Wave 4f
Beltsville, MD

Reference Report

JUL-28-2003 12:06 PM

Page 1251 of 1265

-
- S563 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5e
Beltsville, MD
- S564 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5f
Beltsville, MD
- S565 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5h
Beltsville, MD
- S566 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5L
Beltsville, MD
- S581 Produce Marketing Association (PMA) 1989
Nutrient Content of Strawberries
- S582 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5m
Beltsville, MD
- S603 General Mills Inc. 2001
General Mills Company Data
- S604 Nutrient Data Laboratory, ARS, USDA 1985
Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared
Beltsville, MD
- S606 Nutrient Data Laboratory, ARS, USDA 1989
Variability of the sugar content of foods
Beltsville, MD
- S608 Produce Marketing Association (PMA) 1983
Nutrient Content of Tomato
- S611 Produce Marketing Association (PMA) 1987
Nutrient Content of Pepper
- S615 Produce Marketing Association (PMA) 1991
Nutrient Content of Eggplant
- S616 Produce Marketing Association (PMA) 1992
Nutrient content of Broccoflower
- S617 Produce Marketing Association (PMA) 1982
Nutrient Content of Radish

Reference Report

JUL-28-2003 12:06 PM

Page 1252 of 1265

-
- S618 Produce Marketing Association (PMA) 1982
Nutrient Content of Carrot
- S619 Produce Marketing Association (PMA) 1982
Nutrient Content of Broccoli
- S620 Produce Marketing Association (PMA) 1991
Nutrient Content of Lettuce
- S622 Produce Marketing Association (PMA) 1991
Nutrient Content of Squash
- S625 National Food Processors Association 1993
NFPA Canned Vegetables
- S626 National Food Processors Association 1995
NFPA Canned Vegetables
- S627 National Food Processors Association 1994
NFPA Canned Vegetables
- S641 National Food Processors Association 1992
NFPA Canned Vegetables
- S642 National Cancer Institute (NCI), DHHS 1992
Total dietary fiber content of selected foods
- S661 Dahlgren & Company, Inc. 1996
Sunflower analysis for Dahlgren & Company
Crookston, MN
- S682 Kellogg, Co. 2001
Kellogg Company Data
- S702 The Quaker Oats, Co. 2001
Quaker Oats Company Data
- S822 Kraft Foods, Inc. 1992
Kraft Study, Hazelton Lab
- S837 Nutrient Data Laboratory, ARS, USDA 1994
Dietary Fiber and Sugars in Commonly Consumed Foods
Beltsville, MD

Reference Report

JUL-28-2003 12:06 PM

Page 1253 of 1265

-
- S881 The Quaker Oats, Co. 2002
Quaker Oats Co. 02
- S941 Hammons Products Company 2002
Nutrient Analysis of Black Walnuts
Stockton, MO
- S961 National Sunflower Association 2000
Nutrient Analysis of Oil Roasted Sunflower Seeds
Bismark, ND
- S963 Produce Marketing Association (PMA) 1990
Nutrient Content of Raspberries
- S986 University of Maine 1982
Determination of alpha- and beta-carotene in fruit and vegetables by HPLC
- S1001 Southeastern Regional Lab (ARS South Atlantic Area), Georgia, USDA 1981
Protein hydrolysis studies on tree nuts
Athens, GA
- S1023 Produce Marketing Association (PMA) 1990
Nutrient Content of Banana
- S1024 Produce Marketing Association (PMA) 1985
Nutrient Content of Cantaloupe
- S1026 Produce Marketing Association (PMA) 1985
Nutrient Content of Honeydew
- S1027 Produce Marketing Association (PMA) 1989
Nutrient Content of Watermelon
- S1031 Produce Marketing Association (PMA) 1989
Nutrient Content of Avocado
- S1032 Produce Marketing Association (PMA) 1986
Nutrient Content of Date
- S1033 Produce Marketing Association (PMA) 1983
Nutrient Content of Kiwi
- S1041 Nutrient Data Laboratory, ARS, USDA 2002
Nutrient composition of Oscar Mayer Luncheon Meats
Beltsville, MD

Reference Report

JUL-28-2003 12:06 PM

Page 1254 of 1265

-
- S1062 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6a
Beltsville, MD
- S1063 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6b
Beltsville, MD
- S1065 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6d
Beltsville, MD
- S1067 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6f
Beltsville, MD
- S1069 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6h
Beltsville, MD
- S1082 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6i
Beltsville, MD
- S1121 Nutrient Data Laboratory, ARS, USDA 2001
National Food and Nutrient Analysis Program Wave 5n
Beltsville, MD
- S1141 Produce Marketing Association (PMA) 1990
Nutrient Content of Blueberry
- S1161 Produce Marketing Association (PMA) 1992
Nutrient Content of Tangerines
- S1162 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6k
Beltsville, MD
- S1164 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6m
Beltsville, MD
- S1166 Nutrient Data Laboratory, ARS, USDA 2002
National Food and Nutrient Analysis Program Wave 6j
Beltsville, MD
- S1167 Produce Marketing Association (PMA) 1981
Nutrient Content of Pineapple
- S1183 Produce Marketing Association (PMA) 1990
Nutrient Content of Apple

