NDB No. 43205
Beverage, instant breakfast powder, chocolate, not reconstituted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.40		0		1		0.55	2.74	
Energy	kcal	357		0	NC	4		26	132	
Energy	kJ	1494		0	NC	4		111	553	
Protein	g	19.90		0		1		1.47	7.36	
Total lipid (fat)	g	1.40		0		1		0.10	0.52	
Ash	g	5.10		0	NR	4		0.38	1.89	
Carbohydrate, by difference	g	66.20		0	NC	4		4.90	24.49	
Fiber, total dietary	g	0.4		0		4		0.0	0.1	
Sugars, total	g	65.80		0	NR	4		4.87	24.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	285		0		1		21	105	
Iron, Fe	mg	12.82		0		1		0.95	4.74	
Magnesium, Mg	mg	228		0		1		17	84	
Phosphorus, P	mg	427		0		1		32	158	
Potassium, K	mg	947		0		1		70	350	
Sodium, Na	mg	385		0		1		28	142	
Zinc, Zn	mg	8.55		0		1		0.63	3.16	
Copper, Cu	mg	1.425		0		1		0.105	0.527	
Manganese, Mn	mg									
Selenium, Se	mcg	12.1		0	BFPN	4		0.9	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	76.9		0		1		5.7	28.5	
Thiamin	mg	0.850		0		1		0.063	0.315	
Riboflavin	mg	0.200		0		1		0.015	0.074	
Niacin	mg	14.240		0		1		1.054	5.269	
Pantothenic acid	mg									
Vitamin B-6	mg	1.140		0		1		0.084	0.422	
Folate, total	mcg	285		0		1		21	105	
Folic acid	mcg	285		0	NR	4		21	105	
Folate, food	mcg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	485		0	NC	4		36	179	
Choline, total	mg	148.4		0	RA	4		11.0	54.9	
Betaine	mg									
Vitamin B-12	mcg	1.71		0		1		0.13	0.63	
Vitamin B-12, added	mcg	1.00		0	O	4		0.07	0.37	
Vitamin A, RAE	mcg_RAE	1496		0	NC	4		111	554	
Retinol	mcg	1496		0	NR	4		111	554	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	4987		0	NC	4		369	1845	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	9.37		0	NR	4		0.69	3.47	
Vitamin E, added	mg	9.37		0	NR	4		0.69	3.47	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	90.0		0	O	4		6.7	33.3	
Lipids:										
Fatty acids, total saturated	g	0.560		0		4		0.041	0.207	
4:0	g	0.010		0		4		0.001	0.004	

NDB No. 43205

Beverage, instant breakfast powder, chocolate, not reconstituted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.002		0		4		0.000	0.001	
8:0 ... g	0.003		0		4		0.000	0.001	
10:0 ... g	0.005		0		4		0.000	0.002	
12:0 ... g	0.003		0		4		0.000	0.001	
13:0 ... g									
14:0 ... g	0.023		0		4		0.002	0.009	
15:0 ... g									
16:0 ... g	0.286		0		4		0.021	0.106	
17:0 ... g									
18:0 ... g	0.216		0		4		0.016	0.080	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.314		0		4		0.023	0.116	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0		4		0.001	0.003	
17:1 ... g									
18:1 undifferentiated ... g	0.302		0		4		0.022	0.112	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.278		0		4		0.021	0.103	
18:2 undifferentiated ... g	0.247		0		4		0.018	0.091	
18:3 undifferentiated ... g	0.031		0		4		0.002	0.011	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0		4		1	4	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	25		0	BFZN	4		2	9	
Theobromine ... mg	290		0	BFZN	4		21	107	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.4g: 1 tbsp

Measure 2 = 37g: 1 envelope

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43260

Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.40		0		4		0.41	1.48	
Energy	kcal	358		0		1		20	72	
Energy	kJ	1498		0		1		84	300	
Protein	g	35.80		0		1		2.00	7.16	
Total lipid (fat)	g	5.10		0		1		0.29	1.02	
Ash	g	10.70		0	NR	4		0.60	2.14	
Carbohydrate, by difference	g	41.00		0	NC	4		2.30	8.20	
Fiber, total dietary	g	2.0		0		4		0.1	0.4	
Sugars, total	g	39.00		0	NR	4		2.18	7.80	
Starch	g									
Minerals:										
Calcium, Ca	mg	500		0		1		28	100	
Iron, Fe	mg	2.30		0		1		0.13	0.46	
Magnesium, Mg	mg	410		0		1		23	82	
Phosphorus, P	mg	500		0		1		28	100	
Potassium, K	mg	1705		0		4		95	341	
Sodium, Na	mg	717		0		1		40	143	
Zinc, Zn	mg	15.40		0		1		0.86	3.08	
Copper, Cu	mg	2.600		0		1		0.146	0.520	
Manganese, Mn	mg									
Selenium, Se	mcg	21.8		0	BFPN	4		1.2	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	138.0		0		1		7.7	27.6	
Thiamin	mg	1.500		0		1		0.084	0.300	
Riboflavin	mg	0.350		0		1		0.020	0.070	
Niacin	mg	25.600		0		1		1.434	5.120	
Pantothenic acid	mg									
Vitamin B-6	mg	2.000		0		1		0.112	0.400	
Folate, total	mcg	500		0		1		28	100	
Folic acid	mcg	500		0	NR	4		28	100	
Folate, food	mcg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	850		0	NC	4		48	170	
Choline, total	mg	266.9		0	BFPN	4		14.9	53.4	
Betaine	mg									
Vitamin B-12	mcg	3.10		0		1		0.17	0.62	
Vitamin B-12, added	mcg	2.00		0	T	4		0.11	0.40	
Vitamin A, RAE	mcg_RAE	2686		0	NC	4		150	537	
Retinol	mcg	2686		0	NR	4		150	537	
Carotene, beta	mcg	5		0	NR	4		0	1	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	8962		0	NC	4		502	1792	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	16.88		0	NR	4		0.95	3.38	
Vitamin E, added	mg	16.88		0	NR	4		0.95	3.38	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	120.0		0	T	4		6.7	24.0	
Lipids:										
Fatty acids, total saturated	g	2.162		0		4		0.121	0.432	
4:0	g	0.036		0		4		0.002	0.007	

NDB No. 43260

Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.009		0		4		0.001	0.002	
8:0 ... g	0.009		0		4		0.001	0.002	
10:0 ... g	0.019		0		4		0.001	0.004	
12:0 ... g	0.010		0		4		0.001	0.002	
13:0 ... g									
14:0 ... g	0.085		0		4		0.005	0.017	
15:0 ... g									
16:0 ... g	1.100		0		4		0.062	0.220	
17:0 ... g									
18:0 ... g	0.841		0		4		0.047	0.168	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.189		0		4		0.067	0.238	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.031		0		4		0.002	0.006	
17:1 ... g									
18:1 undifferentiated ... g	1.147		0		4		0.064	0.229	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.027		0		4		0.058	0.205	
18:2 undifferentiated ... g	0.911		0		4		0.051	0.182	
18:3 undifferentiated ... g	0.114		0		4		0.006	0.023	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	44		0		4		2	9	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	52		0	BFAN	4		3	10	
Theobromine ... mg	608		0	BFAN	4		34	122	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.6g: 1 tbsp

Measure 2 = 20g: 1 envelope

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43078
Beverage, milkshake mix, dry, not chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.80		0		4		0.90	2.69	
Energy	kcal	329		0	NC	4		23	69	
Energy	kJ	1377		0	NC	4		96	289	
Protein	g	23.50		0		4		1.65	4.94	
Total lipid (fat)	g	2.60		0		4		0.18	0.55	
Ash	g	8.20		0	NR	4		0.57	1.72	
Carbohydrate, by difference	g	52.90		0		4		3.70	11.11	
Fiber, total dietary	g	1.6		0		4		0.1	0.3	
Sugars, total	g	51.30		0	NR	4		3.59	10.77	
Starch	g									
Minerals:										
Calcium, Ca	mg	880		0		4		62	185	
Iron, Fe	mg	7.70		0		4		0.54	1.62	
Magnesium, Mg	mg	200		0		4		14	42	
Phosphorus, P	mg	150		0		4		11	32	
Potassium, K	mg	2200		0		4		154	462	
Sodium, Na	mg	780		0		4		55	164	
Zinc, Zn	mg	3.60		0		4		0.25	0.76	
Copper, Cu	mg	0.800		0		4		0.056	0.168	
Manganese, Mn	mg									
Selenium, Se	mcg	14.3		0	BFPN	4		1.0	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		4		0.1	0.3	
Thiamin	mg	0.110		0		4		0.008	0.023	
Riboflavin	mg	0.340		0		4		0.024	0.071	
Niacin	mg	1.250		0		4		0.088	0.263	
Pantothenic acid	mg									
Vitamin B-6	mg	0.110		0		4		0.008	0.023	
Folate, total	mcg	42		0		4		3	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	42		0		4		3	9	
Folate, DFE	mcg_DFE	42		0	NC	4		3	9	
Choline, total	mg	106.7		0	BFSN	4		7.5	22.4	
Betaine	mg									
Vitamin B-12	mcg	2.39		0		4		0.17	0.50	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	246		0	NC	4		17	52	
Retinol	mcg	243		0	NR	4		17	51	
Carotene, beta	mcg	39		0	NR	4		3	8	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	875		0	NC	4		61	184	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.05		0	BFFN	4		0.00	0.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.2		0	BFFN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	2.059		0		4		0.144	0.432	
4:0	g	0.042		0		4		0.003	0.009	

NDB No. 43078
Beverage, milkshake mix, dry, not chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.019		0		4		0.001	0.004	
8:0 ... g	0.140		0		4		0.010	0.029	
10:0 ... g	0.124		0		4		0.009	0.026	
12:0 ... g	0.789		0		4		0.055	0.166	
13:0 ... g									
14:0 ... g	0.377		0		4		0.026	0.079	
15:0 ... g									
16:0 ... g	0.406		0		4		0.028	0.085	
17:0 ... g									
18:0 ... g	0.133		0		4		0.009	0.028	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.332		0		4		0.023	0.070	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.024		0		4		0.002	0.005	
17:1 ... g									
18:1 undifferentiated ... g	0.294		0		4		0.021	0.062	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0		4		0.004	0.013	
18:2 undifferentiated ... g	0.051		0		4		0.004	0.011	
18:3 undifferentiated ... g	0.009		0		4		0.001	0.002	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	14		0		4		1	3	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: 1 tbsp

Measure 2 = 21g: 1 envelope

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01003
Butter oil, anhydrous

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.24		1		1		0.49	0.03	
Energy....kcal	876		0	NC	4		1795	112	
Energy....kJ	3664		0	NC	4		7510	469	
Protein (N x 6.38)....g	0.28		1		1		0.57	0.04	
Total lipid (fat)....g	99.48		1		1		203.93	12.73	
Ash....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	NR	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		4		8	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		1	0	
Phosphorus, P....mg	3		0		4		6	0	
Potassium, K....mg	5		0		4		10	1	
Sodium, Na....mg	2		0		4		3	0	
Zinc, Zn....mg	0.01		0		4		0.02	0.00	
Copper, Cu....mg	0.001		0		1		0.002	0.000	
Manganese, Mn....mg	0.000		0		1		0.000	0.000	
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.001		0		4		0.002	0.000	
Riboflavin....mg	0.005		0		4		0.010	0.001	
Niacin....mg	0.003		0		4		0.006	0.000	
Pantothenic acid....mg	0.010		0		4		0.021	0.001	
Vitamin B-6....mg	0.001		0		4		0.002	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	22.3		0	BFSN	4		45.7	2.9	
Betaine....mg									
Vitamin B-12....mcg	0.01		0		4		0.02	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	840		0	NC	4		1722	108	
Retinol....mcg	824		0	T	4		1689	105	
Carotene, beta....mcg	193		0	BFFN	4		396	25	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	3069		0	NC	4		6291	393	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.80		0		4		5.74	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.8		0	AS	1		3.7	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.8		0	BFFN	4		3.7	0.2	
Vitamin D....IU	73		0	BFFN	4		150	9	
Vitamin K (phylloquinone)....mcg	8.6		0	BFFN	4		17.6	1.1	
Lipids:									
Fatty acids, total saturated....g	61.924		0		1		126.944	7.926	
4:0....g	3.226		0		1		6.613	0.413	

NDB No. 01003
Butter oil, anhydrous

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	1.910		0		1		3.916	0.244	
8:0 g	1.112		0		1		2.280	0.142	
10:0 g	2.495		0		1		5.115	0.319	
12:0 g	2.793		0		1		5.726	0.358	
13:0 g									
14:0 g	10.005		0		1		20.510	1.281	
15:0 g									
16:0 g	26.166		0		1		53.640	3.349	
17:0 g									
18:0 g	12.056		0		1		24.715	1.543	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	28.732		0		1		58.901	3.678	
14:1 g									
15:1 g									
16:1 undifferentiated g	2.228		0		1		4.567	0.285	
17:1 g									
18:1 undifferentiated g	25.026		0		1		51.303	3.203	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.694		0		1		7.573	0.473	
18:2 undifferentiated g	2.247		0		1		4.606	0.288	
18:3 undifferentiated g	1.447		0		1		2.966	0.185	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	256	0.000	19		1		525	33	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.004		0		4		0.008	0.001	
Threonine g	0.013		0		4		0.027	0.002	
Isoleucine g	0.017		0		4		0.035	0.002	
Leucine g	0.027		0		4		0.055	0.003	
Lysine g	0.022		0		4		0.045	0.003	
Methionine g	0.007		0		4		0.014	0.001	
Cystine g	0.003		0		4		0.006	0.000	
Phenylalanine g	0.014		0		4		0.029	0.002	
Tyrosine g	0.014		0		4		0.029	0.002	
Valine g	0.019		0		4		0.039	0.002	
Arginine g	0.010		0		4		0.021	0.001	
Histidine g	0.008		0		4		0.016	0.001	
Alanine g	0.010		0		4		0.021	0.001	
Aspartic acid g	0.021		0		4		0.043	0.003	
Glutamic acid g	0.059		0		4		0.121	0.008	
Glycine g	0.006		0		4		0.012	0.001	
Proline g	0.027		0		4		0.055	0.003	
Serine g	0.015		0		4		0.031	0.002	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01003
Butter oil, anhydrous

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01001
Butter, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.87	0.061	522		1		36.02	2.25	0.79
Energy....kcal	717		0	NC	4		1627	102	36
Energy....kJ	2999		0	NC	4		6808	426	150
Protein (N x 6.38)....g	0.85	0.074	16		1		1.93	0.12	0.04
Total lipid (fat)....g	81.11	0.065	580		1		184.12	11.52	4.06
Ash....g	2.11	0.054	35		1		4.79	0.30	0.11
Carbohydrate, by difference....g	0.06		0	NC	4		0.14	0.01	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.06		0	NR	4		0.14	0.01	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.789	17	A	1		55	3	1
Iron, Fe....mg	0.02	0.011	18	A	1		0.04	0.00	0.00
Magnesium, Mg....mg	2	0.047	18	A	1		4	0	0
Phosphorus, P....mg	24	0.463	17	A	1		54	3	1
Potassium, K....mg	24	0.622	18	A	1		54	3	1
Sodium, Na....mg	576	12.006	18	A	1		1306	82	29
Zinc, Zn....mg	0.09	0.011	18	A	1		0.20	0.01	0.00
Copper, Cu....mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Selenium, Se....mcg	1.0	0.820	37	A	1		2.3	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.005	0.001	3		1		0.011	0.001	0.000
Riboflavin....mg	0.034	0.004	9		1		0.077	0.005	0.002
Niacin....mg	0.042		2		1		0.095	0.006	0.002
Pantothenic acid....mg	0.110		0		4		0.250	0.016	0.006
Vitamin B-6....mg	0.003		1		1		0.007	0.000	0.000
Folate, total....mcg	3		2		1		7	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	3		2		1		7	0	0
Folate, DFE....mcg_DFE	3		0	NC	4		7	0	0
Choline, total....mg	18.8		0	AS	1		42.6	2.7	0.9
Betaine....mg	0.3		1	A	1		0.6	0.0	0.0
Vitamin B-12....mcg	0.17		4		1		0.39	0.02	0.01
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	684		0	NC	4		1553	97	34
Retinol....mcg	671		0	NC	4		1523	95	34
Carotene, beta....mcg	158		2	A	1		358	22	8
Carotene, alpha....mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta....mcg	0		2	A	1		0	0	0
Vitamin A, IU....IU	2499		0	NC	4		5673	355	125
Lycopene....mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin....mcg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.32		1		1		5.27	0.33	0.12
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg	1.5		0	AS	1		3.4	0.2	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.5		0	BFFN	4		3.4	0.2	0.1
Vitamin D....IU	60		0	BFFN	4		135	8	3
Vitamin K (phylloquinone)....mcg	7.0		1		1		15.9	1.0	0.4
Lipids:									
Fatty acids, total saturated....g	51.368		0	NC	4		116.606	7.294	2.568
4:0....g	3.226	0.120	3	A	1		7.323	0.458	0.161

NDB No. 01001
Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	2.007	0.038	3	A	1		4.557	0.285	0.100
8:0....g	1.190	0.016	3	A	1		2.701	0.169	0.059
10:0....g	2.529	0.033	3	A	1		5.740	0.359	0.126
12:0....g	2.587	0.046	3	A	1		5.872	0.367	0.129
13:0....g									
14:0....g	7.436	0.020	3	A	1		16.880	1.056	0.372
15:0....g									
16:0....g	21.697	0.270	3	A	1		49.253	3.081	1.085
17:0....g	0.560	0.015	3	A	1		1.270	0.079	0.028
18:0....g	9.999	0.096	3	A	1		22.698	1.420	0.500
20:0....g	0.138	0.002	3	A	1		0.312	0.020	0.007
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.021		0	NC	4		47.718	2.985	1.051
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.961		0	AS	1		2.181	0.136	0.048
16:1 c....g	0.961	0.008	3	A	1		2.181	0.136	0.048
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	19.961		0	AS	1		45.311	2.834	0.998
18:1 c....g	16.978	0.397	3	A	1		38.541	2.411	0.849
18:1-11c (18:1c n-7)....g									
18:1 t....g	2.982	0.112	3	A	1		6.770	0.423	0.149
18:1-11t (18:1t n-7)....g									
20:1....g	0.100	0.009	3	A	1		0.227	0.014	0.005
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.043		0	NC	4		6.908	0.432	0.152
18:2 undifferentiated....g	2.728		0	AS	1		6.194	0.387	0.136
18:2 n-6 c,c....g	2.166	0.024	3	A	1		4.916	0.308	0.108
18:2 CLAs....g	0.267	0.017	3	A	1		0.605	0.038	0.013
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.296	0.048	3	A	1		0.672	0.042	0.015
18:2 t not further defined....g									
18:3 undifferentiated....g	0.315		0	AS	1		0.715	0.045	0.016
18:3 n-3 c,c,c (ALA)....g	0.315	0.013	3	A	1		0.715	0.045	0.016
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	215	1.261	3	A	1		489	31	11
Phytosterols....mg									
Stigmasterol....mg	0	0.000	3	A	1		0	0	0
Campesterol....mg	0	0.000	3	A	1		0	0	0
Beta-sitosterol....mg	4	0.118	3	A	1		9	1	0
Amino Acids:									
Tryptophan....g	0.012		0		1		0.027	0.002	0.001
Threonine....g	0.038		0		1		0.086	0.005	0.002
Isoleucine....g	0.051		0		1		0.116	0.007	0.003

NDB No. 01001
Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.083		0		1		0.188	0.012	0.004
Lysine....g	0.067		0		1		0.152	0.010	0.003
Methionine....g	0.021		0		1		0.048	0.003	0.001
Cystine....g	0.008		0		1		0.018	0.001	0.000
Phenylalanine....g	0.041		0		1		0.093	0.006	0.002
Tyrosine....g	0.041		0		1		0.093	0.006	0.002
Valine....g	0.057		0		1		0.129	0.008	0.003
Arginine....g	0.031		0		1		0.070	0.004	0.002
Histidine....g	0.023		0		1		0.052	0.003	0.001
Alanine....g	0.029		0		1		0.066	0.004	0.001
Aspartic acid....g	0.064		0		1		0.145	0.009	0.003
Glutamic acid....g	0.178		0		1		0.404	0.025	0.009
Glycine....g	0.018		0		1		0.041	0.003	0.001
Proline....g	0.082		0		1		0.186	0.012	0.004
Serine....g	0.046		0		1		0.104	0.007	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01002
Butter, whipped, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.87	0.061	522		1		23.96	1.49	0.60
Energy	kcal	717		0	NC	4		1082	67	27
Energy	kJ	2999		0	NC	4		4529	282	114
Protein (N x 6.38)	g	0.85	0.074	16		1		1.28	0.08	0.03
Total lipid (fat)	g	81.11	0.065	580		1		122.48	7.62	3.08
Ash	g	2.11	0.054	35		1		3.19	0.20	0.08
Carbohydrate, by difference	g	0.06		0	NC	4		0.09	0.01	0.00
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	0.06		0	NR	4		0.09	0.01	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	24	3.945	6		1		35	2	1
Iron, Fe	mg	0.16	0.017	4		1		0.24	0.02	0.01
Magnesium, Mg	mg	2	0.188	6		1		3	0	0
Phosphorus, P	mg	23	2.508	6		1		34	2	1
Potassium, K	mg	26	2.333	26		1		39	2	1
Sodium, Na	mg	827	26.698	12		1		1248	78	31
Zinc, Zn	mg	0.05	0.006	5		1		0.08	0.00	0.00
Copper, Cu	mg	0.016		0		1		0.024	0.002	0.001
Manganese, Mn	mg	0.004		0		1		0.006	0.000	0.000
Selenium, Se	mcg	1.0	0.820	37	A	1		1.5	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.005	0.001	3		1		0.008	0.000	0.000
Riboflavin	mg	0.034	0.004	9		1		0.051	0.003	0.001
Niacin	mg	0.042		2		1		0.063	0.004	0.002
Pantothenic acid	mg	0.110		0		4		0.166	0.010	0.004
Vitamin B-6	mg	0.003		1		1		0.005	0.000	0.000
Folate, total	mcg	3		2		1		4	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		2		1		4	0	0
Folate, DFE	mcg_DFE	3		0	NC	4		4	0	0
Choline, total	mg	18.8		0	AS	1		28.4	1.8	0.7
Betaine	mg	0.3		1	A	1		0.4	0.0	0.0
Vitamin B-12	mcg	0.13		0		4		0.19	0.01	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	684		0	NC	4		1033	64	26
Retinol	mcg	671		0	T	4		1013	63	25
Carotene, beta	mcg	158		0	BFFN	4		238	15	6
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	2499		0	NC	4		3774	235	95
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	2.32		0	BFFN	4		3.50	0.22	0.09
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.5		0	AS	1		2.2	0.1	0.1
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.5		0	BFFN	4		2.2	0.1	0.1
Vitamin D	IU	60		0	BFFN	4		90	6	2
Vitamin K (phylloquinone)	mcg	7.0		0	BFFN	4		10.6	0.7	0.3
Lipids:										
Fatty acids, total saturated	g	50.489		0		1		76.238	4.746	1.919
4:0	g	2.630	0.044	52		1		3.971	0.247	0.100

NDB No. 01002
Butter, whipped, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	1.557	0.035	68		1		2.351	0.146	0.059
8:0....g	0.906	0.022	89		1		1.368	0.085	0.034
10:0....g	2.034	0.042	89		1		3.071	0.191	0.077
12:0....g	2.277	0.053	89		1		3.438	0.214	0.087
13:0....g									
14:0....g	8.157	0.101	88		1		12.317	0.767	0.310
15:0....g									
16:0....g	21.334	0.270	88		1		32.214	2.005	0.811
17:0....g									
18:0....g	9.829	0.132	88		1		14.842	0.924	0.374
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	23.426		0		1		35.373	2.202	0.890
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.816	0.059	71		1		2.742	0.171	0.069
17:1....g									
18:1 undifferentiated....g	20.405	0.266	78		1		30.812	1.918	0.775
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.012		0		1		4.548	0.283	0.114
18:2 undifferentiated....g	1.832	0.064	74		1		2.766	0.172	0.070
18:3 undifferentiated....g	1.180	0.064	65		1		1.782	0.111	0.045
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	219	6.371	7		1		331	21	8
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.018	0.001	0.000
Threonine....g	0.038		0		1		0.057	0.004	0.001
Isoleucine....g	0.051		0		1		0.077	0.005	0.002
Leucine....g	0.083		0		1		0.125	0.008	0.003
Lysine....g	0.067		0		1		0.101	0.006	0.003
Methionine....g	0.021		0		1		0.032	0.002	0.001
Cystine....g	0.008		0		1		0.012	0.001	0.000
Phenylalanine....g	0.041		0		1		0.062	0.004	0.002
Tyrosine....g	0.041		0		1		0.062	0.004	0.002
Valine....g	0.057		0		1		0.086	0.005	0.002
Arginine....g	0.031		0		1		0.047	0.003	0.001
Histidine....g	0.023		0		1		0.035	0.002	0.001
Alanine....g	0.029		0		1		0.044	0.003	0.001
Aspartic acid....g	0.064		0		1		0.097	0.006	0.002
Glutamic acid....g	0.178		0		1		0.269	0.017	0.007
Glycine....g	0.018		0		1		0.027	0.002	0.001
Proline....g	0.082		0		1		0.124	0.008	0.003
Serine....g	0.046		0		1		0.069	0.004	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01002
Butter, whipped, with salt

Common Measures:

Measure 1 = 151g: 1 cup
Measure 2 = 9.4g: 1 tbsp
Measure 3 = 3.8g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01145
Butter, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.94		0		1		40.72	2.55	0.90
Energy....kcal	717		0	NC	4		1627	102	36
Energy....kJ	2999		0	NC	4		6808	426	150
Protein (N x 6.38)....g	0.85		0		1		1.93	0.12	0.04
Total lipid (fat)....g	81.11		0		1		184.12	11.52	4.06
Ash....g	0.04		0		1		0.09	0.01	0.00
Carbohydrate, by difference....g	0.06		0	NC	4		0.14	0.01	0.00
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.06		0	NR	4		0.14	0.01	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.789	17	A	1		55	3	1
Iron, Fe....mg	0.02	0.011	18	A	1		0.04	0.00	0.00
Magnesium, Mg....mg	2	0.047	18	A	1		4	0	0
Phosphorus, P....mg	24	0.463	17	A	1		54	3	1
Potassium, K....mg	24	0.622	18	A	1		54	3	1
Sodium, Na....mg	11		0		1		25	2	1
Zinc, Zn....mg	0.09	0.011	18	A	1		0.20	0.01	0.00
Copper, Cu....mg	0.016		0		1		0.036	0.002	0.001
Manganese, Mn....mg	0.004		0		1		0.009	0.001	0.000
Selenium, Se....mcg	1.0	0.820	37	A	1		2.3	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.005		0		1		0.011	0.001	0.000
Riboflavin....mg	0.034		0		1		0.077	0.005	0.002
Niacin....mg	0.042		0		1		0.095	0.006	0.002
Pantothenic acid....mg	0.110		0		4		0.250	0.016	0.006
Vitamin B-6....mg	0.003		0		1		0.007	0.000	0.000
Folate, total....mcg	3		0		1		6	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	3		0		1		6	0	0
Folate, DFE....mcg_DFE	3		0	NC	4		6	0	0
Choline, total....mg	18.8		0	T	4		42.7	2.7	0.9
Betaine....mg									
Vitamin B-12....mcg	0.17		4		1		0.39	0.02	0.01
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	684		0	NC	4		1553	97	34
Retinol....mcg	671		0	T	4		1523	95	34
Carotene, beta....mcg	158		2	A	1		358	22	8
Carotene, alpha....mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta....mcg	0		2	A	1		0	0	0
Vitamin A, IU....IU	2499		0	NC	4		5673	355	125
Lycopene....mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin....mcg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.32		1		1		5.27	0.33	0.12
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg	1.5		0	AS	1		3.4	0.2	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.5		0	BFFN	4		3.4	0.2	0.1
Vitamin D....IU	60		0	BFFN	4		135	8	3
Vitamin K (phylloquinone)....mcg	7.0		1		1		15.9	1.0	0.4
Lipids:									
Fatty acids, total saturated....g	51.368		0	NC	4		116.606	7.294	2.568
4:0....g	3.226	0.120	3	A	1		7.323	0.458	0.161

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	2.007	0.038	3	A	1		4.557	0.285	0.100
8:0....g	1.190	0.016	3	A	1		2.701	0.169	0.059
10:0....g	2.529	0.033	3	A	1		5.740	0.359	0.126
12:0....g	2.587	0.046	3	A	1		5.872	0.367	0.129
13:0....g									
14:0....g	7.436	0.020	3	A	1		16.880	1.056	0.372
15:0....g									
16:0....g	21.697	0.270	3	A	1		49.253	3.081	1.085
17:0....g	0.560	0.015	3	A	1		1.270	0.079	0.028
18:0....g	9.999	0.096	3	A	1		22.698	1.420	0.500
20:0....g	0.138	0.002	3	A	1		0.312	0.020	0.007
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.021		0	NC	4		47.718	2.985	1.051
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.961		0	AS	1		2.181	0.136	0.048
16:1 c....g	0.961	0.008	3	A	1		2.181	0.136	0.048
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	19.961		0	AS	1		45.311	2.834	0.998
18:1 c....g	16.978	0.397	3	A	1		38.541	2.411	0.849
18:1-11c (18:1c n-7)....g									
18:1 t....g	2.982	0.112	3	A	1		6.770	0.423	0.149
18:1-11t (18:1t n-7)....g									
20:1....g	0.100	0.009	3	A	1		0.227	0.014	0.005
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.043		0	NC	4		6.908	0.432	0.152
18:2 undifferentiated....g	2.728		0	AS	1		6.194	0.387	0.136
18:2 n-6 c,c....g	2.166	0.024	3	A	1		4.916	0.308	0.108
18:2 CLAs....g	0.267	0.017	3	A	1		0.605	0.038	0.013
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.296	0.048	3	A	1		0.672	0.042	0.015
18:2 t not further defined....g									
18:3 undifferentiated....g	0.315		0	AS	1		0.715	0.045	0.016
18:3 n-3 c,c,c (ALA)....g	0.315	0.013	3	A	1		0.715	0.045	0.016
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	215	1.261	3	A	1		489	31	11
Phytosterols....mg									
Stigmasterol....mg	0	0.000	3	A	1		0	0	0
Campesterol....mg	0	0.000	3	A	1		0	0	0
Beta-sitosterol....mg	4	0.118	3	A	1		9	1	0
Amino Acids:									
Tryptophan....g	0.012		0		1		0.027	0.002	0.001
Threonine....g	0.038		0		1		0.086	0.005	0.002
Isoleucine....g	0.051		0		1		0.116	0.007	0.003

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.083		0		1		0.188	0.012	0.004
Lysine....g	0.067		0		1		0.152	0.010	0.003
Methionine....g	0.021		0		1		0.048	0.003	0.001
Cystine....g	0.008		0		1		0.018	0.001	0.000
Phenylalanine....g	0.041		0		1		0.093	0.006	0.002
Tyrosine....g	0.041		0		1		0.093	0.006	0.002
Valine....g	0.057		0		1		0.129	0.008	0.003
Arginine....g	0.031		0		1		0.070	0.004	0.002
Histidine....g	0.023		0		1		0.052	0.003	0.001
Alanine....g	0.029		0		1		0.066	0.004	0.001
Aspartic acid....g	0.064		0		1		0.145	0.009	0.003
Glutamic acid....g	0.178		0		1		0.404	0.025	0.009
Glycine....g	0.018		0		1		0.041	0.003	0.001
Proline....g	0.082		0		1		0.186	0.012	0.004
Serine....g	0.046		0		1		0.104	0.007	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01163
Cheese fondue

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.61		0		4		132.46	66.54	
Energy	kcal	229		0		4		492	247	
Energy	kJ	958				4		2060	1035	
Protein (N x 6.38)	g	14.23		0		4		30.59	15.37	
Total lipid (fat)	g	13.47		0		4		28.96	14.55	
Ash	g	1.85		0		4		3.98	2.00	
Carbohydrate, by difference	g	3.77		0		4		8.11	4.07	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	476		0		4		1023	514	
Iron, Fe	mg	0.39		0		4		0.84	0.42	
Magnesium, Mg	mg	23		0		4		49	25	
Phosphorus, P	mg	306		0		4		658	330	
Potassium, K	mg	105		0		4		226	113	
Sodium, Na	mg	132		0		4		284	143	
Zinc, Zn	mg	1.96		0		4		4.21	2.12	
Copper, Cu	mg	0.026		0		4		0.056	0.028	
Manganese, Mn	mg	0.099		0		4		0.213	0.107	
Selenium, Se	mcg	9.0		0	RA	4		19.4	9.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.027		0		4		0.058	0.029	
Riboflavin	mg	0.196		0		4		0.421	0.212	
Niacin	mg	0.190		0		4		0.409	0.205	
Pantothenic acid	mg	0.233		0		4		0.501	0.252	
Vitamin B-6	mg	0.055		0		4		0.118	0.059	
Folate, total	mcg	8		0	RA	4		17	9	
Folic acid	mcg	4		0	NC	4		9	4	
Folate, food	mcg	4		0		4		9	4	
Folate, DFE	mcg_DFE	11		0	NC	4		23	12	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.83		0		4		1.78	0.90	
Vitamin A, RAE	mcg_RAE	109		0	NC	4		234	118	
Retinol	mcg	107		0	NC	4		230	116	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	414		0		4		890	447	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.721		0		4		18.750	9.419	
4:0	g	0.540		0		4		1.161	0.583	
6:0	g	0.239		0		4		0.514	0.258	
8:0	g	0.142		0		4		0.305	0.153	

NDB No. 01163
Cheese fondue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 g	0.306		0		4		0.658	0.330	
12:0 g	0.255		0		4		0.548	0.275	
13:0 g									
14:0 g	1.501		0		4		3.227	1.621	
15:0 g									
16:0 g	3.821		0		4		8.215	4.127	
17:0 g									
18:0 g	1.592		0		4		3.423	1.719	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.563		0		4		7.660	3.848	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.431		0		4		0.927	0.465	
17:1 g									
18:1 undifferentiated g	2.951		0		4		6.345	3.187	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.484		0		4		1.041	0.523	
18:2 undifferentiated g	0.311		0		4		0.669	0.336	
18:3 undifferentiated g	0.173		0		4		0.372	0.187	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	45		0		4		97	49	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0		4		0.385	0.193	
Threonine g	0.466		0		4		1.002	0.503	
Isoleucine g	0.689		0		4		1.481	0.744	
Leucine g	1.328		0		4		2.855	1.434	
Lysine g	1.160		0		4		2.494	1.253	
Methionine g	0.352		0		4		0.757	0.380	
Cystine g	0.129		0		4		0.277	0.139	
Phenylalanine g	0.746		0		4		1.604	0.806	
Tyrosine g	0.759		0		4		1.632	0.820	
Valine g	0.961		0		4		2.066	1.038	
Arginine g	0.416		0		4		0.894	0.449	
Histidine g	0.477		0		4		1.026	0.515	
Alanine g	0.409		0		4		0.879	0.442	
Aspartic acid g	0.705		0		4		1.516	0.761	
Glutamic acid g	2.562		0		4		5.508	2.767	
Glycine g	0.228		0		4		0.490	0.246	
Proline g	1.656		0		4		3.560	1.788	
Serine g	0.735		0		4		1.580	0.794	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.3		0		4		0.6	0.3	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01163
Cheese fondue

Measure 1 = 215g: 1 cup
Measure 2 = 108g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01045
Cheese food, cold pack, american

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.12	0.169	5		1		12.22	97.88	
Energy	kcal	331		0	NC	4		94	752	
Energy	kJ	1386				4		393	3145	
Protein (N x 6.38)	g	19.66	1.241	5		1		5.57	44.63	
Total lipid (fat)	g	24.46	0.242	5		1		6.93	55.52	
Ash	g	4.44	0.103	5		1		1.26	10.08	
Carbohydrate, by difference	g	8.32		0	NC	4		2.36	18.89	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	497	6.851	5		1		141	1129	
Iron, Fe	mg	0.84		0		1		0.24	1.91	
Magnesium, Mg	mg	30		1		1		8	67	
Phosphorus, P	mg	400		1		1		113	908	
Potassium, K	mg	363		1		1		103	824	
Sodium, Na	mg	966		1		1		274	2193	
Zinc, Zn	mg	3.01		0		1		0.85	6.83	
Copper, Cu	mg	0.030		0		1		0.009	0.068	
Manganese, Mn	mg	0.010		0		1		0.003	0.023	
Selenium, Se	mcg	16.2		0	BFNN	4		4.6	36.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.030		0		1		0.009	0.068	
Riboflavin	mg	0.446	0.042	8		1		0.126	1.012	
Niacin	mg	0.074	0.013	20		1		0.021	0.168	
Pantothenic acid	mg	0.977		32		1		0.277	2.218	
Vitamin B-6	mg	0.141	0.005	26		1		0.040	0.320	
Folate, total	mcg	5	0.349	21		1		2	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.349	21		1		2	12	
Folate, DFE	mcg_DFE	5		0	NC	4		2	12	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.28		1		1		0.36	2.91	
Vitamin A, RAE	mcg_RAE	159		0	NC	4		45	360	
Retinol	mcg	148		0	NC	4		42	336	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	705	27.316	5		1		200	1600	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	15.355		0		1		4.353	34.856	
4:0	g	0.793		0		1		0.225	1.800	
6:0	g	0.470		0		1		0.133	1.067	
8:0	g	0.358		0		1		0.101	0.813	

NDB No. 01045
Cheese food, cold pack, american

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.591		0		1		0.168	1.342	
12:0 g	0.728		0		1		0.206	1.653	
13:0 g									
14:0 g	2.513		0		1		0.712	5.705	
15:0 g									
16:0 g	6.807		0		1		1.930	15.452	
17:0 g									
18:0 g	2.805		0		1		0.795	6.367	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.165		0		1		2.031	16.265	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.646		0		1		0.183	1.466	
17:1 g									
18:1 undifferentiated g	6.015		0		1		1.705	13.654	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.719		0		1		0.204	1.632	
18:2 undifferentiated g	0.461		0		1		0.131	1.046	
18:3 undifferentiated g	0.257		0		1		0.073	0.583	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64		0		1		18	144	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.287		0		4		0.081	0.651	
Threonine g	0.638		0		4		0.181	1.448	
Isoleucine g	0.909		0		4		0.258	2.063	
Leucine g	1.738		0		4		0.493	3.945	
Lysine g	1.951		0		4		0.553	4.429	
Methionine g	0.509		0		4		0.144	1.155	
Cystine g	0.126		0		4		0.036	0.286	
Phenylalanine g	0.999		0		4		0.283	2.268	
Tyrosine g	1.076		0		4		0.305	2.443	
Valine g	1.177		0		4		0.334	2.672	
Arginine g	0.823		0		4		0.233	1.868	
Histidine g	0.801		0		4		0.227	1.818	
Alanine g	0.493		0		4		0.140	1.119	
Aspartic acid g	1.208		0		4		0.342	2.742	
Glutamic acid g	4.080		0		4		1.157	9.262	
Glycine g	0.324		0		4		0.092	0.735	
Proline g	2.000		0		4		0.567	4.540	
Serine g	0.949		0		4		0.269	2.154	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

NDB No. 01045
Cheese food, cold pack, american

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 44048
Cheese food, imitation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.80		0		4				
Energy	kcal	137		0	NC	4				
Energy	kJ	571		0	NC	4				
Protein	g	22.40		0		4				
Total lipid (fat)	g	1.30		0		4				
Ash	g	3.70		0	NR	4				
Carbohydrate, by difference	g	8.80		0		4				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	8.21		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	552		0		4				
Iron, Fe	mg	0.91		0		4				
Magnesium, Mg	mg	35		0		4				
Phosphorus, P	mg	499		0		4				
Potassium, K	mg	336		0		4				
Sodium, Na	mg	1239		0		4				
Zinc, Zn	mg	3.29		0		4				
Copper, Cu	mg	0.030		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	17.4		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7				
Thiamin	mg	0.030		0		4				
Riboflavin	mg	0.480		0		4				
Niacin	mg	0.150		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.130		0		4				
Folate, total	mcg	8		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	NR	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Choline, total	mg	0.0		0	BFFN	4				
Betaine	mg									
Vitamin B-12	mcg	1.23		0		4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	10		0	NC	4				
Retinol	mcg	10		0	BFFN	4				
Carotene, beta	mcg	3		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	39		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.2		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.810		0		4				
4:0	g	0.042		0		4				

NDB No. 44048
Cheese food, imitation

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.025		0		4				
8:0....g	0.015		0		4				
10:0....g	0.033		0		4				
12:0....g	0.036		0		4				
13:0....g									
14:0....g	0.131		0		4				
15:0....g									
16:0....g	0.341		0		4				
17:0....g									
18:0....g	0.158		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.380		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.029		0		4				
17:1....g									
18:1 undifferentiated....g	0.327		0		4				
20:1....g	0.020		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		4				
18:2 undifferentiated....g	0.029		0		4				
18:3 undifferentiated....g	0.019		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	6		0		4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01149

Cheese food, pasteurized process, american, with di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.15		0		1		12.23	97.95	
Energy....kcal	328		0	NC	4		93	745	
Energy....kJ	1373		0	NC	4		389	3117	
Protein (N x 6.38)....g	19.61		0		1		5.56	44.51	
Total lipid (fat)....g	24.60		0		1		6.97	55.84	
Ash....g	5.35		0		1		1.52	12.14	
Carbohydrate, by difference....g	7.29		0	NC	4		2.07	16.55	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	7.43		0	O	4		2.11	16.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	574		0		1		163	1303	
Iron, Fe....mg	0.84		0		1		0.24	1.91	
Magnesium, Mg....mg	31	2.515	9		1		9	69	
Phosphorus, P....mg	754		0		1		214	1712	
Potassium, K....mg	279		0		1		79	633	
Sodium, Na....mg	1596		0		1		452	3623	
Zinc, Zn....mg	2.99	0.340	4		1		0.85	6.79	
Copper, Cu....mg	0.030		0		1		0.009	0.068	
Manganese, Mn....mg	0.010		0		1		0.003	0.023	
Selenium, Se....mcg	16.0	2.960	4	A	1		4.5	36.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.029		0		1		0.008	0.066	
Riboflavin....mg	0.442		0		1		0.125	1.003	
Niacin....mg	0.140		0		1		0.040	0.318	
Pantothenic acid....mg	0.558	0.124	6		1		0.158	1.267	
Vitamin B-6....mg	0.141		0		4		0.040	0.320	
Folate, total....mcg	7		0		4		2	17	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		4		2	17	
Folate, DFE....mcg_DFE	7		0	NC	4		2	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.12	0.109	5		1		0.32	2.54	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	201		0	NC	4		57	457	
Retinol....mcg	196		0	T	4		56	445	
Carotene, beta....mcg	65		0	O	4		18	148	
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	762		0	NC	4		216	1729	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0	T	4		0.06	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	15.443		0		1		4.378	35.056	
4:0....g	0.798		0		1		0.226	1.811	

NDB No. 01149

Cheese food, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.472		0		1		0.134	1.071	
8:0 g	0.361		0		1		0.102	0.819	
10:0 g	0.594		0		1		0.168	1.348	
12:0 g	0.732		0		1		0.208	1.662	
13:0 g									
14:0 g	2.528		0		1		0.717	5.739	
15:0 g									
16:0 g	6.846		0		1		1.941	15.540	
17:0 g									
18:0 g	2.821		0		1		0.800	6.404	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.206		0		1		2.043	16.358	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.649		0		1		0.184	1.473	
17:1 g									
18:1 undifferentiated g	6.050		0		1		1.715	13.734	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.723		0		1		0.205	1.641	
18:2 undifferentiated g	0.464		0		1		0.132	1.053	
18:3 undifferentiated g	0.259		0		1		0.073	0.588	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64		0		1		18	145	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.286		0		4		0.081	0.649	
Threonine g	0.637		0		4		0.181	1.446	
Isoleucine g	0.907		0		4		0.257	2.059	
Leucine g	1.733		0		4		0.491	3.934	
Lysine g	1.946		0		4		0.552	4.417	
Methionine g	0.507		0		4		0.144	1.151	
Cystine g	0.126		0		4		0.036	0.286	
Phenylalanine g	0.996		0		4		0.282	2.261	
Tyrosine g	1.073		0		4		0.304	2.436	
Valine g	1.174		0		4		0.333	2.665	
Arginine g	0.821		0		4		0.233	1.864	
Histidine g	0.799		0		4		0.227	1.814	
Alanine g	0.491		0		4		0.139	1.115	
Aspartic acid g	1.205		0		4		0.342	2.735	
Glutamic acid g	4.070		0		4		1.154	9.239	
Glycine g	0.323		0		4		0.092	0.733	
Proline g	1.995		0		4		0.566	4.529	
Serine g	0.946		0		4		0.268	2.147	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01149

Cheese food, pasteurized process, american, with di sodium phosphate

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.21	0.907	5	A	1		48.82	12.25	9.07
Energy	kcal	330		0	NC	4		373	94	69
Energy	kJ	1382		0	NC	4		1561	392	290
Protein (N x 6.38)	g	18.40	0.261	5	A	1		20.80	5.22	3.86
Total lipid (fat)	g	25.18	0.122	5	A	1		28.46	7.14	5.29
Ash	g	5.38	0.062	5	A	1		6.08	1.53	1.13
Carbohydrate, by difference	g	7.83		0	NC	4		8.84	2.22	1.64
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	7.43		0	NR	4		8.40	2.11	1.56
Sucrose	g									
Glucose (dextrose)	g	2.64		2	A	1		2.99	0.75	0.56
Fructose	g	0.98	0.209	3		1		1.10	0.28	0.21
Lactose	g	3.81	0.111	5	JA	6		4.31	1.08	0.80
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	570	8.192	5	A	1		644	161	120
Iron, Fe	mg	0.57	0.040	5	A	1		0.64	0.16	0.12
Magnesium, Mg	mg	31	1.134	5	A	1		35	9	6
Phosphorus, P	mg	439	14.893	5	A	1		496	124	92
Potassium, K	mg	291	17.452	5	A	1		329	82	61
Sodium, Na	mg	1265	10.102	5	A	1		1429	359	266
Zinc, Zn	mg	3.19	0.099	5	A	1		3.60	0.90	0.67
Copper, Cu	mg	0.085	0.015	5	A	1		0.096	0.024	0.018
Manganese, Mn	mg	0.073	0.008	5	A	1		0.082	0.021	0.015
Selenium, Se	mcg	16.1	2.960	4	A	1		18.2	4.6	3.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.068		2	A	1		0.077	0.019	0.014
Riboflavin	mg	0.517		2	A	1		0.584	0.147	0.109
Niacin	mg	0.170		2	A	1		0.192	0.048	0.036
Pantothenic acid	mg	0.974		2	A	1		1.100	0.276	0.204
Vitamin B-6	mg	0.073		2	A	1		0.082	0.021	0.015
Folate, total	mcg	7		0		4		8	2	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		4		8	2	2
Folate, DFE	mcg_DFE	7		0	NC	4		8	2	2
Choline, total	mg	36.2		0	AS	1		40.9	10.3	7.6
Betaine	mg	1.4		1	A	1		1.6	0.4	0.3
Vitamin B-12	mcg	1.26		2	A	1		1.43	0.36	0.27
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	201		0	NC	4		228	57	42
Retinol	mcg	196		0	BFFN	4		222	56	41
Carotene, beta	mcg	65		0	BFFN	4		73	18	14
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	761		0	NC	4		860	216	160
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFFN	4		0.24	0.06	0.05
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.5	0.1	0.1
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.5	0.1	0.1
Vitamin D....IU	18		0	BFFN	4		21	5	4
Vitamin K (phylloquinone)....mcg	3.4		1	A	1		3.8	1.0	0.7
Lipids:									
Fatty acids, total saturated....g	14.895		0	NC	4		16.831	4.223	3.128
4:0....g	0.798		0		1		0.902	0.226	0.168
6:0....g	0.472		0		1		0.533	0.134	0.099
8:0....g	0.361		0		1		0.408	0.102	0.076
10:0....g	0.482	0.030	3	A	1		0.544	0.137	0.101
12:0....g	0.704	0.044	3	A	1		0.796	0.200	0.148
13:0....g	0.025	0.001	3	A	1		0.028	0.007	0.005
14:0....g	2.340	0.123	3	A	1		2.645	0.663	0.491
15:0....g	0.273	0.015	3	A	1		0.308	0.077	0.057
16:0....g	6.560	0.335	3	A	1		7.413	1.860	1.378
17:0....g	0.147	0.005	3	A	1		0.166	0.042	0.031
18:0....g	2.680	0.105	3	A	1		3.028	0.760	0.563
20:0....g	0.052	0.002	3	A	1		0.059	0.015	0.011
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.214		0	NC	4		8.152	2.045	1.515
14:1....g	0.256	0.012	3	A	1		0.289	0.072	0.054
15:1....g									
16:1 undifferentiated....g	0.452	0.023	3	A	1		0.511	0.128	0.095
17:1....g	0.148	0.011	3	A	1		0.167	0.042	0.031
18:1 undifferentiated....g	6.218	0.282	3	A	1		7.026	1.763	1.306
20:1....g	0.141	0.010	3	A	1		0.159	0.040	0.030
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.108		0	NC	4		1.252	0.314	0.233
18:2 undifferentiated....g	0.800	0.039	3	A	1		0.904	0.227	0.168
18:3 undifferentiated....g	0.194	0.012	3	A	1		0.219	0.055	0.041
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.043	0.003	3	A	1		0.049	0.012	0.009
20:3 undifferentiated....g	0.031	0.002	3	A	1		0.035	0.009	0.007
20:4 undifferentiated....g	0.040	0.001	3	A	1		0.046	0.011	0.008
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	80		2	A	1		90	23	17
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0	A	1		0.298	0.075	0.055
Threonine....g	0.786		0	A	1		0.889	0.223	0.165
Isoleucine....g	0.937		0	A	1		1.059	0.266	0.197
Leucine....g	1.738		0	A	1		1.964	0.493	0.365
Lysine....g	1.421		0	A	1		1.606	0.403	0.298
Methionine....g	0.415		0	A	1		0.469	0.118	0.087
Cystine....g	0.190		0	A	1		0.215	0.054	0.040
Phenylalanine....g	0.905		0	A	1		1.023	0.257	0.190
Tyrosine....g	0.909		0	A	1		1.028	0.258	0.191
Valine....g	1.103		0	A	1		1.246	0.313	0.232
Arginine....g	0.670		0	A	1		0.757	0.190	0.141
Histidine....g	0.489		0	A	1		0.552	0.139	0.103
Alanine....g	0.566		0	A	1		0.639	0.160	0.119
Aspartic acid....g	1.300		0	A	1		1.469	0.369	0.273
Glutamic acid....g	3.816		0	A	1		4.312	1.082	0.801
Glycine....g	0.351		0	A	1		0.397	0.100	0.074
Proline....g	2.017		0	A	1		2.279	0.572	0.424
Serine....g	1.017		0	A	1		1.149	0.288	0.214
Hydroxyproline....g									
Others:									

NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01047
Cheese food, pasteurized process, swiss

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.67	0.138	10		1		12.38	99.13	
Energy	kcal	323		0	NC	4		92	734	
Energy	kJ	1352				4		383	3070	
Protein (N x 6.38)	g	21.92	0.695	10		1		6.21	49.76	
Total lipid (fat)	g	24.14	0.249	10		1		6.84	54.80	
Ash	g	5.77	0.067	10		1		1.64	13.10	
Carbohydrate, by difference	g	4.50		0	NC	4		1.28	10.22	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	723	31.542	10		1		205	1642	
Iron, Fe	mg	0.60		1		1		0.17	1.36	
Magnesium, Mg	mg	28		1		1		8	64	
Phosphorus, P	mg	526		1		1		149	1194	
Potassium, K	mg	284		1		1		81	645	
Sodium, Na	mg	1552		1		1		440	3523	
Zinc, Zn	mg	3.55		0		1		1.01	8.06	
Copper, Cu	mg	0.030		0		1		0.009	0.068	
Manganese, Mn	mg	0.010		0		1		0.003	0.023	
Selenium, Se	mcg	16.1		0	BFNN	4		4.6	36.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.014		0		1		0.004	0.032	
Riboflavin	mg	0.400	0.023	10		1		0.113	0.908	
Niacin	mg	0.104	0.004	7		1		0.029	0.236	
Pantothenic acid	mg	0.500		1		1		0.142	1.135	
Vitamin B-6	mg	0.035		0		4		0.010	0.079	
Folate, total	mcg	6		0		4		2	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		2	13	
Folate, DFE	mcg_DFE	6		0	NC	4		2	13	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.30		1		1		0.65	5.22	
Vitamin A, RAE	mcg_RAE	237		0	NC	4		67	538	
Retinol	mcg	233		0	NC	4		66	529	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	856	58.062	10		1		243	1943	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	15.487		0		4		4.391	35.155	
4:0	g	0.787		0		4		0.223	1.786	
6:0	g	0.472		0		4		0.134	1.071	
8:0	g	0.265		0		4		0.075	0.602	

NDB No. 01047
Cheese food, pasteurized process, swiss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.552		0		4		0.156	1.253	
12:0 g	0.546		0		4		0.155	1.239	
13:0 g									
14:0 g	2.695		0		4		0.764	6.118	
15:0 g									
16:0 g	6.938		0		4		1.967	15.749	
17:0 g									
18:0 g	2.511		0		4		0.712	5.700	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.801		0		4		1.928	15.438	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.653		0		4		0.185	1.482	
17:1 g									
18:1 undifferentiated g	5.691		0		4		1.613	12.919	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.600		0		4		0.170	1.362	
18:2 undifferentiated g	0.330		0		4		0.094	0.749	
18:3 undifferentiated g	0.270		0		4		0.077	0.613	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	82		0		1		23	186	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.319		0		4		0.090	0.724	
Threonine g	0.711		0		4		0.202	1.614	
Isoleucine g	1.013		0		4		0.287	2.300	
Leucine g	1.938		0		4		0.549	4.399	
Lysine g	2.175		0		4		0.617	4.937	
Methionine g	0.567		0		4		0.161	1.287	
Cystine g	0.141		0		4		0.040	0.320	
Phenylalanine g	1.113		0		4		0.316	2.527	
Tyrosine g	1.199		0		4		0.340	2.722	
Valine g	1.313		0		4		0.372	2.981	
Arginine g	0.917		0		4		0.260	2.082	
Histidine g	0.893		0		4		0.253	2.027	
Alanine g	0.550		0		4		0.156	1.249	
Aspartic acid g	1.346		0		4		0.382	3.055	
Glutamic acid g	4.549		0		4		1.290	10.326	
Glycine g	0.361		0		4		0.102	0.819	
Proline g	2.230		0		4		0.632	5.062	
Serine g	1.058		0		4		0.300	2.402	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

NDB No. 01047
Cheese food, pasteurized process, swiss

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01215

Cheese product, pasteurized process, american, reduced fat, fortified with vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.80		0		4				
Energy	kcal	240		0		4				
Energy	kJ	1004		0		4				
Protein	g	17.60		0		4				
Total lipid (fat)	g	14.10		0		4				
Ash	g	5.90		0	T	4				
Carbohydrate, by difference	g	10.60		0		4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	8.02		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	529		0		4				
Iron, Fe	mg	0.20		0		4				
Magnesium, Mg	mg	33		0		4				
Phosphorus, P	mg	829		0		4				
Potassium, K	mg	330		0		4				
Sodium, Na	mg	1587		0		4				
Zinc, Zn	mg	2.36		0		4				
Copper, Cu	mg	0.030		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	12.4		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4				
Thiamin	mg	0.070		0		4				
Riboflavin	mg	0.480		0		4				
Niacin	mg	0.180		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0		4				
Folate, total	mcg	18		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	18		0		4				
Folate, DFE	mcg_DFE	18		0	NC	4				
Choline, total	mg	36.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	1.11		0		4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	250		0	NC	4				
Retinol	mcg	243		0	BFZN	4				
Carotene, beta	mcg	80		0	BFZN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	945		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFZN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	5.3		0	NR	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	5.3		0	NR	4				
Vitamin D	IU	212		0	O	4				
Vitamin K (phylloquinone)	mcg	2.6		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	8.850		0		4				
4:0	g	0.460		0		4				

NDB No. 01215

Cheese product, pasteurized process, american, reduced fat, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.270		0		4				
8:0....g	0.210		0		4				
10:0....g	0.340		0		4				
12:0....g	0.420		0		4				
13:0....g									
14:0....g	1.450		0		4				
15:0....g									
16:0....g	3.930		0		4				
17:0....g									
18:0....g	1.610		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.130		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.370		0		4				
17:1....g									
18:1 undifferentiated....g	3.470		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0		4				
18:2 undifferentiated....g	0.270		0		4				
18:3 undifferentiated....g	0.150		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	53		0		4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42258

Cheese product, pasteurized process, cheddar or american, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.80		0		4				
Energy	kcal	240		0	NC	4				
Energy	kJ	1003		0	NC	4				
Protein	g	17.60		0		4				
Total lipid (fat)	g	14.10		0		4				
Ash	g	5.90		0	NR	4				
Carbohydrate, by difference	g	10.60		0		4				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	8.02		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	529		0		4				
Iron, Fe	mg	0.20		0		4				
Magnesium, Mg	mg	33		0		4				
Phosphorus, P	mg	829		0		4				
Potassium, K	mg	330		0		4				
Sodium, Na	mg	1587		0		4				
Zinc, Zn	mg	2.36		0		4				
Copper, Cu	mg	0.030		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	12.4		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4				
Thiamin	mg	0.070		0		4				
Riboflavin	mg	0.480		0		4				
Niacin	mg	0.180		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0		4				
Folate, total	mcg	18		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	18		0	NR	4				
Folate, DFE	mcg_DFE	18		0	NC	4				
Choline, total	mg	36.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	1.11		0		4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	254		0	NC	4				
Retinol	mcg	247		0	BFZN	4				
Carotene, beta	mcg	82		0	BFZN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	961		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFZN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.3		0	BFFN	4				
Vitamin D	IU	10		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	2.7		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	8.850		0		4				
4:0	g	0.460		0		4				

NDB No. 42258

Cheese product, pasteurized process, cheddar or american, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.270		0		4				
8:0....g	0.210		0		4				
10:0....g	0.340		0		4				
12:0....g	0.420		0		4				
13:0....g									
14:0....g	1.450		0		4				
15:0....g									
16:0....g	3.930		0		4				
17:0....g									
18:0....g	1.610		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.130		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.370		0		4				
17:1....g									
18:1 undifferentiated....g	3.470		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0		4				
18:2 undifferentiated....g	0.270		0		4				
18:3 undifferentiated....g	0.150		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	53		0		4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01164
Cheese sauce, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.86		0		1		162.47	20.06	
Energy	kcal	197		0	NC	4		479	59	
Energy	kJ	824		0		4		2003	247	
Protein (N x 6.38)	g	10.33		0		1		25.10	3.10	
Total lipid (fat)	g	14.92		0		1		36.26	4.48	
Ash	g	2.41		0		1		5.86	0.72	
Carbohydrate, by difference	g	5.48		0	NC	4		13.32	1.64	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	0.16		0	RA	4		0.40	0.05	
Sucrose	g	0.08		0	RA	4		0.18	0.02	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g	0.07		0	RA	4		0.17	0.02	
Maltose	g	0.05		0	RA	4		0.11	0.01	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	311		0		1		756	93	
Iron, Fe	mg	0.35		0		1		0.85	0.11	
Magnesium, Mg	mg	19		0		1		46	6	
Phosphorus, P	mg	229		0		1		556	69	
Potassium, K	mg	142		0		1		345	43	
Sodium, Na	mg	493		0		1		1198	148	
Zinc, Zn	mg	1.26		0		1		3.06	0.38	
Copper, Cu	mg	0.019		0		1		0.046	0.006	
Manganese, Mn	mg	0.040		0		1		0.097	0.012	
Selenium, Se	mcg	6.6		0	RA	4		16.0	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.5	0.2	
Thiamin	mg	0.044		0		1		0.107	0.013	
Riboflavin	mg	0.243		0		1		0.590	0.073	
Niacin	mg	0.204		0		1		0.496	0.061	
Pantothenic acid	mg	0.233		0		1		0.566	0.070	
Vitamin B-6	mg	0.045		0		1		0.109	0.014	
Folate, total	mcg	10		0	RA	4		24	3	
Folic acid	mcg	2		0	NC	4		5	1	
Folate, food	mcg	8		0		1		19	2	
Folate, DFE	mcg_DFE	11		0	NC	4		28	3	
Choline, total	mg	5.1		0	RA	4		12.5	1.5	
Betaine	mg									
Vitamin B-12	mcg	0.35		0		1		0.85	0.11	
Vitamin B-12, added	mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	82		0	NC	4		200	25	
Retinol	mcg	80		0	RA	4		195	24	
Carotene, beta	mcg	26		0	RA	4		64	8	
Carotene, alpha	mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	RA	4		0	0	
Vitamin A, IU	IU	312		0	NC	4		757	93	
Lycopene	mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin	mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	RA	4		0.22	0.03	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	RA	4		0.5	0.1	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01164
Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.2		0	RA	4		0.5	0.1	
Vitamin D....IU	8		0	RA	4		18	2	
Vitamin K (phylloquinone)....mcg	0.9		0	RA	4		2.1	0.3	
Lipids:									
Fatty acids, total saturated....g	8.034		0		1		19.523	2.410	
4:0....g	0.385		0		1		0.936	0.116	
6:0....g	0.199		0		1		0.484	0.060	
8:0....g	0.106		0		1		0.258	0.032	
10:0....g	0.230		0		1		0.559	0.069	
12:0....g	0.215		0		1		0.522	0.065	
13:0....g									
14:0....g	1.231		0		1		2.991	0.369	
15:0....g									
16:0....g	3.952		0		1		9.603	1.186	
17:0....g									
18:0....g	1.712		0		1		4.160	0.514	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.735		0		1		11.506	1.421	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.358		0		1		0.870	0.107	
17:1....g									
18:1 undifferentiated....g	4.375		0		1		10.631	1.313	
20:1....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.397		0		1		3.395	0.419	
18:2 undifferentiated....g	1.213		0		1		2.948	0.364	
18:3 undifferentiated....g	0.184		0		1		0.447	0.055	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	38		0		1		92	11	
Phytosterols....mg	11		0		1		27	3	
Amino Acids:									
Tryptophan....g	0.123		0		1		0.299	0.037	
Threonine....g	0.355		0		1		0.863	0.107	
Isoleucine....g	0.578		0		1		1.405	0.173	
Leucine....g	0.902		0		1		2.192	0.271	
Lysine....g	0.772		0		1		1.876	0.232	
Methionine....g	0.243		0		1		0.590	0.073	
Cystine....g	0.056		0		1		0.136	0.017	
Phenylalanine....g	0.484		0		1		1.176	0.145	
Tyrosine....g	0.452		0		1		1.098	0.136	
Valine....g	0.627		0		1		1.524	0.188	
Arginine....g	0.351		0		1		0.853	0.105	
Histidine....g	0.311		0		1		0.756	0.093	
Alanine....g	0.279		0		1		0.678	0.084	
Aspartic acid....g	0.628		0		1		1.526	0.188	
Glutamic acid....g	2.214		0		1		5.380	0.664	
Glycine....g	0.170		0		1		0.413	0.051	
Proline....g	1.021		0		1		2.481	0.306	
Serine....g	0.539		0		1		1.310	0.162	
Hydroxyproline....g									
Others:									

NDB No. 01164
Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 30g: 2 tbsp

Calories Factors: Protein 4.08 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43276
Cheese spread, cream cheese base

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.50		1		1		140.40	16.58	
Energy	kcal	295		1		1		708	84	
Energy	kJ	1234		1		1		2962	350	
Protein	g	7.10		1		1		17.04	2.01	
Total lipid (fat)	g	28.60		1		1		68.64	8.11	
Ash	g	2.30		0	NR	4		5.52	0.65	
Carbohydrate, by difference	g	3.50		0	NC	4		8.40	0.99	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	3.50		0	NR	4		8.40	0.99	
Starch	g									
Minerals:										
Calcium, Ca	mg	71		1		1		170	20	
Iron, Fe	mg	1.13		0		4		2.71	0.32	
Magnesium, Mg	mg	6		0		4		14	2	
Phosphorus, P	mg	91		1		1		218	26	
Potassium, K	mg	112		0		4		269	32	
Sodium, Na	mg	673		1		1		1615	191	
Zinc, Zn	mg	0.51		0		4		1.22	0.14	
Copper, Cu	mg	0.015		0		4		0.036	0.004	
Manganese, Mn	mg									
Selenium, Se	mcg	2.7		0	BFNN	4		6.5	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.020		0		4		0.048	0.006	
Riboflavin	mg	0.190		0		4		0.456	0.054	
Niacin	mg	0.950		0		4		2.280	0.269	
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.096	0.011	
Folate, total	mcg	12		0		4		29	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		29	3	
Folate, DFE	mcg_DFE	12		0	NC	4		29	3	
Choline, total	mg	27.2		0	BFZN	4		65.3	7.7	
Betaine	mg									
Vitamin B-12	mcg	0.40		0		4		0.96	0.11	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	302		0	NC	4		724	85	
Retinol	mcg	300		0	BFFN	4		720	85	
Carotene, beta	mcg	19		0	T	4		46	5	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	1031		0	NC	4		2475	292	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.77		0	NR	4		1.85	0.22	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		1.3	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFFN	4		1.3	0.1	
Vitamin D	IU	21		0	BFFN	4		50	6	
Vitamin K (phylloquinone)	mcg	2.4		0	BFFN	4		5.7	0.7	
Lipids:										
Fatty acids, total saturated	g	18.020		0		4		43.248	5.109	
4:0	g	0.820		0		4		1.968	0.232	

NDB No. 43276
Cheese spread, cream cheese base

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.238		0		4		0.571	0.067	
8:0....g	0.279		0		4		0.670	0.079	
10:0....g	0.550		0		4		1.320	0.156	
12:0....g	0.377		0		4		0.905	0.107	
13:0....g									
14:0....g	2.953		0		4		7.087	0.837	
15:0....g									
16:0....g	8.645		0		4		20.748	2.451	
17:0....g									
18:0....g	3.314		0		4		7.954	0.940	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.071		0		4		19.370	2.288	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.804		0		4		1.930	0.228	
17:1....g									
18:1 undifferentiated....g	6.874		0		4		16.498	1.949	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.033		0		4		2.479	0.293	
18:2 undifferentiated....g	0.632		0		4		1.517	0.179	
18:3 undifferentiated....g	0.402		0		4		0.965	0.114	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		4		216	26	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01150

Cheese spread, pasteurized process, american, with di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.65		0		1		13.51	67.66	
Energy....kcal	290		0	NC	4		82	412	
Energy....kJ	1215		0	NC	4		345	1726	
Protein (N x 6.38)....g	16.41		0		1		4.65	23.30	
Total lipid (fat)....g	21.23		0		1		6.02	30.15	
Ash....g	5.98		0		1		1.70	8.49	
Carbohydrate, by difference....g	8.73		0	NC	4		2.47	12.40	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	562		0		1		159	798	
Iron, Fe....mg	0.33		0		1		0.09	0.47	
Magnesium, Mg....mg	29	2.799	4		1		8	40	
Phosphorus, P....mg	875		0		1		248	1243	
Potassium, K....mg	242		0		1		69	343	
Sodium, Na....mg	1625		0		1		461	2308	
Zinc, Zn....mg	2.59	0.170	5		1		0.73	3.68	
Copper, Cu....mg	0.033		0		1		0.009	0.047	
Manganese, Mn....mg	0.020		0		1		0.006	0.028	
Selenium, Se....mcg	11.3	1.070	9	A	1		3.2	16.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.048		0		1		0.014	0.068	
Riboflavin....mg	0.431		0		1		0.122	0.612	
Niacin....mg	0.131		0		1		0.037	0.186	
Pantothenic acid....mg	0.686		15		1		0.194	0.974	
Vitamin B-6....mg	0.117	0.004	24		1		0.033	0.166	
Folate, total....mcg	7	0.585	3		1		2	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	0.585	3		1		2	10	
Folate, DFE....mcg_DFE	7		0	NC	4		2	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.40		1		1		0.11	0.57	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	788		0		1		223	1119	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.327		0		1		3.778	18.924	
4:0....g	0.688		0		1		0.195	0.977	
6:0....g	0.408		0		1		0.116	0.579	
8:0....g	0.311		1		1		0.088	0.442	

NDB No. 01150

Cheese spread, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.513		2		1		0.145	0.728	
12:0 g	0.632	0.044	4		1		0.179	0.897	
13:0 g									
14:0 g	2.181	0.077	4		1		0.618	3.097	
15:0 g									
16:0 g	5.908	0.137	4		1		1.675	8.389	
17:0 g									
18:0 g	2.434	0.108	4		1		0.690	3.456	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.219		0		1		1.763	8.831	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.560	0.044	4		1		0.159	0.795	
17:1 g									
18:1 undifferentiated g	5.221		0		1		1.480	7.414	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.624		0		1		0.177	0.886	
18:2 undifferentiated g	0.400		0		1		0.113	0.568	
18:3 undifferentiated g	0.223	0.027	3		1		0.063	0.317	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	55		0		1		16	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.239		0		4		0.068	0.339	
Threonine g	0.628		0		1		0.178	0.892	
Isoleucine g	0.833		0		1		0.236	1.183	
Leucine g	1.780		0		1		0.505	2.528	
Lysine g	1.507		0		1		0.427	2.140	
Methionine g	0.538		0		1		0.153	0.764	
Cystine g	0.105		0		4		0.030	0.149	
Phenylalanine g	0.931		0		1		0.264	1.322	
Tyrosine g	0.890		0		1		0.252	1.264	
Valine g	1.366		0		1		0.387	1.940	
Arginine g	0.545		0		1		0.155	0.774	
Histidine g	0.509		0		1		0.144	0.723	
Alanine g	0.602		0		1		0.171	0.855	
Aspartic acid g	1.103		0		1		0.313	1.566	
Glutamic acid g	3.475		0		1		0.985	4.935	
Glycine g	0.311		0		1		0.088	0.442	
Proline g	2.320		0		1		0.658	3.294	
Serine g	1.037		0		1		0.294	1.473	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 jar (5 oz)