Reference Report

JUL-28-2003 12:06 PM

Page 1255 of 1265

-
- S1202 Nutrient Data Laboratory, ARS, USDA 1995
Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories
Beltsville, MD
- S1203 National Institutes of Health (NIH) 1997
Carotenoid analyses of U.S. foods, Food Composition Laboratory
- S1206 Nutrient Data Laboratory, ARS, USDA
Continued monitoring of the nutrient content of selected key foods, University of Georgia
Beltsville, MD
- S1209 Kellogg, Co. 2002
Kellogg Company Data
- S1221 Flax Council of Canada 1997
Nutrient Analysis of Flaxseed by Medallion Lab
Winnipeg,
- S1322 Nutrient Data Laboratory, ARS, USDA 1993
Development/Verification of Nutrient Retention Values in Foods Prepared by Different Cooking Methods
Beltsville, MD
- S1341 California Prune Board 2000
Carotenoid Analysis of Prunes
- S1343 Nutrient Data Laboratory, ARS, USDA 2002
Analysis of carotenoids in selected foods.
Beltsville, MD
- S1362 MGP Ingredients 2002
Nutrient Analyses of Vital Wheat Gluten
Atchison, KS
- S1381 National Cancer Institute (NCI), DHHS 1988
NCI Contract No. 1-CN-SS442 - Carotenoids
- S1401 Nutrient Data Laboratory, ARS, USDA 1992
Total dietary fiber in 104 foods
Beltsville, MD
- S1504 National Sunflower Association 2001
Phytochemicals in sunflower kernel (*Helianthus annuus* L.) and selected tree nuts
Bismark, ND
- S1562 Association of Spanish Exporters of Table Olives 1993
Analysis of Spanish Olives
- S1581 Nutrient Data Laboratory, ARS, USDA 2003
Variety Meats All Food Groups
Beltsville, MD

Reference Report

JUL-28-2003 12:06 PM

Page 1256 of 1265

-
- S1621 California Avocado Commission 1993
California Avocado Commission data for avocados 1993-2001
- S1662 Nutrient Data Laboratory, ARS, USDA 2002
Food Analysis Laboratory and Control Center Folate Stability Study
Beltsville, MD
- S1701 Ocean Spray Cranberries, Inc. 2002
Nutrient Analysis of Sweetened Dried Cranberries
- S1782 University of Arizona 1999
An omega-3 fatty acid enriched chia diet: Influence on egg fatty acid comp., cholest. & oil content
- S1783 Ministry of Public Health 2003
Analysis of Salvia hispanica chia seed
,
- S1821 Utah State University 1980
Composition of Foods
- D389 K. Hoppner, B. Lampi, D.E. Perrin
The free & Total folate activity in foods available on the Canadian market. 1972
Canadian Institute of Food Technology Journal Vol 5, Issue 2, p 60
- D390 A.V. Lentoc, L.B. Dimannahan, O.N. Gonzalez
Vitamin B6 Content of Some Phillipine Foods. Raw Foods 1971
Philippine Journal of Nutrition Vol 24, p 209
- D429 Metallocalorie Ratios for Copper, Iron and Zinc in Fruits and Vegetables 1977
Nutrition Reports International Vol 15, Issue 4, p 469
- D463 H.T. Chan
Tropical Foods - the Chemistry & Biochemistry of Papaya 1979
Academic Press Vol 1
- D512 B. E. Wendland, G. Arbus
Oral Fluid Therapy I Sodium and Potassium Content and Osmolal of Some Commercial "Clear" Soups, Juices, and Beverages 1979
Canadian Medical Association Journal Vol 121, Issue 5, p 564
- D520 Zinc content of Selected Foods 1977
Journal of the American Dietetic Association Vol 70, Issue 6, p 610
- D548 M. A. Amer, G. J. Brisson
Solonium in Human Food Stuffs Collected at Ste-Foy (Quebec) Food M.L.T. 1973
Canadian Institute of Food Technology Journal Vol 6, Issue 3, p 184
- D566 J. Leichtev, R. J. Bandoni
Nutrient Content of Mushrooms Grown in British Columbia 1980
Canadian Institute of Food Technology Journal Vol 13, Issue 3, p 122
- D614 L. Hook, I.K. Brandt
Copper content of some low-copper foods 1966
Journal of the American Dietetic Association Vol 49, Issue 3, p 202 - 203
- D642 Orange Drink Mixes 1977
Consumer Reports Issue Jan, p 68 - 70
- D657 W. J. Hurst, R. A. Martin, B. L. Zoumas
Application of HPLC to Characterization of Individual CHO in Foods 1979