NDB No. 01150

Cheese spread, pasteurized process, american, with di sodium phosphate

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.65	0.517	31		1		66.71	116.27	13.51
Energy....kcal	290		0	NC	4		407	709	82
Energy....kJ	1215		0	NC	4		1701	2965	345
Protein (N x 6.38)....g	16.41	0.449	23		1		22.97	40.04	4.65
Total lipid (fat)....g	21.23	0.382	28		1		29.72	51.80	6.02
Ash....g	5.98	0.109	19		1		8.37	14.59	1.70
Carbohydrate, by difference....g	8.73		0	NC	4		12.22	21.30	2.47
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	7.32		0	BFNN	4		10.25	17.86	2.07
Starch....g									
Minerals:									
Calcium, Ca....mg	562	14.121	9		1		787	1371	159
Iron, Fe....mg	0.33	0.028	4		1		0.46	0.81	0.09
Magnesium, Mg....mg	29	2.799	4		1		40	70	8
Phosphorus, P....mg	712	33.300	4		1		997	1737	202
Potassium, K....mg	242	66.976	4		1		339	590	69
Sodium, Na....mg	1345	50.997	9		1		1883	3282	381
Zinc, Zn....mg	2.59	0.170	5		1		3.63	6.32	0.73
Copper, Cu....mg	0.033		0		1		0.046	0.081	0.009
Manganese, Mn....mg	0.020		0		1		0.028	0.049	0.006
Selenium, Se....mcg	11.3	1.073	9	A	1		15.8	27.6	3.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.048	0.002	9		1		0.067	0.117	0.014
Riboflavin....mg	0.431	0.023	11		1		0.603	1.052	0.122
Niacin....mg	0.131	0.011	32		1		0.183	0.320	0.037
Pantothenic acid....mg	0.686		15		1		0.960	1.674	0.194
Vitamin B-6....mg	0.117	0.004	24		1		0.164	0.285	0.033
Folate, total....mcg	7	0.585	3		1		10	17	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	7	0.585	3		1		10	17	2
Folate, DFE....mcg_DFE	7		0	NC	4		10	17	2
Choline, total....mg	36.2		0	T	4		50.7	88.3	10.3
Betaine....mg									
Vitamin B-12....mcg	0.40		1		1		0.56	0.98	0.11
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	173		0	NC	4		242	421	49
Retinol....mcg	168		0	BFFN	4		235	410	48
Carotene, beta....mcg	55		0	BFFN	4		78	135	16
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	653		0	NC	4		914	1593	185
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFFN	4		0.26	0.45	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.5	1.0	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.5	1.0	0.1
Vitamin D....IU	16		0	BFFN	4		22	38	4
Vitamin K (phylloquinone)....mcg	1.8		0	BFFN	4		2.5	4.4	0.5
Lipids:									
Fatty acids, total saturated....g	13.327		0		1		18.658	32.518	3.778
4:0....g	0.688		0		1		0.963	1.679	0.195

NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.408		0		1		0.571	0.996	0.116
8:0 g	0.311		1		1		0.435	0.759	0.088
10:0 g	0.513		2		1		0.718	1.252	0.145
12:0 g	0.632	0.044	4		1		0.885	1.542	0.179
13:0 g									
14:0 g	2.181	0.077	4		1		3.053	5.322	0.618
15:0 g									
16:0 g	5.908	0.137	4		1		8.271	14.416	1.675
17:0 g									
18:0 g	2.434	0.108	4		1		3.408	5.939	0.690
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.219		0		1		8.707	15.174	1.763
14:1 g									
15:1 g									
16:1 undifferentiated g	0.560	0.044	4		1		0.784	1.366	0.159
17:1 g									
18:1 undifferentiated g	5.221	0.179	4		1		7.309	12.739	1.480
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.624		0		1		0.874	1.523	0.177
18:2 undifferentiated g	0.400	0.040	4		1		0.560	0.976	0.113
18:3 undifferentiated g	0.223	0.027	3		1		0.312	0.544	0.063
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	55		0		1		77	135	16
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.239		0		4		0.335	0.583	0.068
Threonine g	0.628		0		1		0.879	1.532	0.178
Isoleucine g	0.833		0		1		1.166	2.033	0.236
Leucine g	1.780		0		1		2.492	4.343	0.505
Lysine g	1.507		0		1		2.110	3.677	0.427
Methionine g	0.538		0		1		0.753	1.313	0.153
Cystine g	0.105		0		4		0.147	0.256	0.030
Phenylalanine g	0.931		0		1		1.303	2.272	0.264
Tyrosine g	0.890		0		1		1.246	2.172	0.252
Valine g	1.366		0		1		1.912	3.333	0.387
Arginine g	0.545		0		1		0.763	1.330	0.155
Histidine g	0.509		0		1		0.713	1.242	0.144
Alanine g	0.602		0		1		0.843	1.469	0.171
Aspartic acid g	1.103		0		1		1.544	2.691	0.313
Glutamic acid g	3.475		0		1		4.865	8.479	0.985
Glycine g	0.311		0		1		0.435	0.759	0.088
Proline g	2.320		0		1		3.248	5.661	0.658
Serine g	1.037		0		1		1.452	2.530	0.294
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01161
Cheese substitute, mozzarella

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.36	0.718	4		1		53.52	13.43	8.52
Energy	kcal	248		0	NC	4		280	70	45
Energy	kJ	1038		0		4		1173	294	187
Protein (N x 6.38)	g	11.47	0.589	4		1		12.96	3.25	2.06
Total lipid (fat)	g	12.22	0.422	4		1		13.81	3.46	2.20
Ash	g	5.27	0.085	4		1		5.96	1.49	0.95
Carbohydrate, by difference	g	23.67		0	NC	4		26.75	6.71	4.26
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	23.67		0	NR	4		26.75	6.71	4.26
Starch	g									
Minerals:										
Calcium, Ca	mg	610	182.345	4		1		689	173	110
Iron, Fe	mg	0.40		0		1		0.45	0.11	0.07
Magnesium, Mg	mg	41	6.332	4		1		46	12	7
Phosphorus, P	mg	583	155.892	4		1		659	165	105
Potassium, K	mg	455	233.722	4		1		514	129	82
Sodium, Na	mg	685	272.760	4		1		774	194	123
Zinc, Zn	mg	1.92	0.932	4		1		2.17	0.54	0.35
Copper, Cu	mg	0.110	0.063	4		1		0.124	0.031	0.020
Manganese, Mn	mg	0.028	0.009	4		1		0.032	0.008	0.005
Selenium, Se	mcg	19.2		0	BFNN	4		21.7	5.4	3.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0.039	4		1		0.1	0.0	0.0
Thiamin	mg	0.026	0.001	4		1		0.029	0.007	0.005
Riboflavin	mg	0.444	0.026	4		1		0.502	0.126	0.080
Niacin	mg	0.317	0.026	4		1		0.358	0.090	0.057
Pantothenic acid	mg	0.083	0.002	4		1		0.094	0.024	0.015
Vitamin B-6	mg	0.051	0.018	4		1		0.058	0.014	0.009
Folate, total	mcg	11	6.394	4		1		12	3	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	11	6.394	4		1		12	3	2
Folate, DFE	mcg_DFE	11		0	NC	4		12	3	2
Choline, total	mg	13.7		0	BFSN	4		15.5	3.9	2.5
Betaine	mg									
Vitamin B-12	mcg	0.81	0.042	4		1		0.92	0.23	0.15
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	437		0	NC	4		494	124	79
Retinol	mcg	437		0	NC	4		494	124	79
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	1457		0	NC	4		1646	413	262
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFFN	4		0.12	0.03	0.02
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	1.0		0	BFFN	4		1.2	0.3	0.2
Lipids:										
Fatty acids, total saturated	g	3.711		0		1		4.193	1.052	0.668
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 01161
Cheese substitute, mozzarella

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.012		1		1		0.014	0.003	0.002
10:0....g	0.012		1		1		0.014	0.003	0.002
12:0....g	0.048		1		1		0.054	0.014	0.009
13:0....g									
14:0....g	0.049		1		1		0.055	0.014	0.009
15:0....g									
16:0....g	2.369		1		1		2.677	0.672	0.426
17:0....g									
18:0....g	1.222		1		1		1.381	0.346	0.220
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.243		0		1		7.055	1.770	1.124
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	6.243		1		1		7.055	1.770	1.124
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.738		0		1		1.964	0.493	0.313
18:2 undifferentiated....g	1.664		1		1		1.880	0.472	0.300
18:3 undifferentiated....g	0.074		1		1		0.084	0.021	0.013
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0		1		0.171	0.043	0.027
Threonine....g	0.397		0		1		0.449	0.113	0.071
Isoleucine....g	0.570		0		1		0.644	0.162	0.103
Leucine....g	0.924		0		1		1.044	0.262	0.166
Lysine....g	0.793		0		1		0.896	0.225	0.143
Methionine....g	0.282		0		1		0.319	0.080	0.051
Cystine....g	0.050		0		1		0.057	0.014	0.009
Phenylalanine....g	0.525		0		1		0.593	0.149	0.095
Tyrosine....g	0.572		0		1		0.646	0.162	0.103
Valine....g	0.680		0		1		0.768	0.193	0.122
Arginine....g	0.388		0		1		0.438	0.110	0.070
Histidine....g	0.286		0		1		0.323	0.081	0.051
Alanine....g	0.273		0		1		0.308	0.077	0.049
Aspartic acid....g	0.682		0		1		0.771	0.193	0.123
Glutamic acid....g	2.172		0		1		2.454	0.616	0.391
Glycine....g	0.167		0		1		0.189	0.047	0.030
Proline....g	1.036		0		1		1.171	0.294	0.186
Serine....g	0.532		0		1		0.601	0.151	0.096
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01161

Cheese substitute, mozzarella

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01209
Cheese, Mexican, blend, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.20		1	A	1				
Energy	kcal	282		2	LC	8				
Energy	kJ	1180		2	LC	8				
Protein	g	24.69		2	LC	8				
Total lipid (fat)	g	19.40		2	LC	8				
Ash	g	4.30		1	A	1				
Carbohydrate, by difference	g	3.41		0	NC	4				
Fiber, total dietary	g	0.0		2	LC	8				
Sugars, total	g	0.56		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	1146		2	LC	8				
Iron, Fe	mg	0.13		1	A	1				
Magnesium, Mg	mg	35		1	A	1				
Phosphorus, P	mg	583		1	A	1				
Potassium, K	mg	93		1	A	1				
Sodium, Na	mg	776		2	LC	8				
Zinc, Zn	mg	4.30		1	A	1				
Copper, Cu	mg	0.021		0	BFZN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	15.5		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.030		1	A	1				
Riboflavin	mg	0.300		1	A	1				
Niacin	mg	0.060		1	A	1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.084		1	A	1				
Folate, total	mcg	20		0	BFNN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	20		0	BFNN	4				
Folate, DFE	mcg_DFE	20		0	NC	4				
Choline, total	mg	13.5		0	BFSN	4				
Betaine	mg									
Vitamin B-12	mcg	1.66		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	155		0	NC	4				
Retinol	mcg	151		0	BFFN	4				
Carotene, beta	mcg	50		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	586		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFFN	4				
Vitamin E, added	mg	0.00		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.4		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.4		0	BFFN	4				
Vitamin D	IU	14		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	1.6		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	11.580		1	A	1				
4:0	g	0.720		1	A	1				

NDB No. 01209
Cheese, Mexican, blend, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.420		1	A	1				
8:0....g	0.240		1	A	1				
10:0....g	0.520		1	A	1				
12:0....g	0.560		1	A	1				
13:0....g									
14:0....g	1.880		1	A	1				
15:0....g									
16:0....g	5.020		1	A	1				
17:0....g									
18:0....g	2.240		1	A	1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.020		1	A	1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		1	A	1				
17:1....g									
18:1 undifferentiated....g	4.470		1	A	1				
20:1....g	0.040		1	A	1				
22:1 undifferentiated....g	0.000		1	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		1	A	1				
18:2 undifferentiated....g	0.570		1	A	1				
18:3 undifferentiated....g	0.130		1	A	1				
18:4....g	0.000		1	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
22:5 n-3 (DPA)....g	0.000		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	62		2	LC	8				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43278
Cheese, american cheddar, imitation

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.10		0		1		118.94	9.56	11.15
Energy	kcal	239		0		1		535	43	50
Energy	kJ	1000		0		1		2240	180	210
Protein	g	16.70		0		1		37.41	3.01	3.51
Total lipid (fat)	g	14.00		0		1		31.36	2.52	2.94
Ash	g	4.60		0	NR	4		10.30	0.83	0.97
Carbohydrate, by difference	g	11.60		0	NC	4		25.98	2.09	2.44
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	7.74		0	BFNN	4		17.33	1.39	1.62
Starch	g									
Minerals:										
Calcium, Ca	mg	562		0		4		1259	101	118
Iron, Fe	mg	0.33		0		4		0.74	0.06	0.07
Magnesium, Mg	mg	29		0		4		65	5	6
Phosphorus, P	mg	712		0		4		1595	128	150
Potassium, K	mg	242		0		4		542	44	51
Sodium, Na	mg	1345		0		4		3013	242	282
Zinc, Zn	mg	2.59		0		4		5.80	0.47	0.54
Copper, Cu	mg	0.033		0		4		0.074	0.006	0.007
Manganese, Mn	mg									
Selenium, Se	mcg	15.2		0	BFNN	4		34.0	2.7	3.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.050		0		4		0.112	0.009	0.011
Riboflavin	mg	0.430		0		4		0.963	0.077	0.090
Niacin	mg	0.130		0		4		0.291	0.023	0.027
Pantothenic acid	mg									
Vitamin B-6	mg	0.120		0		4		0.269	0.022	0.025
Folate, total	mcg	7		0		4		16	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0	NR	4		16	1	1
Folate, DFE	mcg_DFE	7		0	NC	4		16	1	1
Choline, total	mg	0.0		0	BFFN	4		0.1	0.0	0.0
Betaine	mg									
Vitamin B-12	mcg	0.40		0		4		0.90	0.07	0.08
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	114		0	NC	4		255	21	24
Retinol	mcg	111		0	BFFN	4		248	20	23
Carotene, beta	mcg	37		0	BFFN	4		82	7	8
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	430		0	NC	4		964	77	90
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFZN	4		0.61	0.05	0.06
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	2.7		0	BFZN	4		5.9	0.5	0.6
Lipids:										
Fatty acids, total saturated	g	8.790		0		4		19.690	1.582	1.846
4:0	g	0.455		0		4		1.019	0.082	0.096

NDB No. 43278
Cheese, american cheddar, imitation

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.270		0		4		0.605	0.049	0.057
8:0 g	0.204		0		4		0.457	0.037	0.043
10:0 g	0.336		0		4		0.753	0.060	0.071
12:0 g	0.415		0		4		0.930	0.075	0.087
13:0 g									
14:0 g	1.438		0		4		3.221	0.259	0.302
15:0 g									
16:0 g	3.897		0		4		8.729	0.701	0.818
17:0 g									
18:0 g	1.603		0		4		3.591	0.289	0.337
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.102		0		4		9.188	0.738	0.861
14:1 g									
15:1 g									
16:1 undifferentiated g	0.369		0		4		0.827	0.066	0.077
17:1 g									
18:1 undifferentiated g	3.442		0		4		7.710	0.620	0.723
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.409		0		4		0.916	0.074	0.086
18:2 undifferentiated g	0.264		0		4		0.591	0.048	0.055
18:3 undifferentiated g	0.145		0		4		0.325	0.026	0.030
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	36		0		4		81	6	8
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 18g: 1 cubic inch

Measure 3 = 21g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01004
Cheese, blue

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.41	0.649	29		1		12.02	7.21	57.25
Energy....kcal	353		0	NC	4		100	60	477
Energy....kJ	1477		0	NC	4		419	251	1994
Protein (N x 6.38)....g	21.40	0.339	19		1		6.07	3.64	28.89
Total lipid (fat)....g	28.74	0.399	20		1		8.15	4.89	38.80
Ash....g	5.11	0.138	15		1		1.45	0.87	6.90
Carbohydrate, by difference....g	2.34		0	NC	4		0.66	0.40	3.16
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.50		0	BFNN	4		0.14	0.09	0.68
Starch....g									
Minerals:									
Calcium, Ca....mg	528	21.680	17		1		150	90	712
Iron, Fe....mg	0.31	0.010	4		1		0.09	0.05	0.42
Magnesium, Mg....mg	23	0.724	11		1		7	4	31
Phosphorus, P....mg	387	8.294	12		1		110	66	523
Potassium, K....mg	256	41.094	12		1		73	44	346
Sodium, Na....mg	1395	102.223	12		1		396	237	1884
Zinc, Zn....mg	2.66	0.065	4		1		0.75	0.45	3.59
Copper, Cu....mg	0.040		0		1		0.011	0.007	0.054
Manganese, Mn....mg	0.009		0		1		0.003	0.002	0.012
Selenium, Se....mcg	14.5		0	CAZN	4		4.1	2.5	19.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.029	0.006	11		1		0.008	0.005	0.039
Riboflavin....mg	0.382	0.022	16		1		0.108	0.065	0.516
Niacin....mg	1.016	0.097	44		1		0.288	0.173	1.372
Pantothenic acid....mg	1.729	0.178	16		1		0.490	0.294	2.334
Vitamin B-6....mg	0.166	0.012	32		1		0.047	0.028	0.224
Folate, total....mcg	36	0.892	34		1		10	6	49
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	36	0.892	34		1		10	6	49
Folate, DFE....mcg_DFE	36		0	NC	4		10	6	49
Choline, total....mg	15.4		0	T	4		4.4	2.6	20.8
Betaine....mg									
Vitamin B-12....mcg	1.22	0.113	22		1		0.35	0.21	1.64
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	198		0	NC	4		56	34	267
Retinol....mcg	192		0	NC	4		54	33	259
Carotene, beta....mcg	74		0	BFFN	4		21	13	100
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	763		0	NC	4		216	130	1030
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFFN	4		0.07	0.04	0.33
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.1	0.1	0.7
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.1	0.1	0.7
Vitamin D....IU	21		0	BFFN	4		6	4	28
Vitamin K (phylloquinone)....mcg	2.4		0	BFFN	4		0.7	0.4	3.2
Lipids:									
Fatty acids, total saturated....g	18.669		0		1		5.293	3.174	25.203
4:0....g	0.658		2		1		0.187	0.112	0.888

NDB No. 01004
Cheese, blue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.361		2		1		0.102	0.061	0.487
8:0 g	0.247	0.020	10		1		0.070	0.042	0.333
10:0 g	0.601	0.035	10		1		0.170	0.102	0.811
12:0 g	0.491	0.074	10		1		0.139	0.083	0.663
13:0 g									
14:0 g	3.301	0.102	10		1		0.936	0.561	4.456
15:0 g									
16:0 g	9.153	0.296	10		1		2.595	1.556	12.357
17:0 g									
18:0 g	3.235	0.152	10		1		0.917	0.550	4.367
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.778		0		1		2.205	1.322	10.500
14:1 g									
15:1 g									
16:1 undifferentiated g	0.816	0.103	10		1		0.231	0.139	1.102
17:1 g									
18:1 undifferentiated g	6.622	0.175	10		1		1.877	1.126	8.940
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.800		0		1		0.227	0.136	1.080
18:2 undifferentiated g	0.536	0.056	10		1		0.152	0.091	0.724
18:3 undifferentiated g	0.264	0.030	9		1		0.075	0.045	0.356
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	75	5.349	4		1		21	13	102
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.312		0		1		0.088	0.053	0.421
Threonine g	0.785		0		1		0.223	0.133	1.060
Isoleucine g	1.124		0		1		0.319	0.191	1.517
Leucine g	1.919		0		1		0.544	0.326	2.591
Lysine g	1.852		0		1		0.525	0.315	2.500
Methionine g	0.584		0		1		0.166	0.099	0.788
Cystine g	0.107		0		1		0.030	0.018	0.144
Phenylalanine g	1.087		0		1		0.308	0.185	1.467
Tyrosine g	1.295		0		1		0.367	0.220	1.748
Valine g	1.556		0		1		0.441	0.265	2.101
Arginine g	0.711		0		1		0.202	0.121	0.960
Histidine g	0.758		0		1		0.215	0.129	1.023
Alanine g	0.644		0		1		0.183	0.109	0.869
Aspartic acid g	1.436		0		1		0.407	0.244	1.939
Glutamic acid g	5.179		0		1		1.468	0.880	6.992
Glycine g	0.406		0		1		0.115	0.069	0.548
Proline g	2.100		0		1		0.595	0.357	2.835
Serine g	1.120		0		1		0.318	0.190	1.512
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01004
Cheese, blue

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 17g: 1 cubic inch
Measure 3 = 135g: 1 cup, crumbled, not packed

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01005
Cheese, brick

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.11	0.258	26		1		54.27	46.45	11.65
Energy....kcal	371		0	NC	4		490	419	105
Energy....kJ	1552		0	NC	4		2049	1754	440
Protein (N x 6.38)....g	23.24	0.607	14		1		30.68	26.26	6.59
Total lipid (fat)....g	29.68	0.319	16		1		39.18	33.54	8.41
Ash....g	3.18	0.178	14		1		4.20	3.59	0.90
Carbohydrate, by difference....g	2.79		0	NC	4		3.68	3.15	0.79
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.51		0	BFNN	4		0.67	0.57	0.14
Starch....g									
Minerals:									
Calcium, Ca....mg	674	31.843	13		1		889	761	191
Iron, Fe....mg	0.43	0.074	3		1		0.57	0.49	0.12
Magnesium, Mg....mg	24	1.144	9		1		32	27	7
Phosphorus, P....mg	451	18.350	9		1		595	510	128
Potassium, K....mg	136	22.337	9		1		179	153	38
Sodium, Na....mg	560	37.232	9		1		739	632	159
Zinc, Zn....mg	2.60		2		1		3.43	2.94	0.74
Copper, Cu....mg	0.024		0		1		0.032	0.027	0.007
Manganese, Mn....mg	0.012		0		1		0.016	0.014	0.003
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.014	0.001	6		1		0.018	0.016	0.004
Riboflavin....mg	0.351	0.010	11		1		0.463	0.397	0.100
Niacin....mg	0.118	0.013	22		1		0.156	0.133	0.033
Pantothenic acid....mg	0.288	0.040	17		1		0.380	0.325	0.082
Vitamin B-6....mg	0.065	0.004	34		1		0.086	0.073	0.018
Folate, total....mcg	20	3.104	30		1		27	23	6
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	20	3.104	30		1		27	23	6
Folate, DFE....mcg_DFE	20		0	NC	4		27	23	6
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	1.26	0.147	7		1		1.66	1.42	0.36
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	292		0	NC	4		386	330	83
Retinol....mcg	286		0	T	4		378	323	81
Carotene, beta....mcg	76		0	BFFN	4		100	86	22
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1080		0	NC	4		1426	1221	306
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.34	0.29	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.7	0.6	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	0.6	0.2
Vitamin D....IU	22		0	BFFN	4		29	25	6
Vitamin K (phylloquinone)....mcg	2.5		0	BFFN	4		3.3	2.8	0.7
Lipids:									
Fatty acids, total saturated....g	18.764		0		1		24.768	21.203	5.320
4:0....g	0.914		2		1		1.206	1.033	0.259

NDB No. 01005
Cheese, brick

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.373		2		1		0.492	0.421	0.106
8:0 g	0.299	0.011	7		1		0.395	0.338	0.085
10:0 g	0.585	0.022	7		1		0.772	0.661	0.166
12:0 g	0.482	0.071	7		1		0.636	0.545	0.137
13:0 g									
14:0 g	3.227	0.147	7		1		4.260	3.647	0.915
15:0 g									
16:0 g	8.655	0.366	7		1		11.425	9.780	2.454
17:0 g									
18:0 g	3.455	0.138	7		1		4.561	3.904	0.979
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.598		0		1		11.349	9.716	2.438
14:1 g									
15:1 g									
16:1 undifferentiated g	0.817	0.070	7		1		1.078	0.923	0.232
17:1 g									
18:1 undifferentiated g	7.401	0.245	7		1		9.769	8.363	2.098
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.784		0		1		1.035	0.886	0.222
18:2 undifferentiated g	0.491	0.051	7		1		0.648	0.555	0.139
18:3 undifferentiated g	0.293	0.040	7		1		0.387	0.331	0.083
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	94		0		1		125	107	27
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.324		0		1		0.428	0.366	0.092
Threonine g	0.882		0		1		1.164	0.997	0.250
Isoleucine g	1.137		0		1		1.501	1.285	0.322
Leucine g	2.244		0		1		2.962	2.536	0.636
Lysine g	2.124		0		1		2.804	2.400	0.602
Methionine g	0.565		0		1		0.746	0.638	0.160
Cystine g	0.131		0		1		0.173	0.148	0.037
Phenylalanine g	1.231		0		1		1.625	1.391	0.349
Tyrosine g	1.115		0		1		1.472	1.260	0.316
Valine g	1.472		0		1		1.943	1.663	0.417
Arginine g	0.874		0		1		1.154	0.988	0.248
Histidine g	0.823		0		1		1.086	0.930	0.233
Alanine g	0.670		0		1		0.884	0.757	0.190
Aspartic acid g	1.588		0		1		2.096	1.794	0.450
Glutamic acid g	5.515		0		1		7.280	6.232	1.564
Glycine g	0.437		0		1		0.577	0.494	0.124
Proline g	2.575		0		1		3.399	2.910	0.730
Serine g	1.289		0		1		1.701	1.457	0.365
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01005
Cheese, brick

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01006
Cheese, brie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.42	1.290	9		1		116.21	69.72	13.73
Energy....kcal	334		0	NC	4		801	480	95
Energy....kJ	1396		0	NC	4		3350	2010	396
Protein (N x 6.38)....g	20.75	0.210	7		1		49.80	29.88	5.88
Total lipid (fat)....g	27.68	1.841	4		1		66.43	39.86	7.85
Ash....g	2.70		1		1		6.48	3.89	0.77
Carbohydrate, by difference....g	0.45		0	NC	4		1.08	0.65	0.13
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.45		0	NR	4		1.08	0.65	0.13
Starch....g									
Minerals:									
Calcium, Ca....mg	184	9.135	3		1		442	265	52
Iron, Fe....mg	0.50		1		1		1.20	0.72	0.14
Magnesium, Mg....mg	20		0		4		48	29	6
Phosphorus, P....mg	188	7.446	3		1		451	271	53
Potassium, K....mg	152		1		1		365	219	43
Sodium, Na....mg	629		0		1		1511	906	178
Zinc, Zn....mg	2.38		0		4		5.71	3.43	0.67
Copper, Cu....mg	0.019		0		1		0.046	0.027	0.005
Manganese, Mn....mg	0.034		0		1		0.082	0.049	0.010
Selenium, Se....mcg	14.5		0	CAZN	4		34.8	20.9	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.070		1		1		0.168	0.101	0.020
Riboflavin....mg	0.520	0.191	3		1		1.248	0.749	0.147
Niacin....mg	0.380		2		1		0.912	0.547	0.108
Pantothenic acid....mg	0.690		2		1		1.656	0.994	0.196
Vitamin B-6....mg	0.235		6		1		0.564	0.338	0.067
Folate, total....mcg	65		1		1		156	94	18
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	65		1		1		156	94	18
Folate, DFE....mcg_DFE	65		0	NC	4		156	94	18
Choline, total....mg	15.4		0	T	4		37.0	22.2	4.4
Betaine....mg									
Vitamin B-12....mcg	1.65	0.156	12		1		3.96	2.38	0.47
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	174		0	NC	4		417	250	49
Retinol....mcg	173		0	T	4		415	249	49
Carotene, beta....mcg	9		0	NR	4		22	13	3
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	592		0	NC	4		1420	852	168
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFFN	4		0.57	0.34	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		1.2	0.7	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		1.2	0.7	0.1
Vitamin D....IU	20		0	BFFN	4		49	29	6
Vitamin K (phylloquinone)....mcg	2.3		0	BFFN	4		5.5	3.3	0.7
Lipids:									
Fatty acids, total saturated....g	17.410		0		4		41.784	25.070	4.936
4:0....g	0.564		0		4		1.354	0.812	0.160

NDB No. 01006
Cheese, brie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.323		0		4		0.775	0.465	0.092
8:0 g	0.297		0		4		0.713	0.428	0.084
10:0 g	0.673		0		4		1.615	0.969	0.191
12:0 g	0.504		0		4		1.210	0.726	0.143
13:0 g									
14:0 g	3.065		0		4		7.356	4.414	0.869
15:0 g									
16:0 g	8.246		0		4		19.790	11.874	2.338
17:0 g									
18:0 g	2.880		0		4		6.912	4.147	0.816
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.013		0		4		19.231	11.539	2.272
14:1 g									
15:1 g									
16:1 undifferentiated g	1.007		0		4		2.417	1.450	0.285
17:1 g									
18:1 undifferentiated g	6.563		0		4		15.751	9.451	1.861
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.826		0		4		1.982	1.189	0.234
18:2 undifferentiated g	0.513		0		4		1.231	0.739	0.145
18:3 undifferentiated g	0.313		0		4		0.751	0.451	0.089
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	100		1		1		240	144	28
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.322		0		1		0.773	0.464	0.091
Threonine g	0.751		0		1		1.802	1.081	0.213
Isoleucine g	1.015		0		1		2.436	1.462	0.288
Leucine g	1.929		0		1		4.630	2.778	0.547
Lysine g	1.851		0		1		4.442	2.665	0.525
Methionine g	0.592		0		1		1.421	0.852	0.168
Cystine g	0.114		0		1		0.274	0.164	0.032
Phenylalanine g	1.158		0		1		2.779	1.668	0.328
Tyrosine g	1.200		0		1		2.880	1.728	0.340
Valine g	1.340		0		1		3.216	1.930	0.380
Arginine g	0.735		0		1		1.764	1.058	0.208
Histidine g	0.716		0		1		1.718	1.031	0.203
Alanine g	0.859		0		1		2.062	1.237	0.244
Aspartic acid g	1.350		0		1		3.240	1.944	0.383
Glutamic acid g	4.387		0		1		10.529	6.317	1.244
Glycine g	0.397		0		1		0.953	0.572	0.113
Proline g	2.459		0		1		5.902	3.541	0.697
Serine g	1.168		0		1		2.803	1.682	0.331
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01006
Cheese, brie

Common Measures:

Measure 1 = 240g: 1 cup, melted
Measure 2 = 144g: 1 cup, sliced
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01007
Cheese, camembert

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.80	0.493	14		1		127.43	14.69	8.81
Energy....kcal	300		0	NC	4		737	85	51
Energy....kJ	1253		0	NC	4		3083	355	213
Protein (N x 6.38)....g	19.80	0.367	12		1		48.71	5.61	3.37
Total lipid (fat)....g	24.26	0.608	13		1		59.68	6.88	4.12
Ash....g	3.68	0.135	8		1		9.05	1.04	0.63
Carbohydrate, by difference....g	0.46		0	NC	4		1.13	0.13	0.08
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.46		0	NR	4		1.13	0.13	0.08
Starch....g									
Minerals:									
Calcium, Ca....mg	388	52.899	11		1		953	110	66
Iron, Fe....mg	0.33	0.065	5		1		0.81	0.09	0.06
Magnesium, Mg....mg	20	1.484	10		1		49	6	3
Phosphorus, P....mg	347	20.812	10		1		853	98	59
Potassium, K....mg	187	21.500	9		1		459	53	32
Sodium, Na....mg	842	62.440	10		1		2071	239	143
Zinc, Zn....mg	2.38	0.294	4		1		5.85	0.67	0.40
Copper, Cu....mg	0.021		0		1		0.052	0.006	0.004
Manganese, Mn....mg	0.038		0		1		0.093	0.011	0.006
Selenium, Se....mcg	14.5		0	CAZN	4		35.7	4.1	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.028	0.005	11		1		0.069	0.008	0.005
Riboflavin....mg	0.488	0.036	13		1		1.200	0.138	0.083
Niacin....mg	0.630	0.084	16		1		1.550	0.179	0.107
Pantothenic acid....mg	1.364	0.493	16		1		3.355	0.387	0.232
Vitamin B-6....mg	0.227	0.027	36		1		0.558	0.064	0.039
Folate, total....mcg	62	8.839	18		1		153	18	11
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	62	8.839	18		1		153	18	11
Folate, DFE....mcg_DFE	62		0	NC	4		153	18	11
Choline, total....mg	15.4		0	T	4		37.9	4.4	2.6
Betaine....mg									
Vitamin B-12....mcg	1.30	0.086	17		1		3.19	0.37	0.22
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	241		0	NC	4		593	68	41
Retinol....mcg	240		0	T	4		590	68	41
Carotene, beta....mcg	12		0	NR	4		30	3	2
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	820		0	NC	4		2017	232	139
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFFN	4		0.51	0.06	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		1.1	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		1.1	0.1	0.1
Vitamin D....IU	18		0	BFFN	4		44	5	3
Vitamin K (phylloquinone)....mcg	2.0		0	BFFN	4		5.0	0.6	0.3
Lipids:									
Fatty acids, total saturated....g	15.259		0		1		37.537	4.326	2.594
4:0....g	0.494		2		1		1.215	0.140	0.084

NDB No. 01007
Cheese, camembert

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.283		2		1		0.696	0.080	0.048
8:0 g	0.260	0.018	7		1		0.640	0.074	0.044
10:0 g	0.590	0.020	7		1		1.451	0.167	0.100
12:0 g	0.442	0.063	7		1		1.087	0.125	0.075
13:0 g									
14:0 g	2.686	0.086	7		1		6.608	0.761	0.457
15:0 g									
16:0 g	7.227	0.341	7		1		17.778	2.049	1.229
17:0 g									
18:0 g	2.524	0.166	7		1		6.209	0.716	0.429
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.023		0		1		17.277	1.991	1.194
14:1 g									
15:1 g									
16:1 undifferentiated g	0.883	0.056	7		1		2.172	0.250	0.150
17:1 g									
18:1 undifferentiated g	5.752	0.302	7		1		14.150	1.631	0.978
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.724		0		1		1.781	0.205	0.123
18:2 undifferentiated g	0.450	0.041	7		1		1.107	0.128	0.077
18:3 undifferentiated g	0.274	0.022	7		1		0.674	0.078	0.047
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	72	4.445	4		1		177	20	12
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.307		0		1		0.755	0.087	0.052
Threonine g	0.717		0		1		1.764	0.203	0.122
Isoleucine g	0.968		0		1		2.381	0.274	0.165
Leucine g	1.840		0		1		4.526	0.522	0.313
Lysine g	1.766		0		1		4.344	0.501	0.300
Methionine g	0.565		0		1		1.390	0.160	0.096
Cystine g	0.109		0		1		0.268	0.031	0.019
Phenylalanine g	1.105		0		1		2.718	0.313	0.188
Tyrosine g	1.145		0		1		2.817	0.325	0.195
Valine g	1.279		0		1		3.146	0.363	0.217
Arginine g	0.701		0		1		1.724	0.199	0.119
Histidine g	0.683		0		1		1.680	0.194	0.116
Alanine g	0.819		0		1		2.015	0.232	0.139
Aspartic acid g	1.288		0		1		3.168	0.365	0.219
Glutamic acid g	4.187		0		1		10.300	1.187	0.712
Glycine g	0.379		0		1		0.932	0.107	0.064
Proline g	2.346		0		1		5.771	0.665	0.399
Serine g	1.114		0		1		2.740	0.316	0.189
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01007
Cheese, camembert

Common Measures:

Measure 1 = 246g: 1 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01008
Cheese, caraway

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.28	0.550	4		1		11.14		
Energy	kcal	376		0	NC	4		107		
Energy	kJ	1573				4		446		
Protein (N x 6.38)	g	25.18	0.189	4		1		7.14		
Total lipid (fat)	g	29.20	1.389	4		1		8.28		
Ash	g	3.28	0.155	4		1		0.93		
Carbohydrate, by difference	g	3.06		0	NC	4		0.87		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	673	9.821	3		1		191		
Iron, Fe	mg	0.64		0		4		0.18		
Magnesium, Mg	mg	22		1		1		6		
Phosphorus, P	mg	490		1		1		139		
Potassium, K	mg	93		0		4		26		
Sodium, Na	mg	690		0		1		196		
Zinc, Zn	mg	2.94		0		4		0.83		
Copper, Cu	mg	0.024		0		1		0.007		
Manganese, Mn	mg	0.021		0		1		0.006		
Selenium, Se	mcg	14.5		0	CAZN	4		4.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.031		1		1		0.009		
Riboflavin	mg	0.450	0.064	3		1		0.128		
Niacin	mg	0.180		1		1		0.051		
Pantothenic acid	mg	0.190		1		1		0.054		
Vitamin B-6	mg	0.074		0		4		0.021		
Folate, total	mcg	18		0		4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	18		0		4		5		
Folate, DFE	mcg_DFE	18		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.27		1		1		0.08		
Vitamin A, RAE	mcg_RAE	271		0	NC	4		77		
Retinol	mcg	262		0	NC	4		74		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1054	38.549	4		1		299		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	18.584		0		4		5.269		
4:0	g	0.922		0		4		0.261		
6:0	g	0.466		0		4		0.132		
8:0	g	0.246		0		4		0.070		

NDB No. 01008
Cheese, caraway

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.529		0		4		0.150		
12:0 g	0.477		0		4		0.135		
13:0 g									
14:0 g	2.934		0		4		0.832		
15:0 g									
16:0 g	8.638		0		4		2.449		
17:0 g									
18:0 g	3.531		0		4		1.001		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.275		0		4		2.346		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.885		0		4		0.251		
17:1 g									
18:1 undifferentiated g	6.965		0		4		1.975		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.830		0		4		0.235		
18:2 undifferentiated g	0.508		0		4		0.144		
18:3 undifferentiated g	0.322		0		4		0.091		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	93		0		4		26		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.324		0		4		0.092		
Threonine g	0.896		0		4		0.254		
Isoleucine g	1.563		0		4		0.443		
Leucine g	2.412		0		4		0.684		
Lysine g	2.095		0		4		0.594		
Methionine g	0.659		0		4		0.187		
Cystine g	0.126		0		4		0.036		
Phenylalanine g	1.326		0		4		0.376		
Tyrosine g	1.216		0		4		0.345		
Valine g	1.682		0		4		0.477		
Arginine g	0.952		0		4		0.270		
Histidine g	0.884		0		4		0.251		
Alanine g	0.711		0		4		0.202		
Aspartic acid g	1.618		0		4		0.459		
Glutamic acid g	6.160		0		4		1.746		
Glycine g	0.439		0		4		0.124		
Proline g	2.838		0		4		0.805		
Serine g	1.472		0		4		0.417		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01008
Cheese, caraway

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01009
Cheese, cheddar

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.75	0.175	108		1		48.51	89.67	41.53
Energy	kcal	403		0	NC	4		531	982	455
Energy	kJ	1684		0	NC	4		2223	4110	1903
Protein (N x 6.38)	g	24.90	0.275	42		1		32.87	60.76	28.14
Total lipid (fat)	g	33.14	0.206	106		1		43.74	80.86	37.45
Ash	g	3.93	0.146	79		1		5.19	9.59	4.44
Carbohydrate, by difference	g	1.28		0	NC	4		1.69	3.12	1.45
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.52	0.003	3		1		0.69	1.28	0.59
Sucrose	g	0.24	0.023	3		1		0.32	0.59	0.27
Glucose (dextrose)	g									
Fructose	g									
Lactose	g	0.23	0.056	3		1		0.30	0.55	0.26
Maltose	g	0.15		1		1		0.20	0.37	0.17
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	721	10.770	33		1		952	1760	815
Iron, Fe	mg	0.68	0.054	10		1		0.90	1.66	0.77
Magnesium, Mg	mg	28	1.064	25		1		37	68	31
Phosphorus, P	mg	512	18.133	23		1		676	1250	579
Potassium, K	mg	98	4.682	64		1		130	240	111
Sodium, Na	mg	621	21.149	24		1		819	1514	701
Zinc, Zn	mg	3.11	0.201	11		1		4.11	7.59	3.51
Copper, Cu	mg	0.031		0		1		0.041	0.076	0.035
Manganese, Mn	mg	0.010		0		1		0.013	0.024	0.011
Selenium, Se	mcg	13.9	0.539	37	A	1		18.3	33.9	15.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.027	0.004	18		1		0.036	0.066	0.031
Riboflavin	mg	0.375	0.019	25		1		0.495	0.915	0.424
Niacin	mg	0.080	0.008	52		1		0.106	0.195	0.090
Pantothenic acid	mg	0.413	0.038	38		1		0.545	1.008	0.467
Vitamin B-6	mg	0.074	0.004	81		1		0.098	0.181	0.084
Folate, total	mcg	18	2.918	12		1		24	44	21
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	18	2.918	12		1		24	44	21
Folate, DFE	mcg_DFE	18		0	NC	4		24	44	21
Choline, total	mg	16.5		0	AS	1		21.8	40.3	18.6
Betaine	mg	0.7		1	A	1		0.9	1.6	0.8
Vitamin B-12	mcg	0.83	0.053	21		1		1.09	2.02	0.93
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	265		0	NC	4		350	647	300
Retinol	mcg	258		0	NC	4		341	630	292
Carotene, beta	mcg	85		2	A	1		112	207	96
Carotene, alpha	mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	1002		0	NC	4		1322	2444	1132
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.29		2		1		0.38	0.70	0.32
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg	0.00		2		1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00		2		1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.6		0	AS	1		0.8	1.5	0.7
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01009
Cheese, cheddar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8	1.5	0.7
Vitamin D....IU	24		0	BFFN	4		32	59	27
Vitamin K (phylloquinone)....mcg	2.8	0.067	3	JO	11		3.7	6.8	3.1
Lipids:									
Fatty acids, total saturated....g	21.092		0		1		27.841	51.464	23.834
4:0....g	1.046	0.072	6		1		1.381	2.552	1.182
6:0....g	0.529	0.078	5		1		0.698	1.291	0.598
8:0....g	0.279	0.025	17		1		0.368	0.681	0.315
10:0....g	0.600	0.037	18		1		0.792	1.464	0.678
12:0....g	0.541	0.059	18		1		0.714	1.320	0.611
13:0....g									
14:0....g	3.330	0.059	18		1		4.396	8.125	3.763
15:0....g									
16:0....g	9.803	0.315	18		1		12.940	23.919	11.077
17:0....g									
18:0....g	4.007	0.162	18		1		5.289	9.777	4.528
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.391		0		1		12.396	22.914	10.612
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.004	0.042	18		1		1.325	2.450	1.135
17:1....g									
18:1 undifferentiated....g	7.905	0.234	18		1		10.435	19.288	8.933
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.942		0		1		1.243	2.298	1.064
18:2 undifferentiated....g	0.577	0.041	18		1		0.762	1.408	0.652
18:3 undifferentiated....g	0.365	0.042	17		1		0.482	0.891	0.412
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	105	1.617	9		1		138	256	119
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0		1		0.422	0.781	0.362
Threonine....g	0.886		0		1		1.170	2.162	1.001
Isoleucine....g	1.546		0		1		2.041	3.772	1.747
Leucine....g	2.385		0		1		3.148	5.819	2.695
Lysine....g	2.072		0		1		2.735	5.056	2.341
Methionine....g	0.652		0		1		0.861	1.591	0.737
Cystine....g	0.125		0		1		0.165	0.305	0.141
Phenylalanine....g	1.311		0		1		1.731	3.199	1.481
Tyrosine....g	1.202		0		1		1.587	2.933	1.358
Valine....g	1.663		0		1		2.195	4.058	1.879
Arginine....g	0.941		0		1		1.242	2.296	1.063
Histidine....g	0.874		0		1		1.154	2.133	0.988
Alanine....g	0.703		0		1		0.928	1.715	0.794
Aspartic acid....g	1.600		0		1		2.112	3.904	1.808
Glutamic acid....g	6.092		0		1		8.041	14.864	6.884
Glycine....g	0.429		0		1		0.566	1.047	0.485
Proline....g	2.806		0		1		3.704	6.847	3.171
Serine....g	1.456		0		1		1.922	3.553	1.645
Hydroxyproline....g									
Others:									

NDB No. 01009
Cheese, cheddar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01010
Cheese, cheshire

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.65	0.752	20		1		10.67		
Energy	kcal	387		0	NC	4		110		
Energy	kJ	1620				4		459		
Protein (N x 6.38)	g	23.37		12		1		6.63		
Total lipid (fat)	g	30.60		4		1		8.68		
Ash	g	3.60	0.101	3		1		1.02		
Carbohydrate, by difference	g	4.78		0	NC	4		1.36		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	643		7		1		182		
Iron, Fe	mg	0.21		4		1		0.06		
Magnesium, Mg	mg	21		4		1		6		
Phosphorus, P	mg	464		7		1		131		
Potassium, K	mg	95		4		1		27		
Sodium, Na	mg	700		4		1		198		
Zinc, Zn	mg	2.79		0		4		0.79		
Copper, Cu	mg	0.042		0		1		0.012		
Manganese, Mn	mg	0.012		0		1		0.003		
Selenium, Se	mcg	14.5		0	CAZN	4		4.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.046	0.001	11		1		0.013		
Riboflavin	mg	0.293	0.014	11		1		0.083		
Niacin	mg	0.080		0		4		0.023		
Pantothenic acid	mg	0.413		0		4		0.117		
Vitamin B-6	mg	0.074		0		4		0.021		
Folate, total	mcg	18		0		4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	18		0		4		5		
Folate, DFE	mcg_DFE	18		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.83		0		4		0.23		
Vitamin A, RAE	mcg_RAE	233		0	NC	4		66		
Retinol	mcg	220		0	NC	4		62		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	985		2		1		279		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	19.475		0		4		5.521		
4:0	g	0.966		0		4		0.274		
6:0	g	0.488		0		4		0.138		
8:0	g	0.258		0		4		0.073		

NDB No. 01010
Cheese, cheshire

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.554		0		4		0.157		
12:0 g	0.500		0		4		0.142		
13:0 g									
14:0 g	3.075		0		4		0.872		
15:0 g									
16:0 g	9.052		0		4		2.566		
17:0 g									
18:0 g	3.700		0		4		1.049		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.671		0		4		2.458		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.927		0		4		0.263		
17:1 g									
18:1 undifferentiated g	7.299		0		4		2.069		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.870		0		4		0.247		
18:2 undifferentiated g	0.533		0		4		0.151		
18:3 undifferentiated g	0.337		0		4		0.096		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	103		1		1		29		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.300		0		1		0.085		
Threonine g	0.832		0		1		0.236		
Isoleucine g	1.451		0		1		0.411		
Leucine g	2.238		0		1		0.634		
Lysine g	1.945		0		1		0.551		
Methionine g	0.612		0		1		0.174		
Cystine g	0.117		0		1		0.033		
Phenylalanine g	1.231		0		1		0.349		
Tyrosine g	1.128		0		1		0.320		
Valine g	1.560		0		1		0.442		
Arginine g	0.883		0		1		0.250		
Histidine g	0.821		0		1		0.233		
Alanine g	0.659		0		1		0.187		
Aspartic acid g	1.502		0		1		0.426		
Glutamic acid g	5.718		0		1		1.621		
Glycine g	0.403		0		1		0.114		
Proline g	2.634		0		1		0.747		
Serine g	1.366		0		1		0.387		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01010
Cheese, cheshire

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01011
Cheese, colby

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.20	0.326	28		1		50.42	43.17	10.83
Energy....kcal	394		0	NC	4		520	445	112
Energy....kJ	1647		0	NC	4		2174	1861	467
Protein (N x 6.38)....g	23.76	0.431	20		1		31.36	26.85	6.74
Total lipid (fat)....g	32.11	0.359	32		1		42.39	36.28	9.10
Ash....g	3.36	0.168	16		1		4.44	3.80	0.95
Carbohydrate, by difference....g	2.57		0	NC	4		3.39	2.90	0.73
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.52		0	BFNN	4		0.68	0.58	0.15
Starch....g									
Minerals:									
Calcium, Ca....mg	685	15.598	16		1		904	774	194
Iron, Fe....mg	0.76	0.046	4		1		1.00	0.86	0.22
Magnesium, Mg....mg	26	1.373	12		1		34	29	7
Phosphorus, P....mg	457	7.800	12		1		603	516	129
Potassium, K....mg	127	16.038	12		1		167	143	36
Sodium, Na....mg	604	26.255	12		1		798	683	171
Zinc, Zn....mg	3.07	0.023	4		1		4.05	3.47	0.87
Copper, Cu....mg	0.042		0		1		0.055	0.047	0.012
Manganese, Mn....mg	0.012		0		1		0.016	0.014	0.003
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.015	0.001	8		1		0.020	0.017	0.004
Riboflavin....mg	0.375	0.017	13		1		0.495	0.424	0.106
Niacin....mg	0.093	0.024	9		1		0.123	0.105	0.026
Pantothenic acid....mg	0.210		1		1		0.277	0.237	0.060
Vitamin B-6....mg	0.079	0.023	7		1		0.104	0.089	0.022
Folate, total....mcg	18		0		4		24	21	5
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	18		0		4		24	21	5
Folate, DFE....mcg_DFE	18		0	NC	4		24	21	5
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	0.83	0.079	7		1		1.09	0.93	0.23
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	264		0	NC	4		348	298	75
Retinol....mcg	257		0	T	4		339	290	73
Carotene, beta....mcg	82		0	BFFN	4		109	93	23
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	994		0	NC	4		1312	1123	282
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFFN	4		0.36	0.31	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8	0.7	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8	0.7	0.2
Vitamin D....IU	24		0	BFFN	4		31	27	7
Vitamin K (phylloquinone)....mcg	2.7		0	BFFN	4		3.5	3.0	0.8
Lipids:									
Fatty acids, total saturated....g	20.218		0		1		26.688	22.846	5.732
4:0....g	1.041		1		1		1.374	1.176	0.295

NDB No. 01011
Cheese, colby

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.259	0.020	8		1		0.342	0.293	0.073
8:0 g	0.324	0.024	8		1		0.428	0.366	0.092
10:0 g	0.597	0.042	8		1		0.788	0.675	0.169
12:0 g	0.422	0.016	8		1		0.557	0.477	0.120
13:0 g									
14:0 g	3.831	0.149	8		1		5.057	4.329	1.086
15:0 g									
16:0 g	8.232	0.361	8		1		10.866	9.302	2.334
17:0 g									
18:0 g	3.630	0.277	8		1		4.792	4.102	1.029
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.280		0		1		12.250	10.486	2.631
14:1 g									
15:1 g									
16:1 undifferentiated g	0.979	0.050	8		1		1.292	1.106	0.278
17:1 g									
18:1 undifferentiated g	7.813	0.335	8		1		10.313	8.829	2.215
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.953		0		1		1.258	1.077	0.270
18:2 undifferentiated g	0.676	0.071	8		1		0.892	0.764	0.192
18:3 undifferentiated g	0.277	0.049	8		1		0.366	0.313	0.079
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	95	2.962	4		1		125	107	27
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.305		0		1		0.403	0.345	0.086
Threonine g	0.845		0		1		1.115	0.955	0.240
Isoleucine g	1.475		0		1		1.947	1.667	0.418
Leucine g	2.275		0		1		3.003	2.571	0.645
Lysine g	1.978		0		1		2.611	2.235	0.561
Methionine g	0.622		0		1		0.821	0.703	0.176
Cystine g	0.119		0		1		0.157	0.134	0.034
Phenylalanine g	1.251		0		1		1.651	1.414	0.355
Tyrosine g	1.147		0		1		1.514	1.296	0.325
Valine g	1.586		0		1		2.094	1.792	0.450
Arginine g	0.898		0		1		1.185	1.015	0.255
Histidine g	0.834		0		1		1.101	0.942	0.236
Alanine g	0.670		0		1		0.884	0.757	0.190
Aspartic acid g	1.527		0		1		2.016	1.726	0.433
Glutamic acid g	5.813		0		1		7.673	6.569	1.648
Glycine g	0.410		0		1		0.541	0.463	0.116
Proline g	2.678		0		1		3.535	3.026	0.759
Serine g	1.389		0		1		1.833	1.570	0.394
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01011
Cheese, colby

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.79	0.242	3	A	1		90.16	167.55	179.52
Energy	kcal	98		0	NC	4		111	207	221
Energy	kJ	412		0	NC	4		465	864	926
Protein (N x 6.38)	g	11.12	0.408	3	A	1		12.57	23.36	25.03
Total lipid (fat)	g	4.30	0.026	3	A	1		4.86	9.03	9.67
Ash	g	1.41	0.032	3	A	1		1.60	2.97	3.18
Carbohydrate, by difference	g	3.38		0	NC	4		3.82	7.09	7.60
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	2.67	0.520	3	A	1		3.02	5.61	6.01
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose	g	2.67	0.520	3	A	1		3.02	5.61	6.01
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	83	1.350	3	A	1		94	175	188
Iron, Fe	mg	0.07	0.000	3	A	1		0.08	0.15	0.17
Magnesium, Mg	mg	8	0.250	3	A	1		9	16	18
Phosphorus, P	mg	159	3.383	3	A	1		180	335	358
Potassium, K	mg	104	8.138	3	A	1		118	219	235
Sodium, Na	mg	364	17.616	3	A	1		411	764	819
Zinc, Zn	mg	0.40	0.014	3	A	1		0.45	0.84	0.90
Copper, Cu	mg	0.029	0.011	3	A	1		0.033	0.061	0.066
Manganese, Mn	mg	0.002	0.000	3	A	1		0.002	0.005	0.005
Selenium, Se	mcg	9.7	1.418	3	A	1		11.0	20.4	21.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.027	0.003	3	A	1		0.030	0.056	0.060
Riboflavin	mg	0.163	0.003	3	A	1		0.184	0.343	0.367
Niacin	mg	0.099	0.004	3	A	1		0.111	0.207	0.222
Pantothenic acid	mg	0.557	0.027	3	A	1		0.629	1.169	1.252
Vitamin B-6	mg	0.046	0.002	3	A	1		0.052	0.096	0.103
Folate, total	mcg	12	1.350	4		1		14	26	27
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	12	1.350	4		1		14	26	27
Folate, DFE	mcg_DFE	12		0	NC	4		14	26	27
Choline, total	mg	18.4		0	AS	1		20.8	38.7	41.5
Betaine	mg	0.7		1	A	1		0.8	1.6	1.7
Vitamin B-12	mcg	0.43	0.047	3	A	1		0.49	0.91	0.97
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	37		0	NC	4		42	78	83
Retinol	mcg	36	2.579	3	A	1		41	76	81
Carotene, beta	mcg	12		0	BFFN	4		13	24	26
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	140		0	NC	4		158	293	314
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	0.003	3	A	1		0.09	0.16	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1		0.1	0.2	0.2
Vitamin D2 (ergocalciferol)	mcg									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1	0.2	0.2
Vitamin D....IU	3		0	BFFN	4		4	7	7
Vitamin K (phylloquinone)....mcg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	1.718		0	NC	4		1.941	3.607	3.865
4:0....g	0.109		0	BFFN	4		0.123	0.229	0.245
6:0....g	0.025		0	BFFN	4		0.028	0.052	0.055
8:0....g	0.023		0	BFFN	4		0.026	0.049	0.052
10:0....g	0.064		0	BFFN	4		0.073	0.135	0.144
12:0....g	0.070		0	BFFN	4		0.079	0.147	0.158
13:0....g									
14:0....g	0.263		0	BFFN	4		0.297	0.553	0.592
15:0....g	0.029		0	BFFN	4		0.033	0.061	0.065
16:0....g	0.778		0	BFFN	4		0.879	1.634	1.750
17:0....g	0.012		0	BFFN	4		0.013	0.024	0.026
18:0....g	0.345		0	BFFN	4		0.390	0.725	0.777
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.778		0	NC	4		0.879	1.633	1.750
14:1....g	0.017		0	BFFN	4		0.020	0.036	0.039
15:1....g									
16:1 undifferentiated....g	0.047		0	BFFN	4		0.053	0.098	0.105
17:1....g									
18:1 undifferentiated....g	0.714		0	BFFN	4		0.806	1.499	1.606
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.123		0	NC	4		0.139	0.258	0.276
18:2 undifferentiated....g	0.105		0	BFFN	4		0.119	0.221	0.237
18:3 undifferentiated....g	0.017		0	BFFN	4		0.020	0.036	0.039
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	17	0.208	3	A	1		20	36	39
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1		0.166	0.309	0.331
Threonine....g	0.500		0	A	1		0.565	1.051	1.126
Isoleucine....g	0.591		0	A	1		0.668	1.241	1.330
Leucine....g	1.116		0	A	1		1.261	2.344	2.511
Lysine....g	0.934		0	A	1		1.056	1.962	2.102
Methionine....g	0.269		0	A	1		0.304	0.565	0.606
Cystine....g	0.066		0	A	1		0.075	0.138	0.148
Phenylalanine....g	0.577		0	A	1		0.652	1.212	1.299
Tyrosine....g	0.604		0	A	1		0.682	1.268	1.359
Valine....g	0.748		0	A	1		0.845	1.571	1.683
Arginine....g	0.497		0	A	1		0.562	1.044	1.119
Histidine....g	0.326		0	A	1		0.368	0.684	0.733
Alanine....g	0.384		0	A	1		0.434	0.807	0.864
Aspartic acid....g	0.905		0	A	1		1.022	1.900	2.036
Glutamic acid....g	2.603		0	A	1		2.941	5.466	5.856
Glycine....g	0.222		0	A	1		0.251	0.466	0.500
Proline....g	1.229		0	A	1		1.389	2.581	2.766
Serine....g	0.639		0	A	1		0.722	1.343	1.439
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 210g: 1 cup, large curd (not packed)

Measure 3 = 225g: 1 cup, small curd (not packed)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.64		0	RA	4		179.99	90.00	
Energy....kcal	97		0	NC	4		220	110	
Energy....kJ	407		0	NC	4		921	460	
Protein (N x 6.38)....g	10.69		0	RA	4		24.17	12.08	
Total lipid (fat)....g	3.85		0	RA	4		8.70	4.35	
Ash....g	1.20		0	RA	4		2.72	1.36	
Carbohydrate, by difference....g	4.61		0	RA	4		10.42	5.21	
Fiber, total dietary....g	0.2		0	RA	4		0.5	0.2	
Sugars, total....g	2.38		0	RA	4		5.39	2.69	
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0	RA	4		121	60	
Iron, Fe....mg	0.16		0	RA	4		0.36	0.18	
Magnesium, Mg....mg	7		0	RA	4		15	8	
Phosphorus, P....mg	113		0	RA	4		255	128	
Potassium, K....mg	90		0	RA	4		204	102	
Sodium, Na....mg	344		0	RA	4		778	389	
Zinc, Zn....mg	0.33		0	RA	4		0.75	0.37	
Copper, Cu....mg	0.040		0	RA	4		0.090	0.045	
Manganese, Mn....mg	0.003		0	RA	4		0.006	0.003	
Selenium, Se....mcg	7.7		0	RA	4		17.4	8.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0	RA	4		3.2	1.6	
Thiamin....mg	0.033		0	RA	4		0.075	0.037	
Riboflavin....mg	0.142		0	RA	4		0.320	0.160	
Niacin....mg	0.150		0	RA	4		0.338	0.169	
Pantothenic acid....mg	0.181		0	RA	4		0.409	0.205	
Vitamin B-6....mg	0.068		0	RA	4		0.154	0.077	
Folate, total....mcg	11		0	RA	4		25	13	
Folic acid....mcg	0		0	RA	4		0	0	
Folate, food....mcg	11		0	RA	4		25	13	
Folate, DFE....mcg_DFE	11		0	NC	4		25	13	
Choline, total....mg	17.5		0	CAZN	4		39.6	19.8	
Betaine....mg									
Vitamin B-12....mcg	0.53		0	RA	4		1.20	0.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	38		0	RA	4		85	43	
Retinol....mcg	37		0	RA	4		83	41	
Carotene, beta....mcg	14		0	RA	4		32	16	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU....IU	146		0	RA	4		329	165	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	RA	4		0.08	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.4		0	RA	4		1.0	0.5	
Lipids:									
Fatty acids, total saturated....g	2.311		0	RA	4		5.222	2.611	
4:0....g	0.123		0	RA	4		0.279	0.139	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.027		0	RA	4		0.061	0.031	
8:0 g	0.031		0	RA	4		0.069	0.035	
10:0 g	0.070		0	RA	4		0.158	0.079	
12:0 g	0.061		0	RA	4		0.138	0.069	
13:0 g									
14:0 g	0.401		0	RA	4		0.907	0.453	
15:0 g									
16:0 g	1.159		0	RA	4		2.620	1.310	
17:0 g									
18:0 g	0.438		0	RA	4		0.990	0.495	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.036		0	RA	4		2.342	1.171	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.137		0	RA	4		0.310	0.155	
17:1 g									
18:1 undifferentiated g	0.899		0	RA	4		2.033	1.016	
20:1 g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	RA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.124		0	RA	4		0.281	0.140	
18:2 undifferentiated g	0.088		0	RA	4		0.198	0.099	
18:3 undifferentiated g	0.037		0	RA	4		0.083	0.041	
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	13		0	RA	4		29	14	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.118		0	RA	4		0.267	0.134	
Threonine g	0.471		0	RA	4		1.064	0.532	
Isoleucine g	0.624		0	RA	4		1.410	0.705	
Leucine g	1.091		0	RA	4		2.467	1.233	
Lysine g	0.859		0	RA	4		1.940	0.970	
Methionine g	0.320		0	RA	4		0.722	0.361	
Cystine g	0.099		0	RA	4		0.223	0.111	
Phenylalanine g	0.572		0	RA	4		1.293	0.646	
Tyrosine g	0.566		0	RA	4		1.279	0.640	
Valine g	0.657		0	RA	4		1.485	0.742	
Arginine g	0.485		0	RA	4		1.095	0.547	
Histidine g	0.353		0	RA	4		0.797	0.399	
Alanine g	0.551		0	RA	4		1.245	0.622	
Aspartic acid g	0.719		0	RA	4		1.625	0.813	
Glutamic acid g	2.300		0	RA	4		5.198	2.599	
Glycine g	0.231		0	RA	4		0.523	0.261	
Proline g	1.230		0	RA	4		2.780	1.390	
Serine g	0.596		0	RA	4		1.347	0.673	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01013

Cheese, cottage, creamed, with fruit

Common Measures:

Measure 1 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.48		0		1		186.40	93.20	
Energy....kcal	72		0	NC	4		164	82	
Energy....kJ	303		0	NC	4		685	342	
Protein (N x 6.38)....g	12.39	0.455	8		1		28.00	14.00	
Total lipid (fat)....g	1.02	0.097	5		1		2.31	1.15	
Ash....g	1.39	0.064	7		1		3.14	1.57	
Carbohydrate, by difference....g	2.72		0	NC	4		6.15	3.07	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	2.72		0	NR	4		6.15	3.07	
Starch....g									
Minerals:									
Calcium, Ca....mg	61		0		1		138	69	
Iron, Fe....mg	0.14		0		1		0.32	0.16	
Magnesium, Mg....mg	5		0		1		12	6	
Phosphorus, P....mg	134		0		1		302	151	
Potassium, K....mg	86		0		1		193	97	
Sodium, Na....mg	406		0		1		918	459	
Zinc, Zn....mg	0.38		0		1		0.86	0.43	
Copper, Cu....mg	0.028		0		1		0.063	0.032	
Manganese, Mn....mg	0.003		0		1		0.007	0.003	
Selenium, Se....mcg	9.0		0	BFNN	4		20.3	10.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.021		0		1		0.047	0.024	
Riboflavin....mg	0.165		0		1		0.373	0.186	
Niacin....mg	0.128		0		1		0.289	0.145	
Pantothenic acid....mg	0.215		0		1		0.486	0.243	
Vitamin B-6....mg	0.068		0		1		0.154	0.077	
Folate, total....mcg	12		0		1		28	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		1		28	14	
Folate, DFE....mcg_DFE	12		0	NC	4		28	14	
Choline, total....mg	17.5		0	CAZN	4		39.6	19.8	
Betaine....mg									
Vitamin B-12....mcg	0.63		0		1		1.43	0.72	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	NC	4		25	13	
Retinol....mcg	11		0	NC	4		25	12	
Carotene, beta....mcg	3		0	BFFN	4		6	3	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	41		0	NC	4		93	46	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFFN	4		0.02	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.1		0	BFFN	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	0.645		0		1		1.458	0.729	
4:0....g	0.033		1		1		0.075	0.037	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.007		1		1		0.016	0.008	
8:0 ... g	0.008	0.001	7		1		0.018	0.009	
10:0 ... g	0.019	0.002	7		1		0.043	0.021	
12:0 ... g	0.016	0.003	7		1		0.036	0.018	
13:0 ... g									
14:0 ... g	0.107	0.011	7		1		0.242	0.121	
15:0 ... g									
16:0 ... g	0.308	0.030	7		1		0.696	0.348	
17:0 ... g									
18:0 ... g	0.116	0.012	7		1		0.262	0.131	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.291		0		1		0.658	0.329	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.036	0.005	7		1		0.081	0.041	
17:1 ... g									
18:1 undifferentiated ... g	0.239	0.024	7		1		0.540	0.270	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.031		0		1		0.070	0.035	
18:2 undifferentiated ... g	0.022	0.003	7		1		0.050	0.025	
18:3 undifferentiated ... g	0.009	0.002	7		1		0.020	0.010	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	5	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.138		0		1		0.312	0.156	
Threonine ... g	0.550		0		1		1.243	0.622	
Isoleucine ... g	0.728		0		1		1.645	0.823	
Leucine ... g	1.274		0		1		2.879	1.440	
Lysine ... g	1.002		0		1		2.265	1.132	
Methionine ... g	0.373		0		1		0.843	0.421	
Cystine ... g	0.115		0		1		0.260	0.130	
Phenylalanine ... g	0.668		0		1		1.510	0.755	
Tyrosine ... g	0.660		0		1		1.492	0.746	
Valine ... g	0.767		0		1		1.733	0.867	
Arginine ... g	0.565		0		1		1.277	0.638	
Histidine ... g	0.412		0		1		0.931	0.466	
Alanine ... g	0.643		0		1		1.453	0.727	
Aspartic acid ... g	0.839		0		1		1.896	0.948	
Glutamic acid ... g	2.684		0		1		6.066	3.033	
Glycine ... g	0.270		0		1		0.610	0.305	
Proline ... g	1.435		0		1		3.243	1.622	
Serine ... g	0.695		0		1		1.571	0.785	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01016

Cheese, cottage, lowfat, 1% milkfat

Common Measures:

Measure 1 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42235
Cheese, cottage, lowfat, 1% milkfat, lactose reduced

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.50		0		1		187.28		
Energy	kcal	74		0		1		168		
Energy	kJ	310		0		1		703		
Protein	g	12.40		0		1		28.15		
Total lipid (fat)	g	1.00		0		1		2.27		
Ash	g	0.90		0	NR	4		2.04		
Carbohydrate, by difference	g	3.20		0	NC	4		7.26		
Fiber, total dietary	g	0.6		0		4		1.4		
Sugars, total	g	2.60		0	NR	4		5.90		
Starch	g									
Minerals:										
Calcium, Ca	mg	53		0		4		120		
Iron, Fe	mg	0.14		0		1		0.32		
Magnesium, Mg	mg	5		0		1		11		
Phosphorus, P	mg	134		0		1		304		
Potassium, K	mg	86		0		1		195		
Sodium, Na	mg	220		0		4		499		
Zinc, Zn	mg	0.38		0		1		0.86		
Copper, Cu	mg	0.028		0		4		0.064		
Manganese, Mn	mg									
Selenium, Se	mcg	9.0		0	BFNN	4		20.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.020		0		1		0.045		
Riboflavin	mg	0.160		0		1		0.363		
Niacin	mg	0.130		0		1		0.295		
Pantothenic acid	mg									
Vitamin B-6	mg	0.070		0		1		0.159		
Folate, total	mcg	12		0		1		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0		1		27		
Folate, DFE	mcg_DFE	12		0	NC	4		27		
Choline, total	mg	17.5		0	BFZN	4		39.7		
Betaine	mg									
Vitamin B-12	mcg	0.63		0		1		1.43		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	NC	4		25		
Retinol	mcg	11		0	BFFN	4		24		
Carotene, beta	mcg	3		0	BFFN	4		6		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	40		0	NC	4		91		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFFN	4		0.02		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.640		0		1		1.453		
4:0	g	0.030		0		1		0.068		

NDB No. 42235

Cheese, cottage, lowfat, 1% milkfat, lactose reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.010		0		1		0.023		
8:0 ... g	0.010		0		1		0.023		
10:0 ... g	0.020		0		1		0.045		
12:0 ... g	0.020		0		1		0.045		
13:0 ... g									
14:0 ... g	0.110		0		1		0.250		
15:0 ... g									
16:0 ... g	0.310		0		1		0.704		
17:0 ... g									
18:0 ... g	0.120		0		1		0.272		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.290		0		1		0.658		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0		1		0.091		
17:1 ... g									
18:1 undifferentiated ... g	0.240		0		1		0.545		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030		0		1		0.068		
18:2 undifferentiated ... g	0.020		0		1		0.045		
18:3 undifferentiated ... g	0.010		0		1		0.023		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g	0.000		0		1		0.000		
22:5 n-3 (DPA) ... g	0.000		0		1		0.000		
22:6 n-3 (DHA) ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		9		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43352

Cheese, cottage, lowfat, 1% milkfat, no sodium added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.50		0		4		188.71		
Energy	kcal	72		0		1		163		
Energy	kJ	301		0		1		681		
Protein	g	12.40		0		1		28.02		
Total lipid (fat)	g	1.00		0		1		2.26		
Ash	g	0.40		0	NR	4		0.90		
Carbohydrate, by difference	g	2.70		0	NC	4		6.10		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	2.70		0	NR	4		6.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	61		0		1		138		
Iron, Fe	mg	0.14		0		1		0.32		
Magnesium, Mg	mg	5		0		1		11		
Phosphorus, P	mg	134		0		1		303		
Potassium, K	mg	86		0		1		194		
Sodium, Na	mg	13		0		1		29		
Zinc, Zn	mg	0.38		0		1		0.86		
Copper, Cu	mg	0.028		0		1		0.063		
Manganese, Mn	mg									
Selenium, Se	mcg	8.4		0	BFNN	4		19.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.020		0		1		0.045		
Riboflavin	mg	0.160		0		1		0.362		
Niacin	mg	0.130		0		1		0.294		
Pantothenic acid	mg									
Vitamin B-6	mg	0.070		0		1		0.158		
Folate, total	mcg	12		0		1		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0		1		27		
Folate, DFE	mcg_DFE	12		0	NC	4		27		
Choline, total	mg	17.5		0	BFZN	4		39.6		
Betaine	mg									
Vitamin B-12	mcg	0.63		0		1		1.42		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	NC	4		25		
Retinol	mcg	11		0	BFFN	4		24		
Carotene, beta	mcg	3		0	BFFN	4		6		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	40		0	NC	4		91		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFFN	4		0.02		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.632		0		4		1.428		
4:0	g	0.031		0		4		0.070		

NDB No. 43352

Cheese, cottage, lowfat, 1% milkfat, no sodium added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.007		0		4		0.016		
8:0 ... g	0.009		0		4		0.020		
10:0 ... g	0.018		0		4		0.041		
12:0 ... g	0.016		0		4		0.036		
13:0 ... g									
14:0 ... g	0.104		0		4		0.235		
15:0 ... g									
16:0 ... g	0.302		0		4		0.683		
17:0 ... g									
18:0 ... g	0.115		0		4		0.260		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.284		0		4		0.642		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.036		0		4		0.081		
17:1 ... g									
18:1 undifferentiated ... g	0.235		0		4		0.531		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.031		0		4		0.070		
18:2 undifferentiated ... g	0.022		0		4		0.050		
18:3 undifferentiated ... g	0.009		0		4		0.020		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		9		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43396

Cheese, cottage, lowfat, 1% milkfat, with vegetables

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.50		0		4		188.71		
Energy	kcal	67		0		4		151		
Energy	kJ	280		0		4		634		
Protein	g	10.90		0		4		24.63		
Total lipid (fat)	g	1.00		0		4		2.26		
Ash	g	1.60		0	NR	4		3.62		
Carbohydrate, by difference	g	3.00		0		4		6.78		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	3.00		0	NR	4		6.78		
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0		4		127		
Iron, Fe	mg	0.10		0		4		0.23		
Magnesium, Mg	mg	4		0		4		9		
Phosphorus, P	mg	128		0		4		289		
Potassium, K	mg	86		0		4		194		
Sodium, Na	mg	403		0		4		911		
Zinc, Zn	mg	0.29		0		4		0.66		
Copper, Cu	mg	0.028		0		4		0.063		
Manganese, Mn	mg									
Selenium, Se	mcg	4.5		0	BFNN	4		10.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		4		9.0		
Thiamin	mg	0.010		0		4		0.023		
Riboflavin	mg	0.130		0		4		0.294		
Niacin	mg	0.100		0		4		0.226		
Pantothenic acid	mg									
Vitamin B-6	mg	0.050		0		4		0.113		
Folate, total	mcg	10		0		4		23		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0		4		23		
Folate, DFE	mcg_DFE	10		0	NC	4		23		
Choline, total	mg	17.5		0	BFZN	4		39.6		
Betaine	mg									
Vitamin B-12	mcg	0.49		0		4		1.11		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	13		0	NC	4		28		
Retinol	mcg	10		0	BFFN	4		22		
Carotene, beta	mcg	34		0	BFFN	4		76		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	89		0	NC	4		200		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	16		0	BFZN	4		36		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFFN	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.6		0	BFFN	4		5.9		
Lipids:										
Fatty acids, total saturated	g	0.619		0		4		1.399		
4:0	g	0.029		0		4		0.066		

NDB No. 43396

Cheese, cottage, lowfat, 1% milkfat, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.010		0		4		0.023		
8:0 ... g	0.010		0		4		0.023		
10:0 ... g	0.019		0		4		0.043		
12:0 ... g	0.019		0		4		0.043		
13:0 ... g									
14:0 ... g	0.106		0		4		0.240		
15:0 ... g									
16:0 ... g	0.302		0		4		0.683		
17:0 ... g									
18:0 ... g	0.116		0		4		0.262		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.282		0		4		0.637		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.039		0		4		0.088		
17:1 ... g									
18:1 undifferentiated ... g	0.233		0		4		0.527		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.039		0		4		0.088		
18:2 undifferentiated ... g	0.029		0		4		0.066		
18:3 undifferentiated ... g	0.010		0		4		0.023		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		4		7		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.69	0.600	3	A	1		182.36	91.18	
Energy....kcal	86		0	NC	4		195	97	
Energy....kJ	361		0	NC	4		815	408	
Protein (N x 6.38)....g	11.83		2	A	1		26.75	13.37	
Total lipid (fat)....g	2.45		2	A	1		5.54	2.77	
Ash....g	1.36	0.067	3	A	1		3.08	1.54	
Carbohydrate, by difference....g	3.66		0	NC	4		8.28	4.14	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	3.67		0	AS	1		8.30	4.15	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.77		2	A	1		1.75	0.88	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	2.90	0.042	3	A	1		6.55	3.27	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	91	24.694	3	A	1		205	102	
Iron, Fe....mg	0.15	0.000	3	A	1		0.33	0.17	
Magnesium, Mg....mg	7	0.481	3	A	1		16	8	
Phosphorus, P....mg	163	18.559	3	A	1		369	185	
Potassium, K....mg	84	12.991	3	A	1		191	95	
Sodium, Na....mg	330	17.321	3	A	1		746	373	
Zinc, Zn....mg	0.41	0.036	3	A	1		0.93	0.46	
Copper, Cu....mg	0.030		2	A	1		0.068	0.034	
Manganese, Mn....mg	0.007	0.000	3	A	1		0.017	0.008	
Selenium, Se....mcg	9.9	1.286	3	A	1		22.3	11.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.041	0.016	3	A	1		0.094	0.047	
Riboflavin....mg	0.198	0.005	3	A	1		0.447	0.223	
Niacin....mg	0.108	0.018	3	A	1		0.244	0.122	
Pantothenic acid....mg	0.253	0.011	3	A	1		0.572	0.286	
Vitamin B-6....mg	0.022	0.006	3	A	1		0.051	0.025	
Folate, total....mcg	10	3.318	3	A	1		24	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10	3.318	3	A	1		24	12	
Folate, DFE....mcg_DFE	10		0	NC	4		24	12	
Choline, total....mg	16.3		0	AS	1		36.7	18.4	
Betaine....mg	0.6		1	A	1		1.4	0.7	
Vitamin B-12....mcg	0.45	0.063	3	A	1		1.01	0.51	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	20		0	NC	4		44	22	
Retinol....mcg	19		0	BFFN	4		43	22	
Carotene, beta....mcg	6		0	BFFN	4		14	7	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	74		0	NC	4		167	84	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04	0.003	3	A	1		0.08	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01015
Cheese, cottage, low fat, 2% milk fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.979		0	NC	4		2.212	1.106	
4:0.....g	0.062		1		1		0.140	0.070	
6:0.....g	0.014		1		1		0.032	0.016	
8:0.....g	0.013	0.003	3	A	1		0.030	0.015	
10:0.....g	0.037	0.003	3	A	1		0.083	0.041	
12:0.....g	0.040	0.000	3	A	1		0.090	0.045	
13:0.....g									
14:0.....g	0.150	0.010	3	A	1		0.339	0.169	
15:0.....g	0.017	0.003	3	A	1		0.037	0.019	
16:0.....g	0.443	0.027	3	A	1		1.002	0.501	
17:0.....g	0.007	0.003	3	A	1		0.015	0.007	
18:0.....g	0.197	0.015	3	A	1		0.444	0.222	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.443		0	NC	4		1.001	0.501	
14:1.....g	0.010	0.000	3	A	1		0.022	0.011	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.027	0.003	3	A	1		0.060	0.030	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.407	0.028	3	A	1		0.919	0.459	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.070		0	NC	4		0.158	0.079	
18:2 undifferentiated.....g	0.060	0.006	3	A	1		0.136	0.068	
18:3 undifferentiated.....g	0.010	0.000	3	A	1		0.022	0.011	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10	1.364	3	A	1		22	11	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.156		0	A	1		0.354	0.177	
Threonine.....g	0.532		0	A	1		1.203	0.602	
Isoleucine.....g	0.629		0	A	1		1.421	0.711	
Leucine.....g	1.188		0	A	1		2.684	1.342	
Lysine.....g	0.994		0	A	1		2.247	1.123	
Methionine.....g	0.286		0	A	1		0.647	0.324	
Cystine.....g	0.070		0	A	1		0.159	0.079	
Phenylalanine.....g	0.614		0	A	1		1.388	0.694	
Tyrosine.....g	0.643		0	A	1		1.452	0.726	
Valine.....g	0.796		0	A	1		1.799	0.899	
Arginine.....g	0.529		0	A	1		1.196	0.598	
Histidine.....g	0.346		0	A	1		0.783	0.391	
Alanine.....g	0.409		0	A	1		0.924	0.462	
Aspartic acid.....g	0.963		0	A	1		2.176	1.088	
Glutamic acid.....g	2.769		0	A	1		6.259	3.129	
Glycine.....g	0.236		0	A	1		0.534	0.267	
Proline.....g	1.308		0	A	1		2.956	1.478	
Serine.....g	0.680		0	A	1		1.537	0.769	
Hydroxyproline.....g									
Others:									

NDB No. 01015
Cheese, cottage, low fat, 2% milk fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.01	0.592	3	A	1		117.46	91.54	
Energy	kcal	72		0	NC	4		105	82	
Energy	kJ	303		0	NC	4		439	342	
Protein (N x 6.38)	g	10.34	0.603	3	A	1		14.99	11.68	
Total lipid (fat)	g	0.29	0.063	3	A	1		0.42	0.32	
Ash	g	1.71	0.127	3	A	1		2.48	1.93	
Carbohydrate, by difference	g	6.66		0	NC	4		9.65	7.52	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	1.85		0	NR	4		2.68	2.09	
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)	g	0.29	0.033	3	A	1		0.42	0.33	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	1.56	0.420	3	A	1		2.26	1.76	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86		2	A	1		124	97	
Iron, Fe	mg	0.15	0.000	3	A	1		0.21	0.17	
Magnesium, Mg	mg	11	0.667	3	A	1		16	13	
Phosphorus, P	mg	190	26.458	3	A	1		276	215	
Potassium, K	mg	137	6.667	3	A	1		198	154	
Sodium, Na	mg	330	5.774	3	A	1		479	373	
Zinc, Zn	mg	0.47	0.035	3	A	1		0.69	0.53	
Copper, Cu	mg	0.030	0.000	3	A	1		0.043	0.034	
Manganese, Mn	mg	0.022	0.014	3	A	1		0.031	0.024	
Selenium, Se	mcg	9.4	1.325	3	A	1		13.7	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.023	0.004	3	A	1		0.033	0.026	
Riboflavin	mg	0.226	0.004	3	A	1		0.328	0.256	
Niacin	mg	0.144	0.013	3	A	1		0.209	0.163	
Pantothenic acid	mg	0.446	0.023	3	A	1		0.647	0.504	
Vitamin B-6	mg	0.016	0.000	3	A	1		0.023	0.018	
Folate, total	mcg	9	1.491	3	A	1		12	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9	1.491	3	A	1		12	10	
Folate, DFE	mcg_DFE	9		0	NC	4		12	10	
Choline, total	mg	17.9		0	AS	1		25.9	20.2	
Betaine	mg	0.9		1	A	1		1.3	1.0	
Vitamin B-12	mcg	0.46	0.072	3	A	1		0.67	0.52	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3	3	
Retinol	mcg	2		0	BFFN	4		3	3	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	8		0	NC	4		12	9	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01	0.000	3	A	1		0.02	0.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.01	0.007	3	A	1		0.02	0.01	
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.169		0	NC	4		0.245	0.191	
4:0.....g	0.007		0	BFFN	4		0.011	0.008	
6:0.....g	0.002		0	BFFN	4		0.002	0.002	
8:0.....g	0.005	0.001	7		1		0.007	0.006	
10:0.....g	0.009	0.001	7		1		0.013	0.010	
12:0.....g	0.006	0.001	7		1		0.009	0.007	
13:0.....g									
14:0.....g	0.020	0.000	3	A	1		0.029	0.022	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.070	0.000	3	A	1		0.102	0.079	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.050	0.006	3	A	1		0.072	0.056	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.079		0	NC	4		0.114	0.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012	0.002	7		1		0.017	0.014	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.067	0.003	3	A	1		0.097	0.075	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.003		0	NC	4		0.005	0.004	
18:2 undifferentiated.....g	0.003	0.003	3	A	1		0.005	0.004	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7	0.285	3	A	1		10	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0	A	1		0.198	0.154	
Threonine.....g	0.465		0	A	1		0.674	0.525	
Isoleucine.....g	0.549		0	A	1		0.796	0.621	
Leucine.....g	1.037		0	A	1		1.504	1.172	
Lysine.....g	0.868		0	A	1		1.259	0.981	
Methionine.....g	0.250		0	A	1		0.363	0.283	
Cystine.....g	0.061		0	A	1		0.089	0.069	
Phenylalanine.....g	0.536		0	A	1		0.778	0.606	
Tyrosine.....g	0.561		0	A	1		0.814	0.634	
Valine.....g	0.695		0	A	1		1.008	0.785	
Arginine.....g	0.462		0	A	1		0.670	0.522	
Histidine.....g	0.303		0	A	1		0.439	0.342	
Alanine.....g	0.357		0	A	1		0.518	0.403	
Aspartic acid.....g	0.841		0	A	1		1.219	0.950	
Glutamic acid.....g	2.419		0	A	1		3.507	2.733	
Glycine.....g	0.206		0	A	1		0.299	0.233	
Proline.....g	1.142		0	A	1		1.656	1.291	
Serine.....g	0.594		0	A	1		0.861	0.671	
Hydroxyproline.....g									
Others:									

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

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NDB No. 43273
Cheese, cottage, with vegetables

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.30		0		1		181.48		
Energy	kcal	95		0		1		215		
Energy	kJ	397		0		1		898		
Protein	g	10.90		0		1		24.63		
Total lipid (fat)	g	4.20		0		1		9.49		
Ash	g	1.34		0	RA	4		3.03		
Carbohydrate, by difference	g	3.00		0	NC	4		6.78		
Fiber, total dietary	g	0.1		0	RA	4		0.3		
Sugars, total	g	0.37		0	RA	4		0.83		
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0		1		127		
Iron, Fe	mg	0.10		0		1		0.23		
Magnesium, Mg	mg	4		0		1		9		
Phosphorus, P	mg	128		0		1		289		
Potassium, K	mg	86		0		1		194		
Sodium, Na	mg	403		0		1		911		
Zinc, Zn	mg	0.29		0		4		0.66		
Copper, Cu	mg	0.028		0		4		0.063		
Manganese, Mn	mg									
Selenium, Se	mcg	4.5		0	BFNN	4		10.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		1		9.0		
Thiamin	mg	0.010		0		1		0.023		
Riboflavin	mg	0.130		0		4		0.294		
Niacin	mg	0.100		0		4		0.226		
Pantothenic acid	mg									
Vitamin B-6	mg	0.050		0		4		0.113		
Folate, total	mcg	17		0	RA	4		38		
Folic acid	mcg	0		0	RA	4		0		
Folate, food	mcg	17		0	RA	4		38		
Folate, DFE	mcg_DFE	17		0	NC	4		38		
Choline, total	mg	17.5		0	BFZN	4		39.6		
Betaine	mg									
Vitamin B-12	mcg	0.49		0		4		1.11		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	53		0	NC	4		119		
Retinol	mcg	41		0	RA	4		92		
Carotene, beta	mcg	142		0	RA	4		320		
Carotene, alpha	mcg	0		0	RA	4		0		
Cryptoxanthin, beta	mcg	0		0	RA	4		0		
Vitamin A, IU	IU	372		0	NC	4		841		
Lycopene	mcg	0		0	RA	4		0		
Lutein + zeaxanthin	mcg	16		0	RA	4		36		
Vitamin E (alpha-tocopherol)	mg	0.05		0	RA	4		0.11		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	11.0		0	RA	4		24.8		
Lipids:										
Fatty acids, total saturated	g	2.646		0		4		5.980		
4:0	g	0.130		0		4		0.294		

NDB No. 43273
Cheese, cottage, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.028		0		4		0.063		
8:0 g	0.037		0		4		0.084		
10:0 g	0.074		0		4		0.167		
12:0 g	0.065		0		4		0.147		
13:0 g									
14:0 g	0.436		0		4		0.985		
15:0 g									
16:0 g	1.264		0		4		2.857		
17:0 g									
18:0 g	0.482		0		4		1.089		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.189		0		4		2.687		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.148		0		4		0.334		
17:1 g									
18:1 undifferentiated g	0.985		0		4		2.226		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.140		0		4		0.316		
18:2 undifferentiated g	0.103		0		4		0.233		
18:3 undifferentiated g	0.037		0		4		0.084		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	14		0	RA	4		32		
Phytosterols mg	0		0	RA	4		1		
Amino Acids:									
Tryptophan g	0.134		0	RA	4		0.303		
Threonine g	0.533		0	RA	4		1.204		
Isoleucine g	0.704		0	RA	4		1.592		
Leucine g	1.230		0	RA	4		2.779		
Lysine g	0.968		0	RA	4		2.187		
Methionine g	0.359		0	RA	4		0.811		
Cystine g	0.110		0	RA	4		0.249		
Phenylalanine g	0.645		0	RA	4		1.457		
Tyrosine g	0.637		0	RA	4		1.441		
Valine g	0.742		0	RA	4		1.676		
Arginine g	0.553		0	RA	4		1.251		
Histidine g	0.397		0	RA	4		0.897		
Alanine g	0.623		0	RA	4		1.408		
Aspartic acid g	0.819		0	RA	4		1.851		
Glutamic acid g	2.605		0	RA	4		5.886		
Glycine g	0.267		0	RA	4		0.602		
Proline g	1.385		0	RA	4		3.131		
Serine g	0.673		0	RA	4		1.522		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	RA	4		0		
Theobromine mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 43273

Cheese, cottage, with vegetables

Common Measures:

Measure 1 = 226g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01017
Cheese, cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.44		2	A	1		126.30	7.89	5.44
Energy	kcal	342		0	NC	4		793	50	34
Energy	kJ	1431		0	NC	4		3320	207	143
Protein (N x 6.38)	g	5.93		2	A	1		13.76	0.86	0.59
Total lipid (fat)	g	34.24		2	A	1		79.43	4.96	3.42
Ash	g	1.32		2	A	1		3.06	0.19	0.13
Carbohydrate, by difference	g	4.07		0	NC	4		9.45	0.59	0.41
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	3.21		2	A	1		7.45	0.47	0.32
Sucrose	g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	0.00
Fructose	g	0.00		2	A	1		0.00	0.00	0.00
Lactose	g	3.21		2	A	1		7.45	0.47	0.32
Maltose	g	0.00		2	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	0.35		2	A	1		0.81	0.05	0.04
Minerals:										
Calcium, Ca	mg	98		2	A	1		227	14	10
Iron, Fe	mg	0.38		2	A	1		0.88	0.06	0.04
Magnesium, Mg	mg	9		2	A	1		21	1	1
Phosphorus, P	mg	106		2	A	1		245	15	11
Potassium, K	mg	138		2	A	1		319	20	14
Sodium, Na	mg	321		2	A	1		744	46	32
Zinc, Zn	mg	0.51		2	A	1		1.17	0.07	0.05
Copper, Cu	mg	0.019		2	A	1		0.043	0.003	0.002
Manganese, Mn	mg	0.011		2	A	1		0.025	0.002	0.001
Selenium, Se	mcg	2.4		2	A	1		5.6	0.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin	mg	0.020		2	A	1		0.046	0.003	0.002
Riboflavin	mg	0.125		2	A	1		0.290	0.018	0.012
Niacin	mg	0.145		2	A	1		0.336	0.021	0.014
Pantothenic acid	mg	0.570		2	A	1		1.322	0.083	0.057
Vitamin B-6	mg	0.035		2	A	1		0.081	0.005	0.003
Folate, total	mcg	11		2	A	1		26	2	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	11		2	A	1		26	2	1
Folate, DFE	mcg_DFE	11		0	NC	4		26	2	1
Choline, total	mg	27.2		0	AS	1		63.1	3.9	2.7
Betaine	mg	0.7		1	A	1		1.7	0.1	0.1
Vitamin B-12	mcg	0.25		2	A	1		0.58	0.04	0.03
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	366		0	NC	4		850	53	37
Retinol	mcg	359		0	NC	4		833	52	36
Carotene, beta	mcg	88		0	BFFN	4		204	13	9
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	1343		0	NC	4		3116	195	134
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.29		0	BFFN	4		0.68	0.04	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.04		2	A	1		0.10	0.01	0.00
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.6		0	AS	1		1.5	0.1	0.1
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		1.5	0.1	0.1
Vitamin D....IU	25		0	BFFN	4		58	4	3
Vitamin K (phylloquinone)....mcg	2.9		0	BFFN	4		6.6	0.4	0.3
Lipids:									
Fatty acids, total saturated....g	19.292		0	NC	4		44.758	2.797	1.929
4:0....g	0.998		1		1		2.315	0.145	0.100
6:0....g	0.294	0.037	4		1		0.682	0.043	0.029
8:0....g	0.356		2	A	1		0.826	0.052	0.036
10:0....g	0.825		2	A	1		1.913	0.120	0.082
12:0....g	0.919		2	A	1		2.132	0.133	0.092
13:0....g									
14:0....g	3.042		2	A	1		7.057	0.441	0.304
15:0....g	0.312		2	A	1		0.725	0.045	0.031
16:0....g	8.497		2	A	1		19.714	1.232	0.850
17:0....g	0.175		2	A	1		0.407	0.025	0.018
18:0....g	3.823		2	A	1		8.870	0.554	0.382
20:0....g	0.050		2	A	1		0.116	0.007	0.005
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	8.620		0	NC	4		19.999	1.250	0.862
14:1....g	0.249		2	A	1		0.579	0.036	0.025
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.448		2	A	1		1.039	0.065	0.045
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	7.923		2	A	1		18.381	1.149	0.792
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.437		0	NC	4		3.333	0.208	0.144
18:2 undifferentiated....g	1.032		2	A	1		2.395	0.150	0.103
18:3 undifferentiated....g	0.173		0	AS	1		0.401	0.025	0.017
18:3 n-3 c,c,c (ALA)....g	0.173		2	A	1		0.401	0.025	0.017
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058		2	A	1		0.136	0.008	0.006
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	110		2	A	1		255	16	11
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0	A	1		0.159	0.010	0.007
Threonine....g	0.233		0	A	1		0.540	0.034	0.023
Isoleucine....g	0.324		0	A	1		0.753	0.047	0.032
Leucine....g	0.657		0	A	1		1.524	0.095	0.066
Lysine....g	0.567		0	A	1		1.316	0.082	0.057
Methionine....g	0.191		0	A	1		0.443	0.028	0.019
Cystine....g	0.042		0	A	1		0.097	0.006	0.004
Phenylalanine....g	0.291		0	A	1		0.674	0.042	0.029
Tyrosine....g	0.303		0	A	1		0.704	0.044	0.030
Valine....g	0.395		0	A	1		0.916	0.057	0.039
Arginine....g	0.235		0	A	1		0.546	0.034	0.024
Histidine....g	0.175		0	A	1		0.407	0.025	0.018

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.184		0	A	1		0.426	0.027	0.018
Aspartic acid....g	0.514		0	A	1		1.194	0.075	0.051
Glutamic acid....g	1.304		0	A	1		3.026	0.189	0.130
Glycine....g	0.142		0	A	1		0.328	0.021	0.014
Proline....g	0.665		0	A	1		1.544	0.096	0.067
Serine....g	0.374		0	A	1		0.868	0.054	0.037
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 14.5g: 1 tbsp

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01186
Cheese, cream, fat free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.87		2	A	1				
Energy	kcal	105		0	NC	4				
Energy	kJ	441		0	NC	4				
Protein (N x 6.38)	g	15.69		2	A	1				
Total lipid (fat)	g	1.00		2	A	1				
Ash	g	3.77		2	A	1				
Carbohydrate, by difference	g	7.66		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	5.48		2	A	1				
Sucrose	g	0.64		2	A	1				
Glucose (dextrose)	g	0.00		2	A	1				
Fructose	g	0.00		2	A	1				
Lactose	g	4.84		2	A	1				
Maltose	g	0.00		2	A	1				
Galactose	g	0.00		2	A	1				
Starch	g	1.05		2	A	1				
Minerals:										
Calcium, Ca	mg	351		2	A	1				
Iron, Fe	mg	0.19		2	A	1				
Magnesium, Mg	mg	22		2	A	1				
Phosphorus, P	mg	523		2	A	1				
Potassium, K	mg	278		2	A	1				
Sodium, Na	mg	702		2	A	1				
Zinc, Zn	mg	1.50		2	A	1				
Copper, Cu	mg	0.036		2	A	1				
Manganese, Mn	mg	0.017		2	A	1				
Selenium, Se	mcg	4.9		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1				
Thiamin	mg	0.040		2	A	1				
Riboflavin	mg	0.265		2	A	1				
Niacin	mg	0.230		2	A	1				
Pantothenic acid	mg	0.840		2	A	1				
Vitamin B-6	mg	0.050		2	A	1				
Folate, total	mcg	35		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	35		2	A	1				
Folate, DFE	mcg_DFE	35		0	NC	4				
Choline, total	mg	65.2		0	BFNN	4				
Betaine	mg									
Vitamin B-12	mcg	0.95		2	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	11		0	NC	4				
Retinol	mcg	10		0	BFFN	4				
Carotene, beta	mcg	11		2	A	1				
Carotene, alpha	mcg	0		2	A	1				
Cryptoxanthin, beta	mcg	0		2	A	1				
Vitamin A, IU	IU	53		0	NC	4				
Lycopene	mcg	0		2	A	1				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.02		2	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.01		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....mcg	0.2		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.644		0	NC	4				
4:0.....g	0.056		2	A	1				
6:0.....g	0.029		2	A	1				
8:0.....g	0.041		2	A	1				
10:0.....g	0.035		2	A	1				
12:0.....g	0.025		2	A	1				
13:0.....g									
14:0.....g	0.083		2	A	1				
15:0.....g	0.009		2	A	1				
16:0.....g	0.242		2	A	1				
17:0.....g	0.005		2	A	1				
18:0.....g	0.115		2	A	1				
20:0.....g	0.001		2	A	1				
22:0.....g	0.002		2	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.250		0	NC	4				
14:1.....g	0.006		2	A	1				
15:1.....g	0.000		2	A	1				
16:1 undifferentiated.....g	0.011		2	A	1				
17:1.....g	0.000		2	A	1				
18:1 undifferentiated.....g	0.233		2	A	1				
20:1.....g	0.000		2	A	1				
22:1 undifferentiated.....g	0.000		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	NC	4				
18:2 undifferentiated.....g	0.042		2	A	1				
18:3 undifferentiated.....g	0.006		0	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.006		2	A	1				
18:3 n-6 c,c,c.....g	0.000		2	A	1				
18:3i.....g									
18:4.....g	0.000		2	A	1				
20:2 n-6 c,c.....g	0.000		2	A	1				
20:3 undifferentiated.....g	0.000		2	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.002		2	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		2	A	1				
22:6 n-3 (DHA).....g	0.000		2	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		2	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0	A	1				
Threonine.....g	0.616		0	A	1				
Isoleucine.....g	0.858		0	A	1				
Leucine.....g	1.737		0	A	1				
Lysine.....g	1.501		0	A	1				
Methionine.....g	0.505		0	A	1				
Cystine.....g	0.111		0	A	1				
Phenylalanine.....g	0.769		0	A	1				
Tyrosine.....g	0.802		0	A	1				
Valine.....g	1.045		0	A	1				
Arginine.....g	0.622		0	A	1				
Histidine.....g	0.464		0	A	1				

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.486		0	A	1				
Aspartic acid....g	1.361		0	A	1				
Glutamic acid....g	3.450		0	A	1				
Glycine....g	0.374		0	A	1				
Proline....g	1.760		0	A	1				
Serine....g	0.990		0	A	1				
Hydroxyproline....g	0.030		2	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43274
Cheese, cream, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.72		2	A	1		160.13	10.01	6.67
Energy	kcal	201		0	NC	4		483	30	20
Energy	kJ	843		0	NC	4		2022	126	84
Protein	g	7.85		2	A	1		18.83	1.18	0.78
Total lipid (fat)	g	15.28		2	A	1		36.66	2.29	1.53
Ash	g	2.03		2	A	1		4.87	0.30	0.20
Carbohydrate, by difference	g	8.13		0	NC	4		19.51	1.22	0.81
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	5.82		2	A	1		13.97	0.87	0.58
Sucrose	g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	0.00
Fructose	g	0.00		2	A	1		0.00	0.00	0.00
Lactose	g	5.82		2	A	1		13.97	0.87	0.58
Maltose	g	0.00		2	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	1.35		2	A	1		3.24	0.20	0.14
Minerals:										
Calcium, Ca	mg	148		2	A	1		355	22	15
Iron, Fe	mg	0.17		2	A	1		0.40	0.03	0.02
Magnesium, Mg	mg	8		0		4		19	1	1
Phosphorus, P	mg	152		2	A	1		365	23	15
Potassium, K	mg	247		2	A	1		593	37	25
Sodium, Na	mg	470		2	A	1		1127	70	47
Zinc, Zn	mg	0.57		2	A	1		1.36	0.09	0.06
Copper, Cu	mg	0.032		2	A	1		0.077	0.005	0.003
Manganese, Mn	mg	0.011		2	A	1		0.026	0.002	0.001
Selenium, Se	mcg	4.0		0	BFNN	4		9.6	0.6	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin	mg	0.040		2	A	1		0.096	0.006	0.004
Riboflavin	mg	0.185		2	A	1		0.444	0.028	0.018
Niacin	mg	0.125		2	A	1		0.300	0.019	0.012
Pantothenic acid	mg	0.845		2	A	1		2.028	0.127	0.084
Vitamin B-6	mg	0.045		2	A	1		0.108	0.007	0.004
Folate, total	mcg	19		2	A	1		45	3	2
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	19		2	A	1		45	3	2
Folate, DFE	mcg_DFE	19		0	NC	4		45	3	2
Choline, total	mg	12.1		0	BFFN	4		29.1	1.8	1.2
Betaine	mg									
Vitamin B-12	mcg	0.92		2	A	1		2.20	0.14	0.09
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	161		0	NC	4		387	24	16
Retinol	mcg	160		0	BFFN	4		384	24	16
Carotene, beta	mcg	11		2	A	1		27	2	1
Carotene, alpha	mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	552		0	NC	4		1326	83	55
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.27		2	A	1		0.64	0.04	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.02		2	A	1		0.05	0.00	0.00
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1		0.7	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 43274
Cheese, cream, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.7	0.0	0.0
Vitamin D....IU	11		0	BFFN	4		27	2	1
Vitamin K (phylloquinone)....mcg	1.1		2	A	1		2.5	0.2	0.1
Lipids:									
Fatty acids, total saturated....g	9.098		0	NC	4		21.835	1.365	0.910
4:0....g	0.505		0		4		1.212	0.076	0.051
6:0....g	0.146		0		4		0.350	0.022	0.015
8:0....g	0.175		2	A	1		0.419	0.026	0.017
10:0....g	0.396		2	A	1		0.951	0.059	0.040
12:0....g	0.440		2	A	1		1.057	0.066	0.044
13:0....g									
14:0....g	1.449		2	A	1		3.477	0.217	0.145
15:0....g	0.146		2	A	1		0.350	0.022	0.015
16:0....g	3.998		2	A	1		9.596	0.600	0.400
17:0....g	0.081		2	A	1		0.193	0.012	0.008
18:0....g	1.738		2	A	1		4.171	0.261	0.174
20:0....g	0.024		2	A	1		0.056	0.004	0.002
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	3.996		0	NC	4		9.591	0.599	0.400
14:1....g	0.119		2	A	1		0.287	0.018	0.012
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.211		2	A	1		0.507	0.032	0.021
17:1....g	0.018		2	A	1		0.043	0.003	0.002
18:1 undifferentiated....g	3.632		2	A	1		8.717	0.545	0.363
20:1....g	0.015		2	A	1		0.037	0.002	0.002
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.658		0	NC	4		1.580	0.099	0.066
18:2 undifferentiated....g	0.464		2	A	1		1.115	0.070	0.046
18:3 undifferentiated....g	0.083		0	AS	1		0.200	0.013	0.008
18:3 n-3 c,c,c (ALA)....g	0.083		2	A	1		0.200	0.013	0.008
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.027		2	A	1		0.065	0.004	0.003
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	54		2	A	1		130	8	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.091		0	A	1		0.218	0.014	0.009
Threonine....g	0.308		0	A	1		0.739	0.046	0.031
Isoleucine....g	0.429		0	A	1		1.030	0.064	0.043
Leucine....g	0.869		0	A	1		2.085	0.130	0.087
Lysine....g	0.750		0	A	1		1.801	0.113	0.075
Methionine....g	0.252		0	A	1		0.606	0.038	0.025
Cystine....g	0.055		0	A	1		0.133	0.008	0.006
Phenylalanine....g	0.384		0	A	1		0.923	0.058	0.038
Tyrosine....g	0.401		0	A	1		0.963	0.060	0.040
Valine....g	0.522		0	A	1		1.254	0.078	0.052
Arginine....g	0.311		0	A	1		0.747	0.047	0.031
Histidine....g	0.232		0	A	1		0.556	0.035	0.023

NDB No. 43274
Cheese, cream, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.243		0	A	1		0.583	0.036	0.024
Aspartic acid....g	0.680		0	A	1		1.633	0.102	0.068
Glutamic acid....g	1.725		0	A	1		4.140	0.259	0.173
Glycine....g	0.187		0	A	1		0.449	0.028	0.019
Proline....g	0.880		0	A	1		2.112	0.132	0.088
Serine....g	0.495		0	A	1		1.188	0.074	0.049
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01018
Cheese, edam

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.56	0.741	15		1		11.78	82.29	
Energy....kcal	357		0	NC	4		101	706	
Energy....kJ	1492		0	NC	4		423	2954	
Protein (N x 6.38)....g	24.99	0.330	15		1		7.08	49.48	
Total lipid (fat)....g	27.80	0.565	19		1		7.88	55.04	
Ash....g	4.22	0.194	12		1		1.20	8.36	
Carbohydrate, by difference....g	1.43		0	NC	4		0.41	2.83	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.43		0	NR	4		0.41	2.83	
Starch....g									
Minerals:									
Calcium, Ca....mg	731	32.550	15		1		207	1447	
Iron, Fe....mg	0.44	0.097	4		1		0.12	0.87	
Magnesium, Mg....mg	30	1.705	9		1		8	59	
Phosphorus, P....mg	536	18.811	10		1		152	1060	
Potassium, K....mg	188	39.814	9		1		53	372	
Sodium, Na....mg	965	121.715	9		1		274	1911	
Zinc, Zn....mg	3.75	0.542	4		1		1.06	7.43	
Copper, Cu....mg	0.036		0		1		0.010	0.071	
Manganese, Mn....mg	0.011		0		1		0.003	0.022	
Selenium, Se....mcg	14.5		0	CAZN	4		4.1	28.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.037	0.008	11		1		0.010	0.073	
Riboflavin....mg	0.389	0.013	17		1		0.110	0.770	
Niacin....mg	0.082	0.030	16		1		0.023	0.162	
Pantothenic acid....mg	0.281	0.072	15		1		0.080	0.556	
Vitamin B-6....mg	0.076	0.004	29		1		0.022	0.150	
Folate, total....mcg	16	1.468	41		1		5	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16	1.468	41		1		5	32	
Folate, DFE....mcg_DFE	16		0	NC	4		5	32	
Choline, total....mg	15.4		0	T	4		4.4	30.5	
Betaine....mg									
Vitamin B-12....mcg	1.54	0.129	15		1		0.44	3.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	243		0	NC	4		69	481	
Retinol....mcg	242		0	T	4		69	479	
Carotene, beta....mcg	11		0	NR	4		3	22	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	825		0	NC	4		234	1634	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFFN	4		0.07	0.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.1	1.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.1	1.0	
Vitamin D....IU	20		0	BFFN	4		6	40	
Vitamin K (phylloquinone)....mcg	2.3		0	BFFN	4		0.7	4.6	
Lipids:									
Fatty acids, total saturated....g	17.572		0		1		4.982	34.793	
4:0....g	1.000		2		1		0.284	1.980	

NDB No. 01018
Cheese, edam

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.461		2		1		0.131	0.913	
8:0....g	0.300	0.024	7		1		0.085	0.594	
10:0....g	0.589	0.061	7		1		0.167	1.166	
12:0....g	0.496	0.124	7		1		0.141	0.982	
13:0....g									
14:0....g	2.943	0.127	7		1		0.834	5.827	
15:0....g									
16:0....g	8.067	0.287	7		1		2.287	15.973	
17:0....g									
18:0....g	2.983	0.113	7		1		0.846	5.906	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.125		0		1		2.303	16.088	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.813	0.090	7		1		0.230	1.610	
17:1....g									
18:1 undifferentiated....g	6.911	0.298	7		1		1.959	13.684	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.665		0		1		0.189	1.317	
18:2 undifferentiated....g	0.418	0.031	7		1		0.119	0.828	
18:3 undifferentiated....g	0.247	0.029	7		1		0.070	0.489	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	89	1.301	4		1		25	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0		4		0.100	0.697	
Threonine....g	0.932		0		1		0.264	1.845	
Isoleucine....g	1.308		0		1		0.371	2.590	
Leucine....g	2.570		0		1		0.729	5.089	
Lysine....g	2.660		0		1		0.754	5.267	
Methionine....g	0.721		0		1		0.204	1.428	
Cystine....g	0.255		0		4		0.072	0.505	
Phenylalanine....g	1.434		0		1		0.407	2.839	
Tyrosine....g	1.457		0		1		0.413	2.885	
Valine....g	1.810		0		1		0.513	3.584	
Arginine....g	0.964		0		1		0.273	1.909	
Histidine....g	1.034		0		1		0.293	2.047	
Alanine....g	0.764		0		1		0.217	1.513	
Aspartic acid....g	1.747		0		1		0.495	3.459	
Glutamic acid....g	6.150		0		1		1.744	12.177	
Glycine....g	0.486		0		1		0.138	0.962	
Proline....g	3.251		0		1		0.922	6.437	
Serine....g	1.547		0		1		0.439	3.063	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01018
Cheese, edam

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01019
Cheese, feta

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.22	1.126	23		1		82.83	15.65	9.39
Energy....kcal	264		0	NC	4		395	75	45
Energy....kJ	1103		0	NC	4		1654	313	187
Protein (N x 6.38)....g	14.21	0.515	9		1		21.32	4.03	2.42
Total lipid (fat)....g	21.28	0.893	23		1		31.92	6.03	3.62
Ash....g	5.20		2		1		7.80	1.47	0.88
Carbohydrate, by difference....g	4.09		0	NC	4		6.14	1.16	0.70
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.09		0	NR	4		6.14	1.16	0.70
Starch....g									
Minerals:									
Calcium, Ca....mg	493	42.411	4		1		739	140	84
Iron, Fe....mg	0.65	0.148	4		1		0.98	0.18	0.11
Magnesium, Mg....mg	19	2.199	4		1		29	5	3
Phosphorus, P....mg	337	15.985	4		1		506	96	57
Potassium, K....mg	62	5.702	5		1		93	18	11
Sodium, Na....mg	1116	100.389	4		1		1674	316	190
Zinc, Zn....mg	2.88	0.202	4		1		4.32	0.82	0.49
Copper, Cu....mg	0.032		0		1		0.048	0.009	0.005
Manganese, Mn....mg	0.028		0		1		0.042	0.008	0.005
Selenium, Se....mcg	15.0		2	A	1		22.5	4.3	2.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.154		0		4		0.231	0.044	0.026
Riboflavin....mg	0.844		0		4		1.266	0.239	0.143
Niacin....mg	0.991		0		4		1.487	0.281	0.168
Pantothenic acid....mg	0.967		0		4		1.451	0.274	0.164
Vitamin B-6....mg	0.424		0		4		0.636	0.120	0.072
Folate, total....mcg	32		0		4		48	9	5
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	32		0		4		48	9	5
Folate, DFE....mcg_DFE	32		0	NC	4		48	9	5
Choline, total....mg	15.4		0	T	4		23.1	4.4	2.6
Betaine....mg									
Vitamin B-12....mcg	1.69		0		4		2.54	0.48	0.29
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	125		0	NC	4		188	36	21
Retinol....mcg	125		0	T	4		188	35	21
Carotene, beta....mcg	3		0	NR	4		5	1	1
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	422		0	NC	4		632	120	72
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFFN	4		0.27	0.05	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.6	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.6	0.1	0.1
Vitamin D....IU	16		0	BFFN	4		23	4	3
Vitamin K (phylloquinone)....mcg	1.8		0	BFFN	4		2.7	0.5	0.3
Lipids:									
Fatty acids, total saturated....g	14.946		0		1		22.419	4.237	2.541
4:0....g	0.775		1		1		1.163	0.220	0.132

NDB No. 01019
Cheese, feta

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.573		1		1		0.860	0.162	0.097
8:0 g	0.546		1		1		0.819	0.155	0.093
10:0 g	1.977		1		1		2.966	0.560	0.336
12:0 g	1.159		1		1		1.739	0.329	0.197
13:0 g									
14:0 g	2.761		1		1		4.142	0.783	0.469
15:0 g									
16:0 g	5.151		1		1		7.727	1.460	0.876
17:0 g									
18:0 g	1.488		1		1		2.232	0.422	0.253
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.623		0		1		6.935	1.311	0.786
14:1 g									
15:1 g									
16:1 undifferentiated g	0.385		1		1		0.578	0.109	0.065
17:1 g									
18:1 undifferentiated g	3.975		1		1		5.963	1.127	0.676
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.591		0		1		0.887	0.168	0.100
18:2 undifferentiated g	0.326		1		1		0.489	0.092	0.055
18:3 undifferentiated g	0.265		1		1		0.398	0.075	0.045
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	89		1		1		134	25	15
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.200		0		4		0.300	0.057	0.034
Threonine g	0.637		0		4		0.956	0.181	0.108
Isoleucine g	0.803		0		4		1.205	0.228	0.137
Leucine g	1.395		0		4		2.093	0.395	0.237
Lysine g	1.219		0		4		1.829	0.346	0.207
Methionine g	0.368		0		4		0.552	0.104	0.063
Cystine g	0.083		0		4		0.125	0.024	0.014
Phenylalanine g	0.675		0		4		1.013	0.191	0.115
Tyrosine g	0.668		0		4		1.002	0.189	0.114
Valine g	1.065		0		4		1.598	0.302	0.181
Arginine g	0.470		0		4		0.705	0.133	0.080
Histidine g	0.397		0		4		0.596	0.113	0.067
Alanine g	0.639		0		4		0.959	0.181	0.109
Aspartic acid g	0.779		0		4		1.169	0.221	0.132
Glutamic acid g	2.421		0		4		3.632	0.686	0.412
Glycine g	0.097		0		4		0.146	0.027	0.016
Proline g	1.378		0		4		2.067	0.391	0.234
Serine g	1.169		0		4		1.754	0.331	0.199
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01019
Cheese, feta

Common Measures:

Measure 1 = 150g: 1 cup, crumbled
Measure 2 = 28.35g: 1 oz
Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01020
Cheese, fontina

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.92		17		1		50.05	40.95	10.75
Energy....kcal	389		0	NC	4		514	420	110
Energy....kJ	1628		0	NC	4		2149	1758	461
Protein (N x 6.38)....g	25.60		16		1		33.79	27.65	7.26
Total lipid (fat)....g	31.14		17		1		41.10	33.63	8.83
Ash....g	3.79		17		1		5.00	4.09	1.07
Carbohydrate, by difference....g	1.55		0	NC	4		2.05	1.67	0.44
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	1.55		0	NR	4		2.05	1.67	0.44
Starch....g									
Minerals:									
Calcium, Ca....mg	550		1		1		726	594	156
Iron, Fe....mg	0.23		1		1		0.30	0.25	0.07
Magnesium, Mg....mg	14		1		1		18	15	4
Phosphorus, P....mg	346		0		4		457	374	98
Potassium, K....mg	64		0		4		84	69	18
Sodium, Na....mg	800		0		4		1056	864	227
Zinc, Zn....mg	3.50		1		1		4.62	3.78	0.99
Copper, Cu....mg	0.025		0		1		0.033	0.027	0.007
Manganese, Mn....mg	0.014		0		1		0.018	0.015	0.004
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	15.7	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.021		1		1		0.028	0.023	0.006
Riboflavin....mg	0.204		1		1		0.269	0.220	0.058
Niacin....mg	0.150		1		1		0.198	0.162	0.043
Pantothenic acid....mg	0.429		0		4		0.566	0.463	0.122
Vitamin B-6....mg	0.083		0		4		0.110	0.090	0.024
Folate, total....mcg	6		0		4		8	6	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	6		0		4		8	6	2
Folate, DFE....mcg_DFE	6		0	NC	4		8	6	2
Choline, total....mg	15.4		0	T	4		20.3	16.6	4.4
Betaine....mg									
Vitamin B-12....mcg	1.68		0		4		2.21	1.81	0.48
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	261		0	NC	4		344	282	74
Retinol....mcg	258		0	T	4		341	279	73
Carotene, beta....mcg	32		0	NR	4		42	35	9
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	913		0	NC	4		1206	986	259
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFFN	4		0.35	0.29	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8	0.6	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8	0.6	0.2
Vitamin D....IU	23		0	BFFN	4		30	25	6
Vitamin K (phylloquinone)....mcg	2.6		0	BFFN	4		3.4	2.8	0.7
Lipids:									
Fatty acids, total saturated....g	19.196		0		1		25.339	20.732	5.442
4:0....g	0.715		2		1		0.944	0.772	0.203

NDB No. 01020
Cheese, fontina

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.489		2		1		0.645	0.528	0.139
8:0 g	0.314		2		1		0.414	0.339	0.089
10:0 g	0.651		2		1		0.859	0.703	0.185
12:0 g	0.804		2		1		1.061	0.868	0.228
13:0 g									
14:0 g	2.964		2		1		3.912	3.201	0.840
15:0 g									
16:0 g	8.458		2		1		11.165	9.135	2.398
17:0 g									
18:0 g	2.655		2		1		3.505	2.867	0.753
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.687		0		1		11.467	9.382	2.463
14:1 g									
15:1 g									
16:1 undifferentiated g	0.890		2		1		1.175	0.961	0.252
17:1 g									
18:1 undifferentiated g	7.100		2		1		9.372	7.668	2.013
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.654		0		1		2.183	1.786	0.469
18:2 undifferentiated g	0.864		2		1		1.140	0.933	0.245
18:3 undifferentiated g	0.790		2		1		1.043	0.853	0.224
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	116		1		1		153	125	33
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.361		0		4		0.477	0.390	0.102
Threonine g	0.935		0		4		1.234	1.010	0.265
Isoleucine g	1.384		0		4		1.827	1.495	0.392
Leucine g	2.664		0		4		3.516	2.877	0.755
Lysine g	2.328		0		4		3.073	2.514	0.660
Methionine g	0.706		0		4		0.932	0.762	0.200
Cystine g	0.261		0		4		0.345	0.282	0.074
Phenylalanine g	1.497		0		4		1.976	1.617	0.424
Tyrosine g	1.524		0		4		2.012	1.646	0.432
Valine g	1.926		0		4		2.542	2.080	0.546
Arginine g	0.835		0		4		1.102	0.902	0.237
Histidine g	0.959		0		4		1.266	1.036	0.272
Alanine g	0.823		0		4		1.086	0.889	0.233
Aspartic acid g	1.413		0		4		1.865	1.526	0.401
Glutamic acid g	5.136		0		4		6.780	5.547	1.456
Glycine g	0.457		0		4		0.603	0.494	0.130
Proline g	3.323		0		4		4.386	3.589	0.942
Serine g	1.477		0		4		1.950	1.595	0.419
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01020
Cheese, fontina

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 108g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01021
Cheese, gjetost

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.44		8		1		3.81	30.51	
Energy....kcal	466		0	NC	4		132	1057	
Energy....kJ	1948				4		552	4423	
Protein (N x 6.38)....g	9.65		2		1		2.74	21.91	
Total lipid (fat)....g	29.51	0.267	3		1		8.37	66.99	
Ash....g	4.75		2		1		1.35	10.78	
Carbohydrate, by difference....g	42.65		0	NC	4		12.09	96.82	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	400		1		1		113	908	
Iron, Fe....mg	0.52		0		4		0.15	1.18	
Magnesium, Mg....mg	70		0		4		20	159	
Phosphorus, P....mg	444		1		1		126	1008	
Potassium, K....mg	1409		0		4		399	3198	
Sodium, Na....mg	600		1		1		170	1362	
Zinc, Zn....mg	1.14		0		4		0.32	2.59	
Copper, Cu....mg	0.080		0		1		0.023	0.182	
Manganese, Mn....mg	0.040		0		1		0.011	0.091	
Selenium, Se....mcg	14.5		0	CAZN	4		4.1	32.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.315		0		4		0.089	0.715	
Riboflavin....mg	1.382		0		4		0.392	3.137	
Niacin....mg	0.813	0.000	5		1		0.230	1.846	
Pantothenic acid....mg	3.351		0		4		0.950	7.607	
Vitamin B-6....mg	0.271		0		4		0.077	0.615	
Folate, total....mcg	5	0.849	8		1		1	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5	0.849	8		1		1	10	
Folate, DFE....mcg_DFE	5		0	NC	4		1	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.42		0		4		0.69	5.50	
Vitamin A, RAE....mcg_RAE	334		0		4		95	759	
Retinol....mcg	334		0		4		95	759	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1113		0		4		316	2527	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	19.160		0		1		5.432	43.493	
4:0....g	0.957		1		1		0.271	2.172	
6:0....g	0.566		1		1		0.160	1.285	
8:0....g	0.330		1		1		0.094	0.749	

NDB No. 01021
Cheese, gjetost

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.576		1		1		0.163	1.308	
12:0 g	0.831		1		1		0.236	1.886	
13:0 g									
14:0 g	3.270		1		1		0.927	7.423	
15:0 g									
16:0 g	8.662		1		1		2.456	19.663	
17:0 g									
18:0 g	3.477		1		1		0.986	7.893	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.879		0		1		2.234	17.885	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.534		1		1		0.151	1.212	
17:1 g									
18:1 undifferentiated g	6.955		1		1		1.972	15.788	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.938		0		1		0.266	2.129	
18:2 undifferentiated g	0.508		1		1		0.144	1.153	
18:3 undifferentiated g	0.429		1		1		0.122	0.974	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	94		0		4		27	213	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.135		0		1		0.038	0.306	
Threonine g	0.393		0		1		0.111	0.892	
Isoleucine g	0.519		0		1		0.147	1.178	
Leucine g	0.992		0		1		0.281	2.252	
Lysine g	0.814		0		1		0.231	1.848	
Methionine g	0.318		0		1		0.090	0.722	
Cystine g	0.057		0		1		0.016	0.129	
Phenylalanine g	0.540		0		1		0.153	1.226	
Tyrosine g	0.541		0		1		0.153	1.228	
Valine g	0.765		0		1		0.217	1.737	
Arginine g	0.330		0		1		0.094	0.749	
Histidine g	0.293		0		1		0.083	0.665	
Alanine g	0.325		0		1		0.092	0.738	
Aspartic acid g	0.709		0		1		0.201	1.609	
Glutamic acid g	1.987		0		1		0.563	4.510	
Glycine g	0.189		0		1		0.054	0.429	
Proline g	1.180		0		1		0.335	2.679	
Serine g	0.470		0		1		0.133	1.067	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

NDB No. 01021
Cheese, gjetost

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01156
Cheese, goat, hard type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.01	1.211	7		1		8.22		
Energy....kcal	452		0	NC	4		128		
Energy....kJ	1891		0		4		536		
Protein (N x 6.38)....g	30.52	0.771	7		1		8.65		
Total lipid (fat)....g	35.59	1.008	7		1		10.09		
Ash....g	3.72	0.099	6		1		1.05		
Carbohydrate, by difference....g	2.17		0	NC	4		0.62		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	2.17		0	NR	4		0.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	895	117.856	7		1		254		
Iron, Fe....mg	1.88	0.709	6		1		0.53		
Magnesium, Mg....mg	54	4.849	7		1		15		
Phosphorus, P....mg	729	5.713	6		1		207		
Potassium, K....mg	48	15.479	6		1		14		
Sodium, Na....mg	346	74.739	7		1		98		
Zinc, Zn....mg	1.59	0.562	4		1		0.45		
Copper, Cu....mg	0.627	0.035	6		1		0.178		
Manganese, Mn....mg	0.252	0.148	6		1		0.071		
Selenium, Se....mcg	5.5		0	BFNN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.140		1		1		0.040		
Riboflavin....mg	1.190		1		1		0.337		
Niacin....mg	2.400		1		1		0.680		
Pantothenic acid....mg	0.410		0		1		0.116		
Vitamin B-6....mg	0.080		0		1		0.023		
Folate, total....mcg	4		0		1		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	4		0		1		1		
Folate, DFE....mcg_DFE	4		0	NC	4		1		
Choline, total....mg	15.4		0	T	4		4.4		
Betaine....mg									
Vitamin B-12....mcg	0.12		0		1		0.03		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	486		0	NC	4		138		
Retinol....mcg	478		0	T	4		136		
Carotene, beta....mcg	91		0	BFFN	4		26		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	1745		0	NC	4		495		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		0	BFFN	4		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		0.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		0.2		
Vitamin D....IU	26		0	BFFN	4		7		
Vitamin K (phylloquinone)....mcg	3.0		0	BFFN	4		0.8		
Lipids:									
Fatty acids, total saturated....g	24.609		0		1		6.977		
4:0....g	1.784		20		1		0.506		

NDB No. 01156
Cheese, goat, hard type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.782		20		1		0.222		
8:0 g	0.961		20		1		0.272		
10:0 g	3.432		20		1		0.973		
12:0 g	1.572		20		1		0.446		
13:0 g									
14:0 g	3.609		20		1		1.023		
15:0 g									
16:0 g	9.312		20		1		2.640		
17:0 g									
18:0 g	3.158		20		1		0.895		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.117		0		1		2.301		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.846		20		1		0.240		
17:1 g									
18:1 undifferentiated g	7.272		20		1		2.062		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.845		0		1		0.240		
18:2 undifferentiated g	0.845		20		1		0.240		
18:3 undifferentiated g	0.000		0		1		0.000		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	105		1		1		30		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.321		0		1		0.091		
Threonine g	1.139		0		1		0.323		
Isoleucine g	1.263		0		1		0.358		
Leucine g	2.631		0		1		0.746		
Lysine g	2.191		0		1		0.621		
Methionine g	0.813		0		1		0.230		
Cystine g	0.139		0		1		0.039		
Phenylalanine g	1.215		0		1		0.344		
Tyrosine g	1.191		0		1		0.338		
Valine g	2.100		0		1		0.595		
Arginine g	0.904		0		1		0.256		
Histidine g	0.832		0		1		0.236		
Alanine g	0.526		0		1		0.149		
Aspartic acid g	1.517		0		1		0.430		
Glutamic acid g	5.688		0		1		1.613		
Glycine g	0.344		0		1		0.098		
Proline g	3.693		0		1		1.047		
Serine g	1.172		0		1		0.332		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01156
Cheese, goat, hard type

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01157
Cheese, goat, semisoft type

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.52	0.438	464		1		12.90		
Energy	kcal	364		0	NC	4		103		
Energy	kJ	1524		0	NC	4		432		
Protein (N x 6.38)	g	21.58	0.920	26		1		6.12		
Total lipid (fat)	g	29.84	0.419	464		1		8.46		
Ash	g	2.94	0.157	11		1		0.83		
Carbohydrate, by difference	g	2.54		0	NC	4		0.72		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	2.54		0	NR	4		0.72		
Starch	g									
Minerals:										
Calcium, Ca	mg	298	54.499	29		1		84		
Iron, Fe	mg	1.62	0.616	6		1		0.46		
Magnesium, Mg	mg	29	3.355	24		1		8		
Phosphorus, P	mg	375	27.884	16		1		106		
Potassium, K	mg	158	13.493	11		1		45		
Sodium, Na	mg	515	64.410	25		1		146		
Zinc, Zn	mg	0.66	0.088	21		1		0.19		
Copper, Cu	mg	0.564	0.026	9		1		0.160		
Manganese, Mn	mg	0.093	0.004	9		1		0.026		
Selenium, Se	mcg	3.8		0	BFNN	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.072	0.009	14		1		0.020		
Riboflavin	mg	0.676	0.049	14		1		0.192		
Niacin	mg	1.148	0.126	14		1		0.325		
Pantothenic acid	mg	0.190		0		1		0.054		
Vitamin B-6	mg	0.060		0		1		0.017		
Folate, total	mcg	2		0		1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		1		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg	15.4		0	T	4		4.4		
Betaine	mg									
Vitamin B-12	mcg	0.22		0		1		0.06		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	407		0	NC	4		115		
Retinol	mcg	401		0	T	4		114		
Carotene, beta	mcg	77		0	BFFN	4		22		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1464		0	NC	4		415		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.26		0	BFFN	4		0.07		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.2		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFFN	4		0.2		
Vitamin D	IU	22		0	BFFN	4		6		
Vitamin K (phylloquinone)	mcg	2.5		0	BFFN	4		0.7		
Lipids:										
Fatty acids, total saturated	g	20.639		0		1		5.851		
4:0	g	1.496		20		1		0.424		

NDB No. 01157
Cheese, goat, semisoft type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.656		20		1		0.186		
8:0 g	0.806		20		1		0.229		
10:0 g	2.879		20		1		0.816		
12:0 g	1.318		20		1		0.374		
13:0 g									
14:0 g	3.026		20		1		0.858		
15:0 g									
16:0 g	7.809		20		1		2.214		
17:0 g									
18:0 g	2.648		20		1		0.751		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.808		0		1		1.930		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.709		20		1		0.201		
17:1 g									
18:1 undifferentiated g	6.099		20		1		1.729		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.709		0		1		0.201		
18:2 undifferentiated g	0.709		20		1		0.201		
18:3 undifferentiated g	0.000		0		1		0.000		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	79	2.040	7		1		22		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0		1		0.064		
Threonine g	0.805		0		1		0.228		
Isoleucine g	0.893		0		1		0.253		
Leucine g	1.861		0		1		0.528		
Lysine g	1.549		0		1		0.439		
Methionine g	0.575		0		1		0.163		
Cystine g	0.098		0		1		0.028		
Phenylalanine g	0.859		0		1		0.244		
Tyrosine g	0.842		0		1		0.239		
Valine g	1.485		0		1		0.421		
Arginine g	0.639		0		1		0.181		
Histidine g	0.589		0		1		0.167		
Alanine g	0.372		0		1		0.105		
Aspartic acid g	1.072		0		1		0.304		
Glutamic acid g	4.022		0		1		1.140		
Glycine g	0.244		0		1		0.069		
Proline g	2.612		0		1		0.741		
Serine g	0.829		0		1		0.235		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01157

Cheese, goat, semisoft type

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01159
Cheese, goat, soft type

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.75	0.738	83		1		17.22		
Energy	kcal	268		0	NC	4		76		
Energy	kJ	1121		0	NC	4		318		
Protein (N x 6.38)	g	18.52	0.614	69		1		5.25		
Total lipid (fat)	g	21.08	0.527	83		1		5.98		
Ash	g	1.58	0.093	65		1		0.45		
Carbohydrate, by difference	g	0.89		0	NC	4		0.25		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	0.89		0	NR	4		0.25		
Starch	g									
Minerals:										
Calcium, Ca	mg	140	15.343	69		1		40		
Iron, Fe	mg	1.90	0.245	65		1		0.54		
Magnesium, Mg	mg	16	0.584	69		1		5		
Phosphorus, P	mg	256	10.853	65		1		73		
Potassium, K	mg	26	3.238	65		1		7		
Sodium, Na	mg	368	18.572	69		1		104		
Zinc, Zn	mg	0.92	0.086	69		1		0.26		
Copper, Cu	mg	0.732	0.041	65		1		0.208		
Manganese, Mn	mg	0.100	0.003	65		1		0.028		
Selenium, Se	mcg	2.8		0	BFNN	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.070	0.005	4		1		0.020		
Riboflavin	mg	0.380	3.400	4		1		0.108		
Niacin	mg	0.430	0.163	4		1		0.122		
Pantothenic acid	mg	0.680		0		1		0.193		
Vitamin B-6	mg	0.250		0		1		0.071		
Folate, total	mcg	12		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0		1		3		
Folate, DFE	mcg_DFE	12		0	NC	4		3		
Choline, total	mg	15.4		0	T	4		4.4		
Betaine	mg									
Vitamin B-12	mcg	0.19		0		1		0.05		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	288		0	NC	4		82		
Retinol	mcg	283		0	T	4		80		
Carotene, beta	mcg	54		0	BFFN	4		15		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1033		0	NC	4		293		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.18		0	BFFN	4		0.05		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.4		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.4		0	BFFN	4		0.1		
Vitamin D	IU	15		0	BFFN	4		4		
Vitamin K (phylloquinone)	mcg	1.8		0	BFFN	4		0.5		
Lipids:										
Fatty acids, total saturated	g	14.575		0		1		4.132		
4:0	g	1.057		20		1		0.300		

NDB No. 01159
Cheese, goat, soft type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.463		20		1		0.131		
8:0 ... g	0.569		20		1		0.161		
10:0 ... g	2.033		20		1		0.576		
12:0 ... g	0.931		20		1		0.264		
13:0 ... g									
14:0 ... g	2.137		20		1		0.606		
15:0 ... g									
16:0 ... g	5.515		20		1		1.564		
17:0 ... g									
18:0 ... g	1.870		20		1		0.530		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.807		0		1		1.363		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.501		20		1		0.142		
17:1 ... g									
18:1 undifferentiated ... g	4.307		20		1		1.221		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.501		0		1		0.142		
18:2 undifferentiated ... g	0.501		20		1		0.142		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g	0.000		0		1		0.000		
22:5 n-3 (DPA) ... g	0.000		0		1		0.000		
22:6 n-3 (DHA) ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	46		1		1		13		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.195		0		1		0.055		
Threonine ... g	0.691		0		1		0.196		
Isoleucine ... g	0.766		0		1		0.217		
Leucine ... g	1.597		0		1		0.453		
Lysine ... g	1.330		0		1		0.377		
Methionine ... g	0.494		0		1		0.140		
Cystine ... g	0.084		0		1		0.024		
Phenylalanine ... g	0.737		0		1		0.209		
Tyrosine ... g	0.723		0		1		0.205		
Valine ... g	1.274		0		1		0.361		
Arginine ... g	0.549		0		1		0.156		
Histidine ... g	0.505		0		1		0.143		
Alanine ... g	0.319		0		1		0.090		
Aspartic acid ... g	0.920		0		1		0.261		
Glutamic acid ... g	3.452		0		1		0.979		
Glycine ... g	0.209		0		1		0.059		
Proline ... g	2.241		0		1		0.635		
Serine ... g	0.711		0		1		0.202		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01159
Cheese, goat, soft type

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01022
Cheese, gouda

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.46	0.374	20		1		11.75	82.09	
Energy....kcal	356		0	NC	4		101	705	
Energy....kJ	1491		0	NC	4		423	2952	
Protein (N x 6.38)....g	24.94	0.193	6		1		7.07	49.38	
Total lipid (fat)....g	27.44	0.564	13		1		7.78	54.33	
Ash....g	3.94	0.124	7		1		1.12	7.80	
Carbohydrate, by difference....g	2.22		0	NC	4		0.63	4.40	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	2.22		0	NR	4		0.63	4.40	
Starch....g									
Minerals:									
Calcium, Ca....mg	700	29.984	8		1		198	1386	
Iron, Fe....mg	0.24		1		1		0.07	0.48	
Magnesium, Mg....mg	29		1		1		8	57	
Phosphorus, P....mg	546	21.530	7		1		155	1082	
Potassium, K....mg	121		8		1		34	239	
Sodium, Na....mg	819		3		1		232	1622	
Zinc, Zn....mg	3.90		1		1		1.11	7.72	
Copper, Cu....mg	0.036		0		1		0.010	0.071	
Manganese, Mn....mg	0.011		0		1		0.003	0.022	
Selenium, Se....mcg	14.5		0	CAZN	4		4.1	28.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.030		1		1		0.009	0.059	
Riboflavin....mg	0.334	0.014	5		1		0.095	0.661	
Niacin....mg	0.063	0.015	10		1		0.018	0.125	
Pantothenic acid....mg	0.340	0.052	15		1		0.096	0.673	
Vitamin B-6....mg	0.080	0.005	20		1		0.023	0.158	
Folate, total....mcg	21	2.594	20		1		6	41	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21	2.594	20		1		6	41	
Folate, DFE....mcg_DFE	21		0	NC	4		6	41	
Choline, total....mg	15.4		0	T	4		4.4	30.5	
Betaine....mg									
Vitamin B-12....mcg	1.54		0		4		0.44	3.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	165		0	NC	4		47	326	
Retinol....mcg	164		0	T	4		46	325	
Carotene, beta....mcg	10		0	NR	4		3	20	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	563		0	NC	4		160	1115	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFFN	4		0.07	0.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.1	1.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.1	1.0	
Vitamin D....IU	20		0	BFFN	4		6	40	
Vitamin K (phylloquinone)....mcg	2.3		0	BFFN	4		0.6	4.5	
Lipids:									
Fatty acids, total saturated....g	17.614		0		1		4.994	34.876	
4:0....g	0.999		1		1		0.283	1.978	

NDB No. 01022
Cheese, gouda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.640		1		1		0.181	1.267	
8:0 g	0.427		1		1		0.121	0.845	
10:0 g	0.918		1		1		0.260	1.818	
12:0 g	1.211		1		1		0.343	2.398	
13:0 g									
14:0 g	3.040		1		1		0.862	6.019	
15:0 g									
16:0 g	6.851		1		1		1.942	13.565	
17:0 g									
18:0 g	2.918		1		1		0.827	5.778	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.747		0		1		2.196	15.339	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.889		1		1		0.252	1.760	
17:1 g									
18:1 undifferentiated g	6.388		1		1		1.811	12.648	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.657		0		1		0.186	1.301	
18:2 undifferentiated g	0.263		1		1		0.075	0.521	
18:3 undifferentiated g	0.394		1		1		0.112	0.780	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	114		1		1		32	226	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.352		0		4		0.100	0.697	
Threonine g	0.930		0		1		0.264	1.841	
Isoleucine g	1.306		0		1		0.370	2.586	
Leucine g	2.564		0		1		0.727	5.077	
Lysine g	2.654		0		1		0.752	5.255	
Methionine g	0.719		0		1		0.204	1.424	
Cystine g	0.254		0		4		0.072	0.503	
Phenylalanine g	1.431		0		1		0.406	2.833	
Tyrosine g	1.454		0		1		0.412	2.879	
Valine g	1.806		0		1		0.512	3.576	
Arginine g	0.962		0		1		0.273	1.905	
Histidine g	1.032		0		1		0.293	2.043	
Alanine g	0.762		0		1		0.216	1.509	
Aspartic acid g	1.743		0		1		0.494	3.451	
Glutamic acid g	6.137		0		1		1.740	12.151	
Glycine g	0.485		0		1		0.137	0.960	
Proline g	3.245		0		1		0.920	6.425	
Serine g	1.544		0		1		0.438	3.057	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01022
Cheese, gouda

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01023
Cheese, gruyere

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.19	0.598	12		1		43.81	35.85	9.41
Energy....kcal	413		0	NC	4		545	446	117
Energy....kJ	1728		0	NC	4		2281	1866	490
Protein (N x 6.38)....g	29.81	0.292	7		1		39.35	32.19	8.45
Total lipid (fat)....g	32.34		5		1		42.69	34.93	9.17
Ash....g	4.30		1		1		5.68	4.64	1.22
Carbohydrate, by difference....g	0.36		0	NC	4		0.48	0.39	0.10
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.36		0	NR	4		0.48	0.39	0.10
Starch....g									
Minerals:									
Calcium, Ca....mg	1011	48.952	3		1		1335	1092	287
Iron, Fe....mg	0.17		0		4		0.22	0.18	0.05
Magnesium, Mg....mg	36		0		4		47	39	10
Phosphorus, P....mg	605	52.818	3		1		799	654	172
Potassium, K....mg	81		1		1		107	87	23
Sodium, Na....mg	336		0		1		444	363	95
Zinc, Zn....mg	3.90		0		4		5.15	4.21	1.11
Copper, Cu....mg	0.032		0		1		0.042	0.035	0.009
Manganese, Mn....mg	0.017		0		1		0.022	0.018	0.005
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	15.7	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.060		2		1		0.079	0.065	0.017
Riboflavin....mg	0.279	0.042	3		1		0.368	0.301	0.079
Niacin....mg	0.106	0.013	10		1		0.140	0.114	0.030
Pantothenic acid....mg	0.562	0.056	6		1		0.742	0.607	0.159
Vitamin B-6....mg	0.081	0.002	46		1		0.107	0.087	0.023
Folate, total....mcg	10	1.218	51		1		14	11	3
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10	1.218	51		1		14	11	3
Folate, DFE....mcg_DFE	10		0	NC	4		14	11	3
Choline, total....mg	15.4		0	T	4		20.3	16.6	4.4
Betaine....mg									
Vitamin B-12....mcg	1.60	0.559	12		1		2.11	1.73	0.45
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	271		0	NC	4		357	292	77
Retinol....mcg	268		0	T	4		354	289	76
Carotene, beta....mcg	33		0	NR	4		44	36	9
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	948		0	NC	4		1252	1024	269
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFFN	4		0.37	0.30	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8	0.6	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8	0.6	0.2
Vitamin D....IU	24		0	BFFN	4		31	26	7
Vitamin K (phylloquinone)....mcg	2.7		0	BFFN	4		3.6	2.9	0.8
Lipids:									
Fatty acids, total saturated....g	18.913		0		1		24.965	20.426	5.362
4:0....g	1.049		1		1		1.385	1.133	0.297