Reference Report

JUL-28-2003 12:06 PM

Page 1257 of 1265

- D672 Journal of Food Science Vol 44, Issue 3, p 892
L. A. Koehler
Food and Drug Bulletin (beverages gen) 1963
Food and Drug Bulletin No. 134, North Dakota State Lab. 1963 Vol 134, p 134
- D673 L. A. Koehler
Food and Drug Bulletin - N. Dakota State Gen. Beverages 1965
Bulletin No. 141, June 1965 Vol 141, p 141
- D739 J.H. Hankin, S. Margen, N. Goldsmith
Contribution of Hard Water to Calcium and Magnesium Intakes of Adults 1970
Journal of the American Dietetic Association Vol 56, Issue 3, p 212 - 224
- D964 E.H. Jr. Gruger, R.W. Nelson, M.E. Stansby
Fatty acid composition of oils from 21 species of marine fish, freshwater fish and shellfish. 1964
American Oil Chemists' Society, Journal Vol 41, Issue 10, p 662 - 667
- D1066 G.V. Mann
The Health and Nutritional status of Alaskan Eskimos. 1962
American Journal of Clinical Nutrition Vol 11, p 31 - 76
- D1073 J.P. McBride, R.A. Maclead
Sodium and potassium in fish from the Canadian Pacific coast. 1956
Journal of the American Dietetic Association Vol 32, p 636 - 638
- D1107 M.E. Stansby
Chemical Characteristics of fish caught in the northwest Pacific Oceans. 1976
Marine Fish Rev. Vol 38, Issue 9, p 1 - 11
- D1191 I.J. Tinsley, R.R. Lowry
Bromine content of lipids of marine organisms 1980
American Oil Chemists' Society, Journal Issue 1, p 31 - 33
- D1243 M. Iwasaki, R. Harada
Composition of the Ros Marine Species. 1985
(Pre-publication copy)
- D1417 O. Longe
Effect of boiling on the carbohydrate constituents of some non-leafy vegetables 1981
Food Chemistry Vol 7, Issue 1, p 1 - 6
- D2793 D.T. Gordon, G.L. Roberts, D.M. Hernty
Thiamin, Ribofloven, and Niacin content and stability in Pacific coast seafoods. 1979
Journal of Agricultural and Food Chemistry Vol 27, Issue 3, p 483 - 490
- D3284 R. Becker
Identification of some sugars and mannitol in celery 1968
Journal of Food Science Vol 33, p 128 - 130
- D3296 C.E. Damon, B.C. Pettitt
Sugars and Sugar Products: High Performance Liquid Chromatographic Determination of Fructose, Glucose and Sucrose in Molasses 1980
J. AOAC Vol 63, Issue 3, p 476 - 480
- D3302 M.C. Gancedo, B.S. Luh
HPLC Analysis of Organic Acids and Sugars in Tomato Juice 1986
Journal of Food Science Vol 51, Issue 3, p 571 - 573
- D3305 K.C. Gross, P.B. Acosta
Fruits and vegetables are a source of galactose: Implications in planning the diets of patients with galactosaemia 1991
J. Inher. Metab. Dis. Vol 14, p 253 - 258
- D3306 K. Haila
Sugar and organic acid content of vegetables consumed in Finland during 1988-1989 1992
Journal of Food Composition and Analysis Vol 5, p 100 - 107
M. Horbowicz

Reference Report

JUL-28-2003 12:06 PM

Page 1258 of 1265

- D3309 Adaptation of the method of sugars determination by gas chromatography (GC) and characteristics of their occurrence 1980
Acta Alimentaria Polonica Vol 6, Issue 4, p 227 - 236
- D3310 S. Hughes, D.C. Johnson
High Performance Liquid Chromatography separation with triple-phase amperometric detection of carbohydrates beverages 1982
Journal of Agriculture and Food Chemistry Vol 30, Issue 4, p 712 - 714
- D3311 A. Hughes, R.C. Lindsay
Liquid chromatographic analysis of sugars and mannitol in cabbage and fermenting sauerkraut 1985
Journal of Food Science Vol 50, Issue 6, p 1662 - 1667
- D3315 W.J. Hurst, R.A. Martin, B.L. Zoumas
Application of HPLC to Characterization of Individual Carbohydrates in Foods 1979
Journal of Food Science Vol 44, p 892 - 893
- D3316 J.L. Iverson, M.P. Bueno
Evaluation of high pressure liquid chromatography and gas liquid chromatography for quantitative determination of sugars in foods 1981
Journal of the Association of Official Analytical Chemists Vol 64, Issue 1, p 139 - 143
- D3318 D.A. Kline
Quantitative determination of sugars in fruits by GLC separation of TMS derivatives 1970
Journal of AOAC International Vol 53, Issue 6, p 1198 - 1202
- D3321 C. Y. Lee
Free sugars in fruits and vegetables 1970
Food Science and Technology Issue 1
- D3326 C. Martin-Villa
High performance liquid chromatographic determination of carbohydrates in raw and cooked vegetables 1982
Journal of Food Science Vol 47, p 2086
- D3335 D.H. Picha
HPLC Determination Of Sugars In Raw And Baked Sweet Potatoes 1985
Journal Of Food Science 50: 1189-1190, 1210 Vol 50, p 1189 - 1190
- D3336 M.L. Richmond
Analysis of simple sugars and sorbitol in fruit by high-performance liquid chromatography 1981
J. Agric. Food Chem. Vol 29, p 4 - 7
- D3338 P. Sporns
Alberta honey composition 1992
Food Research International Vol 25, p 93 - 100
- D3339 K.W. Swallow, N.H. Low
Analysis And Quantitation Of The Carbohydrates In Honey Using High-Performance Liquid Chromatography. 1981
Journal of Agricultural and Food Chemistry Vol 38, Issue 9, p 1828 - 1832
- D3342 J.W. White, R MeLoy, J Probst, W Huser
Sugars Containing Galactose Occur In Honey 1986
Journal Of Agricultural Research (J Apic Res. V.25 (3) Vol 25, Issue 3, p 182 - 185
- D3344 R.B. H. Wills
Nutrient composition of stone fruit (Prunus spp.) cultivars: apricot, cherry, nectarine, peach and plum 1983
J Sci Food Agric Vol 34, p 1383 - 1389
- D3357 V.C. Morris, O.A. Levander
Selenium content of food 1970
Journal of Nutrition Vol 100, Issue 12, p 1383 - 1388
- D3358 A.L. Moxon, D.L. Palmquist
Selenium content of foods grown or sold in Ohio 1980
Ohio Report Vol 65, Issue 1
- D3359 O.E. Olson, I.S. Palmer
Selenium in foods purchased or produced in South Dakota 1984

Reference Report

JUL-28-2003 12:06 PM

Page 1259 of 1265

- D3364 Journal of Food Science Vol 49
J.T. Snook, D. Kinsey, D.L. Palmquist, J.P. DeLaney, V.M. Vivian, A.L. Moxon
Selenium content of foods purchased or produced in Ohio 1987
- D3410 Journal of the American Dietetic Association Vol 87, Issue 6, p 744 - 749
A.W. Lantz
Use of chilled sea water in place of ice in transporting fish 1953
Fisheries Research Board of Canada, Progress Reports of the Pacific Coast Stations Vol 95, p 39 - 44
- D3764 J Marlett
Content and composition of dietary fiber in 117 frequently consumed foods 1992
Journal of the American Dietetic Association Vol 92, Issue 2
- D3765 N Vollendorf, J Marlett
Comparison of Two Methods of Fiber Analysis of 58 Foods 1993
Journal of Food Composition and Analysis Vol 6, p 203 - 214
- D3771 L Prosky
Total Dietary Fiber in Cereals -- Problems and Determination 1986
AACC Symposium
- D3773 R. Mongeau, R. Brassard
A Comparison of Three Methods for Analyzing Dietary Fiber in 38 Foods 1989
Journal of Food Composition and Analysis Vol 2, p 189 - 199
- D3776 C. Lintas, M. Capelloni
Content and composition of dietary fibre in raw and cooked vegetables 1988
Food Sciences and Nutrition Vol 42F, p 117 - 124
- D3777 J Marlett, N Vollendorf
Dietary fiber content and composition of vegetables determined by two methods of analysis 1993
Journal of Agriculture and Food Chemistry Vol 41, p 1608 - 1612
- D3779 N Vollendorf, J Marlett
Dietary Fiber Content and Composition in Home-Prepared and Commercially Baked Products: Analysis and Prediction 1994
Cereal Chemistry Vol 71, Issue 1, p 99 - 105
- D3780 J Marlett, N Vollendorf
Dietary fiber content and composition of different forms of fruits 1994
Food Chemistry Vol 51
- D3842 T Philip, T S Chen
Quantitative analyses of major carotenoid fatty acid esters in fruits by liquid chromatography: Persimmon and Papaya. 1988
J. Food Science Vol 53, Issue 6, p 1720 - 1722
- D3843 F W Quackenbush
Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenes in food materials 1987
J Liq Chrom Vol 10, p 643 - 653
- D3844 D B Rodriguez, L C Raymundo, K L Simpson, C O Chichester
Carotenoid pigment changes in ripening Momordica charantia fruits 1976
Ann Bot (London) Vol 40, p 615 - 624
- D3845 R L Rouseff, G D Sadler, T J Putman, J E Davis
Determination of beta-carotene and other hydrocarbon carotenoids in red grapefruit cultivars. 1992
J. Agric. Food Chem. Vol 40, p 47 - 51
- D3846 J P Sweeney, A C Marsh
Effect of processing on provitamin A in vegetables 1971
J Am Diet Assoc Vol 59, p 238 - 243
- D3847 J P Sweeney, A C Marsh
Effects of selected herbicides on provitamin A content of vegetables 1971
J Agric Food Chem Vol 19, p 854 - 856