NDB No. 01023
Cheese, gruyere

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.621		1		1		0.820	0.671	0.176
8:0 g	0.355		1		1		0.469	0.383	0.101
10:0 g	0.751		1		1		0.991	0.811	0.213
12:0 g	0.911		1		1		1.203	0.984	0.258
13:0 g									
14:0 g	3.369		1		1		4.447	3.639	0.955
15:0 g									
16:0 g	8.753		1		1		11.554	9.453	2.481
17:0 g									
18:0 g	2.324		1		1		3.068	2.510	0.659
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.043		0		1		13.257	10.846	2.847
14:1 g									
15:1 g									
16:1 undifferentiated g	0.724		1		1		0.956	0.782	0.205
17:1 g									
18:1 undifferentiated g	8.582		1		1		11.328	9.269	2.433
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.733		0		1		2.288	1.872	0.491
18:2 undifferentiated g	1.300		1		1		1.716	1.404	0.369
18:3 undifferentiated g	0.433		1		1		0.572	0.468	0.123
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	110		0		1		145	119	31
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.421		0		1		0.556	0.455	0.119
Threonine g	1.089		0		1		1.437	1.176	0.309
Isoleucine g	1.612		0		1		2.128	1.741	0.457
Leucine g	3.102		0		1		4.095	3.350	0.879
Lysine g	2.710		0		1		3.577	2.927	0.768
Methionine g	0.822		0		1		1.085	0.888	0.233
Cystine g	0.304		0		1		0.401	0.328	0.086
Phenylalanine g	1.743		0		1		2.301	1.882	0.494
Tyrosine g	1.776		0		1		2.344	1.918	0.503
Valine g	2.243		0		1		2.961	2.422	0.636
Arginine g	0.972		0		1		1.283	1.050	0.276
Histidine g	1.117		0		1		1.474	1.206	0.317
Alanine g	0.958		0		1		1.265	1.035	0.272
Aspartic acid g	1.645		0		1		2.171	1.777	0.466
Glutamic acid g	5.981		0		1		7.895	6.459	1.696
Glycine g	0.533		0		1		0.704	0.576	0.151
Proline g	3.869		0		1		5.107	4.179	1.097
Serine g	1.719		0		1		2.269	1.857	0.487
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01023
Cheese, gruyere

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 108g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01024
Cheese, limburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.42		26		1		64.88	13.73	8.72
Energy....kcal	327		0	NC	4		438	93	59
Energy....kJ	1368		0	NC	4		1834	388	246
Protein (N x 6.38)....g	20.05	0.487	4		1		26.87	5.68	3.61
Total lipid (fat)....g	27.25	0.313	6		1		36.52	7.73	4.91
Ash....g	3.79	0.088	4		1		5.08	1.07	0.68
Carbohydrate, by difference....g	0.49		0	NC	4		0.66	0.14	0.09
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.49		0	NR	4		0.66	0.14	0.09
Starch....g									
Minerals:									
Calcium, Ca....mg	497	100.812	3		1		666	141	89
Iron, Fe....mg	0.13		1		1		0.17	0.04	0.02
Magnesium, Mg....mg	21		1		1		28	6	4
Phosphorus, P....mg	393		2		1		527	111	71
Potassium, K....mg	128		1		1		172	36	23
Sodium, Na....mg	800		1		1		1072	227	144
Zinc, Zn....mg	2.10		1		1		2.81	0.60	0.38
Copper, Cu....mg	0.021		0		1		0.028	0.006	0.004
Manganese, Mn....mg	0.038		0		1		0.051	0.011	0.007
Selenium, Se....mcg	14.5		0	CAZN	4		19.4	4.1	2.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.080		1		1		0.107	0.023	0.014
Riboflavin....mg	0.503	0.102	3		1		0.674	0.143	0.091
Niacin....mg	0.158	0.016	12		1		0.212	0.045	0.028
Pantothenic acid....mg	1.177	0.166	16		1		1.577	0.334	0.212
Vitamin B-6....mg	0.086	0.007	23		1		0.115	0.024	0.015
Folate, total....mcg	58	5.300	25		1		77	16	10
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	58	5.300	25		1		77	16	10
Folate, DFE....mcg_DFE	58		0	NC	4		77	16	10
Choline, total....mg	15.4		0	T	4		20.6	4.4	2.8
Betaine....mg									
Vitamin B-12....mcg	1.04		1		1		1.39	0.29	0.19
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	340		0	NC	4		456	96	61
Retinol....mcg	339		0	T	4		454	96	61
Carotene, beta....mcg	15		0	NR	4		20	4	3
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1155		0	NC	4		1548	327	208
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFFN	4		0.31	0.07	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.7	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	0.1	0.1
Vitamin D....IU	20		0	BFFN	4		27	6	4
Vitamin K (phylloquinone)....mcg	2.3		0	BFFN	4		3.0	0.6	0.4
Lipids:									
Fatty acids, total saturated....g	16.746		0		1		22.440	4.747	3.014
4:0....g	0.803		1		1		1.076	0.228	0.145

NDB No. 01024
Cheese, limburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.489		1		1		0.655	0.139	0.088
8:0 g	0.275		1		1		0.369	0.078	0.050
10:0 g	0.481		1		1		0.645	0.136	0.087
12:0 g	0.870		1		1		1.166	0.247	0.157
13:0 g									
14:0 g	2.787		1		1		3.735	0.790	0.502
15:0 g									
16:0 g	7.401		1		1		9.917	2.098	1.332
17:0 g									
18:0 g	3.054		1		1		4.092	0.866	0.550
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.606		0		1		11.532	2.440	1.549
14:1 g									
15:1 g									
16:1 undifferentiated g	1.013		1		1		1.357	0.287	0.182
17:1 g									
18:1 undifferentiated g	7.179		1		1		9.620	2.035	1.292
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.495		0		1		0.663	0.140	0.089
18:2 undifferentiated g	0.339		1		1		0.454	0.096	0.061
18:3 undifferentiated g	0.156		1		1		0.209	0.044	0.028
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	90		1		1		121	26	16
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.289		0		1		0.387	0.082	0.052
Threonine g	0.739		0		1		0.990	0.210	0.133
Isoleucine g	1.219		0		1		1.633	0.346	0.219
Leucine g	2.093		0		1		2.805	0.593	0.377
Lysine g	1.675		0		1		2.245	0.475	0.302
Methionine g	0.619		0		1		0.829	0.175	0.111
Cystine g	0.110		0		4		0.147	0.031	0.020
Phenylalanine g	1.116		0		1		1.495	0.316	0.201
Tyrosine g	1.197		0		1		1.604	0.339	0.215
Valine g	1.439		0		1		1.928	0.408	0.259
Arginine g	0.698		0		1		0.935	0.198	0.126
Histidine g	0.578		0		1		0.775	0.164	0.104
Alanine g	0.666		0		1		0.892	0.189	0.120
Aspartic acid g	1.477		0		1		1.979	0.419	0.266
Glutamic acid g	4.510		0		1		6.043	1.279	0.812
Glycine g	0.409		0		1		0.548	0.116	0.074
Proline g	2.439		0		1		3.268	0.691	0.439
Serine g	1.144		0		1		1.533	0.324	0.206
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01024
Cheese, limburger

Common Measures:

Measure 1 = 134g: 1 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.10		0		1		83.29	71.30	17.89
Energy....kcal	173		0	NC	4		228	195	49
Energy....kJ	724		0		4		955	818	205
Protein (N x 6.38)....g	24.35	0.256	62		1		32.14	27.52	6.90
Total lipid (fat)....g	7.00		0		1		9.24	7.91	1.98
Ash....g	3.64	0.111	95		1		4.80	4.11	1.03
Carbohydrate, by difference....g	1.91		0	NC	4		2.52	2.16	0.54
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.52		0	BFNN	4		0.69	0.59	0.15
Starch....g									
Minerals:									
Calcium, Ca....mg	415		0		1		548	469	118
Iron, Fe....mg	0.42		0		1		0.55	0.47	0.12
Magnesium, Mg....mg	16		0		1		21	18	5
Phosphorus, P....mg	484	9.869	35		1		639	547	137
Potassium, K....mg	66		0		1		87	75	19
Sodium, Na....mg	612	16.858	36		1		808	692	174
Zinc, Zn....mg	1.82		0		1		2.40	2.06	0.52
Copper, Cu....mg	0.021		0		1		0.028	0.024	0.006
Manganese, Mn....mg	0.006		0		1		0.008	0.007	0.002
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.012		0		1		0.016	0.014	0.003
Riboflavin....mg	0.221		0		1		0.292	0.250	0.063
Niacin....mg	0.051		0		1		0.067	0.058	0.014
Pantothenic acid....mg	0.183		0		1		0.242	0.207	0.052
Vitamin B-6....mg	0.045		0		1		0.059	0.051	0.013
Folate, total....mcg	11		0		1		15	12	3
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	11		0		1		15	12	3
Folate, DFE....mcg_DFE	11		0	NC	4		15	12	3
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	0.49		0		1		0.65	0.55	0.14
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	60		0	NC	4		80	68	17
Retinol....mcg	60		0	T	4		79	68	17
Carotene, beta....mcg	4		0	NR	4		5	5	1
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	207		0	NC	4		273	234	59
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFFN	4		0.08	0.07	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.2	0.1	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.2	0.1	0.0
Vitamin D....IU	5		0	BFFN	4		7	6	1
Vitamin K (phylloquinone)....mcg	0.6		0	BFFN	4		0.8	0.7	0.2
Lipids:									
Fatty acids, total saturated....g	4.342		0		1		5.731	4.906	1.231
4:0....g	0.222		0		1		0.293	0.251	0.063

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.063		0		1		0.083	0.071	0.018
8:0 g	0.072		0		1		0.095	0.081	0.020
10:0 g	0.137		0		1		0.181	0.155	0.039
12:0 g	0.101		0		1		0.133	0.114	0.029
13:0 g									
14:0 g	0.889		0		1		1.173	1.005	0.252
15:0 g									
16:0 g	1.984		0		1		2.619	2.242	0.562
17:0 g									
18:0 g	0.873		0		1		1.152	0.986	0.247
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.082		0		1		2.748	2.353	0.590
14:1 g									
15:1 g									
16:1 undifferentiated g	0.231		0		1		0.305	0.261	0.065
17:1 g									
18:1 undifferentiated g	1.851		0		1		2.443	2.092	0.525
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.222		0		1		0.293	0.251	0.063
18:2 undifferentiated g	0.156		0		1		0.206	0.176	0.044
18:3 undifferentiated g	0.067		0		1		0.088	0.076	0.019
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	21		0		1		28	24	6
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.286		0		1		0.378	0.323	0.081
Threonine g	0.798		0		1		1.053	0.902	0.226
Isoleucine g	1.389		0		1		1.833	1.570	0.394
Leucine g	2.145		0		1		2.831	2.424	0.608
Lysine g	1.866		0		1		2.463	2.109	0.529
Methionine g	0.588		0		1		0.776	0.664	0.167
Cystine g	0.111		0		1		0.147	0.125	0.031
Phenylalanine g	1.179		0		1		1.556	1.332	0.334
Tyrosine g	1.080		0		1		1.426	1.220	0.306
Valine g	1.496		0		1		1.975	1.690	0.424
Arginine g	0.847		0		1		1.118	0.957	0.240
Histidine g	0.786		0		1		1.038	0.888	0.223
Alanine g	0.633		0		1		0.836	0.715	0.179
Aspartic acid g	1.439		0		1		1.899	1.626	0.408
Glutamic acid g	5.480		0		1		7.234	6.192	1.554
Glycine g	0.385		0		1		0.508	0.435	0.109
Proline g	2.526		0		1		3.334	2.854	0.716
Serine g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01168

Cheese, low fat, cheddar or colby

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.98		0		4		51.45	44.05	11.05
Energy....kcal	398		0	NC	4		525	450	113
Energy....kJ	1666		0	NC	4		2199	1882	472
Protein (N x 6.38)....g	24.35	0.256	62		1		32.14	27.52	6.90
Total lipid (fat)....g	32.62	0.207	138		1		43.06	36.86	9.25
Ash....g	2.13		0		4		2.81	2.41	0.60
Carbohydrate, by difference....g	1.91		0	NC	4		2.52	2.16	0.54
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.49		0	BFNN	4		0.65	0.56	0.14
Starch....g									
Minerals:									
Calcium, Ca....mg	703	9.478	49		1		928	794	199
Iron, Fe....mg	0.72	0.036	14		1		0.95	0.81	0.20
Magnesium, Mg....mg	27	0.873	37		1		36	31	8
Phosphorus, P....mg	484	9.869	35		1		639	547	137
Potassium, K....mg	112	8.332	76		1		148	127	32
Sodium, Na....mg	21		0		1		28	24	6
Zinc, Zn....mg	3.09	0.101	15		1		4.08	3.49	0.88
Copper, Cu....mg	0.036		0		1		0.048	0.041	0.010
Manganese, Mn....mg	0.011		0		1		0.015	0.012	0.003
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.021	0.002	26		1		0.028	0.024	0.006
Riboflavin....mg	0.375	0.013	38		1		0.495	0.424	0.106
Niacin....mg	0.086	0.012	61		1		0.114	0.097	0.024
Pantothenic acid....mg	0.311	0.019	39		1		0.411	0.351	0.088
Vitamin B-6....mg	0.076	0.012	88		1		0.100	0.086	0.022
Folate, total....mcg	18	1.459	13		1		24	20	5
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	18	1.459	13		1		24	20	5
Folate, DFE....mcg_DFE	18		0	NC	4		24	20	5
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	0.83	0.047	28		1		1.10	0.94	0.24
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	264		0	NC	4		348	298	75
Retinol....mcg	257		0	T	4		339	290	73
Carotene, beta....mcg	84		0	BFFN	4		110	95	24
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	996		0	NC	4		1315	1126	282
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFFN	4		0.37	0.32	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8	0.7	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8	0.7	0.2
Vitamin D....IU	24		0	BFFN	4		32	27	7
Vitamin K (phylloquinone)....mcg	2.7		0	BFFN	4		3.6	3.1	0.8
Lipids:									
Fatty acids, total saturated....g	20.768		0		1		27.414	23.468	5.888
4:0....g	1.079		0		1		1.424	1.219	0.306

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.546		0		1		0.721	0.617	0.155
8:0 g	0.288		0		1		0.380	0.325	0.082
10:0 g	0.619		0		1		0.817	0.699	0.175
12:0 g	0.558		0		1		0.737	0.631	0.158
13:0 g									
14:0 g	3.435		0		1		4.534	3.882	0.974
15:0 g									
16:0 g	10.111		0		1		13.347	11.425	2.866
17:0 g									
18:0 g	4.133		0		1		5.456	4.670	1.172
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.189		0		1		12.129	10.384	2.605
14:1 g									
15:1 g									
16:1 undifferentiated g	1.036		0		1		1.368	1.171	0.294
17:1 g									
18:1 undifferentiated g	8.153		0		1		10.762	9.213	2.311
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.972		0		1		1.283	1.098	0.276
18:2 undifferentiated g	0.595		0		1		0.785	0.672	0.169
18:3 undifferentiated g	0.376		0		1		0.496	0.425	0.107
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	100	1.687	13		1		132	113	28
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.286		0		1		0.378	0.323	0.081
Threonine g	0.798		0		1		1.053	0.902	0.226
Isoleucine g	1.389		0		1		1.833	1.570	0.394
Leucine g	2.145		0		1		2.831	2.424	0.608
Lysine g	1.866		0		1		2.463	2.109	0.529
Methionine g	0.588		0		1		0.776	0.664	0.167
Cystine g	0.111		0		1		0.147	0.125	0.031
Phenylalanine g	1.179		0		1		1.556	1.332	0.334
Tyrosine g	1.080		0		1		1.426	1.220	0.306
Valine g	1.496		0		1		1.975	1.690	0.424
Arginine g	0.847		0		1		1.118	0.957	0.240
Histidine g	0.786		0		1		1.038	0.888	0.223
Alanine g	0.633		0		1		0.836	0.715	0.179
Aspartic acid g	1.439		0		1		1.899	1.626	0.408
Glutamic acid g	5.480		0		1		7.234	6.192	1.554
Glycine g	0.385		0		1		0.508	0.435	0.109
Proline g	2.526		0		1		3.334	2.854	0.716
Serine g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01169

Cheese, low-sodium, cheddar or colby

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01165
Cheese, mexican, queso anejo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.06		2		1		50.24	10.79	
Energy....kcal	373		0	NC	4		492	106	
Energy....kJ	1561		0	NC	4		2060	442	
Protein (N x 6.38)....g	21.44		2		1		28.30	6.08	
Total lipid (fat)....g	29.98		2		1		39.57	8.50	
Ash....g	5.89		2		1		7.77	1.67	
Carbohydrate, by difference....g	4.63		0	NC	4		6.11	1.31	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	4.63		0	NR	4		6.11	1.31	
Starch....g									
Minerals:									
Calcium, Ca....mg	680		2		1		898	193	
Iron, Fe....mg	0.47		2		1		0.62	0.13	
Magnesium, Mg....mg	28		2		1		37	8	
Phosphorus, P....mg	444		2		1		586	126	
Potassium, K....mg	87		2		1		115	25	
Sodium, Na....mg	1131	13.589	4		1		1493	321	
Zinc, Zn....mg	2.94		2		1		3.88	0.83	
Copper, Cu....mg	0.008		2		1		0.011	0.002	
Manganese, Mn....mg	0.037		2		1		0.049	0.010	
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	4.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.020		2		1		0.026	0.006	
Riboflavin....mg	0.209		2		1		0.276	0.059	
Niacin....mg	0.032		2		1		0.042	0.009	
Pantothenic acid....mg	0.252		2		1		0.333	0.071	
Vitamin B-6....mg	0.047		2		1		0.062	0.013	
Folate, total....mcg	1		2		1		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		2		1		1	0	
Folate, DFE....mcg_DFE	1		0	NC	4		1	0	
Choline, total....mg	15.4		0	T	4		20.3	4.4	
Betaine....mg									
Vitamin B-12....mcg	1.38		2		1		1.82	0.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	64		0	NC	4		85	18	
Retinol....mcg	64		0	T	4		84	18	
Carotene, beta....mcg	4		0	NR	4		5	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	220		0	NC	4		290	62	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.34	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.7	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	0.2	
Vitamin D....IU	22		0	BFFN	4		29	6	
Vitamin K (phylloquinone)....mcg	2.5		0	BFFN	4		3.3	0.7	
Lipids:									
Fatty acids, total saturated....g	19.033		0		1		25.124	5.396	
4:0....g	0.907		0		1		1.197	0.257	

NDB No. 01165
Cheese, mexican, queso anejo

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.474		0		1		0.626	0.134	
8:0 ....g	0.256		0		1		0.338	0.073	
10:0 ....g	0.557		0		1		0.735	0.158	
12:0 ....g	0.508		0		1		0.671	0.144	
13:0 ....g									
14:0 ....g	3.153		0		1		4.162	0.894	
15:0 ....g									
16:0 ....g	9.340		0		1		12.329	2.648	
17:0 ....g									
18:0 ....g	3.838		0		1		5.066	1.088	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	8.528		0		1		11.257	2.418	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.957		0		1		1.263	0.271	
17:1 ....g									
18:1 undifferentiated ....g	7.571		0		1		9.994	2.146	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.901		0		1		1.189	0.255	
18:2 undifferentiated ....g	0.552		0		1		0.729	0.156	
18:3 undifferentiated ....g	0.349		0		1		0.461	0.099	
18:4 ....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	105		1		1		139	30	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.215		0		1		0.284	0.061	
Threonine ....g	0.731		0		1		0.965	0.207	
Isoleucine ....g	1.054		0		1		1.391	0.299	
Leucine ....g	2.017		0		1		2.662	0.572	
Lysine ....g	1.452		0		1		1.917	0.412	
Methionine ....g	0.541		0		1		0.714	0.153	
Cystine ....g	0.084		0		1		0.111	0.024	
Phenylalanine ....g	1.119		0		1		1.477	0.317	
Tyrosine ....g	1.190		0		1		1.571	0.337	
Valine ....g	1.338		0		1		1.766	0.379	
Arginine ....g	0.699		0		1		0.923	0.198	
Histidine ....g	0.679		0		1		0.896	0.192	
Alanine ....g	0.618		0		1		0.816	0.175	
Aspartic acid ....g	1.334		0		1		1.761	0.378	
Glutamic acid ....g	4.769		0		1		6.295	1.352	
Glycine ....g	0.296		0		1		0.391	0.084	
Proline ....g	2.151		0		1		2.839	0.610	
Serine ....g	1.160		0		1		1.531	0.329	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01165

Cheese, mexican, queso anejo

Common Measures:

Measure 1 = 132g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01166
Cheese, mexican, queso asadero

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.16		2		1		55.65	47.64	11.95
Energy....kcal	356		0	NC	4		470	402	101
Energy....kJ	1490		0		4		1966	1683	422
Protein (N x 6.38)....g	22.60		2		1		29.83	25.54	6.41
Total lipid (fat)....g	28.26		2		1		37.30	31.93	8.01
Ash....g	4.11		2		1		5.43	4.64	1.17
Carbohydrate, by difference....g	2.87		0	NC	4		3.79	3.24	0.81
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	2.87		0	NR	4		3.79	3.24	0.81
Starch....g									
Minerals:									
Calcium, Ca....mg	661		2		1		873	747	187
Iron, Fe....mg	0.51		2		1		0.67	0.58	0.14
Magnesium, Mg....mg	26		2		1		34	29	7
Phosphorus, P....mg	443		2		1		585	501	126
Potassium, K....mg	86		2		1		114	97	24
Sodium, Na....mg	655	9.476	4		1		865	740	186
Zinc, Zn....mg	3.02		2		1		3.99	3.41	0.86
Copper, Cu....mg	0.026		2		1		0.034	0.029	0.007
Manganese, Mn....mg	0.036		2		1		0.048	0.041	0.010
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.021		2		1		0.028	0.024	0.006
Riboflavin....mg	0.223		2		1		0.294	0.252	0.063
Niacin....mg	0.181		2		1		0.239	0.205	0.051
Pantothenic acid....mg	0.231		2		1		0.305	0.261	0.065
Vitamin B-6....mg	0.053		2		1		0.070	0.060	0.015
Folate, total....mcg	8		2		1		11	9	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		2		1		11	9	2
Folate, DFE....mcg_DFE	8		0	NC	4		11	9	2
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	1.00		2		1		1.32	1.13	0.28
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	55		0	NC	4		73	63	16
Retinol....mcg	55		0	T	4		73	62	16
Carotene, beta....mcg	4		0	NR	4		5	5	1
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	190		0	NC	4		251	215	54
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFFN	4		0.32	0.27	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.7	0.6	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	0.6	0.1
Vitamin D....IU	21		0	BFFN	4		27	23	6
Vitamin K (phylloquinone)....mcg	2.4		0	BFFN	4		3.1	2.7	0.7
Lipids:									
Fatty acids, total saturated....g	17.939		0		1		23.679	20.271	5.086
4:0....g	0.855		0		1		1.129	0.966	0.242

NDB No. 01166
Cheese, mexican, queso asadero

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.447		0		1		0.590	0.505	0.127
8:0 g	0.241		0		1		0.318	0.272	0.068
10:0 g	0.525		0		1		0.693	0.593	0.149
12:0 g	0.479		0		1		0.632	0.541	0.136
13:0 g									
14:0 g	2.972		0		1		3.923	3.358	0.843
15:0 g									
16:0 g	8.804		0		1		11.621	9.949	2.496
17:0 g									
18:0 g	3.617		0		1		4.774	4.087	1.025
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.038		0		1		10.610	9.083	2.279
14:1 g									
15:1 g									
16:1 undifferentiated g	0.902		0		1		1.191	1.019	0.256
17:1 g									
18:1 undifferentiated g	7.136		0		1		9.420	8.064	2.023
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.850		0		1		1.122	0.961	0.241
18:2 undifferentiated g	0.520		0		1		0.686	0.588	0.147
18:3 undifferentiated g	0.329		0		1		0.434	0.372	0.093
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	105		1		1		139	119	30
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.269		0		1		0.355	0.304	0.076
Threonine g	0.737		0		1		0.973	0.833	0.209
Isoleucine g	1.225		0		1		1.617	1.384	0.347
Leucine g	2.123		0		1		2.802	2.399	0.602
Lysine g	1.548		0		1		2.043	1.749	0.439
Methionine g	0.593		0		1		0.783	0.670	0.168
Cystine g	0.103		0		1		0.136	0.116	0.029
Phenylalanine g	1.190		0		1		1.571	1.345	0.337
Tyrosine g	1.061		0		1		1.401	1.199	0.301
Valine g	1.426		0		1		1.882	1.611	0.404
Arginine g	0.760		0		1		1.003	0.859	0.215
Histidine g	0.694		0		1		0.916	0.784	0.197
Alanine g	0.501		0		1		0.661	0.566	0.142
Aspartic acid g	1.475		0		1		1.947	1.667	0.418
Glutamic acid g	5.072		0		1		6.695	5.731	1.438
Glycine g	0.246		0		1		0.325	0.278	0.070
Proline g	2.403		0		1		3.172	2.715	0.681
Serine g	1.169		0		1		1.543	1.321	0.331
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01166

Cheese, mexican, queso asadero

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01167
Cheese, mexican, queso chihuahua

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.13		2		1		51.65	44.22	11.09
Energy....kcal	374		0	NC	4		494	423	106
Energy....kJ	1567		0	NC	4		2068	1770	444
Protein (N x 6.38)....g	21.56		2		1		28.46	24.36	6.11
Total lipid (fat)....g	29.68		2		1		39.18	33.54	8.41
Ash....g	4.06		2		1		5.36	4.59	1.15
Carbohydrate, by difference....g	5.56		0	NC	4		7.34	6.28	1.58
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	5.56		0	NR	4		7.34	6.28	1.58
Starch....g									
Minerals:									
Calcium, Ca....mg	651		2		1		859	736	185
Iron, Fe....mg	0.47		2		1		0.62	0.53	0.13
Magnesium, Mg....mg	23		2		1		30	26	7
Phosphorus, P....mg	442		2		1		583	499	125
Potassium, K....mg	52		2		1		69	59	15
Sodium, Na....mg	617	6.112	4		1		814	697	175
Zinc, Zn....mg	3.50		2		1		4.62	3.96	0.99
Copper, Cu....mg	0.024		1		1		0.032	0.027	0.007
Manganese, Mn....mg	0.071		2		1		0.094	0.080	0.020
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.018		2		1		0.024	0.020	0.005
Riboflavin....mg	0.225		2		1		0.297	0.254	0.064
Niacin....mg	0.150		2		1		0.198	0.170	0.043
Pantothenic acid....mg	0.279		2		1		0.368	0.315	0.079
Vitamin B-6....mg	0.055		2		1		0.073	0.062	0.016
Folate, total....mcg	2		2		1		3	2	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	2		2		1		3	2	1
Folate, DFE....mcg_DFE	2		0	NC	4		3	2	1
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	1.03		2		1		1.36	1.16	0.29
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	56		0	NC	4		74	64	16
Retinol....mcg	56		0	T	4		74	63	16
Carotene, beta....mcg	4		0	NR	4		5	5	1
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	193		0	NC	4		255	218	55
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.34	0.29	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.7	0.6	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	0.6	0.2
Vitamin D....IU	22		0	BFFN	4		29	25	6
Vitamin K (phylloquinone)....mcg	2.5		0	BFFN	4		3.3	2.8	0.7
Lipids:									
Fatty acids, total saturated....g	18.843		0		1		24.873	21.293	5.342
4:0....g	0.898		0		1		1.185	1.015	0.255

NDB No. 01167
Cheese, mexican, queso chihuahua

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.470		0		1		0.620	0.531	0.133
8:0 g	0.253		0		1		0.334	0.286	0.072
10:0 g	0.552		0		1		0.729	0.624	0.156
12:0 g	0.503		0		1		0.664	0.568	0.143
13:0 g									
14:0 g	3.121		0		1		4.120	3.527	0.885
15:0 g									
16:0 g	9.247		0		1		12.206	10.449	2.622
17:0 g									
18:0 g	3.800		0		1		5.016	4.294	1.077
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.443		0		1		11.145	9.541	2.394
14:1 g									
15:1 g									
16:1 undifferentiated g	0.947		0		1		1.250	1.070	0.268
17:1 g									
18:1 undifferentiated g	7.496		0		1		9.895	8.470	2.125
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.892		0		1		1.177	1.008	0.253
18:2 undifferentiated g	0.547		0		1		0.722	0.618	0.155
18:3 undifferentiated g	0.346		0		1		0.457	0.391	0.098
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	105		1		1		139	119	30
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0		1		0.261	0.224	0.056
Threonine g	0.818		0		1		1.080	0.924	0.232
Isoleucine g	1.076		0		1		1.420	1.216	0.305
Leucine g	2.017		0		1		2.662	2.279	0.572
Lysine g	1.536		0		1		2.028	1.736	0.435
Methionine g	0.608		0		1		0.803	0.687	0.172
Cystine g	0.144		0		1		0.190	0.163	0.041
Phenylalanine g	1.037		0		1		1.369	1.172	0.294
Tyrosine g	1.019		0		1		1.345	1.151	0.289
Valine g	1.266		0		1		1.671	1.431	0.359
Arginine g	0.777		0		1		1.026	0.878	0.220
Histidine g	0.598		0		1		0.789	0.676	0.170
Alanine g	0.821		0		1		1.084	0.928	0.233
Aspartic acid g	1.397		0		1		1.844	1.579	0.396
Glutamic acid g	4.503		0		1		5.944	5.088	1.277
Glycine g	0.384		0		1		0.507	0.434	0.109
Proline g	2.249		0		1		2.969	2.541	0.638
Serine g	1.115		0		1		1.472	1.260	0.316
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01167

Cheese, mexican, queso chihuahua

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01025
Cheese, monterey

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.01	0.765	10		1		54.13	46.34	11.63
Energy....kcal	373		0	NC	4		493	422	106
Energy....kJ	1562		0	NC	4		2062	1765	443
Protein (N x 6.38)....g	24.48	0.559	4		1		32.31	27.66	6.94
Total lipid (fat)....g	30.28	0.361	10		1		39.97	34.22	8.58
Ash....g	3.55	0.102	4		1		4.69	4.01	1.01
Carbohydrate, by difference....g	0.68		0	NC	4		0.90	0.77	0.19
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.50		0	BFNN	4		0.66	0.56	0.14
Starch....g									
Minerals:									
Calcium, Ca....mg	746	21.376	6		1		985	843	212
Iron, Fe....mg	0.72	0.102	4		1		0.95	0.81	0.20
Magnesium, Mg....mg	27	1.914	4		1		36	31	8
Phosphorus, P....mg	444	9.206	4		1		586	502	126
Potassium, K....mg	81	11.148	4		1		107	91	23
Sodium, Na....mg	536	49.168	4		1		708	606	152
Zinc, Zn....mg	3.00	0.071	4		1		3.96	3.39	0.85
Copper, Cu....mg	0.032		0		1		0.042	0.036	0.009
Manganese, Mn....mg	0.011		0		1		0.015	0.012	0.003
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.015		0		4		0.020	0.017	0.004
Riboflavin....mg	0.390		2		1		0.515	0.441	0.111
Niacin....mg	0.093		0		4		0.123	0.105	0.026
Pantothenic acid....mg	0.210		0		4		0.277	0.237	0.060
Vitamin B-6....mg	0.079		0		4		0.104	0.089	0.022
Folate, total....mcg	18		0		4		24	21	5
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	18		0		4		24	21	5
Folate, DFE....mcg_DFE	18		0	NC	4		24	21	5
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	0.83		0		4		1.09	0.93	0.23
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	198		0	NC	4		262	224	56
Retinol....mcg	192		0	T	4		253	217	54
Carotene, beta....mcg	78		0	BFFN	4		103	88	22
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	769		0	NC	4		1016	869	218
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.34	0.29	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.7	0.6	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.7	0.6	0.2
Vitamin D....IU	22		0	BFFN	4		29	25	6
Vitamin K (phylloquinone)....mcg	2.5		0	BFFN	4		3.3	2.9	0.7
Lipids:									
Fatty acids, total saturated....g	19.066		0		4		25.167	21.545	5.405
4:0....g	0.982		0		4		1.296	1.110	0.278

NDB No. 01025
Cheese, monterey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.244		0		4		0.322	0.276	0.069
8:0 g	0.306		0		4		0.404	0.346	0.087
10:0 g	0.563		0		4		0.743	0.636	0.160
12:0 g	0.398		0		4		0.525	0.450	0.113
13:0 g									
14:0 g	3.613		0		4		4.769	4.083	1.024
15:0 g									
16:0 g	7.763		0		4		10.247	8.772	2.201
17:0 g									
18:0 g	3.423		0		4		4.518	3.868	0.970
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.751		0		4		11.551	9.889	2.481
14:1 g									
15:1 g									
16:1 undifferentiated g	0.923		0		4		1.218	1.043	0.262
17:1 g									
18:1 undifferentiated g	7.368		0		4		9.726	8.326	2.089
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.899		0		4		1.187	1.016	0.255
18:2 undifferentiated g	0.637		0		4		0.841	0.720	0.181
18:3 undifferentiated g	0.261		0		4		0.345	0.295	0.074
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	89		0		4		117	101	25
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.315		0		1		0.416	0.356	0.089
Threonine g	0.871		0		1		1.150	0.984	0.247
Isoleucine g	1.519		0		1		2.005	1.716	0.431
Leucine g	2.344		0		1		3.094	2.649	0.665
Lysine g	2.037		0		1		2.689	2.302	0.577
Methionine g	0.641		0		1		0.846	0.724	0.182
Cystine g	0.123		0		1		0.162	0.139	0.035
Phenylalanine g	1.289		0		1		1.701	1.457	0.365
Tyrosine g	1.182		0		1		1.560	1.336	0.335
Valine g	1.635		0		1		2.158	1.848	0.464
Arginine g	0.925		0		1		1.221	1.045	0.262
Histidine g	0.859		0		1		1.134	0.971	0.244
Alanine g	0.691		0		1		0.912	0.781	0.196
Aspartic acid g	1.573		0		1		2.076	1.777	0.446
Glutamic acid g	5.990		0		1		7.907	6.769	1.698
Glycine g	0.422		0		1		0.557	0.477	0.120
Proline g	2.759		0		1		3.642	3.118	0.782
Serine g	1.431		0		1		1.889	1.617	0.406
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01025
Cheese, monterey

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42155
Cheese, monterey, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.00		0		4		60.72	51.98	7.82
Energy....kcal	310		0	NC	4		409	350	53
Energy....kJ	1297		0	NC	4		1712	1466	220
Protein....g	28.20		0		8		37.22	31.87	4.79
Total lipid (fat)....g	21.60		0		8		28.51	24.41	3.67
Ash....g	3.50		0	NR	4		4.62	3.96	0.60
Carbohydrate, by difference....g	0.70		0		4		0.92	0.79	0.12
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.56		0	BFNN	4		0.74	0.64	0.10
Starch....g									
Minerals:									
Calcium, Ca....mg	705		0		8		931	797	120
Iron, Fe....mg	0.72		0		4		0.95	0.81	0.12
Magnesium, Mg....mg	27		0		4		36	31	5
Phosphorus, P....mg	444		0		4		586	502	75
Potassium, K....mg	81		0		4		107	92	14
Sodium, Na....mg	564		0		8		744	637	96
Zinc, Zn....mg	3.00		0		4		3.96	3.39	0.51
Copper, Cu....mg	0.032		0		4		0.042	0.036	0.005
Manganese, Mn....mg									
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.020		0		4		0.026	0.023	0.003
Riboflavin....mg	0.360		0		8		0.475	0.407	0.061
Niacin....mg	0.090		0		4		0.119	0.102	0.015
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.106	0.090	0.014
Folate, total....mcg	18		0		4		24	20	3
Folic acid....mcg	0		0	BFNN	4		0	0	0
Folate, food....mcg	18		0		4		24	20	3
Folate, DFE....mcg_DFE	18		0	NC	4		24	20	3
Choline, total....mg	15.4		0	T	4		20.3	17.4	2.6
Betaine....mg									
Vitamin B-12....mcg	0.83		0		4		1.10	0.94	0.14
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	142		0	NC	4		187	160	24
Retinol....mcg	137		0	BFFN	4		181	155	23
Carotene, beta....mcg	55		0	BFFN	4		73	63	9
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	549		0	NC	4		725	620	93
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFFN	4		0.25	0.21	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.5	0.4	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.5	0.4	0.1
Vitamin D....IU	16		0	BFFN	4		21	18	3
Vitamin K (phylloquinone)....mcg	1.8		0	BFFN	4		2.4	2.0	0.3
Lipids:									
Fatty acids, total saturated....g	14.040		0		8		18.533	15.865	2.387
4:0....g	1.080		0		4		1.426	1.220	0.184

NDB No. 42155
Cheese, monterey, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.120		0		4		0.158	0.136	0.020
8:0 g	0.240		0		4		0.317	0.271	0.041
10:0 g	0.480		0		4		0.634	0.542	0.082
12:0 g	0.360		0		4		0.475	0.407	0.061
13:0 g									
14:0 g	2.040		0		4		2.693	2.305	0.347
15:0 g									
16:0 g	6.360		0		4		8.395	7.187	1.081
17:0 g									
18:0 g	2.280		0		4		3.010	2.576	0.388
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.640		0		8		7.445	6.373	0.959
14:1 g									
15:1 g									
16:1 undifferentiated g	0.840		0		4		1.109	0.949	0.143
17:1 g									
18:1 undifferentiated g	4.560		0		4		6.019	5.153	0.775
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.840		0		8		1.109	0.949	0.143
18:2 undifferentiated g	0.600		0		4		0.792	0.678	0.102
18:3 undifferentiated g	0.240		0		4		0.317	0.271	0.041
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	65		0		8		86	73	11
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43597
Cheese, mozzarella, low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.90		0		4		65.87	56.39	8.98
Energy	kcal	280		1		1		370	316	50
Energy	kJ	1172		1		1		1546	1324	211
Protein	g	27.50		1		1		36.30	31.08	4.95
Total lipid (fat)	g	17.10		1		1		22.57	19.32	3.08
Ash	g	2.40		0	NR	4		3.17	2.71	0.43
Carbohydrate, by difference	g	3.10		0	NC	4		4.09	3.50	0.56
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	1.23		0	BFNN	4		1.62	1.39	0.22
Starch	g									
Minerals:										
Calcium, Ca	mg	731		1		1		965	826	132
Iron, Fe	mg	0.25		1		1		0.33	0.28	0.05
Magnesium, Mg	mg	26		1		1		34	29	5
Phosphorus, P	mg	524		1		1		692	592	94
Potassium, K	mg	95		1		1		125	107	17
Sodium, Na	mg	16		0		4		21	18	3
Zinc, Zn	mg	3.13		1		1		4.13	3.54	0.56
Copper, Cu	mg	0.027		1		1		0.036	0.031	0.005
Manganese, Mn	mg									
Selenium, Se	mcg	15.7		0	BFNN	4		20.7	17.7	2.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.020		1		1		0.026	0.023	0.004
Riboflavin	mg	0.340		1		1		0.449	0.384	0.061
Niacin	mg	0.120		1		1		0.158	0.136	0.022
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		1		1		0.106	0.090	0.014
Folate, total	mcg	9		0	NR	4		12	10	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0	BFNN	4		12	10	2
Folate, DFE	mcg_DFE	9		0	NC	4		12	10	2
Choline, total	mg	18.4		0	BFNN	4		24.3	20.8	3.3
Betaine	mg									
Vitamin B-12	mcg	0.92		1		1		1.21	1.04	0.17
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	137		0	NC	4		181	155	25
Retinol	mcg	133		0	BFFN	4		176	150	24
Carotene, beta	mcg	44		0	BFFN	4		58	50	8
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	517		0	NC	4		682	584	93
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFFN	4		0.19	0.17	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1		0.4	0.4	0.1
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.3		0	BFFN	4		0.4	0.4	0.1
Vitamin D	IU	13		0	BFFN	4		17	14	2
Vitamin K (phylloquinone)	mcg	1.8		0	BFFN	4		2.3	2.0	0.3
Lipids:										
Fatty acids, total saturated	g	10.867		0		4		14.344	12.280	1.956
4:0	g	0.559		0		4		0.738	0.632	0.101

NDB No. 43597
Cheese, mozzarella, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.110		0		4		0.145	0.124	0.020
8:0 g	0.120		0		4		0.158	0.136	0.022
10:0 g	0.270		0		4		0.356	0.305	0.049
12:0 g	0.180		0		4		0.238	0.203	0.032
13:0 g									
14:0 g	1.718		0		4		2.268	1.941	0.309
15:0 g									
16:0 g	5.214		0		4		6.882	5.892	0.939
17:0 g									
18:0 g	2.078		0		4		2.743	2.348	0.374
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.844		0		4		6.394	5.474	0.872
14:1 g									
15:1 g									
16:1 undifferentiated g	0.469		0		4		0.619	0.530	0.084
17:1 g									
18:1 undifferentiated g	4.165		0		4		5.498	4.706	0.750
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.509		0		4		0.672	0.575	0.092
18:2 undifferentiated g	0.360		0		4		0.475	0.407	0.065
18:3 undifferentiated g	0.150		0		4		0.198	0.170	0.027
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	54		1		1		71	61	10
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42304
Cheese, mozzarella, nonfat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.20		0		4		68.03		
Energy	kcal	141		0	NC	4		159		
Energy	kJ	589		0	NC	4		666		
Protein	g	31.70		0		4		35.82		
Total lipid (fat)	g	0.00		0		4		0.00		
Ash	g	4.60		0	NR	4		5.20		
Carbohydrate, by difference	g	3.50		0		4		3.96		
Fiber, total dietary	g	1.8		0		12		2.0		
Sugars, total	g	1.48		0	BFNN	4		1.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	961		1	AI	13		1086		
Iron, Fe	mg	0.31		0		4		0.35		
Magnesium, Mg	mg	33		0		4		37		
Phosphorus, P	mg	656		0		4		741		
Potassium, K	mg	106		0		4		120		
Sodium, Na	mg	743		1	AI	13		840		
Zinc, Zn	mg	3.92		0		4		4.43		
Copper, Cu	mg	0.034		0		4		0.038		
Manganese, Mn	mg									
Selenium, Se	mcg	18.9		0	BFNN	4		21.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.020		0		4		0.023		
Riboflavin	mg	0.300		0		4		0.339		
Niacin	mg	0.120		0		4		0.136		
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0		4		0.090		
Folate, total	mcg	10		0		4		11		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0		4		11		
Folate, DFE	mcg_DFE	10		0	NC	4		11		
Choline, total	mg	15.4		0	T	4		17.4		
Betaine	mg									
Vitamin B-12	mcg	0.92		0		4		1.04		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	127		0	NC	4		144		
Retinol	mcg	124		0	BFZN	4		140		
Carotene, beta	mcg	41		0	BFZN	4		46		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	481		0	NC	4		544		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.14		0	BFZN	4		0.15		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.0		
Vitamin D	IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)	mcg	1.6		0	BFZN	4		1.9		
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000		
4:0	g	0.000		0		4		0.000		

NDB No. 42304
Cheese, mozzarella, nonfat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	18		0		4		20		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01028
Cheese, mozzarella, part skim milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.78	0.872	10		1		15.25		
Energy	kcal	254		0	NC	4		72		
Energy	kJ	1064		0	NC	4		302		
Protein (N x 6.38)	g	24.26		0		1		6.88		
Total lipid (fat)	g	15.92	0.669	10		1		4.51		
Ash	g	3.27		0		1		0.93		
Carbohydrate, by difference	g	2.77		0	NC	4		0.79		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	1.13		0	BFNN	4		0.32		
Starch	g									
Minerals:										
Calcium, Ca	mg	782		1		1		222		
Iron, Fe	mg	0.22		0		1		0.06		
Magnesium, Mg	mg	23		0		1		7		
Phosphorus, P	mg	463		0		1		131		
Potassium, K	mg	84		0		1		24		
Sodium, Na	mg	619		1		1		175		
Zinc, Zn	mg	2.76		0		1		0.78		
Copper, Cu	mg	0.025		0		1		0.007		
Manganese, Mn	mg	0.010		0		1		0.003		
Selenium, Se	mcg	14.4		0	BFNN	4		4.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.018		0		1		0.005		
Riboflavin	mg	0.303		0		1		0.086		
Niacin	mg	0.105		0		1		0.030		
Pantothenic acid	mg	0.079		0		1		0.022		
Vitamin B-6	mg	0.070		0		1		0.020		
Folate, total	mcg	9		0		1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		1		2		
Folate, DFE	mcg_DFE	9		0	NC	4		2		
Choline, total	mg	15.4		0	T	4		4.4		
Betaine	mg									
Vitamin B-12	mcg	0.82		0		1		0.23		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	127		0	NC	4		36		
Retinol	mcg	124		0	BFFN	4		35		
Carotene, beta	mcg	41		0	BFFN	4		12		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	481		0	NC	4		136		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.14		0	BFFN	4		0.04		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.3		0	BFFN	4		0.1		
Vitamin D	IU	12		0	BFFN	4		3		
Vitamin K (phylloquinone)	mcg	1.6		0	BFFN	4		0.5		
Lipids:										
Fatty acids, total saturated	g	10.114		0		1		2.867		
4:0	g	0.516		1		1		0.146		

NDB No. 01028
Cheese, mozzarella, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.100	0.020	5		1		0.028		
8:0 g	0.117	0.027	5		1		0.033		
10:0 g	0.251	0.044	5		1		0.071		
12:0 g	0.164	0.054	5		1		0.046		
13:0 g									
14:0 g	1.598	0.088	5		1		0.453		
15:0 g									
16:0 g	4.855	0.327	5		1		1.376		
17:0 g									
18:0 g	1.937	0.169	5		1		0.549		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.510		0		1		1.279		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.440	0.059	5		1		0.125		
17:1 g									
18:1 undifferentiated g	3.874	0.245	5		1		1.098		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.472		0		1		0.134		
18:2 undifferentiated g	0.335	0.057	5		1		0.095		
18:3 undifferentiated g	0.137	0.019	5		1		0.039		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	64		1		1		18		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.339		0		4		0.096		
Threonine g	0.924		0		1		0.262		
Isoleucine g	1.164		0		1		0.330		
Leucine g	2.365		0		1		0.670		
Lysine g	2.464		0		1		0.699		
Methionine g	0.677		0		1		0.192		
Cystine g	0.144		0		1		0.041		
Phenylalanine g	1.266		0		1		0.359		
Tyrosine g	1.403		0		1		0.398		
Valine g	1.517		0		1		0.430		
Arginine g	1.042		0		1		0.295		
Histidine g	0.913		0		1		0.259		
Alanine g	0.741		0		1		0.210		
Aspartic acid g	1.757		0		1		0.498		
Glutamic acid g	5.677		0		1		1.609		
Glycine g	0.464		0		1		0.132		
Proline g	2.498		0		1		0.708		
Serine g	1.415		0		1		0.401		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01028

Cheese, mozzarella, part skim milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.46	0.417	3	A	1		61.33	52.50	13.17
Energy	kcal	302		0	NC	4		398	341	86
Energy	kJ	1262		0	NC	4		1666	1426	358
Protein (N x 6.38)	g	25.96	0.834	3	A	1		34.27	29.34	7.36
Total lipid (fat)	g	20.03	0.722	3	A	1		26.44	22.63	5.68
Ash	g	3.72	0.181	3	A	1		4.91	4.21	1.06
Carbohydrate, by difference	g	3.83		0	NC	4		5.05	4.33	1.09
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.60		0	BFNN	4		0.79	0.67	0.17
Starch	g									
Minerals:										
Calcium, Ca	mg	731	16.942	21		1		965	826	207
Iron, Fe	mg	0.25	0.030	6		1		0.33	0.28	0.07
Magnesium, Mg	mg	26	1.192	10		1		35	30	7
Phosphorus, P	mg	524	20.253	11		1		692	592	149
Potassium, K	mg	95	7.922	11		1		125	107	27
Sodium, Na	mg	528	54.925	11		1		697	596	150
Zinc, Zn	mg	3.13	0.080	4		1		4.13	3.54	0.89
Copper, Cu	mg	0.027		0		1		0.036	0.031	0.008
Manganese, Mn	mg	0.011		0		1		0.015	0.012	0.003
Selenium, Se	mcg	16.3	2.019	8	A	1		21.5	18.4	4.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.101		2	A	1		0.133	0.114	0.029
Riboflavin	mg	0.329		2	A	1		0.434	0.372	0.093
Niacin	mg	0.119	0.021	21		1		0.157	0.134	0.034
Pantothenic acid	mg	0.090		2		1		0.119	0.102	0.026
Vitamin B-6	mg	0.079	0.018	16		1		0.104	0.089	0.022
Folate, total	mcg	10	1.113	21		1		13	11	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10	1.113	21		1		13	11	3
Folate, DFE	mcg_DFE	10		0	NC	4		13	11	3
Choline, total	mg	14.2		0	AS	1		18.8	16.1	4.0
Betaine	mg	0.7		1	A	1		1.0	0.8	0.2
Vitamin B-12	mcg	2.31		2	A	1		3.06	2.62	0.66
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	160		0	NC	4		211	181	45
Retinol	mcg	156		0	BFFN	4		206	176	44
Carotene, beta	mcg	51		0	BFFN	4		68	58	15
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	605		0	NC	4		799	684	172
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.37		2	A	1		0.49	0.42	0.11
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.08		2	A	1		0.11	0.10	0.02
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.4		0	AS	1		0.5	0.4	0.1
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.4		0	BFFN	4		0.5	0.4	0.1
Vitamin D	IU	15		0	BFFN	4		19	17	4
Vitamin K (phylloquinone)	mcg	1.3		2	A	1		1.7	1.4	0.4
Lipids:										
Fatty acids, total saturated	g	10.877		0		1		14.358	12.291	3.084
4:0	g	0.555		1		1		0.733	0.627	0.157

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.107	0.022	5		1		0.141	0.121	0.030
8:0 g	0.125	0.028	5		1		0.165	0.141	0.035
10:0 g	0.270	0.047	5		1		0.356	0.305	0.077
12:0 g	0.177	0.058	5		1		0.234	0.200	0.050
13:0 g									
14:0 g	1.719	0.078	5		1		2.269	1.942	0.487
15:0 g									
16:0 g	5.221	0.310	5		1		6.892	5.900	1.480
17:0 g									
18:0 g	2.083	0.169	5		1		2.750	2.354	0.591
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.850		0		1		6.402	5.481	1.375
14:1 g									
15:1 g									
16:1 undifferentiated g	0.473	0.062	5		1		0.624	0.534	0.134
17:1 g									
18:1 undifferentiated g	4.166	0.228	5		1		5.499	4.708	1.181
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.508		0		1		0.671	0.574	0.144
18:2 undifferentiated g	0.360	0.060	5		1		0.475	0.407	0.102
18:3 undifferentiated g	0.147	0.020	5		1		0.194	0.166	0.042
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	54	5.571	7		1		71	61	15
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.603		0	A	1		0.795	0.681	0.171
Threonine g	1.151		0	A	1		1.520	1.301	0.326
Isoleucine g	1.329		0	A	1		1.755	1.502	0.377
Leucine g	2.138		0	A	1		2.823	2.416	0.606
Lysine g	1.130		0	A	1		1.491	1.277	0.320
Methionine g	0.603		0	A	1		0.795	0.681	0.171
Cystine g	0.135		0	A	1		0.178	0.153	0.038
Phenylalanine g	1.184		0	A	1		1.562	1.338	0.336
Tyrosine g	1.222		0	A	1		1.612	1.380	0.346
Valine g	1.548		0	A	1		2.043	1.749	0.439
Arginine g	0.603		0	A	1		0.795	0.681	0.171
Histidine g	0.603		0	A	1		0.795	0.681	0.171
Alanine g	0.828		0	A	1		1.093	0.935	0.235
Aspartic acid g	1.912		0	A	1		2.524	2.160	0.542
Glutamic acid g	5.220		0	A	1		6.891	5.899	1.480
Glycine g	0.603		0	A	1		0.795	0.681	0.171
Proline g	2.753		0	A	1		3.634	3.111	0.781
Serine g	0.860		0	A	1		1.135	0.972	0.244
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01029

Cheese, mozzarella, part skim milk, low moisture

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01026
Cheese, mozzarella, whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.01	0.118	6	A	1		56.01	14.18	85.02
Energy....kcal	300		0	NC	4		336	85	509
Energy....kJ	1254		0	NC	4		1404	355	2131
Protein (N x 6.38)....g	22.17	0.182	6	A	1		24.83	6.29	37.69
Total lipid (fat)....g	22.35	0.244	6	A	1		25.04	6.34	38.00
Ash....g	3.28	0.030	6	A	1		3.67	0.93	5.57
Carbohydrate, by difference....g	2.19		0	NC	4		2.45	0.62	3.72
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	1.03		0	NC	4		1.15	0.29	1.75
Sucrose....g	0.03	0.000	4	JA	6		0.03	0.01	0.04
Glucose (dextrose)....g	0.56	0.101	6	JA	6		0.63	0.16	0.95
Fructose....g	0.15	0.000	3	A	1		0.17	0.04	0.25
Lactose....g	0.07	0.000	6	JA	6		0.08	0.02	0.13
Maltose....g	0.08	0.000	4	JA	6		0.08	0.02	0.13
Galactose....g	0.15	0.000	3	A	1		0.17	0.04	0.25
Starch....g									
Minerals:									
Calcium, Ca....mg	505	2.838	6	A	1		566	143	859
Iron, Fe....mg	0.44	0.084	6	A	1		0.49	0.12	0.75
Magnesium, Mg....mg	20	0.154	6	A	1		23	6	35
Phosphorus, P....mg	354	2.581	6	A	1		396	100	601
Potassium, K....mg	76	2.206	6	A	1		85	21	129
Sodium, Na....mg	627	11.119	6	A	1		703	178	1067
Zinc, Zn....mg	2.92	0.074	6	A	1		3.27	0.83	4.97
Copper, Cu....mg	0.011	0.011	6	A	1		0.012	0.003	0.018
Manganese, Mn....mg	0.030	0.002	6	A	1		0.034	0.009	0.052
Selenium, Se....mcg	17.0	0.524	3	A	1		19.0	4.8	28.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.030	0.000	6	A	1		0.033	0.008	0.051
Riboflavin....mg	0.283	0.002	6	A	1		0.317	0.080	0.482
Niacin....mg	0.104	0.010	6	A	1		0.116	0.029	0.176
Pantothenic acid....mg	0.141	0.004	3	A	1		0.158	0.040	0.240
Vitamin B-6....mg	0.037	0.000	3	A	1		0.042	0.011	0.063
Folate, total....mcg	7	0.000	3	A	1		8	2	13
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	7	0.000	3	A	1		8	2	13
Folate, DFE....mcg_DFE	7		0	NC	4		8	2	13
Choline, total....mg	15.4		0	T	4		17.2	4.4	26.2
Betaine....mg									
Vitamin B-12....mcg	2.28	0.064	6	A	1		2.56	0.65	3.88
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	179		0	NC	4		200	51	304
Retinol....mcg	174		0	BFFN	4		195	49	296
Carotene, beta....mcg	57		0	BFFN	4		64	16	97
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	676		0	NC	4		757	192	1149
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFFN	4		0.22	0.05	0.33
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.5	0.1	0.7
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.5	0.1	0.7
Vitamin D....IU	16		0	BFFN	4		18	5	28
Vitamin K (phylloquinone)....mcg	2.3		2	A	1		2.6	0.7	3.9
Lipids:									
Fatty acids, total saturated....g	13.152		0		1		14.730	3.729	22.358
4:0....g	0.805		1		1		0.902	0.228	1.369
6:0....g	0.446		1		1		0.500	0.126	0.758
8:0....g	0.257		1		1		0.288	0.073	0.437
10:0....g	0.582		1		1		0.652	0.165	0.989
12:0....g	0.690		1		1		0.773	0.196	1.173
13:0....g									
14:0....g	2.189		1		1		2.452	0.621	3.721
15:0....g									
16:0....g	5.331		1		1		5.971	1.511	9.063
17:0....g									
18:0....g	2.442		1		1		2.735	0.692	4.151
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.573		0		1		7.362	1.863	11.174
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.597		1		1		0.669	0.169	1.015
17:1....g									
18:1 undifferentiated....g	5.649		1		1		6.327	1.601	9.603
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.765		0		1		0.857	0.217	1.301
18:2 undifferentiated....g	0.393		1		1		0.440	0.111	0.668
18:3 undifferentiated....g	0.372		1		1		0.417	0.105	0.632
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	79	3.649	6	A	1		89	22	135
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.515		0	A	1		0.576	0.146	0.875
Threonine....g	0.983		0	A	1		1.101	0.279	1.671
Isoleucine....g	1.135		0	A	1		1.271	0.322	1.930
Leucine....g	1.826		0	A	1		2.045	0.518	3.104
Lysine....g	0.965		0	A	1		1.081	0.274	1.640
Methionine....g	0.515		0	A	1		0.576	0.146	0.875
Cystine....g	0.115		0	A	1		0.129	0.033	0.196
Phenylalanine....g	1.011		0	A	1		1.132	0.287	1.718
Tyrosine....g	1.043		0	A	1		1.168	0.296	1.773
Valine....g	1.322		0	A	1		1.480	0.375	2.247
Arginine....g	0.515		0	A	1		0.576	0.146	0.875
Histidine....g	0.515		0	A	1		0.576	0.146	0.875
Alanine....g	0.707		0	A	1		0.792	0.200	1.202
Aspartic acid....g	1.633		0	A	1		1.829	0.463	2.775
Glutamic acid....g	4.458		0	A	1		4.993	1.264	7.579
Glycine....g	0.515		0	A	1		0.576	0.146	0.875
Proline....g	2.351		0	A	1		2.633	0.667	3.997
Serine....g	0.735		0	A	1		0.823	0.208	1.249
Hydroxyproline....g									
Others:									

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz

Measure 3 = 170g: 6 slices

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01027
Cheese, mozzarella, whole milk, low moisture

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.38		18		1		13.72	8.71	
Energy	kcal	318		0	NC	4		90	57	
Energy	kJ	1332		0		4		378	240	
Protein (N x 6.38)	g	21.60		0		1		6.12	3.89	
Total lipid (fat)	g	24.64	1.386	4		1		6.99	4.44	
Ash	g	2.91		0		1		0.82	0.52	
Carbohydrate, by difference	g	2.47		0	NC	4		0.70	0.44	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	1.01		0	BFNN	4		0.29	0.18	
Starch	g									
Minerals:										
Calcium, Ca	mg	575		0		1		163	103	
Iron, Fe	mg	0.20		0		1		0.06	0.04	
Magnesium, Mg	mg	21		0		1		6	4	
Phosphorus, P	mg	412		0		1		117	74	
Potassium, K	mg	75		0		1		21	13	
Sodium, Na	mg	415		0		1		118	75	
Zinc, Zn	mg	2.46		0		1		0.70	0.44	
Copper, Cu	mg	0.022		0		1		0.006	0.004	
Manganese, Mn	mg	0.009		0		1		0.003	0.002	
Selenium, Se	mcg	16.1		0	BFNN	4		4.6	2.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.016		0		1		0.005	0.003	
Riboflavin	mg	0.270		0		1		0.077	0.049	
Niacin	mg	0.094		0		1		0.027	0.017	
Pantothenic acid	mg	0.071		0		1		0.020	0.013	
Vitamin B-6	mg	0.062		0		1		0.018	0.011	
Folate, total	mcg	8		0		1		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		2	1	
Folate, DFE	mcg_DFE	8		0	NC	4		2	1	
Choline, total	mg	15.0		0	BFNN	4		4.3	2.7	
Betaine	mg									
Vitamin B-12	mcg	0.73		0		1		0.21	0.13	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	197		0	NC	4		56	35	
Retinol	mcg	192		0	BFFN	4		54	35	
Carotene, beta	mcg	63		0	BFFN	4		18	11	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	745		0	NC	4		211	134	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFFN	4		0.06	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFFN	4		0.1	0.1	
Vitamin D	IU	18		0	BFFN	4		5	3	
Vitamin K (phylloquinone)	mcg	2.5		0	BFFN	4		0.7	0.5	
Lipids:										
Fatty acids, total saturated	g	15.561		0		1		4.412	2.801	
4:0	g	0.844		1		1		0.239	0.152	

NDB No. 01027
Cheese, mozzarella, whole milk, low moisture

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.177		1		1		0.050	0.032	
8:0 ....g	0.203		1		1		0.058	0.037	
10:0 ....g	0.412		1		1		0.117	0.074	
12:0 ....g	0.255		1		1		0.072	0.046	
13:0 ....g									
14:0 ....g	2.683		1		1		0.761	0.483	
15:0 ....g									
16:0 ....g	7.491		1		1		2.124	1.348	
17:0 ....g									
18:0 ....g	2.880		1		1		0.816	0.518	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	7.027		0		1		1.992	1.265	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.822		1		1		0.233	0.148	
17:1 ....g									
18:1 undifferentiated ....g	5.925		1		1		1.680	1.067	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.778		0		1		0.221	0.140	
18:2 undifferentiated ....g	0.566		1		1		0.160	0.102	
18:3 undifferentiated ....g	0.212		1		1		0.060	0.038	
18:4 ....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	89		0		1		25	16	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.302		0		4		0.086	0.054	
Threonine ....g	0.823		0		1		0.233	0.148	
Isoleucine ....g	1.036		0		1		0.294	0.186	
Leucine ....g	2.106		0		1		0.597	0.379	
Lysine ....g	2.194		0		1		0.622	0.395	
Methionine ....g	0.603		0		1		0.171	0.109	
Cystine ....g	0.129		0		1		0.037	0.023	
Phenylalanine ....g	1.127		0		1		0.320	0.203	
Tyrosine ....g	1.249		0		1		0.354	0.225	
Valine ....g	1.351		0		1		0.383	0.243	
Arginine ....g	0.928		0		1		0.263	0.167	
Histidine ....g	0.813		0		1		0.230	0.146	
Alanine ....g	0.660		0		1		0.187	0.119	
Aspartic acid ....g	1.564		0		1		0.443	0.282	
Glutamic acid ....g	5.055		0		1		1.433	0.910	
Glycine ....g	0.413		0		1		0.117	0.074	
Proline ....g	2.224		0		1		0.631	0.400	
Serine ....g	1.259		0		1		0.357	0.227	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01027

Cheese, mozzarella, whole milk, low moisture

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01030
Cheese, muenster

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.77	0.506	14		1		55.14	47.20	11.84
Energy....kcal	368		0	NC	4		486	416	104
Energy....kJ	1541		0	NC	4		2034	1742	437
Protein (N x 6.38)....g	23.41	0.328	14		1		30.90	26.45	6.64
Total lipid (fat)....g	30.04	0.498	17		1		39.65	33.95	8.52
Ash....g	3.66	0.110	10		1		4.83	4.14	1.04
Carbohydrate, by difference....g	1.12		0	NC	4		1.48	1.27	0.32
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	1.12		0	NR	4		1.48	1.27	0.32
Starch....g									
Minerals:									
Calcium, Ca....mg	717	25.274	14		1		947	811	203
Iron, Fe....mg	0.41	0.063	5		1		0.54	0.46	0.12
Magnesium, Mg....mg	27	0.955	10		1		36	31	8
Phosphorus, P....mg	468	9.092	11		1		617	529	133
Potassium, K....mg	134	15.673	11		1		177	152	38
Sodium, Na....mg	628	27.405	11		1		829	709	178
Zinc, Zn....mg	2.81	0.066	4		1		3.71	3.18	0.80
Copper, Cu....mg	0.031		0		1		0.041	0.035	0.009
Manganese, Mn....mg	0.008		0		1		0.011	0.009	0.002
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.013	0.001	6		1		0.017	0.015	0.004
Riboflavin....mg	0.320	0.031	10		1		0.422	0.362	0.091
Niacin....mg	0.103	0.017	18		1		0.136	0.116	0.029
Pantothenic acid....mg	0.190		1		1		0.251	0.215	0.054
Vitamin B-6....mg	0.056	0.007	15		1		0.074	0.063	0.016
Folate, total....mcg	12	1.680	25		1		16	14	3
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	12	1.680	25		1		16	14	3
Folate, DFE....mcg_DFE	12		0	NC	4		16	14	3
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	1.47	0.092	19		1		1.94	1.66	0.42
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	298		0	NC	4		393	337	85
Retinol....mcg	297		0	T	4		392	336	84
Carotene, beta....mcg	13		0	NR	4		17	15	4
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1012		0	NC	4		1335	1143	287
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.34	0.29	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.7	0.6	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.7	0.6	0.2
Vitamin D....IU	22		0	BFFN	4		29	25	6
Vitamin K (phylloquinone)....mcg	2.5		0	BFFN	4		3.3	2.8	0.7
Lipids:									
Fatty acids, total saturated....g	19.113		0		1		25.229	21.598	5.419
4:0....g	1.042	0.113	6		1		1.375	1.177	0.295

NDB No. 01030
Cheese, muenster

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.243	0.019	6		1		0.321	0.275	0.069
8:0 g	0.275	0.031	6		1		0.363	0.311	0.078
10:0 g	0.586	0.032	6		1		0.774	0.662	0.166
12:0 g	0.367	0.021	6		1		0.484	0.415	0.104
13:0 g									
14:0 g	3.072	0.085	6		1		4.055	3.471	0.871
15:0 g									
16:0 g	9.218	0.219	6		1		12.168	10.416	2.613
17:0 g									
18:0 g	3.569	0.091	6		1		4.711	4.033	1.012
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.711		0		1		11.499	9.843	2.470
14:1 g									
15:1 g									
16:1 undifferentiated g	0.973	0.049	6		1		1.284	1.099	0.276
17:1 g									
18:1 undifferentiated g	7.338	0.182	6		1		9.686	8.292	2.080
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.661		0		1		0.873	0.747	0.187
18:2 undifferentiated g	0.431	0.027	6		1		0.569	0.487	0.122
18:3 undifferentiated g	0.230	0.015	6		1		0.304	0.260	0.065
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	96	3.402	4		1		126	108	27
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.327		0		1		0.432	0.370	0.093
Threonine g	0.888		0		1		1.172	1.003	0.252
Isoleucine g	1.145		0		1		1.511	1.294	0.325
Leucine g	2.260		0		1		2.983	2.554	0.641
Lysine g	2.139		0		1		2.823	2.417	0.606
Methionine g	0.569		0		1		0.751	0.643	0.161
Cystine g	0.132		0		1		0.174	0.149	0.037
Phenylalanine g	1.240		0		1		1.637	1.401	0.352
Tyrosine g	1.123		0		1		1.482	1.269	0.318
Valine g	1.482		0		1		1.956	1.675	0.420
Arginine g	0.881		0		1		1.163	0.996	0.250
Histidine g	0.829		0		1		1.094	0.937	0.235
Alanine g	0.675		0		1		0.891	0.763	0.191
Aspartic acid g	1.600		0		1		2.112	1.808	0.454
Glutamic acid g	5.555		0		1		7.333	6.277	1.575
Glycine g	0.440		0		1		0.581	0.497	0.125
Proline g	2.594		0		1		3.424	2.931	0.735
Serine g	1.299		0		1		1.715	1.468	0.368
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01030
Cheese, muenster

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42303
Cheese, muenster, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.50		0		4		57.07	9.09	14.14
Energy....kcal	271		0	NC	4		306	49	76
Energy....kJ	1135		0	NC	4		1282	204	318
Protein....g	24.70		0		4		27.91	4.45	6.92
Total lipid (fat)....g	17.60		0		4		19.89	3.17	4.93
Ash....g	3.70		0	NR	4		4.18	0.67	1.04
Carbohydrate, by difference....g	3.50		0		4		3.96	0.63	0.98
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	3.50		0	NR	4		3.96	0.63	0.98
Starch....g									
Minerals:									
Calcium, Ca....mg	529		0		4		598	95	148
Iron, Fe....mg	0.41		0		4		0.46	0.07	0.11
Magnesium, Mg....mg	27		0		4		31	5	8
Phosphorus, P....mg	468		0		4		529	84	131
Potassium, K....mg	134		0		4		151	24	38
Sodium, Na....mg	600		0		4		678	108	168
Zinc, Zn....mg	2.81		0		4		3.18	0.51	0.79
Copper, Cu....mg	0.031		0		4		0.035	0.006	0.009
Manganese, Mn....mg									
Selenium, Se....mcg	14.5		0	CAZN	4		16.4	2.6	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.010		0		4		0.011	0.002	0.003
Riboflavin....mg	0.360		0		4		0.407	0.065	0.101
Niacin....mg	0.100		0		4		0.113	0.018	0.028
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0		4		0.068	0.011	0.017
Folate, total....mcg	12		0		4		14	2	3
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	12		0		4		14	2	3
Folate, DFE....mcg_DFE	12		0	NC	4		14	2	3
Choline, total....mg	15.4		0	T	4		17.4	2.8	4.3
Betaine....mg									
Vitamin B-12....mcg	1.47		0		4		1.66	0.26	0.41
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	175		0	NC	4		197	31	49
Retinol....mcg	174		0	BFFN	4		197	31	49
Carotene, beta....mcg	8		0	BFFN	4		9	1	2
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	593		0	NC	4		670	107	166
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFFN	4		0.17	0.03	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.4	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.4	0.1	0.1
Vitamin D....IU	13		0	BFFN	4		15	2	4
Vitamin K (phylloquinone)....mcg	1.5		0	BFFN	4		1.7	0.3	0.4
Lipids:									
Fatty acids, total saturated....g	10.950		0		4		12.374	1.971	3.066
4:0....g	0.571		0		4		0.645	0.103	0.160

NDB No. 42303
Cheese, muenster, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.337		0		4		0.381	0.061	0.094
8:0 ... g	0.197		0		4		0.223	0.035	0.055
10:0 ... g	0.442		0		4		0.499	0.080	0.124
12:0 ... g	0.494		0		4		0.558	0.089	0.138
13:0 ... g									
14:0 ... g	1.769		0		4		1.999	0.318	0.495
15:0 ... g									
16:0 ... g	4.622		0		4		5.223	0.832	1.294
17:0 ... g									
18:0 ... g	2.136		0		4		2.414	0.384	0.598
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.090		0		4		5.752	0.916	1.425
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.394		0		4		0.445	0.071	0.110
17:1 ... g									
18:1 undifferentiated ... g	4.421		0		4		4.996	0.796	1.238
20:1 ... g	0.265		0		4		0.299	0.048	0.074
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.650		0		4		0.735	0.117	0.182
18:2 undifferentiated ... g	0.397		0		4		0.449	0.071	0.111
18:3 undifferentiated ... g	0.257		0		4		0.290	0.046	0.072
18:4 ... g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		7		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		7		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		7		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	63		0		4		71	11	18
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

Measure 3 = 28g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01031
Cheese, neufchatel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.11		2	A	1		17.89	53.64	
Energy....kcal	253		0	NC	4		72	215	
Energy....kJ	1059		0	NC	4		300	900	
Protein (N x 6.38)....g	9.15		2	A	1		2.60	7.78	
Total lipid (fat)....g	22.78		2	A	1		6.46	19.36	
Ash....g	1.37		2	A	1		0.39	1.16	
Carbohydrate, by difference....g	3.59		0	NC	4		1.02	3.05	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	3.19		2	A	1		0.91	2.72	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	3.19		2	A	1		0.91	2.72	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	0.50		2	A	1		0.14	0.43	
Minerals:									
Calcium, Ca....mg	117		2	A	1		33	99	
Iron, Fe....mg	0.13		2	A	1		0.04	0.11	
Magnesium, Mg....mg	10		2	A	1		3	9	
Phosphorus, P....mg	138		2	A	1		39	117	
Potassium, K....mg	152		2	A	1		43	129	
Sodium, Na....mg	334		2	A	1		95	283	
Zinc, Zn....mg	0.82		2	A	1		0.23	0.70	
Copper, Cu....mg	0.027		2	A	1		0.008	0.023	
Manganese, Mn....mg	0.011		2	A	1		0.003	0.009	
Selenium, Se....mcg	3.0		0	BFNN	4		0.9	2.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	
Thiamin....mg	0.022		2	A	1		0.006	0.019	
Riboflavin....mg	0.155		2	A	1		0.044	0.132	
Niacin....mg	0.210		2	A	1		0.060	0.179	
Pantothenic acid....mg	0.575		2	A	1		0.163	0.489	
Vitamin B-6....mg	0.041	0.005	11		1		0.012	0.035	
Folate, total....mcg	14		2	A	1		4	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		2	A	1		4	12	
Folate, DFE....mcg_DFE	14		0	NC	4		4	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.30		2	A	1		0.09	0.25	
Vitamin A, RAE....mcg_RAE	241		0	NC	4		68	205	
Retinol....mcg	239		0	BFFN	4		68	203	
Carotene, beta....mcg	27		2	A	1		8	23	
Carotene, alpha....mcg	0		2	A	1		0	0	
Cryptoxanthin, beta....mcg	0		2	A	1		0	0	
Vitamin A, IU....IU	841		0	NC	4		238	715	
Lycopene....mcg	0		2	A	1		0	0	
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.40		2	A	1		0.11	0.34	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		2	A	1		0.01	0.03	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		2	A	1		0.5	1.5	

NDB No. 01031
Cheese, neufchatel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.790		0	NC	4		3.626	10.871	
4:0....g	0.609	0.067	6		1		0.173	0.518	
6:0....g	0.210	0.009	6		1		0.060	0.179	
8:0....g	0.242		2	A	1		0.069	0.206	
10:0....g	0.548		2	A	1		0.155	0.466	
12:0....g	0.607		2	A	1		0.172	0.516	
13:0....g									
14:0....g	2.025		2	A	1		0.574	1.721	
15:0....g	0.209		2	A	1		0.059	0.178	
16:0....g	5.633		2	A	1		1.597	4.788	
17:0....g	0.119		2	A	1		0.034	0.101	
18:0....g	2.555		2	A	1		0.724	2.171	
20:0....g	0.033		2	A	1		0.009	0.028	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	5.784		0	NC	4		1.640	4.916	
14:1....g	0.161		2	A	1		0.046	0.137	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.297		2	A	1		0.084	0.252	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	5.326		2	A	1		1.510	4.527	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.970		0	NC	4		0.275	0.824	
18:2 undifferentiated....g	0.696		2	A	1		0.197	0.592	
18:3 undifferentiated....g	0.117		0	AS	1		0.033	0.100	
18:3 n-3 c,c,c (ALA)....g	0.117		2	A	1		0.033	0.100	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039		2	A	1		0.011	0.033	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	74		2	A	1		21	63	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	A	1		0.030	0.090	
Threonine....g	0.359		0	A	1		0.102	0.306	
Isoleucine....g	0.501		0	A	1		0.142	0.425	
Leucine....g	1.013		0	A	1		0.287	0.861	
Lysine....g	0.875		0	A	1		0.248	0.744	
Methionine....g	0.294		0	A	1		0.083	0.250	
Cystine....g	0.064		0	A	1		0.018	0.055	
Phenylalanine....g	0.448		0	A	1		0.127	0.381	
Tyrosine....g	0.468		0	A	1		0.133	0.398	
Valine....g	0.609		0	A	1		0.173	0.518	
Arginine....g	0.363		0	A	1		0.103	0.309	
Histidine....g	0.270		0	A	1		0.077	0.230	
Alanine....g	0.283		0	A	1		0.080	0.241	
Aspartic acid....g	0.794		0	A	1		0.225	0.675	
Glutamic acid....g	2.013		0	A	1		0.571	1.711	

NDB No. 01031
Cheese, neufchatel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.218		0	A	1		0.062	0.186	
Proline.....g	1.027		0	A	1		0.291	0.873	
Serine.....g	0.577		0	A	1		0.164	0.491	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.60		0	BFZN	4		50.60	2.53	14.35
Energy....kcal	265		0	NC	4		265	13	75
Energy....kJ	1111		0	NC	4		1111	56	315
Protein....g	20.00		1	LC	8		20.00	1.00	5.67
Total lipid (fat)....g	20.00		1	LC	8		20.00	1.00	5.67
Ash....g	8.03	0.389	6	A	1		8.03	0.40	2.28
Carbohydrate, by difference....g	1.37		0	NC	4		1.37	0.07	0.39
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	0.00		1	LC	8		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1109	15.109	6	A	1		1109	55	315
Iron, Fe....mg	0.90	0.105	6	A	1		0.90	0.04	0.25
Magnesium, Mg....mg	38	1.376	6	A	1		38	2	11
Phosphorus, P....mg	729	10.001	6	A	1		729	36	207
Potassium, K....mg	125	17.696	6	A	1		125	6	35
Sodium, Na....mg	1529	51.778	6	A	1		1529	76	433
Zinc, Zn....mg	3.87	0.831	6	A	1		3.87	0.19	1.10
Copper, Cu....mg	0.238	0.064	6	A	1		0.238	0.012	0.067
Manganese, Mn....mg	0.085	0.015	6	A	1		0.085	0.004	0.024
Selenium, Se....mcg	17.7	3.528	3	A	1		17.7	0.9	5.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.029	0.004	3	A	1		0.029	0.001	0.008
Riboflavin....mg	0.486	0.014	3	A	1		0.486	0.024	0.138
Niacin....mg	0.114	0.008	3	A	1		0.114	0.006	0.032
Pantothenic acid....mg	0.325		2	A	1		0.325	0.016	0.092
Vitamin B-6....mg	0.049	0.003	3	A	1		0.049	0.002	0.014
Folate, total....mcg	10		2	A	1		10	1	3
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		2	A	1		10	1	3
Folate, DFE....mcg_DFE	10		0	NC	4		10	1	3
Choline, total....mg	20.7		0	BFSN	4		20.7	1.0	5.9
Betaine....mg									
Vitamin B-12....mcg	2.26	0.237	3	A	1		2.26	0.11	0.64
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	160		0	NC	4		160	8	45
Retinol....mcg	156		0	BFFN	4		156	8	44
Carotene, beta....mcg	51		0	BFFN	4		51	3	15
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	605		0	NC	4		605	30	171
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFFN	4		0.17	0.01	0.05
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.4	0.0	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.4	0.0	0.1
Vitamin D....IU	15		0	BFFN	4		15	1	4
Vitamin K (phylloquinone)....mcg	1.7		0	BFFN	4		1.7	0.1	0.5
Lipids:									
Fatty acids, total saturated....g	13.317		0		1		13.317	0.666	3.775
4:0....g	1.054		1		1		1.054	0.053	0.299

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.395		1		1		0.395	0.020	0.112
8:0 ... g	0.211		1		1		0.211	0.011	0.060
10:0 ... g	0.526		1		1		0.526	0.026	0.149
12:0 ... g	0.709		1		1		0.709	0.035	0.201
13:0 ... g									
14:0 ... g	2.362		1		1		2.362	0.118	0.670
15:0 ... g									
16:0 ... g	5.653		1		1		5.653	0.283	1.603
17:0 ... g									
18:0 ... g	1.868		1		1		1.868	0.093	0.530
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.098		0		1		6.098	0.305	1.729
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.320		1		1		0.320	0.016	0.091
17:1 ... g									
18:1 undifferentiated ... g	5.402		1		1		5.402	0.270	1.531
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.462		0		1		0.462	0.023	0.131
18:2 undifferentiated ... g	0.221		1		1		0.221	0.011	0.063
18:3 undifferentiated ... g	0.241		1		1		0.241	0.012	0.068
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	88	6.080	3	A	1		88	4	25
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.240		0	LC	8		0.240	0.012	0.068
Threonine ... g	1.519		0	LC	8		1.519	0.076	0.431
Isoleucine ... g	1.200		0	LC	8		1.200	0.060	0.340
Leucine ... g	2.983		0	LC	8		2.983	0.149	0.846
Lysine ... g	2.459		0	LC	8		2.459	0.123	0.697
Methionine ... g	0.369		0	LC	8		0.369	0.018	0.105
Cystine ... g	0.028		0	LC	8		0.028	0.001	0.008
Phenylalanine ... g	1.604		0	LC	8		1.604	0.080	0.455
Tyrosine ... g	1.968		0	LC	8		1.968	0.098	0.558
Valine ... g	1.498		0	LC	8		1.498	0.075	0.425
Arginine ... g	1.324		0	LC	8		1.324	0.066	0.375
Histidine ... g	0.752		0	LC	8		0.752	0.038	0.213
Alanine ... g	0.956		0	LC	8		0.956	0.048	0.271
Aspartic acid ... g	1.963		0	LC	8		1.963	0.098	0.557
Glutamic acid ... g	7.279		0	LC	8		7.279	0.364	2.064
Glycine ... g	0.598		0	LC	8		0.598	0.030	0.170
Proline ... g	3.231		0	LC	8		3.231	0.162	0.916
Serine ... g	1.614		0	LC	8		1.614	0.081	0.457
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01204

Cheese, parmesan, dry grated, reduced fat

Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 5.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01032
Cheese, parmesan, grated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.84	0.774	6	A	1		20.84	1.04	5.91
Energy....kcal	431		0	NC	4		431	22	122
Energy....kJ	1805		0	NC	4		1805	90	512
Protein (N x 6.38)....g	38.46	0.132	6	A	1		38.46	1.92	10.90
Total lipid (fat)....g	28.61	0.148	6	A	1		28.61	1.43	8.11
Ash....g	8.03	0.389	6	A	1		8.03	0.40	2.28
Carbohydrate, by difference....g	4.06		0	NC	4		4.06	0.20	1.15
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.90	0.000	3	A	1		0.90	0.04	0.25
Sucrose....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Glucose (dextrose)....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Fructose....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Lactose....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Maltose....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Galactose....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Starch....g									
Minerals:									
Calcium, Ca....mg	1109	15.109	6	A	1		1109	55	315
Iron, Fe....mg	0.90	0.105	6	A	1		0.90	0.04	0.25
Magnesium, Mg....mg	38	1.376	6	A	1		38	2	11
Phosphorus, P....mg	729	10.001	6	A	1		729	36	207
Potassium, K....mg	125	17.696	6	A	1		125	6	35
Sodium, Na....mg	1529	51.778	6	A	1		1529	76	433
Zinc, Zn....mg	3.87	0.831	6	A	1		3.87	0.19	1.10
Copper, Cu....mg	0.238	0.064	6	A	1		0.238	0.012	0.067
Manganese, Mn....mg	0.085	0.015	6	A	1		0.085	0.004	0.024
Selenium, Se....mcg	17.7	3.528	3	A	1		17.7	0.9	5.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.029	0.004	3	A	1		0.029	0.001	0.008
Riboflavin....mg	0.486	0.014	3	A	1		0.486	0.024	0.138
Niacin....mg	0.114	0.008	3	A	1		0.114	0.006	0.032
Pantothenic acid....mg	0.325		2	A	1		0.325	0.016	0.092
Vitamin B-6....mg	0.049	0.003	3	A	1		0.049	0.002	0.014
Folate, total....mcg	10		2	A	1		10	1	3
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		2	A	1		10	1	3
Folate, DFE....mcg_DFE	10		0	NC	4		10	1	3
Choline, total....mg	15.4		0	T	4		15.4	0.8	4.4
Betaine....mg									
Vitamin B-12....mcg	2.26	0.237	3	A	1		2.26	0.11	0.64
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	229		0	NC	4		229	11	65
Retinol....mcg	223		0	BFFN	4		223	11	63
Carotene, beta....mcg	73		0	BFFN	4		73	4	21
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	865		0	NC	4		865	43	245
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFFN	4		0.25	0.01	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.5	0.0	0.1

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.5	0.0	0.1
Vitamin D....IU	21		0	BFFN	4		21	1	6
Vitamin K (phylloquinone)....mcg	1.9		2	A	1		1.9	0.1	0.5
Lipids:									
Fatty acids, total saturated....g	17.301		0	NC	4		17.301	0.865	4.905
4:0....g	1.510		1		1		1.510	0.076	0.428
6:0....g	0.565		1		1		0.565	0.028	0.160
8:0....g	0.052	0.005	3	A	1		0.052	0.003	0.015
10:0....g	0.518	0.018	3	A	1		0.518	0.026	0.147
12:0....g	0.787	0.024	3	A	1		0.787	0.039	0.223
13:0....g	0.032	0.004	3	A	1		0.032	0.002	0.009
14:0....g	2.617	0.068	3	A	1		2.617	0.131	0.742
15:0....g	0.307	0.016	3	A	1		0.307	0.015	0.087
16:0....g	7.388	0.161	3	A	1		7.388	0.369	2.094
17:0....g	0.168	0.008	3	A	1		0.168	0.008	0.048
18:0....g	3.251	0.050	3	A	1		3.251	0.163	0.922
20:0....g	0.068	0.003	3	A	1		0.068	0.003	0.019
22:0....g	0.037	0.003	3	A	1		0.037	0.002	0.010
24:0....g									
Fatty acids, total monounsaturated....g	8.375		0	NC	4		8.375	0.419	2.374
14:1....g	0.280	0.009	3	A	1		0.280	0.014	0.079
15:1....g									
16:1 undifferentiated....g	0.497	0.012	3	A	1		0.497	0.025	0.141
17:1....g	0.148	0.009	3	A	1		0.148	0.007	0.042
18:1 undifferentiated....g	7.273	0.135	3	A	1		7.273	0.364	2.062
20:1....g	0.177		2	A	1		0.177	0.009	0.050
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.173		0	NC	4		1.173	0.059	0.333
18:2 undifferentiated....g	0.943	0.056	3	A	1		0.943	0.047	0.267
18:3 undifferentiated....g	0.190	0.019	3	A	1		0.190	0.009	0.054
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.041	0.003	3	A	1		0.041	0.002	0.012
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	88	6.080	3	A	1		88	4	25
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.518		0	A	1		0.518	0.026	0.147
Threonine....g	1.455		0	A	1		1.455	0.073	0.412
Isoleucine....g	1.969		0	A	1		1.969	0.098	0.558
Leucine....g	3.718		0	A	1		3.718	0.186	1.054
Lysine....g	2.980		0	A	1		2.980	0.149	0.845
Methionine....g	1.016		0	A	1		1.016	0.051	0.288
Cystine....g	0.122		0	A	1		0.122	0.006	0.035
Phenylalanine....g	2.081		0	A	1		2.081	0.104	0.590
Tyrosine....g	2.328		0	A	1		2.328	0.116	0.660
Valine....g	2.524		0	A	1		2.524	0.126	0.716
Arginine....g	1.567		0	A	1		1.567	0.078	0.444
Histidine....g	1.092		0	A	1		1.092	0.055	0.309
Alanine....g	1.163		0	A	1		1.163	0.058	0.330
Aspartic acid....g	2.673		0	A	1		2.673	0.134	0.758
Glutamic acid....g	8.696		0	A	1		8.696	0.435	2.465
Glycine....g	0.759		0	A	1		0.759	0.038	0.215
Proline....g	4.622		0	A	1		4.622	0.231	1.310
Serine....g	2.292		0	A	1		2.292	0.115	0.650

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 5.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01033
Cheese, parmesan, hard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.16	0.623	10		1		8.27	3.00	41.41
Energy....kcal	392		0	NC	4		111	40	557
Energy....kJ	1641		0		4		465	169	2330
Protein (N x 6.38)....g	35.75	0.793	13		1		10.14	3.68	50.77
Total lipid (fat)....g	25.83	0.726	24		1		7.32	2.66	36.68
Ash....g	6.04	0.314	8		1		1.71	0.62	8.58
Carbohydrate, by difference....g	3.22		0	NC	4		0.91	0.33	4.57
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.80		0	BFNN	4		0.23	0.08	1.14
Starch....g									
Minerals:									
Calcium, Ca....mg	1184	29.713	23		1		336	122	1681
Iron, Fe....mg	0.82	0.193	4		1		0.23	0.08	1.16
Magnesium, Mg....mg	44	0.872	4		1		12	5	62
Phosphorus, P....mg	694	20.997	19		1		197	72	986
Potassium, K....mg	92	5.964	4		1		26	9	131
Sodium, Na....mg	1602	255.188	4		1		454	165	2274
Zinc, Zn....mg	2.75	0.043	4		1		0.78	0.28	3.91
Copper, Cu....mg	0.032		0		1		0.009	0.003	0.045
Manganese, Mn....mg	0.020		0		1		0.006	0.002	0.028
Selenium, Se....mcg	22.5		0	BFNN	4		6.4	2.3	32.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.039		1		1		0.011	0.004	0.055
Riboflavin....mg	0.332	0.016	4		1		0.094	0.034	0.471
Niacin....mg	0.271	0.047	12		1		0.077	0.028	0.385
Pantothenic acid....mg	0.453		1		1		0.128	0.047	0.643
Vitamin B-6....mg	0.091	0.003	15		1		0.026	0.009	0.129
Folate, total....mcg	7	0.737	20		1		2	1	10
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	7	0.737	20		1		2	1	10
Folate, DFE....mcg_DFE	7		0	NC	4		2	1	10
Choline, total....mg	15.4		0	T	4		4.4	1.6	21.9
Betaine....mg									
Vitamin B-12....mcg	1.20		0		4		0.34	0.12	1.70
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	207		0	NC	4		59	21	293
Retinol....mcg	201		0	BFFN	4		57	21	286
Carotene, beta....mcg	66		0	BFFN	4		19	7	94
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	781		0	NC	4		221	80	1109
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFFN	4		0.06	0.02	0.32
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.1	0.0	0.7
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.1	0.0	0.7
Vitamin D....IU	19		0	BFFN	4		5	2	27
Vitamin K (phylloquinone)....mcg	1.7		0	BFFN	4		0.5	0.2	2.4
Lipids:									
Fatty acids, total saturated....g	16.410		0		1		4.652	1.690	23.302
4:0....g	1.299		1		1		0.368	0.134	1.845

NDB No. 01033
Cheese, parmesan, hard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.487		1		1		0.138	0.050	0.692
8:0 g	0.260		1		1		0.074	0.027	0.369
10:0 g	0.648		1		1		0.184	0.067	0.920
12:0 g	0.873		1		1		0.247	0.090	1.240
13:0 g									
14:0 g	2.911		1		1		0.825	0.300	4.134
15:0 g									
16:0 g	6.966		1		1		1.975	0.717	9.892
17:0 g									
18:0 g	2.301		1		1		0.652	0.237	3.267
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.515		0		1		2.131	0.774	10.671
14:1 g									
15:1 g									
16:1 undifferentiated g	0.394		1		1		0.112	0.041	0.559
17:1 g									
18:1 undifferentiated g	6.656		1		1		1.887	0.686	9.452
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.569		0		1		0.161	0.059	0.808
18:2 undifferentiated g	0.272		1		1		0.077	0.028	0.386
18:3 undifferentiated g	0.297		1		1		0.084	0.031	0.422
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	68	2.998	4		1		19	7	96
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.482		0		1		0.137	0.050	0.684
Threonine g	1.317		0		1		0.373	0.136	1.870
Isoleucine g	1.894		0		1		0.537	0.195	2.689
Leucine g	3.452		0		1		0.979	0.356	4.902
Lysine g	3.306		0		1		0.937	0.341	4.695
Methionine g	0.958		0		1		0.272	0.099	1.360
Cystine g	0.235		0		1		0.067	0.024	0.334
Phenylalanine g	1.922		0		1		0.545	0.198	2.729
Tyrosine g	1.995		0		1		0.566	0.205	2.833
Valine g	2.454		0		1		0.696	0.253	3.485
Arginine g	1.317		0		1		0.373	0.136	1.870
Histidine g	1.384		0		1		0.392	0.143	1.965
Alanine g	1.048		0		1		0.297	0.108	1.488
Aspartic acid g	2.236		0		1		0.634	0.230	3.175
Glutamic acid g	8.209		0		1		2.327	0.846	11.657
Glycine g	0.622		0		1		0.176	0.064	0.883
Proline g	4.180		0		1		1.185	0.431	5.936
Serine g	2.068		0		1		0.586	0.213	2.937
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01033
Cheese, parmesan, hard

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 10.3g: 1 cubic inch
Measure 3 = 142g: 5 package (5 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43340
Cheese, parmesan, low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.20		0		4		22.20	1.11	
Energy	kcal	451		0	NC	4		451	23	
Energy	kJ	1887		0	NC	4		1887	94	
Protein	g	41.60		1		1		41.60	2.08	
Total lipid (fat)	g	29.99		1		1		29.99	1.50	
Ash	g	2.51		0	NR	4		2.51	0.13	
Carbohydrate, by difference	g	3.70		0	NC	4		3.70	0.19	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.85		0	BFNN	4		0.85	0.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	1376		1		1		1376	69	
Iron, Fe	mg	0.95		1		1		0.95	0.05	
Magnesium, Mg	mg	51		1		1		51	3	
Phosphorus, P	mg	807		1		1		807	40	
Potassium, K	mg	107		1		1		107	5	
Sodium, Na	mg	63		0		4		63	3	
Zinc, Zn	mg	3.19		1		1		3.19	0.16	
Copper, Cu	mg	0.037		1		1		0.037	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	23.9		0	BFNN	4		23.9	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.040		1		1		0.040	0.002	
Riboflavin	mg	0.390		1		1		0.390	0.020	
Niacin	mg	0.320		1		1		0.320	0.016	
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		1		1		0.100	0.005	
Folate, total	mcg	10		0	NR	4		10	0	
Folic acid	mcg	0		0	BFNN	4		0	0	
Folate, food	mcg	10		0	BFNN	4		10	0	
Folate, DFE	mcg_DFE	10		0	NC	4		10	0	
Choline, total	mg	15.4		0	T	4		15.4	0.8	
Betaine	mg									
Vitamin B-12	mcg	1.40		1		1		1.40	0.07	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	125		0	NC	4		125	6	
Retinol	mcg	123		0	BFFN	4		123	6	
Carotene, beta	mcg	32		0	BFFN	4		32	2	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	463		0	NC	4		463	23	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFFN	4		0.27	0.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	AS	1		0.6	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.6		0	BFFN	4		0.6	0.0	
Vitamin D	IU	22		0	BFFN	4		22	1	
Vitamin K (phylloquinone)	mcg	2.0		0	BFFN	4		2.0	0.1	
Lipids:										
Fatty acids, total saturated	g	19.051		0		4		19.051	0.953	
4:0	g	1.509		0		4		1.509	0.075	

NDB No. 43340
Cheese, parmesan, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.559		0		4		0.559	0.028	
8:0 g	0.300		0		4		0.300	0.015	
10:0 g	0.749		0		4		0.749	0.037	
12:0 g	1.019		0		4		1.019	0.051	
13:0 g									
14:0 g	3.377		0		4		3.377	0.169	
15:0 g									
16:0 g	8.092		0		4		8.092	0.405	
17:0 g									
18:0 g	2.677		0		4		2.677	0.134	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.721		0		4		8.721	0.436	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.460		0		4		0.460	0.023	
17:1 g									
18:1 undifferentiated g	7.732		0		4		7.732	0.387	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.659		0		4		0.659	0.033	
18:2 undifferentiated g	0.320		0		4		0.320	0.016	
18:3 undifferentiated g	0.340		0		4		0.340	0.017	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79		1		1		79	4	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup, grated

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01146
Cheese, parmesan, shredded

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	25.00		0		1		1.25		
Energy	kcal	415		0	NC	4		21		
Energy	kJ	1737		0	NC	4		87		
Protein (N x 6.38)	g	37.86		0		1		1.89		
Total lipid (fat)	g	27.34		0		1		1.37		
Ash	g	6.39		0		1		0.32		
Carbohydrate, by difference	g	3.41		0	NC	4		0.17		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	0.90		0	BFZN	4		0.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	1253		0		1		63		
Iron, Fe	mg	0.87		0		1		0.04		
Magnesium, Mg	mg	51	1.014	4		1		3		
Phosphorus, P	mg	735		0		1		37		
Potassium, K	mg	97		0		1		5		
Sodium, Na	mg	1696		0		1		85		
Zinc, Zn	mg	3.19	0.050	4		1		0.16		
Copper, Cu	mg	0.037		0		1		0.002		
Manganese, Mn	mg	0.023		0		1		0.001		
Selenium, Se	mcg	23.9		0	BFNN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.041		0		1		0.002		
Riboflavin	mg	0.352		0		1		0.018		
Niacin	mg	0.287		0		1		0.014		
Pantothenic acid	mg	0.527		1		1		0.026		
Vitamin B-6	mg	0.105	0.004	15		1		0.005		
Folate, total	mcg	8	0.856	20		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8	0.856	20		1		0		
Folate, DFE	mcg_DFE	8		0	NC	4		0		
Choline, total	mg	15.4		0	T	4		0.8		
Betaine	mg									
Vitamin B-12	mcg	1.40		0		4		0.07		
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	mcg_RAE	229		0	NC	4		11		
Retinol	mcg	223		0	BFZN	4		11		
Carotene, beta	mcg	73		0	BFZN	4		4		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	865		0	NC	4		43		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFZN	4		0.01		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFZN	4		0.0		
Vitamin D	IU	21		0	BFZN	4		1		
Vitamin K (phylloquinone)	mcg	1.9		0	BFZN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	17.370		0		1		0.869		
4:0	g	1.375		1		1		0.069		

NDB No. 01146
Cheese, parmesan, shredded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.515		1		1		0.026		
8:0 g	0.275		1		1		0.014		
10:0 g	0.686		1		1		0.034		
12:0 g	0.920		1		1		0.046		
13:0 g									
14:0 g	3.079		1		1		0.154		
15:0 g									
16:0 g	7.378		1		1		0.369		
17:0 g									
18:0 g	2.432		1		1		0.122		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.734		0		1		0.437		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.458		1		1		0.023		
17:1 g									
18:1 undifferentiated g	7.050		0		1		0.353		
20:1 g	0.177		0	BFZN	4		0.009		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.661		0		1		0.033		
18:2 undifferentiated g	0.290		0		1		0.015		
18:3 undifferentiated g	0.345		1		1		0.017		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	72		0		1		4		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.560		0		1		0.028		
Threonine g	1.531		0		1		0.077		
Isoleucine g	2.202		0		1		0.110		
Leucine g	4.013		0		1		0.201		
Lysine g	3.843		0		1		0.192		
Methionine g	1.114		0		1		0.056		
Cystine g	0.274		0		1		0.014		
Phenylalanine g	2.234		0		1		0.112		
Tyrosine g	2.319		0		1		0.116		
Valine g	2.853		0		1		0.143		
Arginine g	1.531		0		1		0.077		
Histidine g	1.609		0		1		0.080		
Alanine g	1.218		0		1		0.061		
Aspartic acid g	2.599		0		1		0.130		
Glutamic acid g	9.543		0		1		0.477		
Glycine g	0.723		0		1		0.036		
Proline g	4.860		0		1		0.243		
Serine g	2.404		0		1		0.120		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobromine mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01146

Cheese, parmesan, shredded

Common Measures:

Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43275
Cheese, pasteurized process, american, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.90		0		4		82.46	66.56	10.60
Energy....kcal	180		0		1		252	203	32
Energy....kJ	753		0		1		1054	851	136
Protein....g	24.60		0		1		34.44	27.80	4.43
Total lipid (fat)....g	7.00		0		1		9.80	7.91	1.26
Ash....g	6.00		0	NR	4		8.40	6.78	1.08
Carbohydrate, by difference....g	3.50		0	NC	4		4.90	3.96	0.63
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.59		0	BFNN	4		0.83	0.67	0.11
Starch....g									
Minerals:									
Calcium, Ca....mg	684		0		4		958	773	123
Iron, Fe....mg	0.43		0		4		0.60	0.49	0.08
Magnesium, Mg....mg	24		0		4		34	27	4
Phosphorus, P....mg	827		0		4		1158	935	149
Potassium, K....mg	180		0		4		252	203	32
Sodium, Na....mg	1430		0		4		2002	1616	257
Zinc, Zn....mg	3.32		0		4		4.65	3.75	0.60
Copper, Cu....mg	0.033		0		4		0.046	0.037	0.006
Manganese, Mn....mg									
Selenium, Se....mcg	16.6		0	BFNN	4		23.2	18.8	3.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.030		0		4		0.042	0.034	0.005
Riboflavin....mg	0.390		0		4		0.546	0.441	0.070
Niacin....mg	0.080		0		4		0.112	0.090	0.014
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.112	0.090	0.014
Folate, total....mcg	9		0	NR	4		13	10	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	9		0	BFNN	4		13	10	2
Folate, DFE....mcg_DFE	9		0	NC	4		13	10	2
Choline, total....mg	36.2		0	T	4		50.7	40.9	6.5
Betaine....mg									
Vitamin B-12....mcg	0.77		0		4		1.08	0.87	0.14
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	57		0	NC	4		80	64	10
Retinol....mcg	55		0	BFFN	4		78	63	10
Carotene, beta....mcg	18		0	BFFN	4		26	21	3
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	215		0	NC	4		301	243	39
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFZN	4		0.38	0.31	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.2	0.1	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.2	0.1	0.0
Vitamin D....IU	5		0	BFFN	4		7	6	1
Vitamin K (phylloquinone)....mcg	2.7		0	BFZN	4		3.7	3.0	0.5
Lipids:									
Fatty acids, total saturated....g	4.410		0		4		6.174	4.983	0.794
4:0....g	0.233		0		4		0.326	0.263	0.042

NDB No. 43275
Cheese, pasteurized process, american, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.081		0		4		0.113	0.092	0.015
8:0....g	0.085		0		4		0.119	0.096	0.015
10:0....g	0.143		0		4		0.200	0.162	0.026
12:0....g	0.108		0		4		0.151	0.122	0.019
13:0....g									
14:0....g	0.719		0		4		1.007	0.812	0.129
15:0....g									
16:0....g	2.038		0		4		2.853	2.303	0.367
17:0....g									
18:0....g	0.851		0		4		1.191	0.962	0.153
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.005		0		4		2.807	2.266	0.361
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.231		0		4		0.323	0.261	0.042
17:1....g									
18:1 undifferentiated....g	1.682		0		4		2.355	1.901	0.303
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.222		0		4		0.311	0.251	0.040
18:2 undifferentiated....g	0.137		0		4		0.192	0.155	0.025
18:3 undifferentiated....g	0.085		0		4		0.119	0.096	0.015
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	35		0		1		49	40	6
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01042

Cheese, pasteurized process, american, with di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.16	0.041	274		1		54.82	95.55	44.25
Energy....kcal	375		0	NC	4		526	916	424
Energy....kJ	1571		0		4		2199	3833	1775
Protein (N x 6.38)....g	22.15	0.247	31		1		31.01	54.05	25.03
Total lipid (fat)....g	31.25	0.064	262		1		43.75	76.25	35.31
Ash....g	5.84	0.134	16		1		8.18	14.25	6.60
Carbohydrate, by difference....g	1.60		0	NC	4		2.24	3.90	1.81
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.51		0	BFNN	4		0.72	1.25	0.58
Starch....g									
Minerals:									
Calcium, Ca....mg	552	10.371	19	A	1		773	1348	624
Iron, Fe....mg	0.19	0.006	18	A	1		0.27	0.47	0.22
Magnesium, Mg....mg	27	0.470	19	A	1		38	66	30
Phosphorus, P....mg	513	15.024	17	A	1		718	1252	580
Potassium, K....mg	169	9.295	19	A	1		237	413	191
Sodium, Na....mg	1489	27.592	18	A	1		2085	3634	1683
Zinc, Zn....mg	2.84	0.069	19	A	1		3.97	6.92	3.20
Copper, Cu....mg	0.016	0.004	19	A	1		0.022	0.039	0.018
Manganese, Mn....mg	0.008	0.000	19	A	1		0.012	0.021	0.010
Selenium, Se....mcg	14.4	0.563	57	A	1		20.2	35.1	16.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.027	0.003	14		1		0.038	0.066	0.031
Riboflavin....mg	0.353	0.011	12		1		0.494	0.861	0.399
Niacin....mg	0.069	0.012	19		1		0.097	0.168	0.078
Pantothenic acid....mg	0.482		1		1		0.675	1.176	0.545
Vitamin B-6....mg	0.071	0.005	23		1		0.099	0.173	0.080
Folate, total....mcg	8	0.235	26		1		11	19	9
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8	0.235	26		1		11	19	9
Folate, DFE....mcg_DFE	8		0	NC	4		11	19	9
Choline, total....mg	36.2		0	T	4		50.7	88.3	40.9
Betaine....mg									
Vitamin B-12....mcg	0.70	0.081	9		1		0.97	1.70	0.79
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	250		0	NC	4		350	610	282
Retinol....mcg	243		0	BFFN	4		341	594	275
Carotene, beta....mcg	80		0	BFFN	4		112	196	91
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	945		0	NC	4		1322	2305	1067
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFFN	4		0.38	0.66	0.30
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8	1.4	0.6
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8	1.4	0.6
Vitamin D....IU	23		0	BFFN	4		32	56	26
Vitamin K (phylloquinone)....mcg	2.6		0	BFFN	4		3.7	6.4	2.9
Lipids:									
Fatty acids, total saturated....g	19.694		0		1		27.572	48.053	22.254
4:0....g	1.043		1		1		1.460	2.545	1.179

NDB No. 01042

Cheese, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.356		1		1		0.498	0.869	0.402
8:0 ... g	0.375	0.025	6		1		0.525	0.915	0.424
10:0 ... g	0.642	0.084	6		1		0.899	1.566	0.725
12:0 ... g	0.484	0.051	7		1		0.678	1.181	0.547
13:0 ... g									
14:0 ... g	3.211	0.134	7		1		4.495	7.835	3.628
15:0 ... g									
16:0 ... g	9.104	0.121	7		1		12.746	22.214	10.288
17:0 ... g									
18:0 ... g	3.796	0.132	7		1		5.314	9.262	4.289
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.951		0		1		12.531	21.840	10.115
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.027	0.044	7		1		1.438	2.506	1.161
17:1 ... g									
18:1 undifferentiated ... g	7.511	0.152	7		1		10.515	18.327	8.487
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.990		0		1		1.386	2.416	1.119
18:2 undifferentiated ... g	0.607	0.040	7		1		0.850	1.481	0.686
18:3 undifferentiated ... g	0.383	0.027	6		1		0.536	0.935	0.433
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	94	5.148	7		1		132	230	107
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.323		0		1		0.452	0.788	0.365
Threonine ... g	0.719		0		1		1.007	1.754	0.812
Isoleucine ... g	1.024		0		1		1.434	2.499	1.157
Leucine ... g	1.958		0		1		2.741	4.778	2.213
Lysine ... g	2.198		0		1		3.077	5.363	2.484
Methionine ... g	0.573		0		1		0.802	1.398	0.647
Cystine ... g	0.142		0		1		0.199	0.346	0.160
Phenylalanine ... g	1.125		0		1		1.575	2.745	1.271
Tyrosine ... g	1.212		0		1		1.697	2.957	1.370
Valine ... g	1.326		0		1		1.856	3.235	1.498
Arginine ... g	0.927		0		1		1.298	2.262	1.048
Histidine ... g	0.903		0		1		1.264	2.203	1.020
Alanine ... g	0.555		0		1		0.777	1.354	0.627
Aspartic acid ... g	1.361		0		1		1.905	3.321	1.538
Glutamic acid ... g	4.597		0		1		6.436	11.217	5.195
Glycine ... g	0.365		0		1		0.511	0.891	0.412
Proline ... g	2.253		0		1		3.154	5.497	2.546
Serine ... g	1.069		0		1		1.497	2.608	1.208
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01042

Cheese, pasteurized process, american, with di sodium phosphate

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01147

Cheese, pasteurized process, american, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.16		0		1		11.10	7.05	
Energy....kcal	375		0	NC	4		106	68	
Energy....kJ	1571		0		4		445	283	
Protein (N x 6.38)....g	22.15		0		1		6.28	3.99	
Total lipid (fat)....g	31.25		0		1		8.86	5.63	
Ash....g	5.84		0		1		1.66	1.05	
Carbohydrate, by difference....g	1.60		0	NC	4		0.45	0.29	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.51		0	BFZN	4		0.15	0.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	616		0		1		174	111	
Iron, Fe....mg	0.39		0		1		0.11	0.07	
Magnesium, Mg....mg	22	0.839	11		1		6	4	
Phosphorus, P....mg	444		0		1		126	80	
Potassium, K....mg	162		0		1		46	29	
Sodium, Na....mg	650		0		1		184	117	
Zinc, Zn....mg	2.99	0.297	6		1		0.85	0.54	
Copper, Cu....mg	0.030		0		1		0.009	0.005	
Manganese, Mn....mg	0.015		0		1		0.004	0.003	
Selenium, Se....mcg	14.4	0.560	57	A	1		4.1	2.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.027		0		1		0.008	0.005	
Riboflavin....mg	0.353		0		1		0.100	0.064	
Niacin....mg	0.069		0		1		0.020	0.012	
Pantothenic acid....mg	0.482		1		1		0.137	0.087	
Vitamin B-6....mg	0.071	0.005	23		1		0.020	0.013	
Folate, total....mcg	8	0.235	26		1		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8	0.235	26		1		2	1	
Folate, DFE....mcg_DFE	8		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.70	0.081	9		1		0.20	0.13	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	254		0	NC	4		72	46	
Retinol....mcg	247		0	BFZN	4		70	45	
Carotene, beta....mcg	82		0	BFZN	4		23	15	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	961		0	NC	4		272	173	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFZN	4		0.08	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.7		0	BFZN	4		0.8	0.5	
Lipids:									
Fatty acids, total saturated....g	19.694		0		1		5.583	3.545	
4:0....g	1.043		1		1		0.296	0.188	

NDB No. 01147

Cheese, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.356		1		1		0.101	0.064	
8:0 ... g	0.375	0.025	6		1		0.106	0.068	
10:0 ... g	0.642	0.084	6		1		0.182	0.116	
12:0 ... g	0.484	0.051	7		1		0.137	0.087	
13:0 ... g									
14:0 ... g	3.211	0.134	7		1		0.910	0.578	
15:0 ... g									
16:0 ... g	9.104	0.121	7		1		2.581	1.639	
17:0 ... g									
18:0 ... g	3.796	0.132	7		1		1.076	0.683	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.951		0		1		2.538	1.611	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.027	0.044	7		1		0.291	0.185	
17:1 ... g									
18:1 undifferentiated ... g	7.511		0		1		2.129	1.352	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.990		0		1		0.281	0.178	
18:2 undifferentiated ... g	0.607		0		1		0.172	0.109	
18:3 undifferentiated ... g	0.383	0.027	6		1		0.109	0.069	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	94		0		1		27	17	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.323		0		1		0.092	0.058	
Threonine ... g	0.719		0		1		0.204	0.129	
Isoleucine ... g	1.024		0		1		0.290	0.184	
Leucine ... g	1.958		0		1		0.555	0.352	
Lysine ... g	2.198		0		1		0.623	0.396	
Methionine ... g	0.573		0		1		0.162	0.103	
Cystine ... g	0.142		0		1		0.040	0.026	
Phenylalanine ... g	1.125		0		1		0.319	0.203	
Tyrosine ... g	1.212		0		1		0.344	0.218	
Valine ... g	1.326		0		1		0.376	0.239	
Arginine ... g	0.927		0		1		0.263	0.167	
Histidine ... g	0.903		0		1		0.256	0.163	
Alanine ... g	0.555		0		1		0.157	0.100	
Aspartic acid ... g	1.361		0		1		0.386	0.245	
Glutamic acid ... g	4.597		0		1		1.303	0.827	
Glycine ... g	0.365		0		1		0.103	0.066	
Proline ... g	2.253		0		1		0.639	0.406	
Serine ... g	1.069		0		1		0.303	0.192	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01147

Cheese, pasteurized process, american, without di sodium phosphate

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42205

Cheese, pasteurized process, cheddar or american, fat-free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.90		0		1		9.10	11.95	
Energy	kcal	148		0		1		24	31	
Energy	kJ	619		0		1		99	130	
Protein	g	22.50		0		1		3.60	4.73	
Total lipid (fat)	g	0.80		0		1		0.13	0.17	
Ash	g	6.40		0	NR	4		1.02	1.34	
Carbohydrate, by difference	g	13.40		0	NC	4		2.14	2.81	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	9.95		0	BFNN	4		1.59	2.09	
Starch	g									
Minerals:										
Calcium, Ca	mg	689		0		1		110	145	
Iron, Fe	mg	0.28		0		1		0.04	0.06	
Magnesium, Mg	mg	36		0		1		6	8	
Phosphorus, P	mg	936		0		1		150	197	
Potassium, K	mg	288		0		1		46	60	
Sodium, Na	mg	1528		0		1		244	321	
Zinc, Zn	mg	3.42		0		1		0.55	0.72	
Copper, Cu	mg	0.019		0		1		0.003	0.004	
Manganese, Mn	mg									
Selenium, Se	mcg	20.6		0	BFNN	4		3.3	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.060		0		1		0.010	0.013	
Riboflavin	mg	0.480		0		1		0.077	0.101	
Niacin	mg	0.210		0		1		0.034	0.044	
Pantothenic acid	mg									
Vitamin B-6	mg	0.090		0		1		0.014	0.019	
Folate, total	mcg	27		0		1		4	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27		0	NR	4		4	6	
Folate, DFE	mcg_DFE	27		0	NC	4		4	6	
Choline, total	mg	15.4		0	CAZN	4		2.5	3.2	
Betaine	mg									
Vitamin B-12	mcg	1.12		0		1		0.18	0.24	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	440		0	NC	4		70	92	
Retinol	mcg	440		0	NC	4		70	92	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	1467		0	NC	4		235	308	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFZN	4		0.04	0.06	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	2.7		0	BFZN	4		0.4	0.6	
Lipids:										
Fatty acids, total saturated	g	0.504		0		1		0.081	0.106	
4:0	g	0.027		0		4		0.004	0.006	

NDB No. 42205

Cheese, pasteurized process, cheddar or american, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.009		0		4		0.001	0.002	
8:0 g	0.010		0		4		0.002	0.002	
10:0 g	0.016		0		4		0.003	0.003	
12:0 g	0.012		0		4		0.002	0.003	
13:0 g									
14:0 g	0.082		0		4		0.013	0.017	
15:0 g									
16:0 g	0.233		0		4		0.037	0.049	
17:0 g									
18:0 g	0.097		0		4		0.016	0.020	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.229		0		1		0.037	0.048	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.026		0		4		0.004	0.005	
17:1 g									
18:1 undifferentiated g	0.192		0		4		0.031	0.040	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.025		0		1		0.004	0.005	
18:2 undifferentiated g	0.016		0		4		0.003	0.003	
18:3 undifferentiated g	0.010		0		4		0.002	0.002	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	11		0		1		2	2	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 cubic inch

Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43398

Cheese, pasteurized process, cheddar or american, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.80		0		4		59.92	48.36	7.70
Energy....kcal	376		0	NC	4		526	425	68
Energy....kJ	1573		0	NC	4		2202	1777	283
Protein....g	22.20		0		4		31.08	25.09	4.00
Total lipid (fat)....g	31.19		0		4		43.66	35.24	5.61
Ash....g	2.21		0	NR	4		3.10	2.50	0.40
Carbohydrate, by difference....g	1.60		0		4		2.24	1.81	0.29
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.45		0	BFNN	4		0.63	0.51	0.08
Starch....g									
Minerals:									
Calcium, Ca....mg	616		0		4		862	696	111
Iron, Fe....mg	0.39		0		4		0.55	0.44	0.07
Magnesium, Mg....mg	22		0		4		31	25	4
Phosphorus, P....mg	745		0		4		1043	842	134
Potassium, K....mg	162		0		4		227	183	29
Sodium, Na....mg	7		0		4		10	8	1
Zinc, Zn....mg	2.99		0		4		4.19	3.38	0.54
Copper, Cu....mg	0.030		0		4		0.042	0.034	0.005
Manganese, Mn....mg									
Selenium, Se....mcg	12.7		0	BFNN	4		17.8	14.4	2.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.030		0		4		0.042	0.034	0.005
Riboflavin....mg	0.350		0		4		0.490	0.396	0.063
Niacin....mg	0.070		0		4		0.098	0.079	0.013
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0		4		0.098	0.079	0.013
Folate, total....mcg	8		0		4		11	9	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	NR	4		11	9	1
Folate, DFE....mcg_DFE	8		0	NC	4		11	9	1
Choline, total....mg	36.2		0	T	4		50.7	40.9	6.5
Betaine....mg									
Vitamin B-12....mcg	0.70		0		4		0.98	0.79	0.13
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	254		0	NC	4		355	287	46
Retinol....mcg	247		0	BFFN	4		346	279	44
Carotene, beta....mcg	81		0	BFFN	4		114	92	15
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	959		0	NC	4		1342	1083	173
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFFN	4		0.38	0.31	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8	0.6	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8	0.6	0.1
Vitamin D....IU	23		0	BFFN	4		32	26	4
Vitamin K (phylloquinone)....mcg	2.6		0	BFFN	4		3.7	3.0	0.5
Lipids:									
Fatty acids, total saturated....g	19.651		0		4		27.511	22.206	3.537
4:0....g	1.038		0		4		1.453	1.173	0.187

NDB No. 43398

Cheese, pasteurized process, cheddar or american, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.359		0		4		0.503	0.406	0.065
8:0 g	0.379		0		4		0.531	0.428	0.068
10:0 g	0.639		0		4		0.895	0.722	0.115
12:0 g	0.479		0		4		0.671	0.541	0.086
13:0 g									
14:0 g	3.204		0		4		4.486	3.621	0.577
15:0 g									
16:0 g	9.082		0		4		12.715	10.263	1.635
17:0 g									
18:0 g	3.792		0		4		5.309	4.285	0.683
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.932		0		4		12.505	10.093	1.608
14:1 g									
15:1 g									
16:1 undifferentiated g	1.028		0		4		1.439	1.162	0.185
17:1 g									
18:1 undifferentiated g	7.495		0		4		10.493	8.469	1.349
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.988		0		4		1.383	1.116	0.178
18:2 undifferentiated g	0.609		0		4		0.853	0.688	0.110
18:3 undifferentiated g	0.379		0		4		0.531	0.428	0.068
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	94		0		4		132	106	17
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01043
Cheese, pasteurized process, pimento

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.08		0		1		54.71	95.36	44.16
Energy....kcal	375		0	NC	4		526	916	424
Energy....kJ	1571		0	NC	4		2199	3833	1775
Protein (N x 6.38)....g	22.13		0		1		30.98	54.00	25.01
Total lipid (fat)....g	31.20		0		1		43.68	76.13	35.26
Ash....g	5.84		0		1		8.18	14.25	6.60
Carbohydrate, by difference....g	1.73		0	NC	4		2.42	4.22	1.95
Fiber, total dietary....g	0.1		0	RA	4		0.1	0.2	0.1
Sugars, total....g	0.62		0	RA	4		0.87	1.52	0.71
Starch....g									
Minerals:									
Calcium, Ca....mg	614		0		1		860	1499	694
Iron, Fe....mg	0.42		0		1		0.59	1.02	0.47
Magnesium, Mg....mg	22		0		1		31	54	25
Phosphorus, P....mg	744		0		1		1041	1815	840
Potassium, K....mg	162		0		1		226	395	183
Sodium, Na....mg	1428		0		1		1999	3483	1613
Zinc, Zn....mg	2.98		0		1		4.17	7.27	3.37
Copper, Cu....mg	0.033		0		1		0.046	0.081	0.037
Manganese, Mn....mg	0.016		0		1		0.022	0.039	0.018
Selenium, Se....mcg	14.5		0	BFNN	4		20.3	35.4	16.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		0		4		3.2	5.5	2.5
Thiamin....mg	0.027		0		1		0.038	0.066	0.031
Riboflavin....mg	0.354		0		1		0.496	0.864	0.400
Niacin....mg	0.078		0		1		0.109	0.190	0.088
Pantothenic acid....mg	0.485		0		1		0.679	1.183	0.548
Vitamin B-6....mg	0.071		0		1		0.099	0.173	0.080
Folate, total....mcg	8		0		1		11	19	9
Folic acid....mcg	0		0	RA	4		0	0	0
Folate, food....mcg	8		0	RA	4		11	19	9
Folate, DFE....mcg_DFE	8		0	NC	4		11	19	9
Choline, total....mg	34.7		0	RA	4		48.6	84.7	39.2
Betaine....mg									
Vitamin B-12....mcg	0.70		0		1		0.97	1.70	0.79
Vitamin B-12, added....mcg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	244		0	NC	4		342	596	276
Retinol....mcg	231		0	RA	4		324	564	261
Carotene, beta....mcg	150		0	RA	4		210	366	169
Carotene, alpha....mcg	12		0	RA	4		17	29	13
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	1030		0	NC	4		1442	2513	1164
Lycopene....mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....mcg	18		0	RA	4		26	45	21
Vitamin E (alpha-tocopherol)....mg	0.29		0	RA	4		0.41	0.71	0.33
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.8	1.3	0.6
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	RA	4		0.8	1.3	0.6
Vitamin D....IU	22		0	RA	4		30	53	25
Vitamin K (phylloquinone)....mcg	2.9		0	RA	4		4.1	7.1	3.3
Lipids:									
Fatty acids, total saturated....g	19.663		0		1		27.528	47.978	22.219
4:0....g	1.041		0		1		1.457	2.540	1.176

NDB No. 01043
Cheese, pasteurized process, pimento

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.355		0		1		0.497	0.866	0.401
8:0 g	0.374		0		1		0.524	0.913	0.423
10:0 g	0.641		0		1		0.897	1.564	0.724
12:0 g	0.483		0		1		0.676	1.179	0.546
13:0 g									
14:0 g	3.206		0		1		4.488	7.823	3.623
15:0 g									
16:0 g	9.090		0		1		12.726	22.180	10.272
17:0 g									
18:0 g	3.790		0		1		5.306	9.248	4.283
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.937		0		1		12.512	21.806	10.099
14:1 g									
15:1 g									
16:1 undifferentiated g	1.026		0		1		1.436	2.503	1.159
17:1 g									
18:1 undifferentiated g	7.499		0		1		10.499	18.298	8.474
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.988		0		1		1.383	2.411	1.116
18:2 undifferentiated g	0.606		0		1		0.848	1.479	0.685
18:3 undifferentiated g	0.382		0		1		0.535	0.932	0.432
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	94		0		1		132	230	106
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.323		0		1		0.452	0.788	0.365
Threonine g	0.718		0		1		1.005	1.752	0.811
Isoleucine g	1.023		0		1		1.432	2.496	1.156
Leucine g	1.956		0		1		2.738	4.773	2.210
Lysine g	2.196		0		1		3.074	5.358	2.481
Methionine g	0.572		0		1		0.801	1.396	0.646
Cystine g	0.142		0		1		0.199	0.346	0.160
Phenylalanine g	1.124		0		1		1.574	2.743	1.270
Tyrosine g	1.211		0		1		1.695	2.955	1.368
Valine g	1.325		0		1		1.855	3.233	1.497
Arginine g	0.926		0		1		1.296	2.259	1.046
Histidine g	0.902		0		1		1.263	2.201	1.019
Alanine g	0.555		0		1		0.777	1.354	0.627
Aspartic acid g	1.360		0		1		1.904	3.318	1.537
Glutamic acid g	4.592		0		1		6.429	11.204	5.189
Glycine g	0.364		0		1		0.510	0.888	0.411
Proline g	2.251		0		1		3.151	5.492	2.544
Serine g	1.068		0		1		1.495	2.606	1.207
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01043

Cheese, pasteurized process, pimento

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43379

Cheese, pasteurized process, swiss, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.10		0		4		82.74	66.78	10.64
Energy....kcal	165		0	NC	4		231	187	30
Energy....kJ	691		0	NC	4		967	781	124
Protein....g	25.50		0		4		35.70	28.82	4.59
Total lipid (fat)....g	5.10		0		4		7.14	5.76	0.92
Ash....g	6.00		0	NR	4		8.40	6.78	1.08
Carbohydrate, by difference....g	4.30		0		4		6.02	4.86	0.77
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	1.35		0	BFNN	4		1.89	1.52	0.24
Starch....g									
Minerals:									
Calcium, Ca....mg	684		0		4		958	773	123
Iron, Fe....mg	0.43		0		4		0.60	0.49	0.08
Magnesium, Mg....mg	24		0		4		34	27	4
Phosphorus, P....mg	827		0		4		1158	935	149
Potassium, K....mg	180		0		4		252	203	32
Sodium, Na....mg	1430		0		4		2002	1616	257
Zinc, Zn....mg	3.32		0		4		4.65	3.75	0.60
Copper, Cu....mg	0.033		0		4		0.046	0.037	0.006
Manganese, Mn....mg									
Selenium, Se....mcg	17.4		0	BFNN	4		24.4	19.7	3.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.030		0		4		0.042	0.034	0.005
Riboflavin....mg	0.390		0		4		0.546	0.441	0.070
Niacin....mg	0.080		0		4		0.112	0.090	0.014
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.112	0.090	0.014
Folate, total....mcg	9		0		4		13	10	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	9		0	NR	4		13	10	2
Folate, DFE....mcg_DFE	9		0	NC	4		13	10	2
Choline, total....mg	36.2		0	T	4		50.7	40.9	6.5
Betaine....mg									
Vitamin B-12....mcg	0.77		0		4		1.08	0.87	0.14
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	40		0	NC	4		56	46	7
Retinol....mcg	39		0	BFFN	4		55	44	7
Carotene, beta....mcg	13		0	BFFN	4		18	15	2
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	152		0	NC	4		213	172	27
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFFN	4		0.10	0.08	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.1	0.1	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1	0.1	0.0
Vitamin D....IU	4		0	BFFN	4		5	4	1
Vitamin K (phylloquinone)....mcg	0.5		0	BFFN	4		0.6	0.5	0.1
Lipids:									
Fatty acids, total saturated....g	3.303		0		4		4.624	3.732	0.595
4:0....g	0.204		0		4		0.286	0.231	0.037

NDB No. 43379

Cheese, pasteurized process, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.091		0		4		0.127	0.103	0.016
8:0 g	0.054		0		4		0.076	0.061	0.010
10:0 g	0.115		0		4		0.161	0.130	0.021
12:0 g	0.097		0		4		0.136	0.110	0.017
13:0 g									
14:0 g	0.569		0		4		0.797	0.643	0.102
15:0 g									
16:0 g	1.447		0		4		2.026	1.635	0.260
17:0 g									
18:0 g	0.604		0		4		0.846	0.683	0.109
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.351		0		4		1.891	1.527	0.243
14:1 g									
15:1 g									
16:1 undifferentiated g	0.164		0		4		0.230	0.185	0.030
17:1 g									
18:1 undifferentiated g	1.118		0		4		1.565	1.263	0.201
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.180		0		4		0.252	0.203	0.032
18:2 undifferentiated g	0.115		0		4		0.161	0.130	0.021
18:3 undifferentiated g	0.065		0		4		0.091	0.073	0.012
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	35		0		4		49	40	6
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01044

Cheese, pasteurized process, swiss, with di sodium phosphate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.31	0.355	10		1		59.23	47.81	11.99
Energy	kcal	334		0	NC	4		467	377	95
Energy	kJ	1396		0	NC	4		1954	1577	396
Protein (N x 6.38)	g	24.73	0.211	9		1		34.62	27.94	7.01
Total lipid (fat)	g	25.01	0.294	10		1		35.01	28.26	7.09
Ash	g	5.85	0.160	8		1		8.19	6.61	1.66
Carbohydrate, by difference	g	2.10		0	NC	4		2.94	2.37	0.60
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	1.23		0	BFNN	4		1.72	1.39	0.35
Starch	g									
Minerals:										
Calcium, Ca	mg	772	32.904	6		1		1081	872	219
Iron, Fe	mg	0.61		0		1		0.85	0.69	0.17
Magnesium, Mg	mg	29	0.929	6		1		41	33	8
Phosphorus, P	mg	762	59.538	7		1		1066	860	216
Potassium, K	mg	216	14.471	6		1		302	244	61
Sodium, Na	mg	1370	64.664	6		1		1918	1548	388
Zinc, Zn	mg	3.61		0		1		5.05	4.08	1.02
Copper, Cu	mg	0.027		0		1		0.038	0.031	0.008
Manganese, Mn	mg	0.014		0		1		0.020	0.016	0.004
Selenium, Se	mcg	15.9		0	BFNN	4		22.3	18.0	4.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.014	0.001	6		1		0.020	0.016	0.004
Riboflavin	mg	0.276	0.020	8		1		0.386	0.312	0.078
Niacin	mg	0.038	0.007	7		1		0.053	0.043	0.011
Pantothenic acid	mg	0.260		1		1		0.364	0.294	0.074
Vitamin B-6	mg	0.036	0.004	7		1		0.050	0.041	0.010
Folate, total	mcg	6		0		4		8	7	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		4		8	7	2
Folate, DFE	mcg_DFE	6		0	NC	4		8	7	2
Choline, total	mg	36.2		0	T	4		50.7	40.9	10.3
Betaine	mg									
Vitamin B-12	mcg	1.23	0.238	7		1		1.72	1.39	0.35
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	198		0	NC	4		277	223	56
Retinol	mcg	192		0	BFFN	4		269	217	55
Carotene, beta	mcg	63		0	BFFN	4		89	72	18
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	746		0	NC	4		1045	843	212
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.34		0	BFFN	4		0.48	0.39	0.10
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.6	0.5	0.1
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFFN	4		0.6	0.5	0.1
Vitamin D	IU	18		0	BFFN	4		26	21	5
Vitamin K (phylloquinone)	mcg	2.2		0	BFFN	4		3.1	2.5	0.6
Lipids:										
Fatty acids, total saturated	g	16.045		0		1		22.463	18.131	4.549
4:0	g	0.815	0.020	5		1		1.141	0.921	0.231

NDB No. 01044

Cheese, pasteurized process, swiss, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.489	0.014	5		1		0.685	0.553	0.139
8:0....g	0.275	0.014	11		1		0.385	0.311	0.078
10:0....g	0.572	0.032	12		1		0.801	0.646	0.162
12:0....g	0.566	0.072	12		1		0.792	0.640	0.160
13:0....g									
14:0....g	2.792	0.058	12		1		3.909	3.155	0.792
15:0....g									
16:0....g	7.188	0.210	12		1		10.063	8.122	2.038
17:0....g									
18:0....g	2.602	0.085	12		1		3.643	2.940	0.738
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.046		0		1		9.864	7.962	1.998
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.677	0.064	12		1		0.948	0.765	0.192
17:1....g									
18:1 undifferentiated....g	5.896	0.122	12		1		8.254	6.662	1.672
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.622		0		1		0.871	0.703	0.176
18:2 undifferentiated....g	0.342	0.033	12		1		0.479	0.386	0.097
18:3 undifferentiated....g	0.280	0.027	11		1		0.392	0.316	0.079
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		119	96	24
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.360		0		1		0.504	0.407	0.102
Threonine....g	0.802		0		1		1.123	0.906	0.227
Isoleucine....g	1.143		0		1		1.600	1.292	0.324
Leucine....g	2.186		0		1		3.060	2.470	0.620
Lysine....g	2.454		0		1		3.436	2.773	0.696
Methionine....g	0.640		0		1		0.896	0.723	0.181
Cystine....g	0.159		0		1		0.223	0.180	0.045
Phenylalanine....g	1.256		0		1		1.758	1.419	0.356
Tyrosine....g	1.353		0		1		1.894	1.529	0.384
Valine....g	1.481		0		1		2.073	1.674	0.420
Arginine....g	1.035		0		1		1.449	1.170	0.293
Histidine....g	1.008		0		1		1.411	1.139	0.286
Alanine....g	0.620		0		1		0.868	0.701	0.176
Aspartic acid....g	1.519		0		1		2.127	1.716	0.431
Glutamic acid....g	5.132		0		1		7.185	5.799	1.455
Glycine....g	0.407		0		1		0.570	0.460	0.115
Proline....g	2.516		0		1		3.522	2.843	0.713
Serine....g	1.194		0		1		1.672	1.349	0.338
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01044

Cheese, pasteurized process, swiss, with di sodium phosphate

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01148

Cheese, pasteurized process, swiss, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.31		0		1		11.99	7.62	
Energy....kcal	334		0	NC	4		95	60	
Energy....kJ	1396				4		396	251	
Protein (N x 6.38)....g	24.73		0		1		7.01	4.45	
Total lipid (fat)....g	25.01		0		1		7.09	4.50	
Ash....g	5.85		0		1		1.66	1.05	
Carbohydrate, by difference....g	2.10		0	NC	4		0.60	0.38	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	772		0		1		219	139	
Iron, Fe....mg	0.61		0		1		0.17	0.11	
Magnesium, Mg....mg	29	0.929	6		1		8	5	
Phosphorus, P....mg	540		0		1		153	97	
Potassium, K....mg	216		0		1		61	39	
Sodium, Na....mg	681		0		1		193	123	
Zinc, Zn....mg	3.61		0		1		1.02	0.65	
Copper, Cu....mg	0.027		0		1		0.008	0.005	
Manganese, Mn....mg	0.014		0		1		0.004	0.003	
Selenium, Se....mcg	15.9		0	BFNN	4		4.5	2.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.014		0		1		0.004	0.003	
Riboflavin....mg	0.276		0		1		0.078	0.050	
Niacin....mg	0.038		0		1		0.011	0.007	
Pantothenic acid....mg	0.260		1		1		0.074	0.047	
Vitamin B-6....mg	0.036	0.004	7		1		0.010	0.006	
Folate, total....mcg	6		0		4		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		4		2	1	
Folate, DFE....mcg_DFE	6		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23	0.238	7		1		0.35	0.22	
Vitamin A, RAE....mcg_RAE	225		0	NC	4		64	40	
Retinol....mcg	221		0	NC	4		63	40	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	808		0		1		229	145	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	16.045		0		1		4.549	2.888	
4:0....g	0.815	0.020	5		1		0.231	0.147	
6:0....g	0.489	0.014	5		1		0.139	0.088	
8:0....g	0.275	0.014	11		1		0.078	0.050	

NDB No. 01148

Cheese, pasteurized process, swiss, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.572	0.032	12		1		0.162	0.103	
12:0 g	0.566	0.072	12		1		0.160	0.102	
13:0 g									
14:0 g	2.792	0.058	12		1		0.792	0.503	
15:0 g									
16:0 g	7.188	0.210	12		1		2.038	1.294	
17:0 g									
18:0 g	2.602	0.085	12		1		0.738	0.468	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.046		0		1		1.998	1.268	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.677	0.064	12		1		0.192	0.122	
17:1 g									
18:1 undifferentiated g	5.896		0		1		1.672	1.061	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.622		0		1		0.176	0.112	
18:2 undifferentiated g	0.342		0		1		0.097	0.062	
18:3 undifferentiated g	0.280	0.027	11		1		0.079	0.050	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85		0		1		24	15	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.360		0		1		0.102	0.065	
Threonine g	0.802		0		1		0.227	0.144	
Isoleucine g	1.143		0		1		0.324	0.206	
Leucine g	2.186		0		1		0.620	0.393	
Lysine g	2.454		0		1		0.696	0.442	
Methionine g	0.640		0		1		0.181	0.115	
Cystine g	0.159		0		1		0.045	0.029	
Phenylalanine g	1.256		0		1		0.356	0.226	
Tyrosine g	1.353		0		1		0.384	0.244	
Valine g	1.481		0		1		0.420	0.267	
Arginine g	1.035		0		1		0.293	0.186	
Histidine g	1.008		0		1		0.286	0.181	
Alanine g	0.620		0		1		0.176	0.112	
Aspartic acid g	1.519		0		1		0.431	0.273	
Glutamic acid g	5.132		0		1		1.455	0.924	
Glycine g	0.407		0		1		0.115	0.073	
Proline g	2.516		0		1		0.713	0.453	
Serine g	1.194		0		1		0.338	0.215	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 cubic inch

NDB No. 01148

Cheese, pasteurized process, swiss, without di sodium phosphate

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01034
Cheese, port de salut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.45	0.353	13		1		59.99	51.36	12.89
Energy....kcal	352		0	NC	4		464	397	100
Energy....kJ	1471		0	NC	4		1942	1662	417
Protein (N x 6.38)....g	23.78	0.246	9		1		31.39	26.87	6.74
Total lipid (fat)....g	28.20		1		1		37.22	31.87	7.99
Ash....g	2.00		0		1		2.64	2.26	0.57
Carbohydrate, by difference....g	0.57		0	NC	4		0.75	0.64	0.16
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.57		0	NR	4		0.75	0.64	0.16
Starch....g									
Minerals:									
Calcium, Ca....mg	650		4		1		858	734	184
Iron, Fe....mg	0.43		0		4		0.57	0.49	0.12
Magnesium, Mg....mg	24		0		4		32	27	7
Phosphorus, P....mg	360		4		1		475	407	102
Potassium, K....mg	136		0		4		179	153	38
Sodium, Na....mg	534		0		1		705	603	151
Zinc, Zn....mg	2.60		0		4		3.43	2.94	0.74
Copper, Cu....mg	0.022		0		1		0.029	0.025	0.006
Manganese, Mn....mg	0.011		0		1		0.015	0.012	0.003
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.014		0		4		0.018	0.016	0.004
Riboflavin....mg	0.240		2		1		0.317	0.271	0.068
Niacin....mg	0.060	0.008	10		1		0.079	0.068	0.017
Pantothenic acid....mg	0.210		1		1		0.277	0.237	0.060
Vitamin B-6....mg	0.053		0	T	4		0.070	0.060	0.015
Folate, total....mcg	18	1.835	19		1		24	21	5
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	18	1.835	19		1		24	21	5
Folate, DFE....mcg_DFE	18		0	NC	4		24	21	5
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....mcg	1.50	0.171	11		1		1.98	1.70	0.43
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	315		0	NC	4		416	356	89
Retinol....mcg	313		0	T	4		413	354	89
Carotene, beta....mcg	29		0	NR	4		38	33	8
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1092		0	NC	4		1441	1234	309
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFFN	4		0.32	0.27	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.7	0.6	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	0.6	0.1
Vitamin D....IU	21		0	BFFN	4		27	23	6
Vitamin K (phylloquinone)....mcg	2.4		0	BFFN	4		3.1	2.7	0.7
Lipids:									
Fatty acids, total saturated....g	16.691		0		1		22.032	18.861	4.732
4:0....g	1.027		1		1		1.356	1.161	0.291

NDB No. 01034
Cheese, port de salut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.556		1		1		0.734	0.628	0.158
8:0 g	0.336		1		1		0.444	0.380	0.095
10:0 g	0.681		1		1		0.899	0.770	0.193
12:0 g	0.768		1		1		1.014	0.868	0.218
13:0 g									
14:0 g	2.724		1		1		3.596	3.078	0.772
15:0 g									
16:0 g	6.638		1		1		8.762	7.501	1.882
17:0 g									
18:0 g	3.350		1		1		4.422	3.786	0.950
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.338		0		1		12.326	10.552	2.647
14:1 g									
15:1 g									
16:1 undifferentiated g	0.833		1		1		1.100	0.941	0.236
17:1 g									
18:1 undifferentiated g	8.051		1		1		10.627	9.098	2.282
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.729		0		1		0.962	0.824	0.207
18:2 undifferentiated g	0.378		1		1		0.499	0.427	0.107
18:3 undifferentiated g	0.351		1		1		0.463	0.397	0.100
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	123		1		1		162	139	35
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.343		0		1		0.453	0.388	0.097
Threonine g	0.876		0		1		1.156	0.990	0.248
Isoleucine g	1.446		0		1		1.909	1.634	0.410
Leucine g	2.482		0		1		3.276	2.805	0.704
Lysine g	1.987		0		1		2.623	2.245	0.563
Methionine g	0.734		0		1		0.969	0.829	0.208
Cystine g	0.134		0		4		0.177	0.151	0.038
Phenylalanine g	1.323		0		1		1.746	1.495	0.375
Tyrosine g	1.420		0		1		1.874	1.605	0.403
Valine g	1.707		0		1		2.253	1.929	0.484
Arginine g	0.827		0		1		1.092	0.935	0.234
Histidine g	0.686		0		1		0.906	0.775	0.194
Alanine g	0.790		0		1		1.043	0.893	0.224
Aspartic acid g	1.752		0		1		2.313	1.980	0.497
Glutamic acid g	5.349		0		1		7.061	6.044	1.516
Glycine g	0.485		0		1		0.640	0.548	0.137
Proline g	2.892		0		1		3.817	3.268	0.820
Serine g	1.357		0		1		1.791	1.533	0.385
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01034
Cheese, port de salut