Reference Report

JUL-28-2003 12:06 PM

Page 1260 of 1265

- D3848 I R Stewart
High performance liquid chromatographic determination of provitamin A in orange juice 1977
J AOAC Vol 60, p 132 - 136
- D3849 I R Stewart
Provitamin A and carotenoid content of citrus juices 1977
J Agric Food Chem Vol 25, p 1132 - 1137
- D3850 P W Simon, X Y Wolff
Carotenes in typical and dark orange carrots 1987
J Agric Food Chem Vol 35, p 1017 - 1022
- D3851 L H Tonucci, J M Holden, G R Beecher, F Khachik, C S Davis, G Mulokozi
Carotenoid content of thermally processed tomato-based food products. 1995
J. Agric. Food Chem. Vol 43, p 579 - 586
- D3852 J Q Wu, D E Carrol
Chemical and physical sensory stabilities of prebaked frozen sweet potatoes. 1991
J. Food Sci. Vol 56, Issue 1, p 710 - 713
- D3853 Y Wu, A K Perry, B P Klein
Vitamin C and beta-carotene in fresh and frozen green beans and broccoli in a simulated system. 1992
J. Food Quality Vol 15, Issue 2, p 87 - 96
- D3863 K. Bhaskarachary, D.S. Sankar Rao, Y.G. Deosthale, Vinodini Reddy
Carotene content of some common and less familiar foods of plant origin. 1995
Food Chemistry Vol 54, p 189 - 193
- D3869 B.H. Chen
Studies on the stability of carotenoids in garland chrysanthemums (*Ipomoea* spp.) as affected by microwave and conventional heating 1995
J. Food Protection Vol 55, p 296 - 300
- D3870 B.H. Chen, J.R. Chuang, J.H. Lin, P. Chiu
Quantification of provitamin A compounds in Chinese vegetables by high-performance liquid chromatography 1995
J. Food Protection Vol 56, p 51 - 54
- D3885 R J Bushway, A M Wilson
Determination of alpha- and beta-carotene in fruit and vegetables by high performance liquid chromatography 1995
Can Inst Food Sci Technol Vol 15, p 165 - 169
- D3886 A A Bushway, D V Setteze, D F McGann, R H True, T M Work, R J Bushway
Effect of processing method and storage time on the nutrient composition of fiddlehead greens 1985
J Food Sci Vol 50, p 1491 - 1492
- D3887 J L Bureau, R J Bushway
HPLC determination of carotenoids in fruits and vegetables in the United States 1986
J Food Sci Vol 52, p 128 - 130
- D3888 R J Bushway
Determination of alpha- and beta-carotene in some raw fruits and vegetables by high-performance liquid chromatography 1986
J Agr Food Chem Vol 34, p 409 - 412
- D3889 R J Bushway, A Yang, A M Yamani
Comparison of alpha- and beta-carotene content of supermarket versus roadside stand produce 1987
J Food Qual Vol 9, p 437 - 443
- D3890 E D Brown, M S Micozzi, N E Craft, J G Bieri, G Beecher, B K Edwards, A Rose, P R Taylor, J C Smith, Jr.
Plasma carotenoids in normal men after a single ingestion of vegetables or purified beta-caroten 1989
Am J Clin Nutr Vol 49, p 1258 - 1265
- D3891 L A Chandler, S J Schwartz
Isomerization and losses of trans-beta-carotene in sweet potatoes as affected by processing treatments 1988
J Agric Food Chem Vol 36, p 129 - 133
- D3894 G K Gregory, T-S Chen, T R Philip
Quantitative analysis of carotenoids and carotenoid esters in fruits by HPLC: red bell peppers 1987