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01035
Cheese, provolone

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.95	0.661	21		1		54.05	11.61	6.96
Energy....kcal	351		0	NC	4		464	100	60
Energy....kJ	1471		0	NC	4		1941	417	250
Protein (N x 6.38)....g	25.58	0.349	16		1		33.77	7.25	4.35
Total lipid (fat)....g	26.62	0.341	24		1		35.14	7.55	4.53
Ash....g	4.71	0.155	14		1		6.22	1.34	0.80
Carbohydrate, by difference....g	2.14		0	NC	4		2.82	0.61	0.36
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.56		0	BFNN	4		0.74	0.16	0.10
Starch....g									
Minerals:									
Calcium, Ca....mg	756	17.043	18		1		998	214	129
Iron, Fe....mg	0.52	0.065	5		1		0.69	0.15	0.09
Magnesium, Mg....mg	28	0.776	13		1		36	8	5
Phosphorus, P....mg	496	16.404	13		1		655	141	84
Potassium, K....mg	138	12.835	11		1		183	39	24
Sodium, Na....mg	876	50.221	12		1		1156	248	149
Zinc, Zn....mg	3.23	0.170	5		1		4.26	0.92	0.55
Copper, Cu....mg	0.026		0		1		0.034	0.007	0.004
Manganese, Mn....mg	0.010		0		1		0.013	0.003	0.002
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	4.1	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.019	0.004	9		1		0.025	0.005	0.003
Riboflavin....mg	0.321	0.015	13		1		0.424	0.091	0.055
Niacin....mg	0.156	0.023	18		1		0.206	0.044	0.027
Pantothenic acid....mg	0.476	0.154	6		1		0.628	0.135	0.081
Vitamin B-6....mg	0.073	0.006	28		1		0.096	0.021	0.012
Folate, total....mcg	10	1.110	15		1		14	3	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10	1.110	15		1		14	3	2
Folate, DFE....mcg_DFE	10		0	NC	4		14	3	2
Choline, total....mg	15.4		0	T	4		20.3	4.4	2.6
Betaine....mg									
Vitamin B-12....mcg	1.46	0.136	8		1		1.93	0.41	0.25
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	236		0	NC	4		311	67	40
Retinol....mcg	230		0	T	4		304	65	39
Carotene, beta....mcg	68		0	BFFN	4		90	19	12
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	880		0	NC	4		1162	250	150
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFFN	4		0.30	0.06	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.6	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.6	0.1	0.1
Vitamin D....IU	20		0	BFFN	4		26	6	3
Vitamin K (phylloquinone)....mcg	2.2		0	BFFN	4		2.9	0.6	0.4
Lipids:									
Fatty acids, total saturated....g	17.078		0		1		22.543	4.842	2.903
4:0....g	0.981		2		1		1.295	0.278	0.167

NDB No. 01035
Cheese, provolone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.370		2		1		0.488	0.105	0.063
8:0 g	0.256	0.022	10		1		0.338	0.073	0.044
10:0 g	0.482	0.034	10		1		0.636	0.137	0.082
12:0 g	0.355	0.061	10		1		0.469	0.101	0.060
13:0 g									
14:0 g	2.748	0.084	10		1		3.627	0.779	0.467
15:0 g									
16:0 g	8.159	0.190	10		1		10.770	2.313	1.387
17:0 g									
18:0 g	3.063	0.121	10		1		4.043	0.868	0.521
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.393		0		1		9.759	2.096	1.257
14:1 g									
15:1 g									
16:1 undifferentiated g	0.878	0.064	10		1		1.159	0.249	0.149
17:1 g									
18:1 undifferentiated g	6.164	0.174	10		1		8.136	1.747	1.048
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.769		0		1		1.015	0.218	0.131
18:2 undifferentiated g	0.494	0.050	10		1		0.652	0.140	0.084
18:3 undifferentiated g	0.275	0.022	10		1		0.363	0.078	0.047
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	69	4.603	4		1		91	20	12
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.345		0		4		0.455	0.098	0.059
Threonine g	0.982		0		1		1.296	0.278	0.167
Isoleucine g	1.091		0		1		1.440	0.309	0.185
Leucine g	2.297		0		1		3.032	0.651	0.390
Lysine g	2.646		0		1		3.493	0.750	0.450
Methionine g	0.686		0		1		0.906	0.194	0.117
Cystine g	0.116		0		1		0.153	0.033	0.020
Phenylalanine g	1.287		0		1		1.699	0.365	0.219
Tyrosine g	1.520		0		1		2.006	0.431	0.258
Valine g	1.640		0		1		2.165	0.465	0.279
Arginine g	1.022		0		1		1.349	0.290	0.174
Histidine g	1.115		0		1		1.472	0.316	0.190
Alanine g	0.706		0		1		0.932	0.200	0.120
Aspartic acid g	1.744		0		1		2.302	0.494	0.296
Glutamic acid g	6.235		0		1		8.230	1.768	1.060
Glycine g	0.433		0		1		0.572	0.123	0.074
Proline g	2.766		0		1		3.651	0.784	0.470
Serine g	1.471		0		1		1.942	0.417	0.250
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01035
Cheese, provolone

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 28.35g: 1 oz
Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01208
Cheese, provolone, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.60		0		4		66.79	57.18	8.60
Energy....kcal	274		0	NC	4		361	309	47
Energy....kJ	1145		0	NC	4		1512	1294	195
Protein (N x 6.38)....g	24.70		0		8		32.60	27.91	4.20
Total lipid (fat)....g	17.60		0		8		23.23	19.89	2.99
Ash....g	3.60		0		4		4.75	4.07	0.61
Carbohydrate, by difference....g	3.50		0		8		4.62	3.96	0.60
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.55		0	BFNN	4		0.73	0.62	0.09
Starch....g									
Minerals:									
Calcium, Ca....mg	756	17.043	18		1		998	854	129
Iron, Fe....mg	0.52	0.065	5		1		0.69	0.59	0.09
Magnesium, Mg....mg	28	0.776	13		1		36	31	5
Phosphorus, P....mg	496	16.404	13		1		655	561	84
Potassium, K....mg	138	12.835	11		1		183	156	24
Sodium, Na....mg	876	50.221	12		1		1156	989	149
Zinc, Zn....mg	3.23	0.170	5		1		4.26	3.65	0.55
Copper, Cu....mg	0.026		0		1		0.034	0.029	0.004
Manganese, Mn....mg	0.010		0		1		0.013	0.011	0.002
Selenium, Se....mcg	14.5		0	CAZN	4		19.1	16.4	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.019	0.004	9		1		0.025	0.021	0.003
Riboflavin....mg	0.321	0.015	13		1		0.424	0.363	0.055
Niacin....mg	0.156	0.023	18		1		0.206	0.176	0.027
Pantothenic acid....mg	0.476	0.154	6		1		0.628	0.538	0.081
Vitamin B-6....mg	0.073	0.006	28		1		0.096	0.082	0.012
Folate, total....mcg	10	1.110	15		1		14	12	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10	1.110	15		1		14	12	2
Folate, DFE....mcg_DFE	10		0	NC	4		14	12	2
Choline, total....mg	12.9		0	BFSN	4		17.0	14.6	2.2
Betaine....mg									
Vitamin B-12....mcg	1.46	0.136	8		1		1.93	1.65	0.25
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	141		0	NC	4		186	159	24
Retinol....mcg	137		0	BFFN	4		181	155	23
Carotene, beta....mcg	45		0	BFFN	4		60	51	8
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	532		0	NC	4		702	601	90
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFFN	4		0.20	0.17	0.03
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.4	0.4	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.4	0.4	0.1
Vitamin D....IU	13		0	BFFN	4		17	15	2
Vitamin K (phylloquinone)....mcg	1.5		0	BFFN	4		1.9	1.7	0.2
Lipids:									
Fatty acids, total saturated....g	11.300		0		4		14.916	12.769	1.921
4:0....g	0.650		0		4		0.858	0.735	0.111

NDB No. 01208
Cheese, provolone, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.240		0		4		0.317	0.271	0.041
8:0 g	0.170		0		4		0.224	0.192	0.029
10:0 g	0.320		0		4		0.422	0.362	0.054
12:0 g	0.230		0		4		0.304	0.260	0.039
13:0 g									
14:0 g	1.820		0		4		2.402	2.057	0.309
15:0 g									
16:0 g	5.400		0		4		7.128	6.102	0.918
17:0 g									
18:0 g	2.020		0		4		2.666	2.283	0.343
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.890		0		4		6.455	5.526	0.831
14:1 g									
15:1 g									
16:1 undifferentiated g	0.580		0		4		0.766	0.655	0.099
17:1 g									
18:1 undifferentiated g	4.080		0		4		5.386	4.610	0.694
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.510		0		4		0.673	0.576	0.087
18:2 undifferentiated g	0.330		0		4		0.436	0.373	0.056
18:3 undifferentiated g	0.180		0		4		0.238	0.203	0.031
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	55		0		8		73	62	9
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.345		0		4		0.455	0.390	0.059
Threonine g	0.982		0		1		1.296	1.110	0.167
Isoleucine g	1.091		0		1		1.440	1.233	0.185
Leucine g	2.297		0		1		3.032	2.596	0.390
Lysine g	2.646		0		1		3.493	2.990	0.450
Methionine g	0.686		0		1		0.906	0.775	0.117
Cystine g	0.116		0		1		0.153	0.131	0.020
Phenylalanine g	1.287		0		1		1.699	1.454	0.219
Tyrosine g	1.520		0		1		2.006	1.718	0.258
Valine g	1.640		0		1		2.165	1.853	0.279
Arginine g	1.022		0		1		1.349	1.155	0.174
Histidine g	1.115		0		1		1.472	1.260	0.190
Alanine g	0.706		0		1		0.932	0.798	0.120
Aspartic acid g	1.744		0		1		2.302	1.971	0.296
Glutamic acid g	6.235		0		1		8.230	7.046	1.060
Glycine g	0.433		0		1		0.572	0.489	0.074
Proline g	2.766		0		1		3.651	3.126	0.470
Serine g	1.471		0		1		1.942	1.662	0.250
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01208

Cheese, provolone, reduced fat

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01037
Cheese, ricotta, part skim milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.41	0.891	12		1		183.05	21.10	92.27
Energy....kcal	138		0	NC	4		340	39	171
Energy....kJ	578		0		4		1421	164	716
Protein (N x 6.38)....g	11.39	0.767	9		1		28.02	3.23	14.12
Total lipid (fat)....g	7.91	0.612	12		1		19.46	2.24	9.81
Ash....g	1.15	0.098	7		1		2.83	0.33	1.43
Carbohydrate, by difference....g	5.14		0	NC	4		12.64	1.46	6.37
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.31		0	BFNN	4		0.76	0.09	0.38
Starch....g									
Minerals:									
Calcium, Ca....mg	272	28.960	8		1		669	77	337
Iron, Fe....mg	0.44		2		1		1.08	0.12	0.55
Magnesium, Mg....mg	15	1.325	8		1		36	4	18
Phosphorus, P....mg	183	18.455	8		1		449	52	226
Potassium, K....mg	125	9.806	8		1		308	35	155
Sodium, Na....mg	125	27.243	8		1		307	35	155
Zinc, Zn....mg	1.34		2		1		3.30	0.38	1.66
Copper, Cu....mg	0.034		0		1		0.084	0.010	0.042
Manganese, Mn....mg	0.010		0		1		0.025	0.003	0.012
Selenium, Se....mcg	16.7		0	BFNN	4		41.1	4.7	20.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.021	0.003	7		1		0.052	0.006	0.026
Riboflavin....mg	0.185	0.013	7		1		0.455	0.052	0.229
Niacin....mg	0.078	0.014	6		1		0.192	0.022	0.097
Pantothenic acid....mg	0.242		0		4		0.595	0.069	0.300
Vitamin B-6....mg	0.020	0.002	6		1		0.049	0.006	0.025
Folate, total....mcg	13		0		4		32	4	16
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	13		0		4		32	4	16
Folate, DFE....mcg_DFE	13		0	NC	4		32	4	16
Choline, total....mg	16.3		0	CAZN	4		40.0	4.6	20.2
Betaine....mg									
Vitamin B-12....mcg	0.29	0.038	5		1		0.72	0.08	0.36
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	107		0	NC	4		262	30	132
Retinol....mcg	105		0	NC	4		258	30	130
Carotene, beta....mcg	20		0	BFFN	4		50	6	25
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	384		0	NC	4		944	109	476
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFFN	4		0.17	0.02	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.4	0.0	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.4	0.0	0.2
Vitamin D....IU	6		0	BFFN	4		14	2	7
Vitamin K (phylloquinone)....mcg	0.7		0	BFFN	4		1.6	0.2	0.8
Lipids:									
Fatty acids, total saturated....g	4.927		0		1		12.120	1.397	6.109
4:0....g	0.254		1		1		0.625	0.072	0.315

NDB No. 01037
Cheese, ricotta, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.065		2		1		0.160	0.018	0.081
8:0 g	0.073	0.007	6		1		0.180	0.021	0.091
10:0 g	0.151	0.017	7		1		0.371	0.043	0.187
12:0 g	0.105	0.020	7		1		0.258	0.030	0.130
13:0 g									
14:0 g	0.808	0.063	7		1		1.988	0.229	1.002
15:0 g									
16:0 g	2.442	0.197	7		1		6.007	0.692	3.028
17:0 g									
18:0 g	0.866	0.069	7		1		2.130	0.246	1.074
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.314		0		1		5.692	0.656	2.869
14:1 g									
15:1 g									
16:1 undifferentiated g	0.277	0.031	7		1		0.681	0.079	0.343
17:1 g									
18:1 undifferentiated g	1.920	0.152	7		1		4.723	0.544	2.381
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.260		0		1		0.640	0.074	0.322
18:2 undifferentiated g	0.190	0.018	7		1		0.467	0.054	0.236
18:3 undifferentiated g	0.070	0.009	6		1		0.172	0.020	0.087
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	31		0		1		76	9	38
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0		4		0.312	0.036	0.157
Threonine g	0.523		0		1		1.287	0.148	0.649
Isoleucine g	0.596		0		1		1.466	0.169	0.739
Leucine g	1.235		0		1		3.038	0.350	1.531
Lysine g	1.353		0		1		3.328	0.384	1.678
Methionine g	0.284		0		1		0.699	0.081	0.352
Cystine g	0.100		0		1		0.246	0.028	0.124
Phenylalanine g	0.562		0		1		1.383	0.159	0.697
Tyrosine g	0.596		0		1		1.466	0.169	0.739
Valine g	0.700		0		1		1.722	0.198	0.868
Arginine g	0.639		0		1		1.572	0.181	0.792
Histidine g	0.464		0		1		1.141	0.132	0.575
Alanine g	0.505		0		1		1.242	0.143	0.626
Aspartic acid g	1.007		0		1		2.477	0.285	1.249
Glutamic acid g	2.474		0		1		6.086	0.701	3.068
Glycine g	0.298		0		1		0.733	0.084	0.370
Proline g	1.078		0		1		2.652	0.306	1.337
Serine g	0.582		0		1		1.432	0.165	0.722
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01037
Cheese, ricotta, part skim milk

Common Measures:

Measure 1 = 246g: 1 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 124g: .5 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01036
Cheese, ricotta, whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.70	1.224	9		1		176.38	88.91	
Energy....kcal	174		0	NC	4		428	216	
Energy....kJ	728		0	NC	4		1790	902	
Protein (N x 6.38)....g	11.26	0.630	9		1		27.70	13.96	
Total lipid (fat)....g	12.98	0.761	9		1		31.93	16.10	
Ash....g	1.02	0.124	6		1		2.51	1.26	
Carbohydrate, by difference....g	3.04		0	NC	4		7.48	3.77	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.27		0	BFNN	4		0.66	0.33	
Starch....g									
Minerals:									
Calcium, Ca....mg	207	37.765	4		1		509	257	
Iron, Fe....mg	0.38		0		1		0.93	0.47	
Magnesium, Mg....mg	11	0.901	4		1		28	14	
Phosphorus, P....mg	158	27.395	4		1		389	196	
Potassium, K....mg	105	12.944	4		1		257	130	
Sodium, Na....mg	84	29.332	4		1		207	104	
Zinc, Zn....mg	1.16		0		1		2.85	1.44	
Copper, Cu....mg	0.021		0		1		0.052	0.026	
Manganese, Mn....mg	0.006		0		1		0.015	0.007	
Selenium, Se....mcg	14.5		0	CAZN	4		35.7	18.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.013	0.002	4		1		0.032	0.016	
Riboflavin....mg	0.195	0.017	4		1		0.480	0.242	
Niacin....mg	0.104	0.020	4		1		0.256	0.129	
Pantothenic acid....mg	0.213		0		4		0.524	0.264	
Vitamin B-6....mg	0.043	0.019	4		1		0.106	0.053	
Folate, total....mcg	12		0		4		30	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		4		30	15	
Folate, DFE....mcg_DFE	12		0	NC	4		30	15	
Choline, total....mg	17.5		0	T	4		43.1	21.7	
Betaine....mg									
Vitamin B-12....mcg	0.34	0.061	4		1		0.83	0.42	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	120		0	NC	4		295	149	
Retinol....mcg	117		0	T	4		288	145	
Carotene, beta....mcg	33		0	BFFN	4		82	41	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	445		0	NC	4		1096	552	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFFN	4		0.27	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.6	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.6	0.3	
Vitamin D....IU	10		0	BFFN	4		23	12	
Vitamin K (phylloquinone)....mcg	1.1		0	BFFN	4		2.7	1.3	
Lipids:									
Fatty acids, total saturated....g	8.295		0		1		20.406	10.286	
4:0....g	0.574	0.200	4		1		1.412	0.712	

NDB No. 01036
Cheese, ricotta, whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.093	0.008	4		1		0.229	0.115	
8:0 g	0.119	0.008	4		1		0.293	0.148	
10:0 g	0.229	0.020	4		1		0.563	0.284	
12:0 g	0.158	0.020	4		1		0.389	0.196	
13:0 g									
14:0 g	1.364	0.090	4		1		3.355	1.691	
15:0 g									
16:0 g	4.057	0.274	4		1		9.980	5.031	
17:0 g									
18:0 g	1.281	0.104	4		1		3.151	1.588	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.627		0		1		8.922	4.497	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.532	0.077	4		1		1.309	0.660	
17:1 g									
18:1 undifferentiated g	2.872	0.225	4		1		7.065	3.561	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.385		0		1		0.947	0.477	
18:2 undifferentiated g	0.273	0.038	4		1		0.672	0.339	
18:3 undifferentiated g	0.112	0.022	4		1		0.276	0.139	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	51		0		1		124	63	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.125		0		4		0.308	0.155	
Threonine g	0.517		0		1		1.272	0.641	
Isoleucine g	0.589		0		1		1.449	0.730	
Leucine g	1.221		0		1		3.004	1.514	
Lysine g	1.338		0		1		3.291	1.659	
Methionine g	0.281		0		1		0.691	0.348	
Cystine g	0.099		0		1		0.244	0.123	
Phenylalanine g	0.556		0		1		1.368	0.689	
Tyrosine g	0.589		0		1		1.449	0.730	
Valine g	0.692		0		1		1.702	0.858	
Arginine g	0.632		0		1		1.555	0.784	
Histidine g	0.459		0		1		1.129	0.569	
Alanine g	0.499		0		1		1.228	0.619	
Aspartic acid g	0.995		0		1		2.448	1.234	
Glutamic acid g	2.446		0		1		6.017	3.033	
Glycine g	0.295		0		1		0.726	0.366	
Proline g	1.066		0		1		2.622	1.322	
Serine g	0.575		0		1		1.415	0.713	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01036
Cheese, ricotta, whole milk

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 124g: .5 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01038
Cheese, romano

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.91	0.410	47		1		8.76	43.89	
Energy....kcal	387		0	NC	4		110	549	
Energy....kJ	1618		0	NC	4		459	2297	
Protein (N x 6.38)....g	31.80	1.404	11		1		9.02	45.16	
Total lipid (fat)....g	26.94	0.969	7		1		7.64	38.25	
Ash....g	6.72	0.670	8		1		1.91	9.54	
Carbohydrate, by difference....g	3.63		0	NC	4		1.03	5.15	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.73		0	BFNN	4		0.21	1.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	1064	64.972	6		1		302	1511	
Iron, Fe....mg	0.77		0		4		0.22	1.09	
Magnesium, Mg....mg	41		0		4		12	58	
Phosphorus, P....mg	760		2		1		215	1079	
Potassium, K....mg	86		0		4		24	123	
Sodium, Na....mg	1200		1		1		340	1704	
Zinc, Zn....mg	2.58		0		4		0.73	3.66	
Copper, Cu....mg	0.030		0		1		0.009	0.043	
Manganese, Mn....mg	0.020		0		1		0.006	0.028	
Selenium, Se....mcg	14.5		0	CAZN	4		4.1	20.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.037		0		4		0.010	0.053	
Riboflavin....mg	0.370	0.009	4		1		0.105	0.525	
Niacin....mg	0.077	0.017	10		1		0.022	0.109	
Pantothenic acid....mg	0.424		0		4		0.120	0.602	
Vitamin B-6....mg	0.085		0		4		0.024	0.121	
Folate, total....mcg	7	1.000	24		1		2	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.000	24		1		2	10	
Folate, DFE....mcg_DFE	7		0	NC	4		2	10	
Choline, total....mg	15.4		0	T	4		4.4	21.9	
Betaine....mg									
Vitamin B-12....mcg	1.12		0		4		0.32	1.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	96		0	NC	4		27	136	
Retinol....mcg	90		0	T	4		26	128	
Carotene, beta....mcg	69		0	BFFN	4		20	98	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	415		0	NC	4		118	590	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFFN	4		0.07	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.1	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.1	0.7	
Vitamin D....IU	20		0	BFFN	4		6	28	
Vitamin K (phylloquinone)....mcg	2.2		0	BFFN	4		0.6	3.2	
Lipids:									
Fatty acids, total saturated....g	17.115		0		4		4.852	24.303	
4:0....g	1.355		0		4		0.384	1.924	

NDB No. 01038
Cheese, romano

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.508		0		4		0.144	0.721	
8:0....g	0.271		0		4		0.077	0.385	
10:0....g	0.671		0		4		0.190	0.953	
12:0....g	0.911		0		4		0.258	1.294	
13:0....g									
14:0....g	3.036		0		4		0.861	4.311	
15:0....g									
16:0....g	7.265		0		4		2.060	10.316	
17:0....g									
18:0....g	2.400		0		4		0.680	3.408	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.838		0		4		2.222	11.130	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.411		0		4		0.117	0.584	
17:1....g									
18:1 undifferentiated....g	6.942		0		4		1.968	9.858	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.593		0		4		0.168	0.842	
18:2 undifferentiated....g	0.284		0		4		0.081	0.403	
18:3 undifferentiated....g	0.310		0		4		0.088	0.440	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	104		1		1		29	148	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.429		0		4		0.122	0.609	
Threonine....g	1.171		0		4		0.332	1.663	
Isoleucine....g	1.685		0		4		0.478	2.393	
Leucine....g	3.071		0		4		0.871	4.361	
Lysine....g	2.941		0		4		0.834	4.176	
Methionine....g	0.852		0		4		0.242	1.210	
Cystine....g	0.209		0		4		0.059	0.297	
Phenylalanine....g	1.710		0		4		0.485	2.428	
Tyrosine....g	1.775		0		4		0.503	2.521	
Valine....g	2.183		0		4		0.619	3.100	
Arginine....g	1.171		0		4		0.332	1.663	
Histidine....g	1.231		0		4		0.349	1.748	
Alanine....g	0.932		0		4		0.264	1.323	
Aspartic acid....g	1.989		0		4		0.564	2.824	
Glutamic acid....g	7.302		0		4		2.070	10.369	
Glycine....g	0.553		0		4		0.157	0.785	
Proline....g	3.718		0		4		1.054	5.280	
Serine....g	1.840		0		4		0.522	2.613	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01038
Cheese, romano

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 5 package (5 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01039
Cheese, roquefort

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.38	0.703	15		1		11.16	33.47	
Energy....kcal	369		0	NC	4		105	314	
Energy....kJ	1544				4		438	1312	
Protein (N x 6.38)....g	21.54	0.281	3		1		6.11	18.31	
Total lipid (fat)....g	30.64	0.926	8		1		8.69	26.04	
Ash....g	6.44	0.190	4		1		1.83	5.47	
Carbohydrate, by difference....g	2.00		0	NC	4		0.57	1.70	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	662	34.969	12		1		188	563	
Iron, Fe....mg	0.56	0.197	4		1		0.16	0.48	
Magnesium, Mg....mg	30	1.885	4		1		8	25	
Phosphorus, P....mg	392	17.766	11		1		111	333	
Potassium, K....mg	91	10.115	3		1		26	77	
Sodium, Na....mg	1809	157.400	4		1		513	1538	
Zinc, Zn....mg	2.08	0.122	4		1		0.59	1.77	
Copper, Cu....mg	0.034		0		1		0.010	0.029	
Manganese, Mn....mg	0.030		0		1		0.009	0.026	
Selenium, Se....mcg	14.5		0	CAZN	4		4.1	12.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.040		2		1		0.011	0.034	
Riboflavin....mg	0.586	0.071	8		1		0.166	0.498	
Niacin....mg	0.734	0.078	15		1		0.208	0.624	
Pantothenic acid....mg	1.731	0.183	18		1		0.491	1.471	
Vitamin B-6....mg	0.124	0.010	26		1		0.035	0.105	
Folate, total....mcg	49	7.757	24		1		14	42	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	49	7.757	24		1		14	42	
Folate, DFE....mcg_DFE	49		0	NC	4		14	42	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.64	0.056	9		1		0.18	0.55	
Vitamin A, RAE....mcg_RAE	294		0	NC	4		83	250	
Retinol....mcg	290		0	NC	4		82	247	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1047		1		1		297	890	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	19.263		0		1		5.461	16.374	
4:0....g	0.877		1		1		0.249	0.745	
6:0....g	0.660		1		1		0.187	0.561	
8:0....g	0.674		1		1		0.191	0.573	

NDB No. 01039
Cheese, roquefort

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	2.163		1		1		0.613	1.839	
12:0 g	1.295		1		1		0.367	1.101	
13:0 g									
14:0 g	3.250		1		1		0.921	2.763	
15:0 g									
16:0 g	6.570		1		1		1.863	5.585	
17:0 g									
18:0 g	3.141		1		1		0.890	2.670	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.474		0		1		2.402	7.203	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.730		1		1		0.207	0.621	
17:1 g									
18:1 undifferentiated g	7.456		1		1		2.114	6.338	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.320		0		1		0.374	1.122	
18:2 undifferentiated g	0.616		1		1		0.175	0.524	
18:3 undifferentiated g	0.704		1		1		0.200	0.598	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	90		1		1		26	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.303		0		4		0.086	0.258	
Threonine g	0.965		0		4		0.274	0.820	
Isoleucine g	1.217		0		4		0.345	1.034	
Leucine g	2.114		0		4		0.599	1.797	
Lysine g	1.848		0		4		0.524	1.571	
Methionine g	0.558		0		4		0.158	0.474	
Cystine g	0.126		0		4		0.036	0.107	
Phenylalanine g	1.023		0		4		0.290	0.870	
Tyrosine g	1.012		0		4		0.287	0.860	
Valine g	1.614		0		4		0.458	1.372	
Arginine g	0.713		0		4		0.202	0.606	
Histidine g	0.602		0		4		0.171	0.512	
Alanine g	0.969		0		4		0.275	0.824	
Aspartic acid g	1.181		0		4		0.335	1.004	
Glutamic acid g	3.670		0		4		1.040	3.120	
Glycine g	0.148		0		4		0.042	0.126	
Proline g	2.089		0		4		0.592	1.776	
Serine g	1.772		0		4		0.502	1.506	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

NDB No. 01039
Cheese, roquefort

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01040
Cheese, swiss

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.12	0.793	6	A	1		49.00	90.58	40.09
Energy	kcal	380		0	NC	4		502	928	411
Energy	kJ	1591		0	NC	4		2100	3881	1718
Protein (N x 6.38)	g	26.93	0.552	6	A	1		35.55	65.71	29.08
Total lipid (fat)	g	27.80	0.956	6	A	1		36.70	67.84	30.03
Ash	g	2.77	0.061	6	A	1		3.65	6.76	2.99
Carbohydrate, by difference	g	5.38		0	NC	4		7.10	13.12	5.81
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	1.32		2		1		1.74	3.22	1.43
Sucrose	g	0.14		2		1		0.18	0.34	0.15
Glucose (dextrose)	g	0.48		2		1		0.63	1.17	0.52
Fructose	g									
Lactose	g	0.06		3		1		0.07	0.14	0.06
Maltose	g	0.62		2		1		0.82	1.51	0.67
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	791	39.355	17	A	1		1045	1931	855
Iron, Fe	mg	0.20	0.012	18	A	1		0.26	0.48	0.21
Magnesium, Mg	mg	38	0.409	18	A	1		50	92	41
Phosphorus, P	mg	567	8.387	18	A	1		749	1384	613
Potassium, K	mg	77	1.061	18	A	1		102	188	83
Sodium, Na	mg	192	7.955	18	A	1		254	469	208
Zinc, Zn	mg	4.36	0.067	18	A	1		5.75	10.63	4.71
Copper, Cu	mg	0.043	0.007	18	A	1		0.057	0.105	0.047
Manganese, Mn	mg	0.005	0.003	18	A	1		0.006	0.011	0.005
Selenium, Se	mcg	18.2	1.475	18	A	1		24.0	44.4	19.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.063	0.033	3	A	1		0.083	0.153	0.068
Riboflavin	mg	0.296	0.003	3	A	1		0.391	0.723	0.320
Niacin	mg	0.092	0.044	16		1		0.121	0.224	0.099
Pantothenic acid	mg	0.429	0.019	15		1		0.566	1.047	0.463
Vitamin B-6	mg	0.083	0.005	41		1		0.110	0.203	0.090
Folate, total	mcg	6	0.255	26		1		8	16	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6	0.255	26		1		8	16	7
Folate, DFE	mcg_DFE	6		0	NC	4		8	16	7
Choline, total	mg	15.5		0	AS	1		20.5	37.8	16.7
Betaine	mg	0.6		1	A	1		0.8	1.4	0.6
Vitamin B-12	mcg	3.34	0.295	3	A	1		4.40	8.14	3.60
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	220		0	NC	4		290	536	237
Retinol	mcg	214		0	BFFN	4		282	521	231
Carotene, beta	mcg	70		0	BFFN	4		93	172	76
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	830		0	NC	4		1095	2024	896
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.38	0.021	3	A	1		0.50	0.93	0.41
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.03	0.002	5	JO	11		0.03	0.06	0.03
Tocopherol, delta	mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.7	1.2	0.6
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	1.2	0.6
Vitamin D....IU	20		0	BFFN	4		27	50	22
Vitamin K (phylloquinone)....mcg	2.5	0.033	3	A	1		3.3	6.0	2.7
Lipids:									
Fatty acids, total saturated....g	17.779		0		1		23.468	43.381	19.201
4:0....g	1.102	0.182	3		1		1.455	2.689	1.190
6:0....g	0.488	0.159	3		1		0.644	1.191	0.527
8:0....g	0.289	0.054	10		1		0.381	0.705	0.312
10:0....g	0.625	0.076	11		1		0.825	1.525	0.675
12:0....g	0.521	0.092	11		1		0.688	1.271	0.563
13:0....g									
14:0....g	3.062	0.092	11		1		4.042	7.471	3.307
15:0....g									
16:0....g	7.790	0.259	11		1		10.283	19.008	8.413
17:0....g									
18:0....g	3.248	0.350	11		1		4.287	7.925	3.508
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.274		0		1		9.602	17.749	7.856
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.879	0.063	10		1		1.160	2.145	0.949
17:1....g									
18:1 undifferentiated....g	6.017	0.253	11		1		7.942	14.681	6.498
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.972		0		1		1.283	2.372	1.050
18:2 undifferentiated....g	0.620	0.074	11		1		0.818	1.513	0.670
18:3 undifferentiated....g	0.352	0.087	10		1		0.465	0.859	0.380
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	92	3.839	10		1		121	224	99
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.401		0		1		0.529	0.978	0.433
Threonine....g	1.038		0		1		1.370	2.533	1.121
Isoleucine....g	1.537		0		1		2.029	3.750	1.660
Leucine....g	2.959		0		1		3.906	7.220	3.196
Lysine....g	2.585		0		1		3.412	6.307	2.792
Methionine....g	0.784		0		1		1.035	1.913	0.847
Cystine....g	0.290		0		1		0.383	0.708	0.313
Phenylalanine....g	1.662		0		1		2.194	4.055	1.795
Tyrosine....g	1.693		0		1		2.235	4.131	1.828
Valine....g	2.139		0		1		2.823	5.219	2.310
Arginine....g	0.927		0		1		1.224	2.262	1.001
Histidine....g	1.065		0		1		1.406	2.599	1.150
Alanine....g	0.914		0		1		1.206	2.230	0.987
Aspartic acid....g	1.569		0		1		2.071	3.828	1.695
Glutamic acid....g	5.704		0		1		7.529	13.918	6.160
Glycine....g	0.508		0		1		0.671	1.240	0.549
Proline....g	3.690		0		1		4.871	9.004	3.985
Serine....g	1.640		0		1		2.165	4.002	1.771
Hydroxyproline....g									
Others:									

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43589
Cheese, swiss, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.60		0		4		78.67	64.37	8.94
Energy	kcal	173		0	NC	4		228	187	26
Energy	kJ	724		0	NC	4		956	782	109
Protein	g	28.40		0		4		37.49	30.67	4.26
Total lipid (fat)	g	5.10		0		4		6.73	5.51	0.77
Ash	g	3.50		0	NR	4		4.62	3.78	0.53
Carbohydrate, by difference	g	3.40		0		4		4.49	3.67	0.51
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	1.33		0	BFNN	4		1.75	1.43	0.20
Starch	g									
Minerals:										
Calcium, Ca	mg	961		0		4		1269	1038	144
Iron, Fe	mg	0.17		0		4		0.22	0.18	0.03
Magnesium, Mg	mg	36		0		4		48	39	5
Phosphorus, P	mg	605		0		4		799	653	91
Potassium, K	mg	111		0		4		147	120	17
Sodium, Na	mg	260		0		4		343	281	39
Zinc, Zn	mg	3.90		0		4		5.15	4.21	0.59
Copper, Cu	mg	0.027		0		4		0.036	0.029	0.004
Manganese, Mn	mg									
Selenium, Se	mcg	12.7		0	BFNN	4		16.8	13.7	1.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.020		0		4		0.026	0.022	0.003
Riboflavin	mg	0.360		0		4		0.475	0.389	0.054
Niacin	mg	0.090		0		4		0.119	0.097	0.014
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0		4		0.106	0.086	0.012
Folate, total	mcg	6		0		4		8	6	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		4		8	6	1
Folate, DFE	mcg_DFE	6		0	NC	4		8	6	1
Choline, total	mg	15.4		0	T	4		20.3	16.6	2.3
Betaine	mg									
Vitamin B-12	mcg	1.68		0		4		2.22	1.81	0.25
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	40		0	NC	4		53	44	6
Retinol	mcg	39		0	BFFN	4		52	42	6
Carotene, beta	mcg	13		0	BFFN	4		17	14	2
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	152		0	NC	4		201	164	23
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07		0	BFFN	4		0.09	0.08	0.01
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1		0.1	0.1	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	BFFN	4		0.1	0.1	0.0
Vitamin D	IU	4		0	BFFN	4		5	4	1
Vitamin K (phylloquinone)	mcg	0.5		0	BFFN	4		0.6	0.5	0.1
Lipids:										
Fatty acids, total saturated	g	3.304		0		4		4.361	3.568	0.496
4:0	g	0.204		0		4		0.269	0.220	0.031

NDB No. 43589
Cheese, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.091		0		4		0.120	0.098	0.014
8:0 g	0.054		0		4		0.071	0.058	0.008
10:0 g	0.115		0		4		0.152	0.124	0.017
12:0 g	0.097		0		4		0.128	0.105	0.015
13:0 g									
14:0 g	0.569		0		4		0.751	0.615	0.085
15:0 g									
16:0 g	1.447		0		4		1.910	1.563	0.217
17:0 g									
18:0 g	0.604		0		4		0.797	0.652	0.091
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.351		0		4		1.783	1.459	0.203
14:1 g									
15:1 g									
16:1 undifferentiated g	0.164		0		4		0.216	0.177	0.025
17:1 g									
18:1 undifferentiated g	1.119		0		4		1.477	1.209	0.168
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.180		0		4		0.238	0.194	0.027
18:2 undifferentiated g	0.115		0		4		0.152	0.124	0.017
18:3 undifferentiated g	0.065		0		4		0.086	0.070	0.010
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	35		0		4		46	38	5
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 108g: 1 cup, shredded

Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43405
Cheese, swiss, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.80		0		4		49.90	40.82	5.67
Energy....kcal	374		0	NC	4		493	404	56
Energy....kJ	1564		0	NC	4		2064	1689	235
Protein....g	28.40		1		1		37.49	30.67	4.26
Total lipid (fat)....g	27.40		1		1		36.16	29.59	4.11
Ash....g	3.01		0	NR	4		3.97	3.25	0.45
Carbohydrate, by difference....g	3.40		0	NC	4		4.49	3.67	0.51
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	1.31		0	BFNN	4		1.73	1.41	0.20
Starch....g									
Minerals:									
Calcium, Ca....mg	961		1		1		1269	1038	144
Iron, Fe....mg	0.17		1		1		0.22	0.18	0.03
Magnesium, Mg....mg	36		1		1		48	39	5
Phosphorus, P....mg	605		1		1		799	653	91
Potassium, K....mg	111		1		1		147	120	17
Sodium, Na....mg	14		0		4		18	15	2
Zinc, Zn....mg	3.90		1		1		5.15	4.21	0.59
Copper, Cu....mg	0.032		1		1		0.042	0.035	0.005
Manganese, Mn....mg									
Selenium, Se....mcg	12.5		0	BFNN	4		16.5	13.5	1.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.020		1		1		0.026	0.022	0.003
Riboflavin....mg	0.370		1		1		0.488	0.400	0.056
Niacin....mg	0.090		1		1		0.119	0.097	0.014
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		1		1		0.106	0.086	0.012
Folate, total....mcg	6		1		1		8	6	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	6		1		1		8	6	1
Folate, DFE....mcg_DFE	6		0	NC	4		8	6	1
Choline, total....mg	15.4		0	T	4		20.3	16.6	2.3
Betaine....mg									
Vitamin B-12....mcg	1.68		1		1		2.22	1.81	0.25
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	216		0	NC	4		286	234	32
Retinol....mcg	211		0	BFFN	4		278	227	32
Carotene, beta....mcg	69		0	BFFN	4		92	75	10
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	818		0	NC	4		1079	883	123
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFFN	4		0.49	0.40	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.7	0.5	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.7	0.5	0.1
Vitamin D....IU	20		0	BFFN	4		27	22	3
Vitamin K (phylloquinone)....mcg	2.4		0	BFFN	4		3.2	2.6	0.4
Lipids:									
Fatty acids, total saturated....g	17.744		0		4		23.422	19.164	2.662
4:0....g	1.098		0		4		1.449	1.186	0.165

NDB No. 43405
Cheese, swiss, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.489		0		4		0.645	0.528	0.073
8:0 ... g	0.289		0		4		0.381	0.312	0.043
10:0 ... g	0.619		0		4		0.817	0.669	0.093
12:0 ... g	0.519		0		4		0.685	0.561	0.078
13:0 ... g									
14:0 ... g	3.054		0		4		4.031	3.298	0.458
15:0 ... g									
16:0 ... g	7.774		0		4		10.262	8.396	1.166
17:0 ... g									
18:0 ... g	3.244		0		4		4.282	3.504	0.487
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.256		0		4		9.578	7.836	1.088
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.878		0		4		1.159	0.948	0.132
17:1 ... g									
18:1 undifferentiated ... g	6.008		0		4		7.931	6.489	0.901
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.968		0		4		1.278	1.045	0.145
18:2 undifferentiated ... g	0.619		0		4		0.817	0.669	0.093
18:3 undifferentiated ... g	0.349		0		4		0.461	0.377	0.052
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	92		1		1		121	99	14
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 108g: 1 cup, shredded

Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01041
Cheese, tilsit

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.86	1.003	18		1		12.15	72.86	
Energy	kcal	340		0	NC	4		96	578	
Energy	kJ	1422				4		403	2417	
Protein (N x 6.38)	g	24.41	0.820	4		1		6.92	41.50	
Total lipid (fat)	g	25.98	1.014	15		1		7.37	44.17	
Ash	g	4.87	0.075	10		1		1.38	8.28	
Carbohydrate, by difference	g	1.88		0	NC	4		0.53	3.20	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	700		2		1		198	1190	
Iron, Fe	mg	0.23		1		1		0.07	0.39	
Magnesium, Mg	mg	13		1		1		4	22	
Phosphorus, P	mg	500		1		1		142	850	
Potassium, K	mg	65		2		1		18	110	
Sodium, Na	mg	753		2		1		213	1280	
Zinc, Zn	mg	3.50		1		1		0.99	5.95	
Copper, Cu	mg	0.026		0		1		0.007	0.044	
Manganese, Mn	mg	0.013		0		1		0.004	0.022	
Selenium, Se	mcg	14.5		0	CAZN	4		4.1	24.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.061	0.009	4		1		0.017	0.104	
Riboflavin	mg	0.359	0.017	4		1		0.102	0.610	
Niacin	mg	0.205	0.026	4		1		0.058	0.349	
Pantothenic acid	mg	0.346	0.025	4		1		0.098	0.588	
Vitamin B-6	mg	0.065		0		4		0.018	0.111	
Folate, total	mcg	20		0		4		6	34	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		4		6	34	
Folate, DFE	mcg_DFE	20		0	NC	4		6	34	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.10		2		1		0.60	3.57	
Vitamin A, RAE	mcg_RAE	249		0	NC	4		71	423	
Retinol	mcg	236		0	NC	4		67	401	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1045		1		1		296	1777	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	16.775		0		1		4.756	28.518	
4:0	g	0.878		1		1		0.249	1.493	
6:0	g	0.536		1		1		0.152	0.911	
8:0	g	0.381		1		1		0.108	0.648	

NDB No. 01041
Cheese, tilsit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.748		1		1		0.212	1.272	
12:0 g	1.073		1		1		0.304	1.824	
13:0 g									
14:0 g	2.608		1		1		0.739	4.434	
15:0 g									
16:0 g	7.675		1		1		2.176	13.048	
17:0 g									
18:0 g	2.190		1		1		0.621	3.723	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.136		0		1		2.023	12.131	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.668		1		1		0.189	1.136	
17:1 g									
18:1 undifferentiated g	6.073		1		1		1.722	10.324	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.721		0		1		0.204	1.226	
18:2 undifferentiated g	0.398		1		1		0.113	0.677	
18:3 undifferentiated g	0.323		1		1		0.092	0.549	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	102		1		1		29	173	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.352		0		1		0.100	0.598	
Threonine g	0.899		0		1		0.255	1.528	
Isoleucine g	1.484		0		1		0.421	2.523	
Leucine g	2.548		0		1		0.722	4.332	
Lysine g	2.039		0		1		0.578	3.466	
Methionine g	0.754		0		1		0.214	1.282	
Cystine g	0.138		0		4		0.039	0.235	
Phenylalanine g	1.358		0		1		0.385	2.309	
Tyrosine g	1.458		0		1		0.413	2.479	
Valine g	1.752		0		1		0.497	2.978	
Arginine g	0.849		0		1		0.241	1.443	
Histidine g	0.704		0		1		0.200	1.197	
Alanine g	0.811		0		1		0.230	1.379	
Aspartic acid g	1.798		0		1		0.510	3.057	
Glutamic acid g	5.490		0		1		1.556	9.333	
Glycine g	0.497		0		1		0.141	0.845	
Proline g	2.969		0		1		0.842	5.047	
Serine g	1.393		0		1		0.395	2.368	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01041
Cheese, tilsit

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01205
Cream substitute, flavored, liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.06		0	RA	4				
Energy....kcal	251		0	RA	4				
Energy....kJ	1049		0	RA	4				
Protein....g	0.69		0	RA	4				
Total lipid (fat)....g	13.50		0	RA	4				
Ash....g	0.55		0	RA	4				
Carbohydrate, by difference....g	35.07		0	RA	4				
Fiber, total dietary....g	1.1		0	RA	4				
Sugars, total....g	33.04		0	RA	4				
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	RA	4				
Iron, Fe....mg	0.59		0	RA	4				
Magnesium, Mg....mg	19		0	RA	4				
Phosphorus, P....mg	28		0	RA	4				
Potassium, K....mg	96		0	RA	4				
Sodium, Na....mg	80		0	RA	4				
Zinc, Zn....mg	0.25		0	RA	4				
Copper, Cu....mg	0.142		0	RA	4				
Manganese, Mn....mg	0.142		0	RA	4				
Selenium, Se....mcg	0.7		0	RA	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4				
Thiamin....mg	0.004		0	RA	4				
Riboflavin....mg	0.024		0	RA	4				
Niacin....mg	0.091		0	RA	4				
Pantothenic acid....mg	0.010		0	RA	4				
Vitamin B-6....mg	0.004		0	RA	4				
Folate, total....mcg	1		0	RA	4				
Folic acid....mcg	0		0	RA	4				
Folate, food....mcg	1		0	RA	4				
Folate, DFE....mcg_DFE	1		0	NC	4				
Choline, total....mg	0.5		0	RA	4				
Betaine....mg	0.0		0	RA	4				
Vitamin B-12....mcg	0.00		0	RA	4				
Vitamin B-12, added....mcg	0.00		0	RA	4				
Vitamin A, RAE....mcg_RAE	0		0	RA	4				
Retinol....mcg	0		0	RA	4				
Carotene, beta....mcg	0		0	RA	4				
Carotene, alpha....mcg	0		0	RA	4				
Cryptoxanthin, beta....mcg	0		0	RA	4				
Vitamin A, IU....IU	0		0	RA	4				
Lycopene....mcg	0		0	RA	4				
Lutein + zeaxanthin....mcg	1		0	RA	4				
Vitamin E (alpha-tocopherol)....mg	1.58		0	RA	4				
Vitamin E, added....mg	0.00		0	RA	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	Z	7				
Vitamin D....IU	0		0	Z	7				
Vitamin K (phylloquinone)....mcg	3.3		0	RA	4				
Lipids:									
Fatty acids, total saturated....g	2.635		0	RA	4				
4:0....g	0.000		0	RA	4				

NDB No. 01205
Cream substitute, flavored, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RA	4				
8:0 g	0.000		0	RA	4				
10:0 g	0.000		0	RA	4				
12:0 g	0.000		0	RA	4				
13:0 g									
14:0 g	0.040		0	RA	4				
15:0 g									
16:0 g	1.955		0	RA	4				
17:0 g									
18:0 g	0.636		0	RA	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.002		0	RA	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.026		0	RA	4				
17:1 g									
18:1 undifferentiated g	3.976		0	RA	4				
20:1 g	0.000		0	RA	4				
22:1 undifferentiated g	0.000		0	RA	4				
24:1 c g									
Fatty acids, total polyunsaturated g	6.269		0	RA	4				
18:2 undifferentiated g	5.905		0	RA	4				
18:3 undifferentiated g	0.364		0	RA	4				
18:4 g	0.000		0	RA	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RA	4				
20:5 n-3 (EPA) g	0.000		0	RA	4				
22:5 n-3 (DPA) g	0.000		0	RA	4				
22:6 n-3 (DHA) g	0.000		0	RA	4				
Fatty acids, total trans g									
Cholesterol mg	0		0	RA	4				
Phytosterols mg	20		0	RA	4				
Amino Acids:									
Tryptophan g	0.010		0	RA	4				
Threonine g	0.027		0	RA	4				
Isoleucine g	0.027		0	RA	4				
Leucine g	0.042		0	RA	4				
Lysine g	0.034		0	RA	4				
Methionine g	0.007		0	RA	4				
Cystine g	0.008		0	RA	4				
Phenylalanine g	0.033		0	RA	4				
Tyrosine g	0.026		0	RA	4				
Valine g	0.041		0	RA	4				
Arginine g	0.039		0	RA	4				
Histidine g	0.012		0	RA	4				
Alanine g	0.032		0	RA	4				
Aspartic acid g	0.068		0	RA	4				
Glutamic acid g	0.103		0	RA	4				
Glycine g	0.031		0	RA	4				
Proline g	0.029		0	RA	4				
Serine g	0.030		0	RA	4				
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4				
Caffeine mg	3		0	RA	4				
Theobromine mg	100		0	RA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01205

Cream substitute, flavored, liquid

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01206
Cream substitute, flavored, powdered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.52		0	RA	4				
Energy	kcal	498		0	NC	4				
Energy	kJ	2082		0	NC	4				
Protein (N x 6.38)	g	0.68		0	RA	4				
Total lipid (fat)	g	21.47		0	RA	4				
Ash	g	0.79		0	RA	4				
Carbohydrate, by difference	g	75.42		0	RA	4				
Fiber, total dietary	g	1.2		0	RA	4				
Sugars, total	g	58.01		0	RA	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	RA	4				
Iron, Fe	mg	0.63		0	RA	4				
Magnesium, Mg	mg	17		0	RA	4				
Phosphorus, P	mg	28		0	RA	4				
Potassium, K	mg	90		0	RA	4				
Sodium, Na	mg	196		0	RA	4				
Zinc, Zn	mg	0.23		0	RA	4				
Copper, Cu	mg	0.135		0	RA	4				
Manganese, Mn	mg	0.140		0	RA	4				
Selenium, Se	mcg	1.3		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.004		0	RA	4				
Riboflavin	mg	0.027		0	RA	4				
Niacin	mg	0.084		0	RA	4				
Pantothenic acid	mg	0.009		0	RA	4				
Vitamin B-6	mg	0.004		0	RA	4				
Folate, total	mcg	1		0	RA	4				
Folic acid	mcg	0		0	RA	4				
Folate, food	mcg	1		0	RA	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg	0.5		0	RA	4				
Betaine	mg	0.0		0	RA	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin B-12, added	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	RA	4				
Retinol	mcg	0		0	RA	4				
Carotene, beta	mcg	0		0	RA	4				
Carotene, alpha	mcg	0		0	RA	4				
Cryptoxanthin, beta	mcg	0		0	RA	4				
Vitamin A, IU	IU	0		0	RA	4				
Lycopene	mcg	0		0	RA	4				
Lutein + zeaxanthin	mcg	1		0	RA	4				
Vitamin E (alpha-tocopherol)	mg	0.41		0	RA	4				
Vitamin E, added	mg	0.00		0	RA	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	Z	7				
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	9.1		0	RA	4				
Lipids:										
Fatty acids, total saturated	g	19.463		0	NC	4				
4:0	g	0.000		0	RA	4				

NDB No. 01206
Cream substitute, flavored, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RA	4				
8:0 g	0.903		0	RA	4				
10:0 g	0.903		0	RA	4				
12:0 g	7.518		0	RA	4				
13:0 g									
14:0 g	3.025		0	RA	4				
15:0 g									
16:0 g	2.373		0	RA	4				
17:0 g									
18:0 g	4.742		0	RA	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.618		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	RA	4				
17:1 g									
18:1 undifferentiated g	0.618		0	RA	4				
20:1 g	0.000		0	RA	4				
22:1 undifferentiated g	0.000		0	RA	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.229		0	NC	4				
18:2 undifferentiated g	0.229		0	RA	4				
18:3 undifferentiated g	0.000		0	RA	4				
18:4 g	0.000		0	RA	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RA	4				
20:5 n-3 (EPA) g	0.000		0	RA	4				
22:5 n-3 (DPA) g	0.000		0	RA	4				
22:6 n-3 (DHA) g	0.000		0	RA	4				
Fatty acids, total trans g									
Cholesterol mg	0		0	RA	4				
Phytosterols mg	18		0	RA	4				
Amino Acids:									
Tryptophan g	0.010		0	RA	4				
Threonine g	0.027		0	RA	4				
Isoleucine g	0.026		0	RA	4				
Leucine g	0.045		0	RA	4				
Lysine g	0.033		0	RA	4				
Methionine g	0.008		0	RA	4				
Cystine g	0.009		0	RA	4				
Phenylalanine g	0.033		0	RA	4				
Tyrosine g	0.025		0	RA	4				
Valine g	0.040		0	RA	4				
Arginine g	0.038		0	RA	4				
Histidine g	0.012		0	RA	4				
Alanine g	0.032		0	RA	4				
Aspartic acid g	0.066		0	RA	4				
Glutamic acid g	0.104		0	RA	4				
Glycine g	0.030		0	RA	4				
Proline g	0.031		0	RA	4				
Serine g	0.029		0	RA	4				
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4				
Caffeine mg	3		0	RA	4				
Theobromine mg	92		0	RA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01206

Cream substitute, flavored, powdered

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42141
Cream substitute, liquid, light

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.20		0		1		208.60	25.86	
Energy	kcal	71		0	NC	4		172	21	
Energy	kJ	297		0	NC	4		720	89	
Protein	g	0.80		0		1		1.94	0.24	
Total lipid (fat)	g	3.50		0		1		8.47	1.05	
Ash	g	0.40		0	NR	4		0.97	0.12	
Carbohydrate, by difference	g	9.10		0	NC	4		22.02	2.73	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	9.10		0	NR	4		22.02	2.73	
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		2	0	
Iron, Fe	mg	0.56		0		1		1.36	0.17	
Magnesium, Mg	mg	0		0		1		0	0	
Phosphorus, P	mg	75		0		1		182	23	
Potassium, K	mg	177		0		1		428	53	
Sodium, Na	mg	60		0		1		145	18	
Zinc, Zn	mg	0.05		0		1		0.12	0.02	
Copper, Cu	mg	0.000		0		1		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.9		0	BFNN	4		2.2	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		1		0.000	0.000	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.0		0	BFSN	4		0.0	0.0	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	BFFN	4		0	0	
Carotene, beta	mcg	3		0	BFFN	4		8	1	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	5		0	NC	4		13	2	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.28		0	BFFN	4		0.69	0.09	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.9		0	BFFN	4		2.1	0.3	
Lipids:										
Fatty acids, total saturated	g	0.896		0		1		2.168	0.269	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42141
Cream substitute, liquid, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.018		0		4		0.044	0.005	
15:0....g									
16:0....g	0.455		0		4		1.101	0.137	
17:0....g									
18:0....g	0.424		0		4		1.026	0.127	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.030		0		1		4.913	0.609	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.030		0		4		4.913	0.609	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0		1		1.016	0.126	
18:2 undifferentiated....g	0.399		0		4		0.966	0.120	
18:3 undifferentiated....g	0.021		0		4		0.051	0.006	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.27	1.107	11		1		185.45	23.18	11.59
Energy....kcal	136		0	NC	4		326	41	20
Energy....kJ	568		0		4		1362	170	85
Protein (N x 5.71)....g	1.00	0.118	14		1		2.40	0.30	0.15
Total lipid (fat)....g	9.97	0.276	42		1		23.93	2.99	1.50
Ash....g	0.38	0.091	6		1		0.91	0.11	0.06
Carbohydrate, by difference....g	11.38		0	NC	4		27.31	3.41	1.71
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	11.38		0	NR	4		27.31	3.41	1.71
Starch....g									
Minerals:									
Calcium, Ca....mg	9	2.463	8		1		22	3	1
Iron, Fe....mg	0.03	0.030	5		1		0.07	0.01	0.00
Magnesium, Mg....mg	0	0.333	3		1		1	0	0
Phosphorus, P....mg	64	13.333	8		1		154	19	10
Potassium, K....mg	191	39.601	6		1		457	57	29
Sodium, Na....mg	79	17.019	8		1		190	24	12
Zinc, Zn....mg	0.02		1		1		0.05	0.01	0.00
Copper, Cu....mg	0.000		0		1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		1		0.000	0.000	0.000
Selenium, Se....mcg	1.1		0	BFNN	4		2.6	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin....mg	0.000		3		1		0.000	0.000	0.000
Niacin....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		1		0.000	0.000	0.000
Folate, total....mcg	0		0		1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	BFFN	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	9		0	NR	4		22	3	1
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	15		0	NC	4		36	5	2
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.81		0	BFFN	4		1.94	0.24	0.12
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	2.5		0	BFFN	4		5.9	0.7	0.4
Lipids:									
Fatty acids, total saturated....g	1.937		0		1		4.649	0.581	0.291
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.005	0.002	7		1		0.012	0.002	0.001
10:0 g	0.013	0.007	7		1		0.031	0.004	0.002
12:0 g	0.062	0.033	7		1		0.149	0.019	0.009
13:0 g									
14:0 g	0.019	0.006	7		1		0.046	0.006	0.003
15:0 g									
16:0 g	0.884	0.106	7		1		2.122	0.265	0.133
17:0 g									
18:0 g	0.976	0.056	7		1		2.342	0.293	0.146
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.551		0		1		18.122	2.265	1.133
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	7.559	0.243	7		1		18.142	2.268	1.134
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.027		0		1		0.065	0.008	0.004
18:2 undifferentiated g	0.022	0.008	7		1		0.053	0.007	0.003
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg	13		0		4		31	4	2
Amino Acids:									
Tryptophan g	0.015		0		1		0.036	0.005	0.002
Threonine g	0.043		0		1		0.103	0.013	0.006
Isoleucine g	0.056		0		1		0.134	0.017	0.008
Leucine g	0.085		0		1		0.204	0.026	0.013
Lysine g	0.068		0		1		0.163	0.020	0.010
Methionine g	0.015		0		1		0.036	0.005	0.002
Cystine g	0.018		0		1		0.043	0.005	0.003
Phenylalanine g	0.055		0		1		0.132	0.017	0.008
Tyrosine g	0.037		0		1		0.089	0.011	0.006
Valine g	0.056		0		1		0.134	0.017	0.008
Arginine g	0.080		0		1		0.192	0.024	0.012
Histidine g	0.028		0		1		0.067	0.008	0.004
Alanine g	0.047		0		1		0.113	0.014	0.007
Aspartic acid g	0.125		0		1		0.300	0.038	0.019
Glutamic acid g	0.201		0		1		0.482	0.060	0.030
Glycine g	0.047		0		1		0.113	0.014	0.007
Proline g	0.060		0		1		0.144	0.018	0.009
Serine g	0.057		0		1		0.137	0.017	0.009
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 15.0g: 1 container, individual

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01068

Cream substitute, liquid, with lauric acid oil and sodium caseinate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.27	1.107	11		1		11.59	92.72	
Energy....kcal	136		0	NC	4		20	164	
Energy....kJ	571				4		86	685	
Protein (N x 6.29)....g	1.00	0.118	14		1		0.15	1.20	
Total lipid (fat)....g	9.97	0.276	42		1		1.50	11.96	
Ash....g	0.38	0.091	6		1		0.06	0.46	
Carbohydrate, by difference....g	11.38		0	NC	4		1.71	13.66	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	2.463	8		1		1	11	
Iron, Fe....mg	0.03	0.030	5		1		0.00	0.04	
Magnesium, Mg....mg	0	0.333	3		1		0	0	
Phosphorus, P....mg	64	13.333	8		1		10	77	
Potassium, K....mg	191	39.601	6		1		29	229	
Sodium, Na....mg	79	17.019	8		1		12	95	
Zinc, Zn....mg	0.02		1		1		0.00	0.02	
Copper, Cu....mg	0.025		0		1		0.004	0.030	
Manganese, Mn....mg	0.040		0		1		0.006	0.048	
Selenium, Se....mcg	1.1		0	BFNN	4		0.2	1.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		3		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4	1.639	5		1		1	5	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	89	32.776	5		1		13	107	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.304		0		1		1.396	11.165	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.349	0.046	18		1		0.052	0.419	

NDB No. 01068

Cream substitute, liquid, with lauric acid oil and sodium caseinate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.277	0.039	18		1		0.042	0.332	
12:0 ... g	6.614	0.318	18		1		0.992	7.937	
13:0 ... g									
14:0 ... g	1.001	0.092	18		1		0.150	1.201	
15:0 ... g									
16:0 ... g	0.432	0.052	18		1		0.065	0.518	
17:0 ... g									
18:0 ... g	0.597	0.092	18		1		0.090	0.716	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.106		0		1		0.016	0.127	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.106	0.036	18		1		0.016	0.127	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.003		0		1		0.000	0.004	
18:2 undifferentiated ... g	0.003	0.002	18		1		0.000	0.004	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg	9		0		4		1	11	
Amino Acids:									
Tryptophan ... g	0.014		0		1		0.002	0.017	
Threonine ... g	0.042		0		1		0.006	0.050	
Isoleucine ... g	0.061		0		1		0.009	0.073	
Leucine ... g	0.099		0		1		0.015	0.119	
Lysine ... g	0.080		0		1		0.012	0.096	
Methionine ... g	0.030		0		1		0.005	0.036	
Cystine ... g	0.004		0		1		0.001	0.005	
Phenylalanine ... g	0.054		0		1		0.008	0.065	
Tyrosine ... g	0.057		0		1		0.009	0.068	
Valine ... g	0.072		0		1		0.011	0.086	
Arginine ... g	0.040		0		1		0.006	0.048	
Histidine ... g	0.030		0		1		0.005	0.036	
Alanine ... g	0.031		0		1		0.005	0.037	
Aspartic acid ... g	0.071		0		1		0.011	0.085	
Glutamic acid ... g	0.227		0		1		0.034	0.272	
Glycine ... g	0.020		0		1		0.003	0.024	
Proline ... g	0.113		0		1		0.017	0.136	
Serine ... g	0.062		0		1		0.009	0.074	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 120g: .5 cup

NDB No. 01068
Cream substitute, liquid, with lauric acid oil and sodium caseinate

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01069
Cream substitute, powdered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.21	0.137	25		1		2.08	0.04	0.07
Energy	kcal	545		0	NC	4		512	11	16
Energy	kJ	2279		0	NC	4		2142	46	68
Protein (N x 6.29)	g	4.79	0.179	26		1		4.50	0.10	0.14
Total lipid (fat)	g	35.48	0.420	40		1		33.35	0.71	1.06
Ash	g	2.64	0.091	23		1		2.48	0.05	0.08
Carbohydrate, by difference	g	54.88		0	NC	4		51.59	1.10	1.65
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	54.88		0	NR	4		51.59	1.10	1.65
Starch	g									
Minerals:										
Calcium, Ca	mg	22	3.338	16		1		21	0	1
Iron, Fe	mg	1.15	0.356	9		1		1.08	0.02	0.03
Magnesium, Mg	mg	4	1.112	8		1		4	0	0
Phosphorus, P	mg	422	29.420	19		1		397	8	13
Potassium, K	mg	812	41.384	18		1		763	16	24
Sodium, Na	mg	181	21.326	23		1		170	4	5
Zinc, Zn	mg	0.51		1		1		0.48	0.01	0.02
Copper, Cu	mg	0.115		0		1		0.108	0.002	0.003
Manganese, Mn	mg	0.220		0		1		0.207	0.004	0.007
Selenium, Se	mcg	0.6	0.228	12	A	1		0.6	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.000		0		1		0.000	0.000	0.000
Riboflavin	mg	0.165	0.093	5		1		0.155	0.003	0.005
Niacin	mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		1		0.000	0.000	0.000
Folate, total	mcg	0		0		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	2.3	0.233	3	AS	1		2.1	0.0	0.1
Betaine	mg	0.1	0.012	3	A	1		0.1	0.0	0.0
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	20		0	NR	4		19	0	1
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	33		0	NC	4		31	1	1
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.59		1	A	1		0.55	0.01	0.02
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.47		1	A	1		0.44	0.01	0.01
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	8.8		0	BFFN	4		8.3	0.2	0.3
Lipids:										
Fatty acids, total saturated	g	32.525		0		1		30.574	0.651	0.976
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 01069
Cream substitute, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	1.332	0.296	8		1		1.252	0.027	0.040
10:0....g	1.457	0.199	8		1		1.370	0.029	0.044
12:0....g	13.579	0.413	8		1		12.764	0.272	0.407
13:0....g									
14:0....g	5.987	0.328	8		1		5.628	0.120	0.180
15:0....g									
16:0....g	3.753	0.266	8		1		3.528	0.075	0.113
17:0....g									
18:0....g	6.339	0.931	8		1		5.959	0.127	0.190
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.968		0		1		0.910	0.019	0.029
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.969	0.163	8		1		0.911	0.019	0.029
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.013	0.000	0.000
18:2 undifferentiated....g	0.003	0.004	8		1		0.003	0.000	0.000
18:3 undifferentiated....g	0.010	0.009	8		1		0.009	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg	32		0		4		30	1	1
Amino Acids:									
Tryptophan....g	0.066		0		1		0.062	0.001	0.002
Threonine....g	0.203		0		1		0.191	0.004	0.006
Isoleucine....g	0.294		0		1		0.276	0.006	0.009
Leucine....g	0.473		0		1		0.445	0.009	0.014
Lysine....g	0.385		0		1		0.362	0.008	0.012
Methionine....g	0.145		0		1		0.136	0.003	0.004
Cystine....g	0.021		0		1		0.020	0.000	0.001
Phenylalanine....g	0.257		0		1		0.242	0.005	0.008
Tyrosine....g	0.274		0		1		0.258	0.005	0.008
Valine....g	0.343		0		1		0.322	0.007	0.010
Arginine....g	0.190		0		1		0.179	0.004	0.006
Histidine....g	0.142		0		1		0.133	0.003	0.004
Alanine....g	0.150		0		1		0.141	0.003	0.005
Aspartic acid....g	0.339		0		1		0.319	0.007	0.010
Glutamic acid....g	1.088		0		1		1.023	0.022	0.033
Glycine....g	0.096		0		1		0.090	0.002	0.003
Proline....g	0.540		0		1		0.508	0.011	0.016
Serine....g	0.295		0		1		0.277	0.006	0.009
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01069
Cream substitute, powdered

Common Measures:

Measure 1 = 94g: 1 cup
Measure 2 = 2.0g: 1 tsp
Measure 3 = 3.0g: 1 packet

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42136
Cream substitute, powdered, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.20		0		1		5.83	0.19	
Energy....kcal	431		0		1		405	13	
Energy....kJ	1803		0		1		1695	54	
Protein....g	1.90		0		1		1.79	0.06	
Total lipid (fat)....g	15.70		0		1		14.76	0.47	
Ash....g	2.80		0	NR	4		2.63	0.08	
Carbohydrate, by difference....g	73.40		0	NC	4		69.00	2.20	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	73.40		0	NR	4		69.00	2.20	
Starch....g									
Minerals:									
Calcium, Ca....mg	1		0		1		1	0	
Iron, Fe....mg	0.03		0		1		0.03	0.00	
Magnesium, Mg....mg	0		0		1		0	0	
Phosphorus, P....mg	136		0		1		128	4	
Potassium, K....mg	902		0		1		848	27	
Sodium, Na....mg	229		0		1		215	7	
Zinc, Zn....mg	0.02		0		1		0.02	0.00	
Copper, Cu....mg	0.010		0		1		0.009	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.8		0	BFNN	4		0.8	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	1		0		1		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		1	0	
Folate, DFE....mcg_DFE	1		0	NC	4		1	0	
Choline, total....mg	2.3		0	BFZN	4		2.2	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		1	0	
Retinol....mcg	0		0	BFFN	4		0	0	
Carotene, beta....mcg	9		0	BFFN	4		8	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	15		0	NC	4		14	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.25	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	3.9		0	BFFN	4		3.7	0.1	
Lipids:									
Fatty acids, total saturated....g	3.800		0		1		3.572	0.114	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 42136
Cream substitute, powdered, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	1.115		0		4		1.048	0.033	
17:0....g									
18:0....g	2.690		0		4		2.529	0.081	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.500		0		1		10.810	0.345	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	11.500		0		4		10.810	0.345	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0		1		0.186	0.006	
18:2 undifferentiated....g	0.198		0		4		0.186	0.006	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 3.0g: 1 packet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01049
Cream, fluid, half and half

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.57	0.233	7		1		194.98	12.09	24.33
Energy....kcal	130		0	NC	4		315	20	39
Energy....kJ	545		0	NC	4		1320	82	165
Protein (N x 6.38)....g	2.96	0.039	19		1		7.16	0.44	0.89
Total lipid (fat)....g	11.50	0.031	76		1		27.83	1.73	3.47
Ash....g	0.67		0		1		1.62	0.10	0.20
Carbohydrate, by difference....g	4.30		0	NC	4		10.41	0.65	1.30
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.16		0	BFNN	4		0.38	0.02	0.05
Starch....g									
Minerals:									
Calcium, Ca....mg	105	2.849	7		1		254	16	32
Iron, Fe....mg	0.07	0.009	4		1		0.17	0.01	0.02
Magnesium, Mg....mg	10	0.509	7		1		25	2	3
Phosphorus, P....mg	95	4.875	6		1		230	14	29
Potassium, K....mg	130	4.423	6		1		314	19	39
Sodium, Na....mg	41	1.124	7		1		98	6	12
Zinc, Zn....mg	0.51	0.067	14		1		1.23	0.08	0.15
Copper, Cu....mg	0.010		0		1		0.024	0.002	0.003
Manganese, Mn....mg	0.001		0		1		0.002	0.000	0.000
Selenium, Se....mcg	1.8	0.422	11	A	1		4.4	0.3	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.1	0.1	0.3
Thiamin....mg	0.035		0		1		0.085	0.005	0.011
Riboflavin....mg	0.149		0		1		0.361	0.022	0.045
Niacin....mg	0.078		0		1		0.189	0.012	0.024
Pantothenic acid....mg	0.289		0		1		0.699	0.043	0.087
Vitamin B-6....mg	0.039		0		1		0.094	0.006	0.012
Folate, total....mcg	3	0.252	3		1		6	0	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	3	0.252	3		1		6	0	1
Folate, DFE....mcg_DFE	3		0	NC	4		6	0	1
Choline, total....mg	18.7		0	AS	1		45.3	2.8	5.6
Betaine....mg	0.7		1	A	1		1.6	0.1	0.2
Vitamin B-12....mcg	0.33		0		1		0.80	0.05	0.10
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	97		0	NC	4		234	15	29
Retinol....mcg	95		0	T	4		230	14	29
Carotene, beta....mcg	22		0	BFFN	4		54	3	7
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	354		0	NC	4		856	53	107
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFFN	4		0.80	0.05	0.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.0	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.0	0.1
Vitamin D....IU	8		0	BFFN	4		20	1	3
Vitamin K (phylloquinone)....mcg	1.3		1		1		3.1	0.2	0.4
Lipids:									
Fatty acids, total saturated....g	7.158		0		1		17.322	1.074	2.162
4:0....g	0.373		0		1		0.903	0.056	0.113

NDB No. 01049
Cream, fluid, half and half

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.221		0		1		0.535	0.033	0.067
8:0 g	0.129		0		1		0.312	0.019	0.039
10:0 g	0.288		0		1		0.697	0.043	0.087
12:0 g	0.323		0		1		0.782	0.048	0.098
13:0 g									
14:0 g	1.157		0		1		2.800	0.174	0.349
15:0 g									
16:0 g	3.025		0		1		7.321	0.454	0.914
17:0 g									
18:0 g	1.394		0		1		3.373	0.209	0.421
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.321		0		1		8.037	0.498	1.003
14:1 g									
15:1 g									
16:1 undifferentiated g	0.258		0		1		0.624	0.039	0.078
17:1 g									
18:1 undifferentiated g	2.893		0		1		7.001	0.434	0.874
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.427		0		1		1.033	0.064	0.129
18:2 undifferentiated g	0.260		0		1		0.629	0.039	0.079
18:3 undifferentiated g	0.167		0		1		0.404	0.025	0.050
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	37		1		1		89	6	11
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.042		0		1		0.102	0.006	0.013
Threonine g	0.134		0		1		0.324	0.020	0.040
Isoleucine g	0.179		0		1		0.433	0.027	0.054
Leucine g	0.290		0		1		0.702	0.044	0.088
Lysine g	0.235		0		1		0.569	0.035	0.071
Methionine g	0.074		0		1		0.179	0.011	0.022
Cystine g	0.027		0		1		0.065	0.004	0.008
Phenylalanine g	0.143		0		1		0.346	0.021	0.043
Tyrosine g	0.143		0		1		0.346	0.021	0.043
Valine g	0.198		0		1		0.479	0.030	0.060
Arginine g	0.107		0		1		0.259	0.016	0.032
Histidine g	0.080		0		1		0.194	0.012	0.024
Alanine g	0.102		0		1		0.247	0.015	0.031
Aspartic acid g	0.225		0		1		0.545	0.034	0.068
Glutamic acid g	0.620		0		1		1.500	0.093	0.187
Glycine g	0.063		0		1		0.152	0.009	0.019
Proline g	0.287		0		1		0.695	0.043	0.087
Serine g	0.161		0		1		0.390	0.024	0.049
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01049
Cream, fluid, half and half

Common Measures:

Measure 1 = 242g: 1 cup
Measure 2 = 15.0g: 1 tbsp
Measure 3 = 30.2g: 1 fl oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01053
Cream, fluid, heavy whipping

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.71	0.696	7		1		69.25	137.35	8.66
Energy	kcal	345		0	NC	4		414	821	52
Energy	kJ	1443		0	NC	4		1731	3433	216
Protein (N x 6.38)	g	2.05	0.048	11		1		2.46	4.88	0.31
Total lipid (fat)	g	37.00	0.587	10		1		44.40	88.06	5.55
Ash	g	0.45	0.015	8		1		0.54	1.07	0.07
Carbohydrate, by difference	g	2.79		0	NC	4		3.35	6.64	0.42
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.11		0	BFNN	4		0.13	0.25	0.02
Starch	g									
Minerals:										
Calcium, Ca	mg	65	6.787	3		1		78	154	10
Iron, Fe	mg	0.03		0		1		0.04	0.07	0.00
Magnesium, Mg	mg	7	1.033	3		1		8	17	1
Phosphorus, P	mg	62	1.832	4		1		75	149	9
Potassium, K	mg	75		2		1		90	179	11
Sodium, Na	mg	38	3.253	4		1		45	89	6
Zinc, Zn	mg	0.23		0		1		0.28	0.55	0.03
Copper, Cu	mg	0.006		0		1		0.007	0.014	0.001
Manganese, Mn	mg	0.001		0		1		0.001	0.002	0.000
Selenium, Se	mcg	0.5		0	BFNN	4		0.6	1.2	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		0.7	1.4	0.1
Thiamin	mg	0.022	0.003	3		1		0.026	0.052	0.003
Riboflavin	mg	0.110		1		1		0.132	0.262	0.017
Niacin	mg	0.039		2		1		0.047	0.093	0.006
Pantothenic acid	mg	0.255		2		1		0.306	0.607	0.038
Vitamin B-6	mg	0.026		0		1		0.031	0.062	0.004
Folate, total	mcg	4		0		1		4	9	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		4	9	1
Folate, DFE	mcg_DFE	4		0	NC	4		4	9	1
Choline, total	mg	16.8		0	T	4		20.2	40.0	2.5
Betaine	mg									
Vitamin B-12	mcg	0.18		1		1		0.22	0.43	0.03
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	411		0	NC	4		493	978	62
Retinol	mcg	405		0	T	4		486	964	61
Carotene, beta	mcg	72		0	BFFN	4		86	171	11
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	1470		0	NC	4		1764	3498	220
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.06		0	BFFN	4		1.27	2.52	0.16
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.7		0	AS	1		0.8	1.6	0.1
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.7		0	BFFN	4		0.8	1.6	0.1
Vitamin D	IU	27		0	BFFN	4		33	65	4
Vitamin K (phylloquinone)	mcg	3.2		0	BFFN	4		3.8	7.6	0.5
Lipids:										
Fatty acids, total saturated	g	23.032		0		1		27.638	54.816	3.455
4:0	g	1.200		0		1		1.440	2.856	0.180

NDB No. 01053
Cream, fluid, heavy whipping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.710		0		1		0.852	1.690	0.107
8:0 g	0.413		0		1		0.496	0.983	0.062
10:0 g	0.928		0		1		1.114	2.209	0.139
12:0 g	1.039		0		1		1.247	2.473	0.156
13:0 g									
14:0 g	3.721		0		1		4.465	8.856	0.558
15:0 g									
16:0 g	9.732		0		1		11.678	23.162	1.460
17:0 g									
18:0 g	4.484		0		1		5.381	10.672	0.673
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.686		0		1		12.823	25.433	1.603
14:1 g									
15:1 g									
16:1 undifferentiated g	0.829		0		1		0.995	1.973	0.124
17:1 g									
18:1 undifferentiated g	9.308		0		1		11.170	22.153	1.396
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.374		0		1		1.649	3.270	0.206
18:2 undifferentiated g	0.836		0		1		1.003	1.990	0.125
18:3 undifferentiated g	0.538		0		1		0.646	1.280	0.081
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	137	2.421	4		1		165	326	21
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.029		0		1		0.035	0.069	0.004
Threonine g	0.093		0		1		0.112	0.221	0.014
Isoleucine g	0.124		0		1		0.149	0.295	0.019
Leucine g	0.201		0		1		0.241	0.478	0.030
Lysine g	0.163		0		1		0.196	0.388	0.024
Methionine g	0.051		0		1		0.061	0.121	0.008
Cystine g	0.019		0		1		0.023	0.045	0.003
Phenylalanine g	0.099		0		1		0.119	0.236	0.015
Tyrosine g	0.099		0		1		0.119	0.236	0.015
Valine g	0.137		0		1		0.164	0.326	0.021
Arginine g	0.074		0		1		0.089	0.176	0.011
Histidine g	0.056		0		1		0.067	0.133	0.008
Alanine g	0.071		0		1		0.085	0.169	0.011
Aspartic acid g	0.156		0		1		0.187	0.371	0.023
Glutamic acid g	0.429		0		1		0.515	1.021	0.064
Glycine g	0.043		0		1		0.052	0.102	0.006
Proline g	0.199		0		1		0.239	0.474	0.030
Serine g	0.111		0		1		0.133	0.264	0.017
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01053
Cream, fluid, heavy whipping

Common Measures:

Measure 1 = 120g: 1 cup, whipped
Measure 2 = 238g: 1 cup, fluid (yields 2 cups whipped)
Measure 3 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.75		10		1		177.00	11.06	22.13
Energy	kcal	195		0	NC	4		469	29	59
Energy	kJ	818		0	NC	4		1962	123	245
Protein (N x 6.38)	g	2.70	0.076	4		1		6.48	0.41	0.81
Total lipid (fat)	g	19.31	0.340	9		1		46.34	2.90	5.79
Ash	g	0.58	0.014	5		1		1.39	0.09	0.17
Carbohydrate, by difference	g	3.66		0	NC	4		8.78	0.55	1.10
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.14		0	BFNN	4		0.33	0.02	0.04
Starch	g									
Minerals:										
Calcium, Ca	mg	96	6.669	5		1		231	14	29
Iron, Fe	mg	0.04		0		1		0.10	0.01	0.01
Magnesium, Mg	mg	9	0.801	4		1		21	1	3
Phosphorus, P	mg	80	1.454	6		1		192	12	24
Potassium, K	mg	122	4.962	4		1		292	18	37
Sodium, Na	mg	40		0		1		95	6	12
Zinc, Zn	mg	0.27		1		1		0.65	0.04	0.08
Copper, Cu	mg	0.008		0		1		0.019	0.001	0.002
Manganese, Mn	mg	0.001		0		1		0.002	0.000	0.000
Selenium, Se	mcg	0.6		1	A	1		1.4	0.1	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.8	0.1	0.2
Thiamin	mg	0.032	0.003	3		1		0.077	0.005	0.010
Riboflavin	mg	0.148	0.004	10		1		0.355	0.022	0.044
Niacin	mg	0.057	0.013	4		1		0.137	0.009	0.017
Pantothenic acid	mg	0.276		0		1		0.662	0.041	0.083
Vitamin B-6	mg	0.032	0.002	8		1		0.077	0.005	0.010
Folate, total	mcg	2	0.116	3		1		6	0	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2	0.116	3		1		6	0	1
Folate, DFE	mcg_DFE	2		0	NC	4		6	0	1
Choline, total	mg	16.8		0	T	4		40.3	2.5	5.0
Betaine	mg									
Vitamin B-12	mcg	0.22	0.020	3		1		0.53	0.03	0.07
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	181		0	NC	4		435	27	54
Retinol	mcg	178		0	T	4		427	27	53
Carotene, beta	mcg	37		0	BFFN	4		90	6	11
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	656		0	NC	4		1574	98	197
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.55		0	BFFN	4		1.33	0.08	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.4		0	AS	1		0.9	0.1	0.1
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.4		0	BFFN	4		0.9	0.1	0.1
Vitamin D	IU	14		0	BFFN	4		34	2	4
Vitamin K (phylloquinone)	mcg	1.7		0	BFFN	4		4.0	0.2	0.5
Lipids:										
Fatty acids, total saturated	g	12.020		0		1		28.848	1.803	3.606
4:0	g	0.626		0		1		1.502	0.094	0.188

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.371		0		1		0.890	0.056	0.111
8:0 g	0.216		0		1		0.518	0.032	0.065
10:0 g	0.484		0		1		1.162	0.073	0.145
12:0 g	0.542		0		1		1.301	0.081	0.163
13:0 g									
14:0 g	1.942		0		1		4.661	0.291	0.583
15:0 g									
16:0 g	5.079		0		1		12.190	0.762	1.524
17:0 g									
18:0 g	2.340		0		1		5.616	0.351	0.702
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.577		0		1		13.385	0.837	1.673
14:1 g									
15:1 g									
16:1 undifferentiated g	0.432		0		1		1.037	0.065	0.130
17:1 g									
18:1 undifferentiated g	4.858		0		1		11.659	0.729	1.457
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.717		0		1		1.721	0.108	0.215
18:2 undifferentiated g	0.436		0		1		1.046	0.065	0.131
18:3 undifferentiated g	0.281		0		1		0.674	0.042	0.084
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	66	2.728	5		1		159	10	20
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.038		0		1		0.091	0.006	0.011
Threonine g	0.122		0		1		0.293	0.018	0.037
Isoleucine g	0.163		0		1		0.391	0.024	0.049
Leucine g	0.264		0		1		0.634	0.040	0.079
Lysine g	0.214		0		1		0.514	0.032	0.064
Methionine g	0.068		0		1		0.163	0.010	0.020
Cystine g	0.025		0		1		0.060	0.004	0.008
Phenylalanine g	0.130		0		1		0.312	0.020	0.039
Tyrosine g	0.130		0		1		0.312	0.020	0.039
Valine g	0.181		0		1		0.434	0.027	0.054
Arginine g	0.098		0		1		0.235	0.015	0.029
Histidine g	0.073		0		1		0.175	0.011	0.022
Alanine g	0.093		0		1		0.223	0.014	0.028
Aspartic acid g	0.205		0		1		0.492	0.031	0.062
Glutamic acid g	0.565		0		1		1.356	0.085	0.170
Glycine g	0.057		0		1		0.137	0.009	0.017
Proline g	0.262		0		1		0.629	0.039	0.079
Serine g	0.147		0		1		0.353	0.022	0.044
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01050

Cream, fluid, light (coffee cream or table cream)

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 30.0g: 1 fl oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01052
Cream, fluid, light whipping

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.50	0.873	9		1		76.20	151.77	9.53
Energy....kcal	292		0	NC	4		351	699	44
Energy....kJ	1223		0	NC	4		1468	2924	184
Protein (N x 6.38)....g	2.17	0.046	9		1		2.60	5.19	0.33
Total lipid (fat)....g	30.91	0.498	8		1		37.09	73.87	4.64
Ash....g	0.46	0.028	5		1		0.55	1.10	0.07
Carbohydrate, by difference....g	2.96		0	NC	4		3.55	7.07	0.44
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.11		0	BFNN	4		0.13	0.27	0.02
Starch....g									
Minerals:									
Calcium, Ca....mg	69	4.267	9		1		83	166	10
Iron, Fe....mg	0.03		0		1		0.04	0.07	0.00
Magnesium, Mg....mg	7	0.337	6		1		9	17	1
Phosphorus, P....mg	61	3.359	8		1		73	146	9
Potassium, K....mg	97	7.582	8		1		116	231	15
Sodium, Na....mg	34	2.229	9		1		41	82	5
Zinc, Zn....mg	0.25		0		1		0.30	0.60	0.04
Copper, Cu....mg	0.007		0		1		0.008	0.017	0.001
Manganese, Mn....mg	0.001		0		1		0.001	0.002	0.000
Selenium, Se....mcg	0.5		0	BFNN	4		0.6	1.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.7	1.5	0.1
Thiamin....mg	0.024	0.001	9		1		0.029	0.057	0.004
Riboflavin....mg	0.125	0.008	8		1		0.150	0.299	0.019
Niacin....mg	0.042		0		1		0.050	0.100	0.006
Pantothenic acid....mg	0.259		0		1		0.311	0.619	0.039
Vitamin B-6....mg	0.028	0.002	8		1		0.034	0.067	0.004
Folate, total....mcg	4	0.265	3		1		4	9	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	4	0.265	3		1		4	9	1
Folate, DFE....mcg_DFE	4		0	NC	4		4	9	1
Choline, total....mg	16.8		0	T	4		20.2	40.2	2.5
Betaine....mg									
Vitamin B-12....mcg	0.20	0.009	6		1		0.23	0.47	0.03
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	279		0	NC	4		335	667	42
Retinol....mcg	274		0	T	4		329	655	41
Carotene, beta....mcg	60		0	BFFN	4		72	143	9
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1013		0	NC	4		1216	2422	152
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.88		0	BFFN	4		1.06	2.11	0.13
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.7	1.4	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.7	1.4	0.1
Vitamin D....IU	23		0	BFFN	4		27	54	3
Vitamin K (phylloquinone)....mcg	2.7		0	BFFN	4		3.2	6.4	0.4
Lipids:									
Fatty acids, total saturated....g	19.337		0		1		23.204	46.215	2.901
4:0....g	1.083		1		1		1.300	2.588	0.162

NDB No. 01052
Cream, fluid, light whipping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.302	0.028	9		1		0.362	0.722	0.045
8:0....g	0.309	0.024	9		1		0.371	0.739	0.046
10:0....g	0.629	0.038	9		1		0.755	1.503	0.094
12:0....g	0.366	0.023	9		1		0.439	0.875	0.055
13:0....g									
14:0....g	3.290	0.191	9		1		3.948	7.863	0.494
15:0....g									
16:0....g	8.840	0.338	9		1		10.608	21.128	1.326
17:0....g									
18:0....g	3.370	0.175	9		1		4.044	8.054	0.506
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.093		0		1		10.912	21.732	1.364
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.010	0.042	9		1		1.212	2.414	0.152
17:1....g									
18:1 undifferentiated....g	7.658	0.292	9		1		9.190	18.303	1.149
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.884		0		1		1.061	2.113	0.133
18:2 undifferentiated....g	0.618	0.050	9		1		0.742	1.477	0.093
18:3 undifferentiated....g	0.266	0.015	9		1		0.319	0.636	0.040
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	111		0		1		133	265	17
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1		0.037	0.074	0.005
Threonine....g	0.098		0		1		0.118	0.234	0.015
Isoleucine....g	0.131		0		1		0.157	0.313	0.020
Leucine....g	0.213		0		1		0.256	0.509	0.032
Lysine....g	0.172		0		1		0.206	0.411	0.026
Methionine....g	0.054		0		1		0.065	0.129	0.008
Cystine....g	0.020		0		1		0.024	0.048	0.003
Phenylalanine....g	0.105		0		1		0.126	0.251	0.016
Tyrosine....g	0.105		0		1		0.126	0.251	0.016
Valine....g	0.145		0		1		0.174	0.347	0.022
Arginine....g	0.079		0		1		0.095	0.189	0.012
Histidine....g	0.059		0		1		0.071	0.141	0.009
Alanine....g	0.075		0		1		0.090	0.179	0.011
Aspartic acid....g	0.165		0		1		0.198	0.394	0.025
Glutamic acid....g	0.454		0		1		0.545	1.085	0.068
Glycine....g	0.046		0		1		0.055	0.110	0.007
Proline....g	0.210		0		1		0.252	0.502	0.032
Serine....g	0.118		0		1		0.142	0.282	0.018
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01052
Cream, fluid, light whipping

Common Measures:

Measure 1 = 120g: 1 cup, whipped
Measure 2 = 239g: 1 cup, fluid (yields 2 cups whipped)
Measure 3 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.00		1	NC	4				
Energy	kcal	59		0	NC	4				
Energy	kJ	247		0	NC	4				
Protein (N x 6.38)	g	2.60		1	LC	8				
Total lipid (fat)	g	1.40		1	LC	8				
Ash	g	1.00		1	NC	4				
Carbohydrate, by difference	g	9.00		1	LC	8				
Fiber, total dietary	g	0.0		1	LC	8				
Sugars, total	g	5.00		1	LC	8				
Starch	g	0.00		1	Z	7				
Minerals:										
Calcium, Ca	mg	96		1	LC	8				
Iron, Fe	mg	0.00		1	LC	8				
Magnesium, Mg	mg	16		0	BFNN	4				
Phosphorus, P	mg	151		0	BFNN	4				
Potassium, K	mg	206		0	BFNN	4				
Sodium, Na	mg	144		1	LC	8				
Zinc, Zn	mg	0.81		0	BFNN	4				
Copper, Cu	mg	0.016		0	BFNN	4				
Manganese, Mn	mg	0.002		0	BFNN	4				
Selenium, Se	mcg	2.9		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	LC	8				
Thiamin	mg	0.056		0	BFNN	4				
Riboflavin	mg	0.237		0	BFNN	4				
Niacin	mg	0.124		0	BFNN	4				
Pantothenic acid	mg	0.459		0	BFNN	4				
Vitamin B-6	mg	0.062		0	BFNN	4				
Folate, total	mcg	4		0	NR	4				
Folic acid	mcg	0		1	Z	7				
Folate, food	mcg	4		0	BFNN	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg	15.0		0	AS	1				
Betaine	mg	0.7		1	A	1				
Vitamin B-12	mcg	0.52		0	BFNN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	12		0	NC	4				
Retinol	mcg	12		0	BFFN	4				
Carotene, beta	mcg	3		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	43		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.2		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.841		0	NC	4				
4:0	g	0.045		0	BFFN	4				

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.027		0	BFFN	4				
8:0....g	0.016		0	BFFN	4				
10:0....g	0.035		0	BFFN	4				
12:0....g	0.039		0	BFFN	4				
13:0....g									
14:0....g	0.141		0	BFFN	4				
15:0....g									
16:0....g	0.368		0	BFFN	4				
17:0....g									
18:0....g	0.170		0	BFFN	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.384		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	BFFN	4				
17:1....g									
18:1 undifferentiated....g	0.352		0	BFFN	4				
20:1....g	0.000		0	BFFN	4				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0	NC	4				
18:2 undifferentiated....g	0.032		0	BFFN	4				
18:3 undifferentiated....g	0.020		0	BFFN	4				
18:4....g	0.000		0	BFFN	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4				
20:5 n-3 (EPA)....g	0.000		0	BFFN	4				
22:5 n-3 (DPA)....g	0.000		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g									
Cholesterol....mg	5		1	LC	8				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	LC	8				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01056
Cream, sour, cultured

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.46	0.968	3	A	1		171.26	8.94	
Energy....kcal	193		0	NC	4		445	23	
Energy....kJ	809		0	NC	4		1862	97	
Protein (N x 6.38)....g	2.07	0.155	3	A	1		4.76	0.25	
Total lipid (fat)....g	19.73	0.396	3	A	1		45.38	2.37	
Ash....g	0.85	0.063	3	A	1		1.97	0.10	
Carbohydrate, by difference....g	2.88		0	NC	4		6.63	0.35	
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0	0.0	
Sugars, total....g	3.50	0.142	3	A	1		8.06	0.42	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	3.50	0.142	3	A	1		8.06	0.42	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	0.00	0.000	3	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	110	5.508	3	A	1		253	13	
Iron, Fe....mg	0.17	0.062	3	A	1		0.38	0.02	
Magnesium, Mg....mg	10	0.647	3	A	1		23	1	
Phosphorus, P....mg	115	12.323	3	A	1		265	14	
Potassium, K....mg	141	8.145	3	A	1		324	17	
Sodium, Na....mg	80	16.828	3	A	1		184	10	
Zinc, Zn....mg	0.38	0.022	3	A	1		0.88	0.05	
Copper, Cu....mg	0.019	0.000	3	A	1		0.043	0.002	
Manganese, Mn....mg	0.011	0.000	3	A	1		0.026	0.001	
Selenium, Se....mcg	2.6	0.388	3	A	1		6.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.0	0.1	
Thiamin....mg	0.036	0.007	3	A	1		0.082	0.004	
Riboflavin....mg	0.172	0.010	3	A	1		0.396	0.021	
Niacin....mg	0.109	0.005	3	A	1		0.251	0.013	
Pantothenic acid....mg	0.336	0.012	3	A	1		0.772	0.040	
Vitamin B-6....mg	0.057	0.012	3	A	1		0.132	0.007	
Folate, total....mcg	7	1.654	3	A	1		17	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.654	3	A	1		17	1	
Folate, DFE....mcg_DFE	7		0	NC	4		17	1	
Choline, total....mg	19.2		0	AS	1		44.2	2.3	
Betaine....mg	0.6		2	A	1		1.4	0.1	
Vitamin B-12....mcg	0.28	0.017	3	A	1		0.65	0.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	176		0	NC	4		405	21	
Retinol....mcg	174		0	T	4		400	21	
Carotene, beta....mcg	26	7.367	3	A	1		59	3	
Carotene, alpha....mcg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta....mcg	0	0.000	3	A	1		0	0	
Vitamin A, IU....IU	623		0	NC	4		1433	75	
Lycopene....mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44	0.009	3	A	1		1.02	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.04	0.003	3	A	1		0.08	0.00	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.8	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.8	0.0	
Vitamin D....IU	14		0	BFFN	4		33	2	
Vitamin K (phylloquinone)....mcg	1.8	0.265	3	A	1		4.1	0.2	
Lipids:									
Fatty acids, total saturated....g	11.507		0	NC	4		26.467	1.381	
4:0....g	0.680		0		1		1.564	0.082	
6:0....g	0.402		0		1		0.925	0.048	
8:0....g	0.200	0.015	3	A	1		0.461	0.024	
10:0....g	0.447	0.038	3	A	1		1.027	0.054	
12:0....g	0.521	0.045	3	A	1		1.197	0.062	
13:0....g									
14:0....g	1.739	0.141	3	A	1		4.000	0.209	
15:0....g	0.167	0.013	3	A	1		0.385	0.020	
16:0....g	5.043	0.383	3	A	1		11.599	0.605	
17:0....g	0.096	0.008	3	A	1		0.221	0.012	
18:0....g	2.186	0.165	3	A	1		5.028	0.262	
20:0....g	0.026	0.002	3	A	1		0.060	0.003	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	5.068		0	NC	4		11.657	0.608	
14:1....g	0.142	0.012	3	A	1		0.327	0.017	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.298	0.027	3	A	1		0.686	0.036	
17:1....g	0.040	0.003	3	A	1		0.092	0.005	
18:1 undifferentiated....g	4.557	0.351	3	A	1		10.481	0.547	
20:1....g	0.031	0.002	3	A	1		0.072	0.004	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.840		0	NC	4		1.933	0.101	
18:2 undifferentiated....g	0.607	0.055	3	A	1		1.396	0.073	
18:3 undifferentiated....g	0.101	0.010	3	AS	1		0.232	0.012	
18:3 n-3 c,c,c (ALA)....g	0.083	0.007	3	A	1		0.192	0.010	
18:3 n-6 c,c,c....g	0.018	0.003	3	A	1		0.040	0.002	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.032	0.003	3	A	1		0.073	0.004	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	52	0.524	3	A	1		121	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0	A	1		0.081	0.004	
Threonine....g	0.120		0	A	1		0.276	0.014	
Isoleucine....g	0.138		0	A	1		0.318	0.017	
Leucine....g	0.273		0	A	1		0.627	0.033	
Lysine....g	0.233		0	A	1		0.535	0.028	
Methionine....g	0.066		0	A	1		0.152	0.008	
Cystine....g	0.025		0	A	1		0.057	0.003	
Phenylalanine....g	0.133		0	A	1		0.307	0.016	
Tyrosine....g	0.129		0	A	1		0.296	0.015	
Valine....g	0.165		0	A	1		0.380	0.020	
Arginine....g	0.099		0	A	1		0.227	0.012	
Histidine....g	0.078		0	A	1		0.180	0.009	

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.098		0	A	1		0.226	0.012	
Aspartic acid....g	0.222		0	A	1		0.511	0.027	
Glutamic acid....g	0.570		0	A	1		1.311	0.068	
Glycine....g	0.064		0	A	1		0.148	0.008	
Proline....g	0.262		0	A	1		0.604	0.031	
Serine....g	0.161		0	A	1		0.371	0.019	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup

Measure 2 = 12.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01055
Cream, sour, reduced fat, cultured

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.14		0		1		193.94	12.02	
Energy	kcal	135		0	NC	4		326	20	
Energy	kJ	563		0	NC	4		1362	84	
Protein (N x 6.38)	g	2.94		0		1		7.11	0.44	
Total lipid (fat)	g	12.00		0		1		29.04	1.80	
Ash	g	0.66		0		1		1.60	0.10	
Carbohydrate, by difference	g	4.26		0	NC	4		10.31	0.64	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.16		0	BFNN	4		0.38	0.02	
Starch	g									
Minerals:										
Calcium, Ca	mg	104		0		1		253	16	
Iron, Fe	mg	0.07		0		1		0.17	0.01	
Magnesium, Mg	mg	10		0		1		24	2	
Phosphorus, P	mg	95		0		1		229	14	
Potassium, K	mg	129		0		1		312	19	
Sodium, Na	mg	41		0		1		98	6	
Zinc, Zn	mg	0.50		0		1		1.21	0.08	
Copper, Cu	mg	0.016		0		1		0.039	0.002	
Manganese, Mn	mg	0.003		0		1		0.007	0.000	
Selenium, Se	mcg	2.1		0	BFNN	4		5.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.1	0.1	
Thiamin	mg	0.035		0		1		0.085	0.005	
Riboflavin	mg	0.149		0		1		0.361	0.022	
Niacin	mg	0.067		0		1		0.162	0.010	
Pantothenic acid	mg	0.363		0		1		0.878	0.054	
Vitamin B-6	mg	0.016		0		1		0.039	0.002	
Folate, total	mcg	11		0		1		26	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		26	2	
Folate, DFE	mcg_DFE	11		0	NC	4		26	2	
Choline, total	mg	19.2		0	T	4		46.5	2.9	
Betaine	mg									
Vitamin B-12	mcg	0.30		0		1		0.73	0.05	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	102		0	NC	4		247	15	
Retinol	mcg	100		0	T	4		242	15	
Carotene, beta	mcg	23		0	BFFN	4		56	3	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	372		0	NC	4		901	56	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	BFFN	4		0.83	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.5	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4		0.5	0.0	
Vitamin D	IU	9		0	BFFN	4		21	1	
Vitamin K (phylloquinone)	mcg	0.6		0	BFFN	4		1.4	0.1	
Lipids:										
Fatty acids, total saturated	g	7.470		0		1		18.077	1.121	
4:0	g	0.389		0		1		0.941	0.058	

NDB No. 01055
Cream, sour, reduced fat, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.230		0		1		0.557	0.035	
8:0 g	0.134		0		1		0.324	0.020	
10:0 g	0.301		0		1		0.728	0.045	
12:0 g	0.337		0		1		0.816	0.051	
13:0 g									
14:0 g	1.207		0		1		2.921	0.181	
15:0 g									
16:0 g	3.156		0		1		7.638	0.473	
17:0 g									
18:0 g	1.454		0		1		3.519	0.218	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.466		0		1		8.388	0.520	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.269		0		1		0.651	0.040	
17:1 g									
18:1 undifferentiated g	3.019		0		1		7.306	0.453	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.446		0		1		1.079	0.067	
18:2 undifferentiated g	0.271		0		1		0.656	0.041	
18:3 undifferentiated g	0.175		0		1		0.424	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	39		0		1		93	6	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.041		0		4		0.099	0.006	
Threonine g	0.133		0		4		0.322	0.020	
Isoleucine g	0.178		0		4		0.431	0.027	
Leucine g	0.288		0		4		0.697	0.043	
Lysine g	0.233		0		4		0.564	0.035	
Methionine g	0.074		0		4		0.179	0.011	
Cystine g	0.027		0		4		0.065	0.004	
Phenylalanine g	0.142		0		4		0.344	0.021	
Tyrosine g	0.142		0		4		0.344	0.021	
Valine g	0.197		0		4		0.477	0.030	
Arginine g	0.106		0		4		0.257	0.016	
Histidine g	0.080		0		4		0.194	0.012	
Alanine g	0.101		0		4		0.244	0.015	
Aspartic acid g	0.223		0		4		0.540	0.033	
Glutamic acid g	0.616		0		4		1.491	0.092	
Glycine g	0.063		0		4		0.152	0.009	
Proline g	0.285		0		4		0.690	0.043	
Serine g	0.160		0		4		0.387	0.024	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01055

Cream, sour, reduced fat, cultured

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.33	1.676	3		1		36.80	1.84	
Energy....kcal	257		0	NC	4		154	8	
Energy....kJ	1077		0	NC	4		646	32	
Protein (N x 6.38)....g	3.20	0.458	3		1		1.92	0.10	
Total lipid (fat)....g	22.22	1.936	3		1		13.33	0.67	
Ash....g	0.76	0.134	3		1		0.46	0.02	
Carbohydrate, by difference....g	12.49		0	NC	4		7.49	0.37	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	8.00		0	NR	4		4.80	0.24	
Starch....g									
Minerals:									
Calcium, Ca....mg	101	10.536	3		1		61	3	
Iron, Fe....mg	0.05		0		1		0.03	0.00	
Magnesium, Mg....mg	11		0		1		6	0	
Phosphorus, P....mg	89	15.070	3		1		54	3	
Potassium, K....mg	147		0		1		88	4	
Sodium, Na....mg	130		2		1		78	4	
Zinc, Zn....mg	0.37		0		1		0.22	0.01	
Copper, Cu....mg	0.010		0		1		0.006	0.000	
Manganese, Mn....mg	0.001		0		1		0.001	0.000	
Selenium, Se....mcg	1.4		0	BFNN	4		0.8	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.037		0		1		0.022	0.001	
Riboflavin....mg	0.065		2		1		0.039	0.002	
Niacin....mg	0.070		0		1		0.042	0.002	
Pantothenic acid....mg	0.305		0		1		0.183	0.009	
Vitamin B-6....mg	0.041		0		1		0.025	0.001	
Folate, total....mcg	3		0		4		2	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		2	0	
Folate, DFE....mcg_DFE	3		0	NC	4		2	0	
Choline, total....mg	16.8		0	T	4		10.1	0.5	
Betaine....mg									
Vitamin B-12....mcg	0.29		0		1		0.18	0.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	188		0	NC	4		113	6	
Retinol....mcg	184		0	T	4		110	6	
Carotene, beta....mcg	43		0	BFFN	4		26	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	685		0	NC	4		411	21	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.64		0	BFFN	4		0.38	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.2	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.2	0.0	
Vitamin D....IU	16		0	BFFN	4		10	0	
Vitamin K (phylloquinone)....mcg	1.9		0	BFFN	4		1.2	0.1	
Lipids:									
Fatty acids, total saturated....g	13.831		0		1		8.299	0.415	
4:0....g	0.721		0		1		0.433	0.022	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.427		0		1		0.256	0.013	
8:0 g	0.248		0		1		0.149	0.007	
10:0 g	0.557		0		1		0.334	0.017	
12:0 g	0.624		0		1		0.374	0.019	
13:0 g									
14:0 g	2.235		0		1		1.341	0.067	
15:0 g									
16:0 g	5.844		0		1		3.506	0.175	
17:0 g									
18:0 g	2.693		0		1		1.616	0.081	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.418		0		1		3.851	0.193	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.498		0		1		0.299	0.015	
17:1 g									
18:1 undifferentiated g	5.590		0		1		3.354	0.168	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.825		0		1		0.495	0.025	
18:2 undifferentiated g	0.502		0		1		0.301	0.015	
18:3 undifferentiated g	0.323		0		1		0.194	0.010	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	76		0		1		46	2	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.045		0		1		0.027	0.001	
Threonine g	0.144		0		1		0.086	0.004	
Isoleucine g	0.194		0		1		0.116	0.006	
Leucine g	0.313		0		1		0.188	0.009	
Lysine g	0.254		0		1		0.152	0.008	
Methionine g	0.080		0		1		0.048	0.002	
Cystine g	0.030		0		1		0.018	0.001	
Phenylalanine g	0.154		0		1		0.092	0.005	
Tyrosine g	0.154		0		1		0.092	0.005	
Valine g	0.214		0		1		0.128	0.006	
Arginine g	0.116		0		1		0.070	0.003	
Histidine g	0.087		0		1		0.052	0.003	
Alanine g	0.110		0		1		0.066	0.003	
Aspartic acid g	0.243		0		1		0.146	0.007	
Glutamic acid g	0.670		0		1		0.402	0.020	
Glycine g	0.068		0		1		0.041	0.002	
Proline g	0.310		0		1		0.186	0.009	
Serine g	0.174		0		1		0.104	0.005	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01054

Cream, whipped, cream topping, pressurized

Common Measures:

Measure 1 = 60g: 1 cup

Measure 2 = 3.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01070
Dessert topping, powdered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.47	0.914	3		1		0.63	0.02	
Energy....kcal	577		0	NC	4		248	8	
Energy....kJ	2415		0		4		1038	31	
Protein (N x 6.29)....g	4.90	0.314	3		1		2.11	0.06	
Total lipid (fat)....g	39.92	1.073	9		1		17.17	0.52	
Ash....g	1.17	0.384	3		1		0.50	0.02	
Carbohydrate, by difference....g	52.54		0	NC	4		22.59	0.68	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	52.54		0	NR	4		22.59	0.68	
Starch....g									
Minerals:									
Calcium, Ca....mg	17	2.633	3		1		7	0	
Iron, Fe....mg	0.03		0		4		0.01	0.00	
Magnesium, Mg....mg	7		0		4		3	0	
Phosphorus, P....mg	74	34.968	3		1		32	1	
Potassium, K....mg	166		2		1		71	2	
Sodium, Na....mg	122	33.506	4		1		52	2	
Zinc, Zn....mg	0.08		0		4		0.03	0.00	
Copper, Cu....mg	0.118		0		1		0.051	0.002	
Manganese, Mn....mg	0.225		0		1		0.097	0.003	
Selenium, Se....mcg	0.6		0	BFNN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		2		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.1		0	BFFN	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.52		0	BFFN	4		0.65	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	NR	4		0.0	0.0	
Vitamin D....IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone)....mcg	9.9		0	BFFN	4		4.2	0.1	
Lipids:									
Fatty acids, total saturated....g	36.723		0		1		15.791	0.477	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01070
Dessert topping, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.669	0.454	3		1		0.288	0.009	
10:0 g	0.964	0.341	3		1		0.415	0.013	
12:0 g	14.507	1.050	3		1		6.238	0.189	
13:0 g									
14:0 g	5.746	0.296	3		1		2.471	0.075	
15:0 g									
16:0 g	5.429	0.268	3		1		2.334	0.071	
17:0 g									
18:0 g	9.408	0.538	3		1		4.045	0.122	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.600		0		1		0.258	0.008	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.600	0.351	3		1		0.258	0.008	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.447		0		1		0.192	0.006	
18:2 undifferentiated g	0.447	0.105	3		1		0.192	0.006	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg	36		0		4		15	0	
Amino Acids:									
Tryptophan g	0.068		0		1		0.029	0.001	
Threonine g	0.207		0		1		0.089	0.003	
Isoleucine g	0.301		0		1		0.129	0.004	
Leucine g	0.484		0		1		0.208	0.006	
Lysine g	0.394		0		1		0.169	0.005	
Methionine g	0.149		0		1		0.064	0.002	
Cystine g	0.021		0		1		0.009	0.000	
Phenylalanine g	0.263		0		1		0.113	0.003	
Tyrosine g	0.280		0		1		0.120	0.004	
Valine g	0.351		0		1		0.151	0.005	
Arginine g	0.194		0		1		0.083	0.003	
Histidine g	0.145		0		1		0.062	0.002	
Alanine g	0.153		0		1		0.066	0.002	
Aspartic acid g	0.347		0		1		0.149	0.005	
Glutamic acid g	1.113		0		1		0.479	0.014	
Glycine g	0.098		0		1		0.042	0.001	
Proline g	0.552		0		1		0.237	0.007	
Serine g	0.301		0		1		0.129	0.004	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01070
Dessert topping, powdered

Common Measures:

Measure 1 = 43g: 1.5 oz

Measure 2 = 1.3g: 1 portion, amount to make 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01071
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.74		0	RPA	1		52.59	2.63	105.18
Energy	kcal	194		0	NC	4		155	8	310
Energy	kJ	810		0	NC	4		648	32	1296
Protein (N x 6.35)	g	3.61		0	RPA	1		2.88	0.14	5.77
Total lipid (fat)	g	12.72		0	RPI	6		10.18	0.51	20.36
Ash	g	0.80		0	RPA	1		0.64	0.03	1.28
Carbohydrate, by difference	g	17.13		0	RPI	6		13.71	0.69	27.41
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total	g	17.47		0	RPI	6		13.98	0.70	27.96
Sucrose	g	13.60		0	NR	4		10.88	0.54	21.76
Glucose (dextrose)	g	0.00		0	RPA	1		0.00	0.00	0.00
Fructose	g	0.00		0	RPA	1		0.00	0.00	0.00
Lactose	g	3.75		0	RPA	1		3.00	0.15	6.00
Maltose	g	0.00		0	RPA	1		0.00	0.00	0.00
Galactose	g	0.00		0	RPA	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	90		0		1		72	4	144
Iron, Fe	mg	0.04		0		1		0.03	0.00	0.06
Magnesium, Mg	mg	10		0		1		8	0	15
Phosphorus, P	mg	86		0		1		69	3	137
Potassium, K	mg	151		0		1		121	6	241
Sodium, Na	mg	66		0		1		53	3	105
Zinc, Zn	mg	0.27		0		1		0.22	0.01	0.43
Copper, Cu	mg	0.012		0		1		0.010	0.000	0.019
Manganese, Mn	mg	0.005		0		1		0.004	0.000	0.008
Selenium, Se	mcg	4.8		0	BFNN	4		3.8	0.2	7.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.5	0.0	1.1
Thiamin	mg	0.027		0		1		0.022	0.001	0.043
Riboflavin	mg	0.117		0		1		0.094	0.005	0.187
Niacin	mg	0.060		0		1		0.048	0.002	0.096
Pantothenic acid	mg	0.226		0		1		0.181	0.009	0.362
Vitamin B-6	mg	0.030		0		1		0.024	0.001	0.048
Folate, total	mcg	4		0		1		3	0	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		3	0	6
Folate, DFE	mcg_DFE	4		0	NC	4		3	0	6
Choline, total	mg	10.6		0	RPI	6		8.5	0.4	17.0
Betaine	mg	0.5		0	RPA	1		0.4	0.0	0.7
Vitamin B-12	mcg	0.26		0		1		0.21	0.01	0.41
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	34		0	NC	4		27	1	54
Retinol	mcg	34		0	RPI	6		27	1	54
Carotene, beta	mcg	5		0	RPI	6		4	0	8
Carotene, alpha	mcg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	0
Vitamin A, IU	IU	120		0	NC	4		96	5	192
Lycopene	mcg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.45		0	RPI	6		0.36	0.02	0.71
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00		0	RPA	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.9		0	RPI	6		0.8	0.0	1.5
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01071
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.9		0	RPI	6		0.8	0.0	1.5
Vitamin D....IU	38		0	RPI	6		30	2	61
Vitamin K (phylloquinone)....mcg	2.7		0	RPI	6		2.2	0.1	4.4
Lipids:									
Fatty acids, total saturated....g	10.684		0		1		8.547	0.427	17.094
4:0....g	0.077		0		1		0.062	0.003	0.123
6:0....g	0.046		0		1		0.037	0.002	0.074
8:0....g	0.194		0		1		0.155	0.008	0.310
10:0....g	0.302		0		1		0.242	0.012	0.483
12:0....g	3.704		0		1		2.963	0.148	5.926
13:0....g									
14:0....g	1.682		0		1		1.346	0.067	2.691
15:0....g									
16:0....g	1.993		0		1		1.594	0.080	3.189
17:0....g									
18:0....g	2.650		0		1		2.120	0.106	4.240
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.843		0		1		0.674	0.034	1.349
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.053		0		1		0.042	0.002	0.085
17:1....g									
18:1 undifferentiated....g	0.754		0		1		0.603	0.030	1.206
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1		0.161	0.008	0.322
18:2 undifferentiated....g	0.166		0		1		0.133	0.007	0.266
18:3 undifferentiated....g	0.034		0		1		0.027	0.001	0.054
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	10		0		1		8	0	16
Phytosterols....mg	0		1		1		0	0	0
Amino Acids:									
Tryptophan....g	0.072		0	RPA	1		0.057	0.003	0.115
Threonine....g	0.157		0	RPA	1		0.126	0.006	0.252
Isoleucine....g	0.198		0	RPA	1		0.158	0.008	0.316
Leucine....g	0.318		0	RPA	1		0.254	0.013	0.508
Lysine....g	0.204		0	RPA	1		0.163	0.008	0.326
Methionine....g	0.093		0	RPA	1		0.074	0.004	0.148
Cystine....g	0.018		0	RPA	1		0.014	0.001	0.028
Phenylalanine....g	0.175		0	RPA	1		0.140	0.007	0.279
Tyrosine....g	0.182		0	RPA	1		0.146	0.007	0.292
Valine....g	0.230		0	RPA	1		0.184	0.009	0.368
Arginine....g	0.104		0	RPA	1		0.084	0.004	0.167
Histidine....g	0.092		0	RPA	1		0.073	0.004	0.147
Alanine....g	0.114		0	RPA	1		0.091	0.005	0.183
Aspartic acid....g	0.262		0	RPA	1		0.210	0.010	0.419
Glutamic acid....g	0.758		0	RPA	1		0.606	0.030	1.213
Glycine....g	0.080		0	RPA	1		0.064	0.003	0.127
Proline....g	0.391		0	RPA	1		0.313	0.016	0.625
Serine....g	0.155		0	RPA	1		0.124	0.006	0.248
Hydroxyproline....g									
Others:									

NDB No. 01071

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine....mg	0		0	RPI	6		0	0	0
Theobromine....mg	0		0	RPI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 cup

Measure 2 = 4.0g: 1 tbsp

Measure 3 = 160g: 1 package yields

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

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NDB No. 01072
Dessert topping, pressurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.37	0.437	3		1		42.26	2.41	
Energy....kcal	264		0	NC	4		184	11	
Energy....kJ	1103		0		4		772	44	
Protein (N x 6.29)....g	0.98	0.669	4		1		0.69	0.04	
Total lipid (fat)....g	22.30	0.995	13		1		15.61	0.89	
Ash....g	0.28	0.080	3		1		0.20	0.01	
Carbohydrate, by difference....g	16.07		0	NC	4		11.25	0.64	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	16.07		0	NR	4		11.25	0.64	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	1.627	5		1		4	0	
Iron, Fe....mg	0.02		2		1		0.01	0.00	
Magnesium, Mg....mg	1		1		1		1	0	
Phosphorus, P....mg	18	7.637	4		1		13	1	
Potassium, K....mg	19	13.518	3		1		13	1	
Sodium, Na....mg	62	14.442	5		1		43	2	
Zinc, Zn....mg	0.01		1		1		0.01	0.00	
Copper, Cu....mg	0.024		0		1		0.017	0.001	
Manganese, Mn....mg	0.045		0		1		0.032	0.002	
Selenium, Se....mcg	1.5		0	BFNN	4		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.000		3		1		0.000	0.000	
Niacin....mg	0.000		1		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	BFFN	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		3	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	47		0	NR	4		33	2	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	78		0	NC	4		55	3	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.85		0	BFFN	4		0.59	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	5.5		0	BFFN	4		3.9	0.2	
Lipids:									
Fatty acids, total saturated....g	18.912		0		1		13.238	0.756	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01072
Dessert topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.449	0.031	3		1		0.314	0.018	
10:0 g	0.642	0.060	3		1		0.449	0.026	
12:0 g	8.014	1.076	3		1		5.610	0.321	
13:0 g									
14:0 g	3.246	0.431	3		1		2.272	0.130	
15:0 g									
16:0 g	2.408	0.201	3		1		1.686	0.096	
17:0 g									
18:0 g	4.166	0.680	3		1		2.916	0.167	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.927		0		1		1.349	0.077	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	1.929	1.457	3		1		1.350	0.077	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.241		0		1		0.169	0.010	
18:2 undifferentiated g	0.241	0.192	3		1		0.169	0.010	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg	20		0		4		14	1	
Amino Acids:									
Tryptophan g	0.014		0		1		0.010	0.001	
Threonine g	0.041		0		1		0.029	0.002	
Isoleucine g	0.060		0		1		0.042	0.002	
Leucine g	0.097		0		1		0.068	0.004	
Lysine g	0.079		0		1		0.055	0.003	
Methionine g	0.030		0		1		0.021	0.001	
Cystine g	0.004		0		1		0.003	0.000	
Phenylalanine g	0.053		0		1		0.037	0.002	
Tyrosine g	0.056		0		1		0.039	0.002	
Valine g	0.070		0		1		0.049	0.003	
Arginine g	0.039		0		1		0.027	0.002	
Histidine g	0.029		0		1		0.020	0.001	
Alanine g	0.031		0		1		0.022	0.001	
Aspartic acid g	0.069		0		1		0.048	0.003	
Glutamic acid g	0.223		0		1		0.156	0.009	
Glycine g	0.020		0		1		0.014	0.001	
Proline g	0.110		0		1		0.077	0.004	
Serine g	0.060		0		1		0.042	0.002	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01072
Dessert topping, pressurized

Common Measures:

Measure 1 = 70g: 1 cup

Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01073
Dessert topping, semi solid, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.21	1.046	17		1		37.66	2.01	
Energy....kcal	318		0	NC	4		239	13	
Energy....kJ	1332		0		4		999	53	
Protein (N x 6.29)....g	1.25	0.240	17		1		0.94	0.05	
Total lipid (fat)....g	25.31	0.282	19		1		18.98	1.01	
Ash....g	0.18	0.063	13		1		0.14	0.01	
Carbohydrate, by difference....g	23.05		0	NC	4		17.29	0.92	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	23.05		0	NR	4		17.29	0.92	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.380	13		1		5	0	
Iron, Fe....mg	0.12	0.018	7		1		0.09	0.00	
Magnesium, Mg....mg	2	0.094	10		1		1	0	
Phosphorus, P....mg	8	0.703	13		1		6	0	
Potassium, K....mg	18	1.020	10		1		14	1	
Sodium, Na....mg	25	4.216	14		1		19	1	
Zinc, Zn....mg	0.03	0.002	11		1		0.02	0.00	
Copper, Cu....mg	0.030		0		1		0.023	0.001	
Manganese, Mn....mg	0.058		0		1		0.044	0.002	
Selenium, Se....mcg	2.1		0	BFNN	4		1.6	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		2		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	BFFN	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	7		0	NC	4		5	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	86		0	NR	4		65	3	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	143		0	NC	4		107	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.96		0	BFFN	4		0.72	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	6.3		0	BFFN	4		4.7	0.3	
Lipids:									
Fatty acids, total saturated....g	21.783		0		1		16.337	0.871	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01073
Dessert topping, semi solid, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.638		2		1		0.479	0.026	
10:0....g	0.905		2		1		0.679	0.036	
12:0....g	8.836		2		1		6.627	0.353	
13:0....g									
14:0....g	3.756		2		1		2.817	0.150	
15:0....g									
16:0....g	3.092		2		1		2.319	0.124	
17:0....g									
18:0....g	4.580		2		1		3.435	0.183	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.616		0		1		1.212	0.065	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.241		2		1		0.181	0.010	
17:1....g									
18:1 undifferentiated....g	1.375		2		1		1.031	0.055	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.523		0		1		0.392	0.021	
18:2 undifferentiated....g	0.305		2		1		0.229	0.012	
18:3 undifferentiated....g	0.218		2		1		0.164	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg	23		0		4		17	1	
Amino Acids:									
Tryptophan....g	0.017		0		1		0.013	0.001	
Threonine....g	0.053		0		1		0.040	0.002	
Isoleucine....g	0.077		0		1		0.058	0.003	
Leucine....g	0.123		0		1		0.092	0.005	
Lysine....g	0.101		0		1		0.076	0.004	
Methionine....g	0.038		0		1		0.029	0.002	
Cystine....g	0.005		0		1		0.004	0.000	
Phenylalanine....g	0.067		0		1		0.050	0.003	
Tyrosine....g	0.072		0		1		0.054	0.003	
Valine....g	0.089		0		1		0.067	0.004	
Arginine....g	0.049		0		1		0.037	0.002	
Histidine....g	0.037		0		1		0.028	0.001	
Alanine....g	0.039		0		1		0.029	0.002	
Aspartic acid....g	0.088		0		1		0.066	0.004	
Glutamic acid....g	0.284		0		1		0.213	0.011	
Glycine....g	0.025		0		1		0.019	0.001	
Proline....g	0.141		0		1		0.106	0.006	
Serine....g	0.077		0		1		0.058	0.003	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01073
Dessert topping, semi solid, frozen

Common Measures:

Measure 1 = 75g: 1 cup

Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01225
Dulce de Leche

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.71	1.068	4	A	1				
Energy....kcal	315		0	NC	4				
Energy....kJ	1318		0	NC	4				
Protein....g	6.84	0.379	4	A	1				
Total lipid (fat)....g	7.35	0.278	4	A	1				
Ash....g	1.74	0.127	4	A	1				
Carbohydrate, by difference....g	55.35		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g	49.74	0.360	4	A	1				
Sucrose....g	41.77	0.471	4	A	1				
Glucose (dextrose)....g	1.70	0.303	4	A	1				
Fructose....g	0.32	0.037	4	A	1				
Lactose....g	4.92	0.829	4	A	1				
Maltose....g	0.00	0.000	4	A	1				
Galactose....g	1.03	0.155	4	A	1				
Starch....g									
Minerals:									
Calcium, Ca....mg	251	15.911	4	A	1				
Iron, Fe....mg	0.17	0.015	4	A	1				
Magnesium, Mg....mg	22	1.163	4	A	1				
Phosphorus, P....mg	193	12.230	4	A	1				
Potassium, K....mg	350	27.959	4	A	1				
Sodium, Na....mg	129	11.877	4	A	1				
Zinc, Zn....mg	0.79	0.037	4	A	1				
Copper, Cu....mg	0.004	0.000	4	A	1				
Manganese, Mn....mg	0.002	0.000	4	A	1				
Selenium, Se....mcg	2.7	0.525	4	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.016	0.001	4	A	1				
Riboflavin....mg	0.405	0.017	4	A	1				
Niacin....mg	0.210	0.010	4	A	1				
Pantothenic acid....mg	0.835		2	A	1				
Vitamin B-6....mg	0.016	0.001	4	A	1				
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.31	0.055	4	A	1				
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1				
Tocopherol, beta....mg	0.00		1	A	1				
Tocopherol, gamma....mg	0.00		1	A	1				
Tocopherol, delta....mg	0.00		1	A	1				
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		1	A	1				
Lipids:									
Fatty acids, total saturated....g	4.534		0	NC	4				
4:0....g	0.176	0.003	4	A	1				
6:0....g	0.135	0.004	4	A	1				
8:0....g	0.082	0.004	4	A	1				

NDB No. 01225
Dulce de Leche

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.207	0.011	4	A	1				
12:0....g	0.211	0.013	4	A	1				
13:0....g									
14:0....g	0.750	0.023	4	A	1				
15:0....g	0.084	0.002	4	A	1				
16:0....g	2.007	0.041	4	A	1				
17:0....g	0.052	0.000	4	A	1				
18:0....g	0.805	0.007	4	A	1				
20:0....g	0.013	0.001	4	A	1				
22:0....g	0.005	0.001	4	A	1				
24:0....g	0.004	0.000	4	A	1				
Fatty acids, total monounsaturated....g	2.143		0	NC	4				
14:1....g	0.068	0.003	4	A	1				
15:1....g	0.000	0.000	4	A	1				
16:1 undifferentiated....g	0.163	0.003	4	AS	1				
16:1 c....g	0.126	0.003	4	A	1				
16:1 t....g	0.036	0.001	4	A	1				
17:1....g	0.000	0.000	4	A	1				
18:1 undifferentiated....g	1.895	0.039	4	AS	1				
18:1 c....g	1.640	0.023	4	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.255	0.020	4	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.017	0.001	4	A	1				
22:1 undifferentiated....g	0.000	0.000	4	AS	1				
22:1 c....g	0.000	0.000	4	A	1				
22:1 t....g	0.000	0.000	4	A	1				
24:1 c....g	0.000	0.000	4	A	1				
Fatty acids, total polyunsaturated....g	0.375		0	NC	4				
18:2 undifferentiated....g	0.288	0.015	4	AS	1				
18:2 n-6 c,c....g	0.131	0.004	4	A	1				
18:2 CLAs....g	0.084	0.008	4	A	1				
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.073	0.005	4	A	1				
18:3 undifferentiated....g	0.052	0.002	4	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.050	0.002	4	A	1				
18:3 n-6 c,c,c....g	0.002	0.000	4	A	1				
18:3i....g									
18:4....g	0.003	0.000	4	A	1				
20:2 n-6 c,c....g	0.001	0.001	4	A	1				
20:3 undifferentiated....g	0.006	0.001	4	AS	1				
20:3 n-3....g	0.001	0.001	4	A	1				
20:3 n-6....g	0.005	0.000	4	A	1				
20:4 undifferentiated....g	0.009	0.001	4	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	4	A	1				
21:5....g									
22:4....g	0.002	0.000	4	A	1				
22:5 n-3 (DPA)....g	0.009	0.000	4	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1				
Fatty acids, total trans....g	0.364		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.292		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.073		0	NC	4				
Cholesterol....mg	29	0.417	4	A	1				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01225
Dulce de Leche

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01210
Egg Mix, USDA Commodity

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.78	0.409	3	A	1				
Energy	kcal	549		0	NC	4				
Energy	kJ	2296		0	NC	4				
Protein	g	35.60	0.584	3	A	1				
Total lipid (fat)	g	34.50	2.633	3	A	1				
Ash	g	3.15	0.020	3	A	1				
Carbohydrate, by difference	g	23.97		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	2.46	0.315	3	A	1				
Sucrose	g	0.00	0.000	3	A	1				
Glucose (dextrose)	g	0.64	0.012	3	A	1				
Fructose	g	0.00	0.000	3	A	1				
Lactose	g	0.00	0.000	3	A	1				
Maltose	g	1.81	0.321	3	A	1				
Galactose	g	0.00	0.000	3	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	171	3.180	3	A	1				
Iron, Fe	mg	3.23	0.513	3	A	1				
Magnesium, Mg	mg	11	6.402	3	A	1				
Phosphorus, P	mg	451	19.548	3	A	1				
Potassium, K	mg	373	9.244	3	A	1				
Sodium, Na	mg	576	15.301	3	A	1				
Zinc, Zn	mg	2.76	0.379	3	A	1				
Copper, Cu	mg	0.149	0.010	3	A	1				
Manganese, Mn	mg	0.056	0.015	3	A	1				
Selenium, Se	mcg	118.0	1.528	3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.190	0.023	3	A	1				
Riboflavin	mg	1.277	0.043	3	A	1				
Niacin	mg	0.267	0.033	3	A	1				
Pantothenic acid	mg	6.500	0.808	3	A	1				
Vitamin B-6	mg	0.207	0.003	3	A	1				
Folate, total	mcg	138	4.583	3	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	138	4.583	3	A	1				
Folate, DFE	mcg_DFE	138		0	NC	4				
Choline, total	mg	602.5	41.813	3	AS	1				
Betaine	mg	1.6	0.820	3	A	1				
Vitamin B-12	mcg	2.90	0.416	3	A	1				
Vitamin A, RAE	mcg_RAE	117		0	AS	1				
Retinol	mcg	116	21.688	3	A	1				
Carotene, beta	mcg	0	0.000	3	A	1				
Carotene, alpha	mcg	0	0.000	3	A	1				
Cryptoxanthin, beta	mcg	13	2.343	3	A	1				
Vitamin A, IU	IU	398		0	AS	1				
Lycopene	mcg	0	0.000	3	A	1				
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	2.04	0.568	3	A	1				
Tocopherol, beta	mg	0.03	0.010	3	A	1				
Tocopherol, gamma	mg	4.29	1.902	3	A	1				
Tocopherol, delta	mg	0.19	0.067	3	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7	0.120	3	A	1				

NDB No. 01210
Egg Mix, USDA Commodity

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.7	0.120		A	1				
Lipids:									
Fatty acids, total saturated....g	10.305		0	NC	4				
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1				
10:0....g	0.000	0.000	3	A	1				
12:0....g	0.000	0.000	3	A	1				
13:0....g									
14:0....g	0.097	0.001	3	A	1				
15:0....g	0.000	0.000	3	A	1				
16:0....g	7.579	0.057	3	A	1				
17:0....g	0.057	0.003	3	A	1				
18:0....g	2.541	0.034	3	A	1				
20:0....g	0.031	0.009	3	A	1				
22:0....g	0.000	0.000	3	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	13.745		0	NC	4				
14:1....g	0.000	0.000	3	A	1				
15:1....g	0.000	0.000	3	A	1				
16:1 undifferentiated....g	0.765	0.028	3	A	1				
17:1....g	0.000	0.000	3	A	1				
18:1 undifferentiated....g	12.872	0.438	3	A	1				
20:1....g	0.109	0.006	3	A	1				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.555		0	NC	4				
18:2 undifferentiated....g	6.836	1.187	3	A	1				
18:3 undifferentiated....g	0.165	0.003	3	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.143	0.014	3	A	1				
18:3 n-6 c,c,c....g	0.022	0.011	3	A	1				
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.047	0.002	3	A	1				
20:3 undifferentiated....g	0.000	0.000	3	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.507	0.003	3	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	1110		2	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.400		0	A	1				
Threonine....g	1.411		0	A	1				
Isoleucine....g	1.938		0	A	1				
Leucine....g	3.312		0	A	1				
Lysine....g	3.909		0	A	1				
Methionine....g	1.443		0	A	1				
Cystine....g	0.523		0	A	1				
Phenylalanine....g	1.903		0	A	1				
Tyrosine....g	1.262		0	A	1				
Valine....g	2.313		0	A	1				
Arginine....g	2.387		0	A	1				
Histidine....g	0.876		0	A	1				
Alanine....g	1.726		0	A	1				
Aspartic acid....g	3.701		0	A	1				

NDB No. 01210
Egg Mix, USDA Commodity

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	4.695		0	A	1				
Glycine.....g	1.295		0	A	1				
Proline.....g	1.953		0	A	1				
Serine.....g	2.735		0	A	1				
Hydroxyproline.....g	0.000		2	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01226
Egg substitute, liquid or frozen, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.00		0	O	4		208.80	52.20	
Energy....kcal	48		0	NR	4		115	29	
Energy....kJ	201		0	NR	4		482	121	
Protein (N x 6.25)....g	10.00		0	O	4		24.00	6.00	
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	
Ash....g	1.30		1		1		3.12	0.78	
Carbohydrate, by difference....g	2.00		0	O	4		4.80	1.20	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	2.00		0	NR	4		4.80	1.20	
Starch....g									
Minerals:									
Calcium, Ca....mg	73		2		1		175	44	
Iron, Fe....mg	1.98		2		1		4.75	1.19	
Magnesium, Mg....mg	15		0		4		36	9	
Phosphorus, P....mg	72		1		1		172	43	
Potassium, K....mg	213		1		1		512	128	
Sodium, Na....mg	199		2		1		479	120	
Zinc, Zn....mg	0.98		1		1		2.35	0.59	
Copper, Cu....mg	0.022		0		1		0.053	0.013	
Manganese, Mn....mg	0.006		0		1		0.014	0.004	
Selenium, Se....mcg	41.3		0	BFSN	4		99.1	24.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		4		1.1	0.3	
Thiamin....mg	0.120		2		1		0.288	0.072	
Riboflavin....mg	0.386		2		1		0.926	0.232	
Niacin....mg	0.140		0		4		0.336	0.084	
Pantothenic acid....mg	1.660		1		1		3.984	0.996	
Vitamin B-6....mg	0.133		1		1		0.319	0.080	
Folate, total....mcg	16		0		4		39	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		4		39	10	
Folate, DFE....mcg_DFE	16		0	NC	4		39	10	
Choline, total....mg	2.5		0	BFSN	4		5.9	1.5	
Betaine....mg									
Vitamin B-12....mcg	0.34		0		4		0.81	0.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	NC	4		27	7	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	135		0	NR	4		324	81	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	225		0	NC	4		540	135	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.59		0	BFFN	4		3.81	0.95	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.6		0	S	4		3.9	1.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.6		0	S	4		3.9	1.0	
Vitamin D....IU	66		0	S	4		157	39	
Vitamin K (phylloquinone)....mcg	0.2		0	BFFN	4		0.5	0.1	
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01226
Egg substitute, liquid or frozen, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		1		1		0.000	0.000	
15:0 g									
16:0 g	0.000		1		1		0.000	0.000	
17:0 g									
18:0 g	0.000		1		1		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		1		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		1		1		0.000	0.000	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000	0.000	
18:2 undifferentiated g	0.000		1		1		0.000	0.000	
18:3 undifferentiated g	0.000		1		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	95		0		4		228	57	
Amino Acids:									
Tryptophan g	0.164		0		4		0.394	0.098	
Threonine g	0.484		0		4		1.162	0.290	
Isoleucine g	0.660		0		4		1.584	0.396	
Leucine g	0.972		0		4		2.333	0.583	
Lysine g	0.713		0		4		1.711	0.428	
Methionine g	0.387		0		4		0.929	0.232	
Cystine g	0.229		0		4		0.550	0.137	
Phenylalanine g	0.645		0		4		1.548	0.387	
Tyrosine g	0.456		0		4		1.094	0.274	
Valine g	0.792		0		4		1.901	0.475	
Arginine g	0.577		0		4		1.385	0.346	
Histidine g	0.257		0		4		0.617	0.154	
Alanine g	0.624		0		4		1.498	0.374	
Aspartic acid g	0.928		0		4		2.227	0.557	
Glutamic acid g	1.690		0		4		4.056	1.014	
Glycine g	0.365		0		4		0.876	0.219	
Proline g	0.558		0		4		1.339	0.335	
Serine g	0.751		0		4		1.802	0.451	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01226

Egg substitute, liquid or frozen, fat free

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 60g: .25 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01144
Egg substitute, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.86		1		1		0.38	0.77	
Energy	kcal	444		0	NC	4		44	89	
Energy	kJ	1856		0	NC	4		184	371	
Protein (N x 6.25)	g	55.50		1		1		5.49	11.10	
Total lipid (fat)	g	13.00		1		1		1.29	2.60	
Ash	g	5.84		1		1		0.58	1.17	
Carbohydrate, by difference	g	21.80		0		4		2.16	4.36	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	21.80		0	NR	4		2.16	4.36	
Starch	g									
Minerals:										
Calcium, Ca	mg	326		1		1		32	65	
Iron, Fe	mg	3.16		1		1		0.31	0.63	
Magnesium, Mg	mg	65		0		4		6	13	
Phosphorus, P	mg	478		1		1		47	96	
Potassium, K	mg	744		1		1		74	149	
Sodium, Na	mg	800		1		1		79	160	
Zinc, Zn	mg	1.82		0		4		0.18	0.36	
Copper, Cu	mg	0.207		0		1		0.020	0.041	
Manganese, Mn	mg	0.080		0		1		0.008	0.016	
Selenium, Se	mcg	127.7		0	BFSN	4		12.6	25.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1		1		0.1	0.2	
Thiamin	mg	0.226		1		1		0.022	0.045	
Riboflavin	mg	1.760		1		1		0.174	0.352	
Niacin	mg	0.577		1		1		0.057	0.115	
Pantothenic acid	mg	3.384		0		4		0.335	0.677	
Vitamin B-6	mg	0.143		0		4		0.014	0.029	
Folate, total	mcg	125		0		4		12	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	125		0		4		12	25	
Folate, DFE	mcg_DFE	125		0	NC	4		12	25	
Choline, total	mg	117.6		0	BFSN	4		11.6	23.5	
Betaine	mg									
Vitamin B-12	mcg	3.52		0		4		0.35	0.70	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	369		0	NC	4		37	74	
Retinol	mcg	369		0	NC	4		37	74	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	1230		0	NC	4		122	246	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.26		0	BFFN	4		0.13	0.25	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.4		0	BFFN	4		0.0	0.1	
Lipids:										
Fatty acids, total saturated	g	3.766		0		1		0.373	0.753	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 01144
Egg substitute, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.065		1		1		0.006	0.013	
15:0 g									
16:0 g	2.687		1		1		0.266	0.537	
17:0 g									
18:0 g	0.993		1		1		0.098	0.199	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.341		0		1		0.529	1.068	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.496		1		1		0.049	0.099	
17:1 g									
18:1 undifferentiated g	4.845		1		1		0.480	0.969	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.683		0		1		0.167	0.337	
18:2 undifferentiated g	1.413		1		1		0.140	0.283	
18:3 undifferentiated g	0.086		1		1		0.009	0.017	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.109		0		4		0.011	0.022	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	572		1		1		57	114	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.9g: .35 oz

Measure 2 = 20g: .7 oz

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01138
Egg, duck, whole, fresh, raw

Refuse: 12% Shell

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.83	0.467	13		1		49.58		
Energy	kcal	185		0	NC	4		130		
Energy	kJ	776		0		4		543		
Protein (N x 6.25)	g	12.81	0.240	13		1		8.97		
Total lipid (fat)	g	13.77	0.217	18		1		9.64		
Ash	g	1.14	0.077	17		1		0.80		
Carbohydrate, by difference	g	1.45		0	NC	4		1.02		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	0.93		0	BFSN	4		0.65		
Starch	g									
Minerals:										
Calcium, Ca	mg	64	4.333	6		1		45		
Iron, Fe	mg	3.85	0.475	7		1		2.70		
Magnesium, Mg	mg	17		1		1		12		
Phosphorus, P	mg	220	12.345	7		1		154		
Potassium, K	mg	222	79.951	3		1		156		
Sodium, Na	mg	146		2		1		102		
Zinc, Zn	mg	1.41		1		1		0.99		
Copper, Cu	mg	0.062		0		1		0.043		
Manganese, Mn	mg	0.038		0		1		0.027		
Selenium, Se	mcg	36.4		0	BFSN	4		25.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.156	0.023	7		1		0.109		
Riboflavin	mg	0.404	0.036	7		1		0.283		
Niacin	mg	0.200	0.100	5		1		0.140		
Pantothenic acid	mg	1.862		0		4		1.303		
Vitamin B-6	mg	0.250		2		1		0.175		
Folate, total	mcg	80		1		1		56		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	80		1		1		56		
Folate, DFE	mcg_DFE	80		0	NC	4		56		
Choline, total	mg	263.4		0	T	4		184.4		
Betaine	mg									
Vitamin B-12	mcg	5.40		2		1		3.78		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	194		0	NC	4		136		
Retinol	mcg	192		0	BFFN	4		135		
Carotene, beta	mcg	14		0	BFFN	4		10		
Carotene, alpha	mcg	0		0	BFFN	4		0		
Cryptoxanthin, beta	mcg	12		0	BFFN	4		9		
Vitamin A, IU	IU	674		0	NC	4		472		
Lycopene	mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin	mcg	459		0	BFFN	4		321		
Vitamin E (alpha-tocopherol)	mg	1.34		0	BFFN	4		0.94		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	AS	1		1.2		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.7		0	BFFN	4		1.2		
Vitamin D	IU	69		0	BFFN	4		48		
Vitamin K (phylloquinone)	mcg	0.4		0	BFFN	4		0.3		
Lipids:										
Fatty acids, total saturated	g	3.681		0		1		2.577		
4:0	g	0.000		0		1		0.000		