Reference Report

JUL-28-2003 12:06 PM

Page 1261 of 1265

- D3899 J Food Sci Vol 52, p 1071 - 1073
A Homnava, W Rogers, R R Eitenmiller
Provitamin A activity of specialty fruit marketed in the United States. 1990
- D3900 J. Food Composition and Analysis Vol 3, p 119 - 133
L R Howard, T Dewi
Minimal processing and edible coating effects on composition and sensory quality of mini-peeled carrots. 1996
- D3901 J. Food Science Vol 61, Issue 3, p 643 - 651
F Khachik, G R Beecher, N F Whittaker
Separation, identification and quantification of the major carotenoid and chlorophyll constituents in extracts of several gree vegetables by liquid chromatography 1986
- D3902 J Agr Food Chem Vol 34, p 603 - 616
F Khachik, G R Beecher
Application of C-45-beta-carotene as an internal standard for the quantification of carotenoids in yellow/orange vegetables by liquid chromatography 1987
- D3903 J Agr Food Chem Vol 35, p 732 - 738
F Khachik, G R Beecher
Separation and identification of carotenoids and carotenol fatty acid esters in some squash products by liquid chromatography 1. Quantification of carotenoids and related esters by HPLC 1988
- D3904 J Agr Food Chem Vol 36, p 929 - 937
F Khachik, G R Beecher, W R Lusby
Separation, identification and quantification of the major carotenoids in extracts of apricots, peaches, cantaloupe, and pink grapefruit by liquid chromatography 1989
- D3905 J Agric Food Chem Vol 37, p 1465 - 1473
F Khachik, M B Goli, G R Beecher, J Holden, W R Lusby, M D Tenoro, M R Barrera
effect of food preparation on qualitative and quantitative distribution of major carotenoid constituents of tomatoes and several green vegetables. 1992
- D3907 J. Agric Food Chem Vol 40, p 390 - 398
C Y Lee, P E McCoon, J H LeBowitz
Vitamin A value of sweet corn 1981
- D3909 J Agr Food Chem Vol 29, p 1294 - 1295
C Y Lee
Changes in carotenoid content of carrots during growth and post-harvest storage 1986
- D3911 Food Chem Vol 20, p 285 - 293
A T Ogunlesi, C Y Lee
Effect of thermal processing on the stereoisomerization of major carotenoids and vitamin A value of carrots 1979
- D3912 Food Chem Vol 4, p 311 - 318
T Philip, T S Chen
Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits. 1988
- D3919 J. Food Science Vol 53, p 1703 - 1707
I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen
Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries 1989
- D3920 Journal of Agriculture and Food Chemistry Vol 37, p 655 - 659
M. Heinonen, V. Olliloinen, E. Perttivar, P. Koivistoinen
Carotenoids and retinoids in Finnish Foods: Dietary Fats 1988
- D3921 J. Food Composition and Analysis Vol 1, p 334 - 340
I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen
Carotenoids and Retinoids in Finnish Foods: Cereal and Bakery Products 1989
- D3924 Cereal Chemistry Vol 66, Issue 4, p 270 - 273
D.J. Hart, K.J. Scott
Development and evaluation of an HPLC method for the analysis of carotenoids in foods, and the measurement of the carotenoid content of vegetables and fruits commonly consumed in the UK 1995
- Food Chemistry Vol 54, p 101 - 111

Reference Report

JUL-28-2003 12:06 PM

Page 1262 of 1265

- D3933 C. Y. Lee, R.W. Robinson
Influence of the crimson gene (ogc) on vitamin A content of tomato 1980
Horticultural Science Vol 15, p 260 - 261
- D3949 H. Muller
Determination of the carotenoid content in selected vegetables and fruit by HPLC and photoiode array detection 1997
Z. Lebensm Unters Forsch A Vol 204, p 88 - 94
- D3956 D.M. R. Ramos, D B Rodriguez
Determination of the vitamin A value of commom Brazilian leafy vegetables. 1987
J. Micronutrient Analysis Vol 3, p 147 - 155
- D3960 D.M. R. Ramos, D B Rodriguez
Determination of the vitamin A value of common Brazilian leafy vegetables. 1987
J. Micronutrient Analysis Vol 3, p 147 - 155
- D3964 A.J. Speek, S. Speek-Saichua, W.H. P. Schreurs
Total carotenoid and B-carotene contents of Thai vegetables and the effect of processing. 1988
Food Chemistry Vol 27, p 245 - 257
- D3969 E-Siong Tee, Chin-Lam Lim
Carotenoid composition and content of Malaysian vegetables and fruits by the AOAC and HPLC methods. 1991
Food Chemistry Vol 41, p 309 - 339
- D4002 S.L. Booth, J.A. Sadowski, J.A. T. Pennington
Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study 1995
Journal of Agriculture Food Chemistry Vol 43, Issue 6, p 1574 - 1579
- D4041 S.L. Booth, KW Davidson, J.A. Sadowski
Evaluation of an HPLC Method for the Determination of Phylloquinone (Vitamin K) in Various Food Matrices 199
Journal of Agricultural and Food Chemistry Vol 42, Issue 2, p 295 - 300
- D4042 Z.H. Gao, R.G. Ackman
Determination of Vitamin K in Canola Oils by High Performance Liquid Chromatography with Menoquinone-4 as a
Internal Standard 1995
Food Research International Vol 28, Issue 1, p 61 - 69
- D4043 E. Jakob, I. Elmadfa
Application of a Simplified HPLC Assay for the Determination of Phylloquinone (Vitamin K) in Animal and Plant
Food Items 1996
Food Chemistry Vol 56, Issue 1, p 87 - 91
- D4048 G. Ferland, D. MacDonald, J.A. Sadowski
Development of a diet low in vitamin K (phylloquinone) 1992
J. American Dietetic Assoc Vol 92, Issue 5, p 593 - 597
- D4050 M.J. Shearer, C. Bolton-Smith
The UK Food Data-Base for Vitamin K and Why We Need It 1999
Food Chemistry Vol 68, p 213 - 218
- D4051 G. Ferland, J.A. Sadowski
Vitamin K (Phylloquinie) Content of Edible Oils: Effects of Heating and Light Exposure 1992
Journal of Agricultural and Food Chemistry Vol 40, Issue 10, p 1869 - 1873
- D4052 T.J. Koivu, V. I. Piironen, S.K. Henttonen, P.H. Mattila
Determination of Phylloquinone in Vegetables, Fruits, and Berries by High-Performance Liquid Chromatography v
Electrochemical Detection 1997
American Chemical Society
- D4053 A.C. Shovic
Nutrient composition of abiyuch and rowal fruits 1999
Tropical Science Vol 39, p 159 - 161
- D4066 V. I. Piironen, T.J. Koivu
Quality of Vitamin K Analysis and Food Composition Data in Finland 1998
Food Chemistry Vol 68, p 223 - 226

Reference Report

JUL-28-2003 12:06 PM

Page 1263 of 1265

- D4068 T.J. Koivu, V. I. Piironen, P.H. Mattila
Phylloquinone (Vitamin K) in Cereal Products 1997
Cereal Chemistry Vol 75, Issue 1, p 1 - 6
- D4069 S.L. Booth, H.T. Madabushi, KW Davidson, J.A. Sadowski
Tea and Coffee Brews are not Dietary Sources of Vitamin K-1 (Phylloquinone)
Research and Professional Briefs
- D4070 N.J. Miller-Ihli
Atomic absorption and atomic emission spectrometry for the determination of the trace element content of select fruits consumed in the United States 1996
Journal of Food Composition and Analysis Vol 9, Issue 4, p 301 - 311
- D4071 V. I. Piironen, T.J. Koivu, O. Tammissalo, P.H. Mattila
Determination of phylloquinone in oils, margarines and butter by HPLC with Electrochemical detection 1997
Food Chemistry Vol 59, Issue 3, p 473 - 480
- D4072 C. Bolton-Smith, R.J.G. Price, Steven T. Fenton, Dominic J. Harrington, M.J. Shearer
Compilation of a provisional UK database for the phylloquinone (vitamin K) content of foods 2000
British Journal of Nutrition Vol 83, p 389 - 399
- D4073 E. Jakob, I. Elmadfa
Rapid and simple HPLC analysis of vitamin K in food, tissues and blood
Food Chemistry Vol 68, p 219 - 221
- D4074 T.J. Koivu, V. I. Piironen, A.-M. Lampi, P.H. Mattila
Dihydrovitamin K in oils and margarines
Food Chemistry Vol 64, p 411 - 414
- D4077 S.L. Booth, KW Davidson, A.H. Lichtenstein, J.A. Sadowski
Plasma concentration of dihydro-vitamin K following dietary intake of hydrogenated vitamin K-rich Vegetable oil
Lipids Vol 31, Issue 7, p 709 - 713
- D4078 S.L. Booth, J.A. T. Pennington, J.A. Sadowski
Dihydro-vitamin K: primary food sources and estimated dietary intakes in the American diet 1996
Lipids Vol 31, Issue 7, p 714 - 719
- D4142 W. R. Mindak, S. P. Dolan
Determination of arsenic and selenium in food using a microwave digestion-dry ash preparation and flow injection hydride generation atomic absorption spectrometry 1999
Journal of Food Composition and Analysis Vol 12, p 111 - 122
- D4281 L.D. Thompson, L.C. Hoover, H.C. Brittin, W.R. Lan, M.F. Miller, C.K. Wu
Carcass characteristics, composition, palatability, microbiological quality and consumer acceptance of emu meat 1996
Department of Animal Science and Food Technology, Texas Tech University Research Report
- D4282 L.D. Thompson
Nutritional composition of six muscles from yearling emus 1997
Department of Animal Science and Food Technology Research Report, Texas Tech University
- D4301 K.D. Pollok, D.S. Hale, R.K. Miller, J.T. Keeton, R. Angel, A. Blue-McLendon
Ostrich Meat industry development: Phase II 1997
American Ostrich Association, Fort Worth, Texas
- D4381 S.W. Leonard, K. Hardin, J.E. Leklem
Vitamin B-6 Content of Spices 2001
Journal of Food Composition and Analysis Vol 14, p 163 - 167
- D4561 H. Fukuba, T. Murota
Determination of tocopherols in foodstuffs, especially nuts and spices, by high-performance liquid chromatography 1985
Journal of Micronutrient Analysis Vol 1, p 93 - 105
- D4581 R.H. Matthews, P.R. Pehrsson, M. Farhat-Sabet
Sugar Content of Selected Foods: Individual and Total Sugars 1987
Home Economics Research Report Number 48

Reference_Report

Reference Report

JUL-28-2003 12:06 PM

Page 1264 of 1265

- D4602 P.J. McLaughlin, J. Weihrauch
Vitamin E content of foods 1979
Journal of the American Dietetic Association Vol 75, Issue 6, p 647 - 665
- D4682 K.U. Pradeep
Common Indian spices: Nutrient composition, consumption and contribution to dietary value 1993
Plant Food for Human Nutrition Vol 44, p 137 - 148
- D4701 M. Murkovic
Development of an Austrian carotenoid database 2000
Journal of Food Composition and Analysis Vol 13, p 435 - 440
- D4721 M.I. Minguez-Mosquera, D. Hornero-Mendez
Comparative study of the effect of paprika processing on the carotenoids in peppers (*Capsicum annuum*) of the E and Agridulce varieties 1994
Journal of Agricultural and Food Chemistry Vol 42, p 1555 - 1560
- D4722 H.G. Daood
Antioxidant vitamin content of spice red pepper (paprika) as affected by technological and varietal factors 1996
Food Chemistry Vol 55, Issue 4, p 365 - 372
- D4743 J.K. Daun, R. Przybylski
Environmental effects on the composition of four Canadian flax cultivars 2000
Proceedings of the 58th Meeting of the Flax Institute of the United States p 80 - 91
- D4761 K.C. Duester
Avocado fruit is a rich source of beta-sitosterol 2001
Journal of the American Dietetic Association Vol 101, Issue 4, p 404 - 404
- D4781 R.J. Pawlosky, V.P. Flanagan, R.F. Doherty
A Mass Spectrometric Validated High-Performance Liquid Chromatography Procedure for the Determination of Foliates in Foods 2003
Journal of Agricultural and Food Chemistry
- D4801 P. Perkins-Veazie
Lycopene content differs among red-fleshed watermelon cultivars 2001
Journal of the Science of Food and Agriculture Vol 81, p 983 - 987
- D4821 B. Heuer
Effect of late salinization of chia (*Salvia hispanica*), stock (*Matthiola tricuspidata*) and evening primrose (*Oenothera biennis*) on their oil content and quality 2002
Industrial Crops and Products Vol 15, p 163 - 167
- D4822 C.W. Weber
The nutritional and chemical evaluation of chia seeds 1991
Ecology of Food and Nutrition Vol 26, p 119 - 125
- D4841 J.A. Dudek
Investigation of total dietary fiber methodology in the characterization of the carbohydrate fraction of canned pear 1985
Journal of Food Science Vol 50, p 851 - 852
- D4861 I.P. Ting
Chia: a potential oil crop for arid zones 1990
New Industrial Crops and Products p 197 - 200
- D4862 R. Ayerza, Wayne Coates
An omega-3 fatty acid enriched chia diet: Influence on egg fatty acid composition, cholesterol and oil content 1996
Canadian Journal of Animal Science Vol 79, p 53 - 58
- D4863 V.C. Wilberg, D.B. Rodriguez-Amaya
HPLC quantitation of major carotenoids of fresh and processed guava, mango and papaya 1995
Lebensmittel-Wissenschaft und-Technologie Vol 28, Issue 5, p 474 - 480
- D4864 M. Padula, D.B. Rodriguez-Amaya
Characteristics of the carotenoids and assessment of the vitamin A value of Brazilian guavas 1986
Food Chemistry Vol 20, p 11 - 19

Reference Report

JUL-28-2003 12:06 PM

Page 1265 of 1265

D4901 J.I. Rader, C. M. Weaver, G. Angyal
Total folate in enriched cereal grain products in the United States following fortification 2000
Food Chemistry Vol 70, p 275 - 289