NDB No. 01138
Egg, duck, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.054	0.009	4		1		0.038		
15:0 g									
16:0 g	2.996	0.122	4		1		2.097		
17:0 g									
18:0 g	0.632	0.075	4		1		0.442		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.525		0		1		4.568		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.441	0.032	4		1		0.309		
17:1 g									
18:1 undifferentiated g	6.084	0.239	4		1		4.259		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.223		0		1		0.856		
18:2 undifferentiated g	0.558	0.168	4		1		0.391		
18:3 undifferentiated g	0.102	0.068	4		1		0.071		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.319	0.058	4		1		0.223		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	884		3		1		619		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0		1		0.182		
Threonine g	0.736		0		1		0.515		
Isoleucine g	0.598		0		1		0.419		
Leucine g	1.097		0		1		0.768		
Lysine g	0.951		0		1		0.666		
Methionine g	0.576		0		1		0.403		
Cystine g	0.285		0		1		0.200		
Phenylalanine g	0.840		0		1		0.588		
Tyrosine g	0.613		0		1		0.429		
Valine g	0.885		0		1		0.620		
Arginine g	0.765		0		1		0.536		
Histidine g	0.320		0		1		0.224		
Alanine g	0.631		0		1		0.442		
Aspartic acid g	0.777		0		1		0.544		
Glutamic acid g	1.789		0		1		1.252		
Glycine g	0.422		0		1		0.295		
Proline g	0.480		0		1		0.336		
Serine g	0.963		0		1		0.674		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01138

Egg, duck, whole, fresh, raw

Common Measures:

Measure 1 = 70g: 1 egg

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01139
Egg, goose, whole, fresh, raw

Refuse: 13% Shell

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.43	0.498	3		1		101.42		
Energy....kcal	185		0	NC	4		267		
Energy....kJ	775		0		4		1115		
Protein (N x 6.25)....g	13.87	0.120	3		1		19.97		
Total lipid (fat)....g	13.27	0.636	3		1		19.11		
Ash....g	1.08	0.049	3		1		1.56		
Carbohydrate, by difference....g	1.35		0	NC	4		1.94		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	0.94		0	BFSN	4		1.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0		4		87		
Iron, Fe....mg	3.64		0		4		5.24		
Magnesium, Mg....mg	16		0		4		22		
Phosphorus, P....mg	208		0		4		299		
Potassium, K....mg	210		0		4		302		
Sodium, Na....mg	138		0		4		199		
Zinc, Zn....mg	1.33		0		4		1.92		
Copper, Cu....mg	0.062		0		1		0.089		
Manganese, Mn....mg	0.038		0		1		0.055		
Selenium, Se....mcg	36.9		0	BFSN	4		53.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.147		0		4		0.212		
Riboflavin....mg	0.382		0		4		0.550		
Niacin....mg	0.189		0		4		0.272		
Pantothenic acid....mg	1.759		0		4		2.533		
Vitamin B-6....mg	0.236		0		4		0.340		
Folate, total....mcg	76		0		4		109		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	76		0		4		109		
Folate, DFE....mcg_DFE	76		0	NC	4		109		
Choline, total....mg	263.4		0	T	4		379.3		
Betaine....mg									
Vitamin B-12....mcg	5.10		0		4		7.34		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	187		0	NC	4		269		
Retinol....mcg	185		0	BFFN	4		267		
Carotene, beta....mcg	13		0	BFFN	4		19		
Carotene, alpha....mcg	0		0	BFFN	4		0		
Cryptoxanthin, beta....mcg	12		0	BFFN	4		17		
Vitamin A, IU....IU	650		0	NC	4		936		
Lycopene....mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin....mcg	442		0	BFFN	4		637		
Vitamin E (alpha-tocopherol)....mg	1.29		0	BFFN	4		1.86		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.7		0	AS	1		2.4		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.7		0	BFFN	4		2.4		
Vitamin D....IU	66		0	BFFN	4		96		
Vitamin K (phylloquinone)....mcg	0.4		0	BFFN	4		0.6		
Lipids:									
Fatty acids, total saturated....g	3.595		0		1		5.177		
4:0....g	0.000		0		1		0.000		

NDB No. 01139
Egg, goose, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.050		2		1		0.072		
15:0 g									
16:0 g	2.849		2		1		4.103		
17:0 g									
18:0 g	0.696		2		1		1.002		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.747		0		1		8.276		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.394		2		1		0.567		
17:1 g									
18:1 undifferentiated g	5.353		2		1		7.708		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.672		0		1		2.408		
18:2 undifferentiated g	0.680		2		1		0.979		
18:3 undifferentiated g	0.554		2		1		0.798		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.279		2		1		0.402		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	852		0		4		1227		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.282		0		4		0.406		
Threonine g	0.797		0		4		1.148		
Isoleucine g	0.647		0		4		0.932		
Leucine g	1.188		0		4		1.711		
Lysine g	1.030		0		4		1.483		
Methionine g	0.624		0		4		0.899		
Cystine g	0.309		0		4		0.445		
Phenylalanine g	0.910		0		4		1.310		
Tyrosine g	0.664		0		4		0.956		
Valine g	0.958		0		4		1.380		
Arginine g	0.828		0		4		1.192		
Histidine g	0.346		0		4		0.498		
Alanine g	0.683		0		4		0.984		
Aspartic acid g	0.841		0		4		1.211		
Glutamic acid g	1.937		0		4		2.789		
Glycine g	0.457		0		4		0.658		
Proline g	0.520		0		4		0.749		
Serine g	1.043		0		4		1.502		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01139

Egg, goose, whole, fresh, raw

Common Measures:

Measure 1 = 144g: 1 egg

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01140
Egg, quail, whole, fresh, raw

Refuse: 8% Shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.35		2		1		6.69		
Energy....kcal	158		0	NC	4		14		
Energy....kJ	663		0		4		60		
Protein (N x 6.25)....g	13.05		2		1		1.17		
Total lipid (fat)....g	11.09	0.243	6		1		1.00		
Ash....g	1.10		2		1		0.10		
Carbohydrate, by difference....g	0.41		0	NC	4		0.04		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	0.40		0	BFCN	4		0.04		
Starch....g									
Minerals:									
Calcium, Ca....mg	64		2		1		6		
Iron, Fe....mg	3.65		2		1		0.33		
Magnesium, Mg....mg	13		0		4		1		
Phosphorus, P....mg	226		2		1		20		
Potassium, K....mg	132		0		4		12		
Sodium, Na....mg	141		0		4		13		
Zinc, Zn....mg	1.47		0		4		0.13		
Copper, Cu....mg	0.062		0		1		0.006		
Manganese, Mn....mg	0.038		0		1		0.003		
Selenium, Se....mcg	32.0		0	BFSN	4		2.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.130		2		1		0.012		
Riboflavin....mg	0.790		2		1		0.071		
Niacin....mg	0.150		2		1		0.014		
Pantothenic acid....mg	1.761		0		4		0.158		
Vitamin B-6....mg	0.150		1		1		0.014		
Folate, total....mcg	66		0		4		6		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	66		0		4		6		
Folate, DFE....mcg_DFE	66		0	NC	4		6		
Choline, total....mg	263.4		0	T	4		23.7		
Betaine....mg									
Vitamin B-12....mcg	1.58		0		4		0.14		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	156		0	NC	4		14		
Retinol....mcg	155		0	BFFN	4		14		
Carotene, beta....mcg	11		0	BFFN	4		1		
Carotene, alpha....mcg	0		0	BFFN	4		0		
Cryptoxanthin, beta....mcg	10		0	BFFN	4		1		
Vitamin A, IU....IU	543		0	NC	4		49		
Lycopene....mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin....mcg	369		0	BFFN	4		33		
Vitamin E (alpha-tocopherol)....mg	1.08		0	BFFN	4		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.4		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.4		0	BFFN	4		0.1		
Vitamin D....IU	55		0	BFFN	4		5		
Vitamin K (phylloquinone)....mcg	0.3		0	BFFN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	3.557		0		1		0.320		
4:0....g	0.000		0		1		0.000		

NDB No. 01140
Egg, quail, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.053	0.007	6		1		0.005		
15:0....g									
16:0....g	2.666	0.076	8		1		0.240		
17:0....g									
18:0....g	0.838	0.053	8		1		0.075		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.324		0		1		0.389		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.473	0.051	8		1		0.043		
17:1....g									
18:1 undifferentiated....g	3.851	0.156	8		1		0.347		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.324		0		1		0.119		
18:2 undifferentiated....g	0.940	0.081	8		1		0.085		
18:3 undifferentiated....g	0.044	0.020	6		1		0.004		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.122	0.016	8		1		0.011		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	844		12		1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0		4		0.019		
Threonine....g	0.641		0		4		0.058		
Isoleucine....g	0.816		0		4		0.073		
Leucine....g	1.146		0		4		0.103		
Lysine....g	0.881		0		4		0.079		
Methionine....g	0.421		0		4		0.038		
Cystine....g	0.311		0		4		0.028		
Phenylalanine....g	0.737		0		4		0.066		
Tyrosine....g	0.543		0		4		0.049		
Valine....g	0.940		0		4		0.085		
Arginine....g	0.835		0		4		0.075		
Histidine....g	0.315		0		4		0.028		
Alanine....g	0.762		0		4		0.069		
Aspartic acid....g	1.294		0		4		0.116		
Glutamic acid....g	1.662		0		4		0.150		
Glycine....g	0.434		0		4		0.039		
Proline....g	0.518		0		4		0.047		
Serine....g	0.992		0		4		0.089		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01140
Egg, quail, whole, fresh, raw

Common Measures:

Measure 1 = 9.0g: 1 egg

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01141
Egg, turkey, whole, fresh, raw

Refuse: 12% Shell

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.50	0.372	5		1		57.28		
Energy	kcal	171		0	NC	4		135		
Energy	kJ	716				4		565		
Protein (N x 6.25)	g	13.68	0.613	5		1		10.81		
Total lipid (fat)	g	11.88	0.188	5		1		9.39		
Ash	g	0.79	0.049	4		1		0.62		
Carbohydrate, by difference	g	1.15		0	NC	4		0.91		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		1		1		78		
Iron, Fe	mg	4.10		1		1		3.24		
Magnesium, Mg	mg	13		0		4		11		
Phosphorus, P	mg	170		1		1		134		
Potassium, K	mg	142		0		4		112		
Sodium, Na	mg	151		0		4		120		
Zinc, Zn	mg	1.58		0		4		1.25		
Copper, Cu	mg	0.062		0		1		0.049		
Manganese, Mn	mg	0.038		0		1		0.030		
Selenium, Se	mcg	34.3		0	BFSN	4		27.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.110		1		1		0.087		
Riboflavin	mg	0.470		1		1		0.371		
Niacin	mg	0.024		2		1		0.019		
Pantothenic acid	mg	1.889		0		4		1.492		
Vitamin B-6	mg	0.131		0		4		0.103		
Folate, total	mcg	71		0		4		56		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	71		0		4		56		
Folate, DFE	mcg_DFE	71		0	NC	4		56		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.69		0		4		1.34		
Vitamin A, RAE	mcg_RAE	166		0		4		131		
Retinol	mcg	166		0		4		131		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	554		0		4		438		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.632		0		1		2.869		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		

NDB No. 01141
Egg, turkey, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.036	0.007	3		1		0.028		
15:0 ... g									
16:0 ... g	2.719	0.075	4		1		2.148		
17:0 ... g									
18:0 ... g	0.877	0.053	4		1		0.693		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.571		0		1		3.611		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.672	0.099	4		1		0.531		
17:1 ... g									
18:1 undifferentiated ... g	3.899	0.137	4		1		3.080		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.658		0		1		1.310		
18:2 undifferentiated ... g	1.166	0.121	4		1		0.921		
18:3 undifferentiated ... g	0.079	0.024	4		1		0.062		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.127	0.009	4		1		0.100		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	933		10		1		737		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.219		0		4		0.173		
Threonine ... g	0.672		0		4		0.531		
Isoleucine ... g	0.855		0		4		0.675		
Leucine ... g	1.201		0		4		0.949		
Lysine ... g	0.924		0		4		0.730		
Methionine ... g	0.442		0		4		0.349		
Cystine ... g	0.326		0		4		0.258		
Phenylalanine ... g	0.773		0		4		0.611		
Tyrosine ... g	0.569		0		4		0.450		
Valine ... g	0.985		0		4		0.778		
Arginine ... g	0.876		0		4		0.692		
Histidine ... g	0.330		0		4		0.261		
Alanine ... g	0.799		0		4		0.631		
Aspartic acid ... g	1.357		0		4		1.072		
Glutamic acid ... g	1.742		0		4		1.376		
Glycine ... g	0.455		0		4		0.359		
Proline ... g	0.543		0		4		0.429		
Serine ... g	1.040		0		4		0.822		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 egg

NDB No. 01141
Egg, turkey, whole, fresh, raw

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01173
Egg, white, dried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80		2	A	1				
Energy	kcal	382		0	NC	4				
Energy	kJ	1598				4				
Protein (N x 6.25)	g	81.10		2	A	1				
Total lipid (fat)	g	0.00		0	Z	7				
Ash	g	5.30		2	A	1				
Carbohydrate, by difference	g	7.80		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	5.40		0	BFSN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	62		2	A	1				
Iron, Fe	mg	0.15		2	A	1				
Magnesium, Mg	mg	88		2	A	1				
Phosphorus, P	mg	111		2	A	1				
Potassium, K	mg	1125		2	A	1				
Sodium, Na	mg	1280		2	A	1				
Zinc, Zn	mg	0.10		2	A	1				
Copper, Cu	mg	0.114		2	A	1				
Manganese, Mn	mg	0.007		2	A	1				
Selenium, Se	mcg	125.1		0	BFAN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.005		2	A	1				
Riboflavin	mg	2.530		2	A	1				
Niacin	mg	0.865		2	A	1				
Pantothenic acid	mg	0.775		2	A	1				
Vitamin B-6	mg	0.036		2	A	1				
Folate, total	mcg	18		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	18		2	A	1				
Folate, DFE	mcg_DFE	18		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.18		2	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	0.000		0	Z	7				
4:0	g	0.000		0	Z	7				

NDB No. 01173
Egg, white, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	Z	7				
10:0....g	0.000		0	Z	7				
12:0....g	0.000		0	Z	7				
13:0....g									
14:0....g	0.000		0	Z	7				
15:0....g									
16:0....g	0.000		0	Z	7				
17:0....g									
18:0....g	0.000		0	Z	7				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7				
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7				
20:1....g	0.000		0	Z	7				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7				
18:2 undifferentiated....g	0.000		0	Z	7				
18:3 undifferentiated....g	0.000		0	Z	7				
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7				
20:5 n-3 (EPA)....g	0.000		0	Z	7				
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.999		0		1				
Threonine....g	3.685		0		1				
Isoleucine....g	4.581		0		1				
Leucine....g	6.838		0		1				
Lysine....g	5.515		0		1				
Methionine....g	2.790		0		1				
Cystine....g	2.102		0		1				
Phenylalanine....g	4.736		0		1				
Tyrosine....g	3.153		0		1				
Valine....g	5.164		0		1				
Arginine....g	4.412		0		1				
Histidine....g	1.830		0		1				
Alanine....g	4.684		0		1				
Aspartic acid....g	8.253		0		1				
Glutamic acid....g	10.770		0		1				
Glycine....g	2.842		0		1				
Proline....g	3.153		0		1				
Serine....g	5.593		0		1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFSN	4				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01173
Egg, white, dried

Common Measures:

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01135
Egg, white, dried, flakes, glucose reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.62	0.545	5		1		33.19		
Energy....kcal	351		0	NC	4		797		
Energy....kJ	1469				4		3334		
Protein (N x 6.25)....g	76.92		0		1		174.61		
Total lipid (fat)....g	0.04		0		1		0.09		
Ash....g	4.25		0		1		9.65		
Carbohydrate, by difference....g	4.17		0	NC	4		9.47		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	4.17		0	NR	4		9.47		
Starch....g									
Minerals:									
Calcium, Ca....mg	83		0		1		189		
Iron, Fe....mg	0.23		0		1		0.52		
Magnesium, Mg....mg	67		0		1		152		
Phosphorus, P....mg	83		0		1		189		
Potassium, K....mg	1042		0		1		2364		
Sodium, Na....mg	1156		0		1		2624		
Zinc, Zn....mg	0.15		0		1		0.34		
Copper, Cu....mg	0.230		0		1		0.522		
Manganese, Mn....mg	0.070		0		1		0.159		
Selenium, Se....mcg	116.8		0	BFSN	4		265.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.035		0		1		0.079		
Riboflavin....mg	2.162		0		1		4.908		
Niacin....mg	0.675		0		1		1.532		
Pantothenic acid....mg	1.829		0		1		4.152		
Vitamin B-6....mg	0.023		0		1		0.052		
Folate, total....mcg	89		0		1		203		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	89		0		1		203		
Folate, DFE....mcg_DFE	89		0	NC	4		203		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.49		0		1		1.12		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		

NDB No. 01135
Egg, white, dried, flakes, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000		
12:0 g	0.000		0		4		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.000		0		1		0.000		
17:0 g									
18:0 g	0.000		0		1		0.000		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		1		0.000		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.000		0		1		0.000		
20:1 g	0.000		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000		
18:2 undifferentiated g	0.000		0		1		0.000		
18:3 undifferentiated g	0.000		0		1		0.000		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	1.181		0		1		2.681		
Threonine g	3.421		0		1		7.766		
Isoleucine g	4.689		0		1		10.644		
Leucine g	6.695		0		1		15.198		
Lysine g	4.738		0		1		10.755		
Methionine g	2.991		0		1		6.790		
Cystine g	1.908		0		1		4.331		
Phenylalanine g	4.837		0		1		10.980		
Tyrosine g	3.089		0		1		7.012		
Valine g	5.760		0		1		13.075		
Arginine g	4.492		0		1		10.197		
Histidine g	1.748		0		1		3.968		
Alanine g	4.960		0		1		11.259		
Aspartic acid g	6.806		0		1		15.450		
Glutamic acid g	10.732		0		1		24.362		
Glycine g	2.880		0		1		6.538		
Proline g	2.892		0		1		6.565		
Serine g	5.674		0		1		12.880		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01135

Egg, white, dried, flakes, glucose reduced

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01136
Egg, white, dried, powder, glucose reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.54	0.538	5		1		9.14	0.60	
Energy....kcal	376		0	NC	4		402	26	
Energy....kJ	1573		0	NC	4		1684	110	
Protein (N x 6.25)....g	82.40		0		1		88.17	5.77	
Total lipid (fat)....g	0.04		0		1		0.04	0.00	
Ash....g	4.55		0		1		4.87	0.32	
Carbohydrate, by difference....g	4.47		0	NC	4		4.78	0.31	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	4.47		0	NR	4		4.78	0.31	
Starch....g									
Minerals:									
Calcium, Ca....mg	89		0		1		96	6	
Iron, Fe....mg	0.24		0		1		0.26	0.02	
Magnesium, Mg....mg	72		0		1		77	5	
Phosphorus, P....mg	89		0		1		96	6	
Potassium, K....mg	1116		0		1		1194	78	
Sodium, Na....mg	1238		0		1		1325	87	
Zinc, Zn....mg	0.16		0		1		0.17	0.01	
Copper, Cu....mg	0.170		0		1		0.182	0.012	
Manganese, Mn....mg	0.050		0		1		0.054	0.004	
Selenium, Se....mcg	125.1		0	BFAN	4		133.9	8.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.037		0		1		0.040	0.003	
Riboflavin....mg	2.316		0		1		2.478	0.162	
Niacin....mg	0.723		0		1		0.774	0.051	
Pantothenic acid....mg	1.958		0		1		2.095	0.137	
Vitamin B-6....mg	0.024		0		1		0.026	0.002	
Folate, total....mcg	96		0		1		102	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	96		0		1		102	7	
Folate, DFE....mcg_DFE	96		0	NC	4		102	7	
Choline, total....mg	8.4		0	BFSN	4		9.0	0.6	
Betaine....mg									
Vitamin B-12....mcg	0.53		0		1		0.56	0.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01136
Egg, white, dried, powder, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		1		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		1		0.000	0.000	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	1.266		0		1		1.355	0.089	
Threonine....g	3.665		0		1		3.922	0.257	
Isoleucine....g	5.023		0		1		5.375	0.352	
Leucine....g	7.172		0		1		7.674	0.502	
Lysine....g	5.076		0		1		5.431	0.355	
Methionine....g	3.204		0		1		3.428	0.224	
Cystine....g	2.044		0		1		2.187	0.143	
Phenylalanine....g	5.181		0		1		5.544	0.363	
Tyrosine....g	3.309		0		1		3.541	0.232	
Valine....g	6.170		0		1		6.602	0.432	
Arginine....g	4.812		0		1		5.149	0.337	
Histidine....g	1.872		0		1		2.003	0.131	
Alanine....g	5.313		0		1		5.685	0.372	
Aspartic acid....g	7.291		0		1		7.801	0.510	
Glutamic acid....g	11.496		0		1		12.301	0.805	
Glycine....g	3.085		0		1		3.301	0.216	
Proline....g	3.098		0		1		3.315	0.217	
Serine....g	6.078		0		1		6.503	0.425	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01136

Egg, white, dried, powder, glucose reduced

Common Measures:

Measure 1 = 107g: 1 cup, sifted

Measure 2 = 7.0g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01124
Egg, white, raw, fresh

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.57	0.124	12	A	1		212.78	28.90	
Energy	kcal	48		0	NC	4		117	16	
Energy	kJ	201		0	NC	4		488	66	
Protein	g	10.90	0.137	12	A	1		26.48	3.60	
Total lipid (fat)	g	0.17	0.018	12	A	1		0.41	0.06	
Ash	g	0.63	0.029	12	A	1		1.54	0.21	
Carbohydrate, by difference	g	0.73		0	NC	4		1.79	0.24	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.71		1	A	1		1.73	0.24	
Sucrose	g	0.07		1	A	1		0.18	0.02	
Glucose (dextrose)	g	0.34		1	A	1		0.83	0.11	
Fructose	g	0.07		1	A	1		0.18	0.02	
Lactose	g	0.07		1	A	1		0.18	0.02	
Maltose	g	0.07		1	A	1		0.18	0.02	
Galactose	g	0.07		1	A	1		0.18	0.02	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.320	12	A	1		16	2	
Iron, Fe	mg	0.08	0.004	12	A	1		0.19	0.03	
Magnesium, Mg	mg	11	0.178	12	A	1		26	4	
Phosphorus, P	mg	15	0.409	12	A	1		36	5	
Potassium, K	mg	163	1.848	12	A	1		395	54	
Sodium, Na	mg	166	1.842	12	A	1		404	55	
Zinc, Zn	mg	0.03	0.004	12	A	1		0.07	0.01	
Copper, Cu	mg	0.023	0.002	12	A	1		0.056	0.008	
Manganese, Mn	mg	0.011	0.000	12	A	1		0.027	0.004	
Selenium, Se	mcg	20.0	5.364	4	A	1		48.7	6.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.004		1	A	1		0.009	0.001	
Riboflavin	mg	0.439	0.008	12	A	1		1.066	0.145	
Niacin	mg	0.105	0.002	4	A	1		0.254	0.035	
Pantothenic acid	mg	0.190		1	A	1		0.461	0.063	
Vitamin B-6	mg	0.005		1	A	1		0.013	0.002	
Folate, total	mcg	4	0.000	4	A	1		11	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4	0.000	4	A	1		11	1	
Folate, DFE	mcg_DFE	4		0	NC	4		11	1	
Choline, total	mg	1.1	0.129	4	AS	1		2.8	0.4	
Betaine	mg	0.3	0.047	4	A	1		0.8	0.1	
Vitamin B-12	mcg	0.09	0.000	4	A	1		0.22	0.03	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01124
Egg, white, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	T	4		0	0	
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0	A	1		0.304	0.041	
Threonine.....g	0.449		0	A	1		1.090	0.148	
Isoleucine.....g	0.661		0	A	1		1.607	0.218	
Leucine.....g	1.016		0	A	1		2.469	0.335	
Lysine.....g	0.806		0	A	1		1.959	0.266	
Methionine.....g	0.399		0	A	1		0.969	0.132	
Cystine.....g	0.287		0	A	1		0.698	0.095	
Phenylalanine.....g	0.686		0	A	1		1.668	0.227	
Tyrosine.....g	0.457		0	A	1		1.110	0.151	
Valine.....g	0.809		0	A	1		1.966	0.267	
Arginine.....g	0.648		0	A	1		1.575	0.214	
Histidine.....g	0.290		0	A	1		0.705	0.096	
Alanine.....g	0.704		0	A	1		1.710	0.232	
Aspartic acid.....g	1.220		0	A	1		2.965	0.403	
Glutamic acid.....g	1.550		0	A	1		3.766	0.511	
Glycine.....g	0.413		0	A	1		1.004	0.136	
Proline.....g	0.435		0	A	1		1.057	0.144	
Serine.....g	0.798		0	A	1		1.939	0.263	
Hydroxyproline.....g									
Others:									

NDB No. 01124
Egg, white, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 33g: 1 large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01172
Egg, white, raw, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.55		2	A	1				
Energy....kcal	47		0	NC	4				
Energy....kJ	197				4				
Protein (N x 6.25)....g	9.80		2	A	1				
Total lipid (fat)....g	0.00		0	Z	7				
Ash....g	0.60		2	A	1				
Carbohydrate, by difference....g	1.05		0	NC	4				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2	A	1				
Iron, Fe....mg	0.05		2	A	1				
Magnesium, Mg....mg	10		2	A	1				
Phosphorus, P....mg	13		2	A	1				
Potassium, K....mg	136		2	A	1				
Sodium, Na....mg	158		2	A	1				
Zinc, Zn....mg	0.02		2	A	1				
Copper, Cu....mg	0.012		2	A	1				
Manganese, Mn....mg	0.007		2	A	1				
Selenium, Se....mcg	17.6	2.370	10	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.005		2	A	1				
Riboflavin....mg	0.400		2	A	1				
Niacin....mg	0.100		2	A	1				
Pantothenic acid....mg	0.155		2	A	1				
Vitamin B-6....mg	0.004		2	A	1				
Folate, total....mcg	3		2	A	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	3		2	A	1				
Folate, DFE....mcg_DFE	3		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.06		2	A	1				
Vitamin A, RAE....mcg_RAE	0		0	Z	7				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	Z	7				
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	Z	7				

NDB No. 01172
Egg, white, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		0	Z	7				
12:0....g	0.000		0	Z	7				
13:0....g									
14:0....g	0.000		0	Z	7				
15:0....g									
16:0....g	0.000		0	Z	7				
17:0....g									
18:0....g	0.000		0	Z	7				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7				
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7				
20:1....g	0.000		0	Z	7				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7				
18:2 undifferentiated....g	0.000		0	Z	7				
18:3 undifferentiated....g	0.000		0	Z	7				
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7				
20:5 n-3 (EPA)....g	0.000		0	Z	7				
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.121		0		1				
Threonine....g	0.445		0		1				
Isoleucine....g	0.554		0		1				
Leucine....g	0.826		0		1				
Lysine....g	0.666		0		1				
Methionine....g	0.337		0		1				
Cystine....g	0.254		0		1				
Phenylalanine....g	0.572		0		1				
Tyrosine....g	0.381		0		1				
Valine....g	0.624		0		1				
Arginine....g	0.533		0		1				
Histidine....g	0.221		0		1				
Alanine....g	0.566		0		1				
Aspartic acid....g	0.997		0		1				
Glutamic acid....g	1.301		0		1				
Glycine....g	0.343		0		1				
Proline....g	0.381		0		1				
Serine....g	0.676		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

NDB No. 01172
Egg, white, raw, frozen

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01128
Egg, whole, cooked, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.13		0	RA	4		31.80		
Energy	kcal	196		0	RA	4		90		
Energy	kJ	819		0	RA	4		377		
Protein	g	13.62		0	RA	4		6.26		
Total lipid (fat)	g	15.31		0	RA	4		7.04		
Ash	g	1.05		0	RA	4		0.48		
Carbohydrate, by difference	g	0.90		0	RA	4		0.41		
Fiber, total dietary	g	0.0		0	RA	4		0.0		
Sugars, total	g	0.83		0	RA	4		0.38		
Sucrose	g	0.12		0	RA	4		0.06		
Glucose (dextrose)	g	0.23		0	RA	4		0.10		
Fructose	g	0.12		0	RA	4		0.06		
Lactose	g	0.12		0	RA	4		0.06		
Maltose	g	0.12		0	RA	4		0.06		
Galactose	g	0.12		0	RA	4		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	59		0	RA	4		27		
Iron, Fe	mg	1.98		0	RA	4		0.91		
Magnesium, Mg	mg	13		0	RA	4		6		
Phosphorus, P	mg	208		0	RA	4		95		
Potassium, K	mg	147		0	RA	4		68		
Sodium, Na	mg	204		0	RA	4		94		
Zinc, Zn	mg	1.20		0	RA	4		0.55		
Copper, Cu	mg	0.111		0	RA	4		0.051		
Manganese, Mn	mg	0.041		0	RA	4		0.019		
Selenium, Se	mcg	34.2		0	RA	4		15.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.075		0	RA	4		0.034		
Riboflavin	mg	0.518		0	RA	4		0.239		
Niacin	mg	0.077		0	RA	4		0.035		
Pantothenic acid	mg	1.558		0	RA	4		0.717		
Vitamin B-6	mg	0.155		0	RA	4		0.071		
Folate, total	mcg	51		0	RA	4		23		
Folic acid	mcg	0		0	RA	4		0		
Folate, food	mcg	51		0	RA	4		23		
Folate, DFE	mcg_DFE	51		0	NC	4		23		
Choline, total	mg	272.6	15.428	4	AS	1		125.4		
Betaine	mg	0.7	0.097	4	A	1		0.3		
Vitamin B-12	mcg	1.39		0	RA	4		0.64		
Vitamin B-12, added	mcg	0.00		0	RA	4		0.00		
Vitamin A, RAE	mcg_RAE	198		0	RA	4		91		
Retinol	mcg	193		0	RA	4		89		
Carotene, beta	mcg	46		0	RA	4		21		
Carotene, alpha	mcg	0		0	RA	4		0		
Cryptoxanthin, beta	mcg	10		0	RA	4		4		
Vitamin A, IU	IU	729		0	NC	4		335		
Lycopene	mcg	0		0	RA	4		0		
Lutein + zeaxanthin	mcg	358		0	RA	4		164		
Vitamin E (alpha-tocopherol)	mg	1.22		0	RA	4		0.56		
Vitamin E, added	mg	0.00		0	RA	4		0.00		
Tocopherol, beta	mg	0.02		0	RA	4		0.01		
Tocopherol, gamma	mg	0.54		0	RA	4		0.25		
Tocopherol, delta	mg	0.02		0	RA	4		0.01		
Vitamin D (D2 + D3)	mcg	1.3		0	RA	4		0.6		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	1.3		0	RA	4		0.6		
Vitamin D.....IU	54		0	RA	4		25		
Vitamin K (phylloquinone).....mcg	5.6		0	RA	4		2.6		
Lipids:									
Fatty acids, total saturated.....g	4.294		0	RA	4		1.975		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.003		0	RA	4		0.001		
10:0.....g	0.003		0	RA	4		0.001		
12:0.....g	0.003		0	RA	4		0.001		
13:0.....g									
14:0.....g	0.048		0	RA	4		0.022		
15:0.....g	0.004		0	RA	4		0.002		
16:0.....g	2.949		0	RA	4		1.356		
17:0.....g	0.018		0	RA	4		0.008		
18:0.....g	1.238		0	RA	4		0.570		
20:0.....g	0.011		0	RA	4		0.005		
22:0.....g	0.013		0	RA	4		0.006		
24:0.....g	0.003		0	RA	4		0.001		
Fatty acids, total monounsaturated.....g	6.346		0	RA	4		2.919		
14:1.....g	0.009		0	RA	4		0.004		
15:1.....g									
16:1 undifferentiated.....g	0.333		0	RA	4		0.153		
17:1.....g									
18:1 undifferentiated.....g	5.971		0	RA	4		2.747		
20:1.....g	0.030		0	RA	4		0.014		
22:1 undifferentiated.....g	0.003		0	RA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.660		0	RA	4		1.224		
18:2 undifferentiated.....g	2.342		0	RA	4		1.077		
18:3 undifferentiated.....g	0.121		0	RA	4		0.056		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.153		0	RA	4		0.071		
20:5 n-3 (EPA).....g	0.004		0	RA	4		0.002		
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.040		0	RA	4		0.018		
Fatty acids, total trans.....g									
Cholesterol.....mg	457		0	RA	4		210		
Phytosterols.....mg	8		0	RA	4		4		
Amino Acids:									
Tryptophan.....g	0.180		0	RA	4		0.083		
Threonine.....g	0.601		0	RA	4		0.276		
Isoleucine.....g	0.726		0	RA	4		0.334		
Leucine.....g	1.174		0	RA	4		0.540		
Lysine.....g	0.986		0	RA	4		0.454		
Methionine.....g	0.410		0	RA	4		0.189		
Cystine.....g	0.294		0	RA	4		0.135		
Phenylalanine.....g	0.735		0	RA	4		0.338		
Tyrosine.....g	0.539		0	RA	4		0.248		
Valine.....g	0.928		0	RA	4		0.427		
Arginine.....g	0.887		0	RA	4		0.408		
Histidine.....g	0.334		0	RA	4		0.154		
Alanine.....g	0.794		0	RA	4		0.365		
Aspartic acid.....g	1.436		0	RA	4		0.661		
Glutamic acid.....g	1.809		0	RA	4		0.832		
Glycine.....g	0.467		0	RA	4		0.215		
Proline.....g	0.554		0	RA	4		0.255		
Serine.....g	1.050		0	RA	4		0.483		
Hydroxyproline.....g									
Others:									

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.62	0.140	14		1		101.48	6.34	37.31
Energy....kcal	155		0	NC	4		211	13	78
Energy....kJ	649		0		4		882	55	324
Protein (N x 6.25)....g	12.58	0.180	14		1		17.11	1.07	6.29
Total lipid (fat)....g	10.61	0.050	7		1		14.43	0.90	5.31
Ash....g	1.08	0.022	14		1		1.47	0.09	0.54
Carbohydrate, by difference....g	1.12		0	NC	4		1.52	0.10	0.56
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	1.12		0	NR	4		1.52	0.10	0.56
Starch....g									
Minerals:									
Calcium, Ca....mg	50	0.650	14		1		68	4	25
Iron, Fe....mg	1.19	0.047	14		1		1.62	0.10	0.60
Magnesium, Mg....mg	10	0.275	14		1		14	1	5
Phosphorus, P....mg	172	3.551	14		1		234	15	86
Potassium, K....mg	126	2.228	14		1		171	11	63
Sodium, Na....mg	124	1.845	14		1		169	11	62
Zinc, Zn....mg	1.05	0.047	14		1		1.43	0.09	0.53
Copper, Cu....mg	0.013	0.000	14		1		0.018	0.001	0.007
Manganese, Mn....mg	0.026	0.001	14		1		0.035	0.002	0.013
Selenium, Se....mcg	30.8	1.160	69	A	1		41.9	2.6	15.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	0.0
Thiamin....mg	0.066	0.003	14		1		0.090	0.006	0.033
Riboflavin....mg	0.513	0.010	14		1		0.698	0.044	0.257
Niacin....mg	0.064	0.002	14		1		0.087	0.005	0.032
Pantothenic acid....mg	1.398	0.028	14		1		1.901	0.119	0.699
Vitamin B-6....mg	0.121	0.003	14		1		0.165	0.010	0.061
Folate, total....mcg	44	2.248	14		1		60	4	22
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	44	2.248	14		1		60	4	22
Folate, DFE....mcg_DFE	44		0	NC	4		60	4	22
Choline, total....mg	225.3	9.741	4	AS	1		306.4	19.1	112.6
Betaine....mg	0.6	0.033	4	A	1		0.8	0.0	0.3
Vitamin B-12....mcg	1.11	0.060	14		1		1.51	0.09	0.56
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	149		0	NC	4		203	13	75
Retinol....mcg	148		0	BFFN	4		201	13	74
Carotene, beta....mcg	11		0	BFFN	4		15	1	5
Carotene, alpha....mcg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta....mcg	10		0	BFFN	4		13	1	5
Vitamin A, IU....IU	520		0	NC	4		707	44	260
Lycopene....mcg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin....mcg	353		0	BFFN	4		481	30	177
Vitamin E (alpha-tocopherol)....mg	1.03		0	BFFN	4		1.40	0.09	0.52
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		0	AS	1		1.8	0.1	0.7
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3		0	BFFN	4		1.8	0.1	0.7
Vitamin D....IU	53		0	BFFN	4		72	5	27
Vitamin K (phylloquinone)....mcg	0.3		0	BFFN	4		0.4	0.0	0.2
Lipids:									
Fatty acids, total saturated....g	3.267		0		1		4.443	0.278	1.634
4:0....g	0.000		0		1		0.000	0.000	0.000

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.003		37		1		0.004	0.000	0.002
10:0 g	0.003		37		1		0.004	0.000	0.002
12:0 g	0.003		37		1		0.004	0.000	0.002
13:0 g									
14:0 g	0.035		37		1		0.048	0.003	0.018
15:0 g									
16:0 g	2.349		37		1		3.195	0.200	1.175
17:0 g									
18:0 g	0.828		37		1		1.126	0.070	0.414
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.077		0		1		5.545	0.347	2.039
14:1 g									
15:1 g									
16:1 undifferentiated g	0.310		37		1		0.422	0.026	0.155
17:1 g									
18:1 undifferentiated g	3.725		37		1		5.066	0.317	1.863
20:1 g	0.030		37		1		0.041	0.003	0.015
22:1 undifferentiated g	0.003		37		1		0.004	0.000	0.002
24:1 c g									
Fatty acids, total polyunsaturated g	1.414		0		1		1.923	0.120	0.707
18:2 undifferentiated g	1.188		37		1		1.616	0.101	0.594
18:3 undifferentiated g	0.035		37		1		0.048	0.003	0.018
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.149		37		1		0.203	0.013	0.075
20:5 n-3 (EPA) g	0.005		37		1		0.007	0.000	0.003
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.038		37		1		0.052	0.003	0.019
Fatty acids, total trans g									
Cholesterol mg	424	4.337	7		1		577	36	212
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.153		0		1		0.208	0.013	0.077
Threonine g	0.604		0		1		0.821	0.051	0.302
Isoleucine g	0.686		0		1		0.933	0.058	0.343
Leucine g	1.075		0		1		1.462	0.091	0.538
Lysine g	0.904		0		1		1.229	0.077	0.452
Methionine g	0.392		0		1		0.533	0.033	0.196
Cystine g	0.292		0		1		0.397	0.025	0.146
Phenylalanine g	0.668		0		1		0.908	0.057	0.334
Tyrosine g	0.513		0		1		0.698	0.044	0.257
Valine g	0.767		0		1		1.043	0.065	0.384
Arginine g	0.755		0		1		1.027	0.064	0.378
Histidine g	0.298		0		1		0.405	0.025	0.149
Alanine g	0.700		0		1		0.952	0.060	0.350
Aspartic acid g	1.264		0		1		1.719	0.107	0.632
Glutamic acid g	1.644		0		1		2.236	0.140	0.822
Glycine g	0.423		0		1		0.575	0.036	0.212
Proline g	0.501		0		1		0.681	0.043	0.251
Serine g	0.936		0		1		1.273	0.080	0.468
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01129

Egg, whole, cooked, hard-boiled

Common Measures:

Measure 1 = 136g: 1 cup, chopped

Measure 2 = 8.5g: 1 tbsp

Measure 3 = 50g: 1 large

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01130
Egg, whole, cooked, omelet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.87		0	RA	4		11.38	46.28	
Energy....kcal	157		0	NC	4		24	96	
Energy....kJ	658		0	NC	4		99	401	
Protein (N x 6.25)....g	10.57		0	RA	4		1.59	6.45	
Total lipid (fat)....g	12.03		0	RA	4		1.80	7.34	
Ash....g	0.84		0	RA	4		0.13	0.51	
Carbohydrate, by difference....g	0.69		0	RA	4		0.10	0.42	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.65		0	RA	4		0.10	0.39	
Sucrose....g	0.09		0	RA	4		0.01	0.06	
Glucose (dextrose)....g	0.18		0	RA	4		0.03	0.11	
Fructose....g	0.09		0	RA	4		0.01	0.06	
Lactose....g	0.09		0	RA	4		0.01	0.06	
Maltose....g	0.09		0	RA	4		0.01	0.06	
Galactose....g	0.09		0	RA	4		0.01	0.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	46		0	RA	4		7	28	
Iron, Fe....mg	1.55		0	RA	4		0.23	0.94	
Magnesium, Mg....mg	10		0	RA	4		2	6	
Phosphorus, P....mg	161		0	RA	4		24	98	
Potassium, K....mg	113		0	RA	4		17	69	
Sodium, Na....mg	161		0	RA	4		24	98	
Zinc, Zn....mg	0.93		0	RA	4		0.14	0.57	
Copper, Cu....mg	0.088		0	RA	4		0.013	0.054	
Manganese, Mn....mg	0.032		0	RA	4		0.005	0.020	
Selenium, Se....mcg	26.7		0	RA	4		4.0	16.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.058		0	RA	4		0.009	0.036	
Riboflavin....mg	0.404		0	RA	4		0.061	0.246	
Niacin....mg	0.060		0	RA	4		0.009	0.037	
Pantothenic acid....mg	1.210		0	RA	4		0.181	0.738	
Vitamin B-6....mg	0.121		0	RA	4		0.018	0.074	
Folate, total....mcg	39		0	RA	4		6	24	
Folic acid....mcg	0		0	RA	4		0	0	
Folate, food....mcg	39		0	RA	4		6	24	
Folate, DFE....mcg_DFE	39		0	NC	4		6	24	
Choline, total....mg	211.7		0	RA	4		31.8	129.1	
Betaine....mg	0.5		0	RA	4		0.1	0.3	
Vitamin B-12....mcg	1.09		0	RA	4		0.16	0.66	
Vitamin B-12, added....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	155		0	NC	4		23	95	
Retinol....mcg	152		0	RA	4		23	92	
Carotene, beta....mcg	36		0	RA	4		5	22	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	8		0	RA	4		1	5	
Vitamin A, IU....IU	572		0	NC	4		86	349	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	279		0	RA	4		42	170	
Vitamin E (alpha-tocopherol)....mg	1.22		0	RA	4		0.18	0.75	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.03		0	RA	4		0.00	0.02	
Tocopherol, gamma....mg	2.41		0	RA	4		0.36	1.47	
Tocopherol, delta....mg	0.71		0	RA	4		0.11	0.43	
Vitamin D (D2 + D3)....mcg	1.0		0	RA	4		0.2	0.6	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.0		0	RA	4		0.2	0.6	
Vitamin D....IU	42		0	RA	4		6	26	
Vitamin K (phylloquinone)....mcg	4.5		0	RA	4		0.7	2.7	
Lipids:									
Fatty acids, total saturated....g	3.296		0	RA	4		0.494	2.011	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.003		0	RA	4		0.000	0.002	
10:0....g	0.003		0	RA	4		0.000	0.002	
12:0....g	0.003		0	RA	4		0.000	0.002	
13:0....g									
14:0....g	0.031		0	RA	4		0.005	0.019	
15:0....g	0.004		0	RA	4		0.001	0.002	
16:0....g	2.255		0	RA	4		0.338	1.376	
17:0....g	0.017		0	RA	4		0.003	0.011	
18:0....g	0.940		0	RA	4		0.141	0.573	
20:0....g	0.020		0	RA	4		0.003	0.012	
22:0....g	0.015		0	RA	4		0.002	0.009	
24:0....g	0.006		0	RA	4		0.001	0.004	
Fatty acids, total monounsaturated....g	4.971		0	RA	4		0.746	3.032	
14:1....g	0.007		0	RA	4		0.001	0.004	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.253		0	RA	4		0.038	0.154	
17:1....g	0.001		0	RA	4		0.000	0.001	
18:1 undifferentiated....g	4.678		0	RA	4		0.702	2.854	
20:1....g	0.030		0	RA	4		0.004	0.018	
22:1 undifferentiated....g	0.003		0	RA	4		0.000	0.002	
24:1 c....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	2.252		0	RA	4		0.338	1.374	
18:2 undifferentiated....g	1.977		0	RA	4		0.297	1.206	
18:3 undifferentiated....g	0.120		0	RA	4		0.018	0.073	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RA	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:4 undifferentiated....g	0.119		0	RA	4		0.018	0.073	
20:5 n-3 (EPA)....g	0.003		0	RA	4		0.001	0.002	
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.031		0	RA	4		0.005	0.019	
Fatty acids, total trans....g	0.677		0	RA	4		0.102	0.413	
Cholesterol....mg	356		0	RA	4		53	217	
Phytosterols....mg									
Stigmasterol....mg	2		0	RA	4		0	1	
Campesterol....mg	3		0	RA	4		1	2	
Beta-sitosterol....mg	12		0	RA	4		2	8	
Amino Acids:									
Tryptophan....g	0.140		0	RA	4		0.021	0.086	
Threonine....g	0.468		0	RA	4		0.070	0.285	
Isoleucine....g	0.565		0	RA	4		0.085	0.345	
Leucine....g	0.915		0	RA	4		0.137	0.558	
Lysine....g	0.768		0	RA	4		0.115	0.469	
Methionine....g	0.320		0	RA	4		0.048	0.195	
Cystine....g	0.229		0	RA	4		0.034	0.140	
Phenylalanine....g	0.572		0	RA	4		0.086	0.349	
Tyrosine....g	0.420		0	RA	4		0.063	0.256	
Valine....g	0.723		0	RA	4		0.108	0.441	
Arginine....g	0.691		0	RA	4		0.104	0.421	
Histidine....g	0.260		0	RA	4		0.039	0.159	
Alanine....g	0.619		0	RA	4		0.093	0.377	
Aspartic acid....g	1.119		0	RA	4		0.168	0.682	
Glutamic acid....g	1.409		0	RA	4		0.211	0.859	
Glycine....g	0.363		0	RA	4		0.055	0.222	
Proline....g	0.431		0	RA	4		0.065	0.263	

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.818		0	RA	4		0.123	0.499	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 61g: 1 large

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01131
Egg, whole, cooked, poached

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.54		0	RK	4		37.77		
Energy....kcal	142		0	RK	4		71		
Energy....kJ	595		0	RK	4		298		
Protein....g	12.52		0	RK	4		6.26		
Total lipid (fat)....g	9.90		0	RK	4		4.95		
Ash....g	1.26		0	RK	4		0.63		
Carbohydrate, by difference....g	0.78		0	RK	4		0.39		
Fiber, total dietary....g	0.0		0	RK	4		0.0		
Sugars, total....g	0.77		0	RK	4		0.38		
Sucrose....g	0.11		0	RK	4		0.06		
Glucose (dextrose)....g	0.21		0	RK	4		0.10		
Fructose....g	0.11		0	RK	4		0.06		
Lactose....g	0.11		0	RK	4		0.06		
Maltose....g	0.11		0	RK	4		0.06		
Galactose....g	0.11		0	RK	4		0.06		
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0	RK	4		27		
Iron, Fe....mg	1.83		0	RK	4		0.91		
Magnesium, Mg....mg	12		0	RK	4		6		
Phosphorus, P....mg	190		0	RK	4		95		
Potassium, K....mg	133		0	RK	4		67		
Sodium, Na....mg	294		0	RK	4		147		
Zinc, Zn....mg	1.10		0	RK	4		0.55		
Copper, Cu....mg	0.102		0	RK	4		0.051		
Manganese, Mn....mg	0.039		0	RK	4		0.019		
Selenium, Se....mcg	31.6		0	RK	4		15.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RK	4		0.0		
Thiamin....mg	0.055		0	RK	4		0.027		
Riboflavin....mg	0.405		0	RK	4		0.202		
Niacin....mg	0.059		0	RK	4		0.030		
Pantothenic acid....mg	1.433		0	RK	4		0.716		
Vitamin B-6....mg	0.121		0	RK	4		0.061		
Folate, total....mcg	35		0	RK	4		17		
Folic acid....mcg	0		0	RK	4		0		
Folate, food....mcg	35		0	RK	4		17		
Folate, DFE....mcg_DFE	35		0	NC	4		17		
Choline, total....mg	200.1		0	RK	4		100.0		
Betaine....mg	0.6		0	RK	4		0.3		
Vitamin B-12....mcg	1.28		0	NR	4		0.64		
Vitamin B-12, added....mcg	0.00		0	RK	4		0.00		
Vitamin A, RAE....mcg_RAE	139		0	RK	4		70		
Retinol....mcg	138		0	RK	4		69		
Carotene, beta....mcg	10		0	RK	4		5		
Carotene, alpha....mcg	0		0	RK	4		0		
Cryptoxanthin, beta....mcg	9		0	RK	4		4		
Vitamin A, IU....IU	485		0	RK	4		243		
Lycopene....mcg	0		0	RK	4		0		
Lutein + zeaxanthin....mcg	330		0	RK	4		165		
Vitamin E (alpha-tocopherol)....mg	0.96		0	RK	4		0.48		
Vitamin E, added....mg	0.00		0	RK	4		0.00		
Tocopherol, beta....mg	0.02		0	RK	4		0.01		
Tocopherol, gamma....mg	0.50		0	RK	4		0.25		
Tocopherol, delta....mg	0.02		0	RK	4		0.01		
Vitamin D (D2 + D3)....mcg	1.2		0	RK	4		0.6		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.2		0	RK	4		0.6		
Vitamin D....IU	50		0	RK	4		25		
Vitamin K (phylloquinone)....mcg	0.3		0	RK	4		0.1		
Lipids:									
Fatty acids, total saturated....g	3.087		0	RK	4		1.543		
4:0....g	0.000		0	RK	4		0.000		
6:0....g	0.000		0	RK	4		0.000		
8:0....g	0.003		0	RK	4		0.002		
10:0....g	0.003		0	RK	4		0.002		
12:0....g	0.003		0	RK	4		0.002		
13:0....g									
14:0....g	0.034		0	RK	4		0.017		
15:0....g	0.004		0	RK	4		0.002		
16:0....g	2.217		0	RK	4		1.109		
17:0....g	0.017		0	RK	4		0.008		
18:0....g	0.781		0	RK	4		0.390		
20:0....g	0.010		0	RK	4		0.005		
22:0....g	0.012		0	RK	4		0.006		
24:0....g	0.003		0	RK	4		0.001		
Fatty acids, total monounsaturated....g	3.795		0	RK	4		1.897		
14:1....g	0.008		0	RK	4		0.004		
15:1....g									
16:1 undifferentiated....g	0.297		0	RK	4		0.148		
17:1....g									
18:1 undifferentiated....g	3.459		0	RK	4		1.730		
20:1....g	0.028		0	RK	4		0.014		
22:1 undifferentiated....g	0.003		0	RK	4		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.359		0	RK	4		0.679		
18:2 undifferentiated....g	1.143		0	RK	4		0.572		
18:3 undifferentiated....g	0.033		0	RK	4		0.016		
18:4....g	0.000		0	RK	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.141		0	RK	4		0.071		
20:5 n-3 (EPA)....g	0.004		0	RK	4		0.002		
22:5 n-3 (DPA)....g	0.000		0	RK	4		0.000		
22:6 n-3 (DHA)....g	0.037		0	RK	4		0.018		
Fatty acids, total trans....g									
Cholesterol....mg	422		0	RK	4		211		
Phytosterols....mg	0		0	RK	4		0		
Amino Acids:									
Tryptophan....g	0.166		0	RKA	1		0.083		
Threonine....g	0.554		0	RKA	1		0.277		
Isoleucine....g	0.670		0	RKA	1		0.335		
Leucine....g	1.083		0	RKA	1		0.542		
Lysine....g	0.910		0	RKA	1		0.455		
Methionine....g	0.379		0	RKA	1		0.189		
Cystine....g	0.271		0	RKA	1		0.136		
Phenylalanine....g	0.678		0	RKA	1		0.339		
Tyrosine....g	0.498		0	RKA	1		0.249		
Valine....g	0.856		0	RKA	1		0.428		
Arginine....g	0.818		0	RKA	1		0.409		
Histidine....g	0.308		0	RKA	1		0.154		
Alanine....g	0.733		0	RKA	1		0.366		
Aspartic acid....g	1.325		0	RKA	1		0.662		
Glutamic acid....g	1.669		0	RKA	1		0.834		
Glycine....g	0.430		0	RKA	1		0.215		
Proline....g	0.511		0	RKA	1		0.255		
Serine....g	0.969		0	RKA	1		0.484		
Hydroxyproline....g									
Others:									

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	RK	4		0.0		
Caffeine.....mg	0		0	RK	4		0		
Theobromine.....mg	0		0	RK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01132
Egg, whole, cooked, scrambled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.15		0		1		160.93	10.02	44.62
Energy	kcal	167		0	NC	4		366	23	102
Energy	kJ	697		0	NC	4		1533	95	425
Protein (N x 6.25)	g	11.09		0		1		24.40	1.52	6.76
Total lipid (fat)	g	12.21		0		1		26.86	1.67	7.45
Ash	g	1.36		0		1		2.99	0.19	0.83
Carbohydrate, by difference	g	2.20		0	NC	4		4.84	0.30	1.34
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	1.73		0	RA	4		3.80	0.24	1.05
Sucrose	g	0.08		0	RA	4		0.18	0.01	0.05
Glucose (dextrose)	g	0.16		0	RA	4		0.34	0.02	0.09
Fructose	g	0.08		0	RA	4		0.18	0.01	0.05
Lactose	g	1.19		0	RA	4		2.63	0.16	0.73
Maltose	g	0.08		0	RA	4		0.18	0.01	0.05
Galactose	g	0.08		0	RA	4		0.18	0.01	0.05
Starch	g									
Minerals:										
Calcium, Ca	mg	71		0		1		156	10	43
Iron, Fe	mg	1.20		0		1		2.64	0.16	0.73
Magnesium, Mg	mg	12		0		1		26	2	7
Phosphorus, P	mg	170		0		1		374	23	104
Potassium, K	mg	138		0		1		304	19	84
Sodium, Na	mg	280		0		1		616	38	171
Zinc, Zn	mg	1.00		0		1		2.20	0.14	0.61
Copper, Cu	mg	0.014		0		1		0.031	0.002	0.009
Manganese, Mn	mg	0.022		0		1		0.048	0.003	0.013
Selenium, Se	mcg	22.5	1.102	33	A	1		49.5	3.1	13.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.4	0.0	0.1
Thiamin	mg	0.052		0		1		0.114	0.007	0.032
Riboflavin	mg	0.437		0		1		0.961	0.060	0.267
Niacin	mg	0.079		0		1		0.174	0.011	0.048
Pantothenic acid	mg	1.007		0		1		2.215	0.138	0.614
Vitamin B-6	mg	0.118		0		1		0.260	0.016	0.072
Folate, total	mcg	30		0		1		66	4	18
Folic acid	mcg	0		0	RA	4		0	0	0
Folate, food	mcg	30		0		1		66	4	18
Folate, DFE	mcg_DFE	30		0	NC	4		66	4	18
Choline, total	mg	189.5		0	RA	4		416.8	26.0	115.6
Betaine	mg	0.6		0	RA	4		1.3	0.1	0.4
Vitamin B-12	mcg	0.77		0		1		1.69	0.11	0.47
Vitamin B-12, added	mcg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	146		0	NC	4		322	20	89
Retinol	mcg	143		0	RA	4		315	20	87
Carotene, beta	mcg	33		0	RA	4		73	5	20
Carotene, alpha	mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta	mcg	7		0	RA	4		15	1	4
Vitamin A, IU	IU	539		0	NC	4		1186	74	329
Lycopene	mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin	mcg	245		0	RA	4		539	34	150
Vitamin E (alpha-tocopherol)	mg	1.09		0	RA	4		2.40	0.15	0.67
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.03		0	RA	4		0.06	0.00	0.02
Tocopherol, gamma	mg	2.12		0	RA	4		4.67	0.29	1.29
Tocopherol, delta	mg	0.63		0	RA	4		1.38	0.09	0.38
Vitamin D (D2 + D3)	mcg	1.2		0	RA	4		2.6	0.2	0.7
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.2		0	RA	4		2.6	0.2	0.7
Vitamin D....IU	48		0	RA	4		106	7	29
Vitamin K (phylloquinone)....mcg	4.0		0	RA	4		8.8	0.5	2.4
Lipids:									
Fatty acids, total saturated....g	3.679		0		1		8.094	0.504	2.244
4:0....g	0.026		0		1		0.057	0.004	0.016
6:0....g	0.016		0		1		0.035	0.002	0.010
8:0....g	0.012		0		1		0.026	0.002	0.007
10:0....g	0.024		0		1		0.053	0.003	0.015
12:0....g	0.027		0		1		0.059	0.004	0.016
13:0....g									
14:0....g	0.122		0		1		0.268	0.017	0.074
15:0....g									
16:0....g	2.434		0		1		5.355	0.333	1.485
17:0....g									
18:0....g	0.981		0		1		2.158	0.134	0.598
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.768		0		1		10.490	0.653	2.908
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.263		0		1		0.579	0.036	0.160
17:1....g									
18:1 undifferentiated....g	4.473		0		1		9.841	0.613	2.729
20:1....g	0.023		0		1		0.051	0.003	0.014
22:1 undifferentiated....g	0.002		0		1		0.004	0.000	0.001
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.148		0		1		4.726	0.294	1.310
18:2 undifferentiated....g	1.916		0		1		4.215	0.262	1.169
18:3 undifferentiated....g	0.083		0		1		0.183	0.011	0.051
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.116		0		1		0.255	0.016	0.071
20:5 n-3 (EPA)....g	0.003		0		1		0.007	0.000	0.002
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.030		0		1		0.066	0.004	0.018
Fatty acids, total trans....g									
Cholesterol....mg	352		0		1		774	48	215
Phytosterols....mg									
Stigmasterol....mg	1		0	RA	4		3	0	1
Campesterol....mg	3		0	RA	4		7	0	2
Beta-sitosterol....mg	11		0	RA	4		24	2	7
Amino Acids:									
Tryptophan....g	0.136		0		1		0.299	0.019	0.083
Threonine....g	0.528		0		1		1.162	0.072	0.322
Isoleucine....g	0.608		0		1		1.338	0.083	0.371
Leucine....g	0.954		0		1		2.099	0.131	0.582
Lysine....g	0.800		0		1		1.760	0.110	0.488
Methionine....g	0.340		0		1		0.748	0.047	0.207
Cystine....g	0.245		0		1		0.539	0.034	0.149
Phenylalanine....g	0.583		0		1		1.283	0.080	0.356
Tyrosine....g	0.457		0		1		1.005	0.063	0.279
Valine....g	0.678		0		1		1.492	0.093	0.414
Arginine....g	0.644		0		1		1.417	0.088	0.393
Histidine....g	0.264		0		1		0.581	0.036	0.161
Alanine....g	0.598		0		1		1.316	0.082	0.365
Aspartic acid....g	1.090		0		1		2.398	0.149	0.665
Glutamic acid....g	1.508		0		1		3.318	0.207	0.920
Glycine....g	0.361		0		1		0.794	0.049	0.220
Proline....g	0.487		0		1		1.071	0.067	0.297
Serine....g	0.806		0		1		1.773	0.110	0.492

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.7g: 1 tbsp

Measure 3 = 61g: 1 large

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01133
Egg, whole, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10		2	A	1		2.64	0.16	
Energy....kcal	594		0	NC	4		505	30	
Energy....kJ	2485		0		4		2113	124	
Protein (N x 6.25)....g	47.35		2	A	1		40.25	2.37	
Total lipid (fat)....g	40.95		2	A	1		34.81	2.05	
Ash....g	3.65		2	A	1		3.10	0.18	
Carbohydrate, by difference....g	4.95		0	NC	4		4.21	0.25	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	3.08		0	BFSN	4		2.62	0.15	
Starch....g									
Minerals:									
Calcium, Ca....mg	231		2	A	1		196	12	
Iron, Fe....mg	6.79		2	A	1		5.77	0.34	
Magnesium, Mg....mg	42		2	A	1		36	2	
Phosphorus, P....mg	831		2	A	1		706	42	
Potassium, K....mg	493		2	A	1		419	25	
Sodium, Na....mg	523		2	A	1		445	26	
Zinc, Zn....mg	5.28		2	A	1		4.49	0.26	
Copper, Cu....mg	0.196		2	A	1		0.167	0.010	
Manganese, Mn....mg	0.125		2	A	1		0.106	0.006	
Selenium, Se....mcg	119.6		0	BFAN	4		101.7	6.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.195		2	A	1		0.166	0.010	
Riboflavin....mg	1.540		2	A	1		1.309	0.077	
Niacin....mg	0.305		2	A	1		0.259	0.015	
Pantothenic acid....mg	5.905		2	A	1		5.019	0.295	
Vitamin B-6....mg	0.388		2	A	1		0.330	0.019	
Folate, total....mcg	171		2	A	1		145	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	171		2	A	1		145	9	
Folate, DFE....mcg_DFE	171		0	NC	4		145	9	
Choline, total....mg	1007.2		0	BFSN	4		856.2	50.4	
Betaine....mg									
Vitamin B-12....mcg	3.95		2	A	1		3.36	0.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	275		0	NC	4		234	14	
Retinol....mcg	270		0	T	4		230	14	
Carotene, beta....mcg	41		0	BFSN	4		34	2	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	36		0	BFSN	4		30	2	
Vitamin A, IU....IU	997		0	NC	4		848	50	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	1329		0	BFSN	4		1129	66	
Vitamin E (alpha-tocopherol)....mg	3.88		0	BFSN	4		3.30	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.9		0	AS	1		4.2	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	4.9		0	BFNN	4		4.2	0.2	
Vitamin D....IU	196		0	BFNN	4		166	10	
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		1.0	0.1	
Lipids:									
Fatty acids, total saturated....g	12.727		0	A	1		10.818	0.636	
4:0....g	0.000		0	A	1		0.000	0.000	

NDB No. 01133
Egg, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	A	1		0.000	0.000	
8:0 g	0.000		0	A	1		0.000	0.000	
10:0 g	0.000		0	A	1		0.000	0.000	
12:0 g	0.000		0	A	1		0.000	0.000	
13:0 g									
14:0 g	0.139		2	A	1		0.118	0.007	
15:0 g									
16:0 g	9.233		2	A	1		7.848	0.462	
17:0 g									
18:0 g	3.291		2	A	1		2.797	0.165	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	15.337		0	A	1		13.036	0.767	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.009		2	A	1		0.858	0.050	
17:1 g									
18:1 undifferentiated g	14.162		2	A	1		12.038	0.708	
20:1 g	0.116		2	A	1		0.099	0.006	
22:1 undifferentiated g	0.000		0	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.804		0	A	1		4.933	0.290	
18:2 undifferentiated g	4.614		2	A	1		3.922	0.231	
18:3 undifferentiated g	0.111		2	A	1		0.094	0.006	
18:4 g	0.056		2	A	1		0.048	0.003	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.569		2	A	1		0.484	0.028	
20:5 n-3 (EPA) g	0.278		2	A	1		0.236	0.014	
22:5 n-3 (DPA) g	0.000		0	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.176		2	A	1		0.150	0.009	
Fatty acids, total trans g									
Cholesterol mg	1715		2	A	1		1458	86	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.576		0	A	1		0.490	0.029	
Threonine g	2.273		0	A	1		1.932	0.114	
Isoleucine g	2.583		0	A	1		2.196	0.129	
Leucine g	4.046		0	A	1		3.439	0.202	
Lysine g	3.402		0	A	1		2.892	0.170	
Methionine g	1.477		0	A	1		1.255	0.074	
Cystine g	1.099		0	A	1		0.934	0.055	
Phenylalanine g	2.515		0	A	1		2.138	0.126	
Tyrosine g	1.932		0	A	1		1.642	0.097	
Valine g	2.886		0	A	1		2.453	0.144	
Arginine g	2.841		0	A	1		2.415	0.142	
Histidine g	1.121		0	A	1		0.953	0.056	
Alanine g	2.636		0	A	1		2.241	0.132	
Aspartic acid g	4.758		0	A	1		4.044	0.238	
Glutamic acid g	6.190		0	A	1		5.262	0.310	
Glycine g	1.591		0	A	1		1.352	0.080	
Proline g	1.886		0	A	1		1.603	0.094	
Serine g	3.523		0	A	1		2.995	0.176	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01133
Egg, whole, dried

Common Measures:

Measure 1 = 85g: 1 cup, sifted

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.87	0.099	14		1		1.59	0.09	
Energy....kcal	615		0	NC	4		523	31	
Energy....kJ	2574				4		2188	129	
Protein (N x 6.25)....g	48.17		0		1		40.94	2.41	
Total lipid (fat)....g	43.95		0		1		37.36	2.20	
Ash....g	3.63		0		1		3.09	0.18	
Carbohydrate, by difference....g	2.38		0	NC	4		2.02	0.12	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	222		0		1		189	11	
Iron, Fe....mg	8.28		0		1		7.04	0.41	
Magnesium, Mg....mg	49		0		1		41	2	
Phosphorus, P....mg	715		0		1		607	36	
Potassium, K....mg	515		0		1		438	26	
Sodium, Na....mg	548		0		1		466	27	
Zinc, Zn....mg	5.71		0		1		4.85	0.29	
Copper, Cu....mg	0.270		0		1		0.230	0.014	
Manganese, Mn....mg	0.150		0		1		0.128	0.008	
Selenium, Se....mcg	121.1		0	BFSN	4		102.9	6.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.325		0		1		0.276	0.016	
Riboflavin....mg	1.232		0		1		1.047	0.062	
Niacin....mg	0.259		0		1		0.220	0.013	
Pantothenic acid....mg	6.710		0		1		5.704	0.336	
Vitamin B-6....mg	0.420		0		1		0.357	0.021	
Folate, total....mcg	193		0		1		164	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	193		0		1		164	10	
Folate, DFE....mcg_DFE	193		0	NC	4		164	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	10.51		0		1		8.94	0.53	
Vitamin A, RAE....mcg_RAE	616		0		1		523	31	
Retinol....mcg	616		0		1		523	31	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	2050		0		1		1743	103	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.198		0		1		11.218	0.660	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.120		42		1		0.102	0.006	
15:0 g									
16:0 g	9.703		69		1		8.248	0.485	
17:0 g									
18:0 g	3.374		69		1		2.868	0.169	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	17.564		0		1		14.929	0.878	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.463		69		1		1.244	0.073	
17:1 g									
18:1 undifferentiated g	16.102		69		1		13.687	0.805	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.713		0		1		4.856	0.286	
18:2 undifferentiated g	4.881		69		1		4.149	0.244	
18:3 undifferentiated g	0.124		32		1		0.105	0.006	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.368		47		1		0.313	0.018	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	2017		0		1		1714	101	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.771		0		1		0.655	0.039	
Threonine g	2.366		0		1		2.011	0.118	
Isoleucine g	3.014		0		1		2.562	0.151	
Leucine g	4.231		0		1		3.596	0.212	
Lysine g	3.252		0		1		2.764	0.163	
Methionine g	1.557		0		1		1.323	0.078	
Cystine g	1.148		0		1		0.976	0.057	
Phenylalanine g	2.721		0		1		2.313	0.136	
Tyrosine g	2.004		0		1		1.703	0.100	
Valine g	3.468		0		1		2.948	0.173	
Arginine g	3.083		0		1		2.621	0.154	
Histidine g	1.164		0		1		0.989	0.058	
Alanine g	2.813		0		1		2.391	0.141	
Aspartic acid g	4.778		0		1		4.061	0.239	
Glutamic acid g	6.135		0		1		5.215	0.307	
Glycine g	1.603		0		1		1.363	0.080	
Proline g	1.911		0		1		1.624	0.096	
Serine g	3.661		0		1		3.112	0.183	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 cup, sifted

Measure 2 = 5.0g: 1 tbsp

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01123
Egg, whole, raw, fresh

Refuse: 12% Shell

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.84	0.103	23	A	1		184.30	42.47	47.78
Energy	kcal	143		0	NC	4		347	80	90
Energy	kJ	598		0	NC	4		1453	335	377
Protein	g	12.57	0.043	31	A	1		30.53	7.04	7.92
Total lipid (fat)	g	9.94	0.136	23	A	1		24.16	5.57	6.26
Ash	g	0.86	0.012	23	A	1		2.10	0.48	0.54
Carbohydrate, by difference	g	0.78		0	NC	4		1.90	0.44	0.49
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total	g	0.77		2	A	1		1.87	0.43	0.48
Sucrose	g	0.11		2	A	1		0.27	0.06	0.07
Glucose (dextrose)	g	0.21		2	A	1		0.51	0.12	0.13
Fructose	g	0.11		2	A	1		0.27	0.06	0.07
Lactose	g	0.11		2	A	1		0.27	0.06	0.07
Maltose	g	0.11		2	A	1		0.27	0.06	0.07
Galactose	g	0.11		2	A	1		0.27	0.06	0.07
Starch	g									
Minerals:										
Calcium, Ca	mg	53	0.711	23	A	1		129	30	33
Iron, Fe	mg	1.83	0.043	23	A	1		4.46	1.03	1.16
Magnesium, Mg	mg	12	0.112	23	A	1		29	7	7
Phosphorus, P	mg	191	2.666	23	A	1		464	107	120
Potassium, K	mg	134	3.008	23	A	1		325	75	84
Sodium, Na	mg	140	0.999	23	A	1		339	78	88
Zinc, Zn	mg	1.11	0.049	23	A	1		2.69	0.62	0.70
Copper, Cu	mg	0.102	0.011	23	A	1		0.249	0.057	0.065
Manganese, Mn	mg	0.038	0.001	23	A	1		0.093	0.021	0.024
Selenium, Se	mcg	31.7	4.518	4	A	1		77.1	17.8	20.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin	mg	0.069	0.003	8	A	1		0.167	0.039	0.043
Riboflavin	mg	0.478	0.010	23	A	1		1.162	0.268	0.301
Niacin	mg	0.070	0.004	4	A	1		0.170	0.039	0.044
Pantothenic acid	mg	1.438		2	A	1		3.495	0.806	0.906
Vitamin B-6	mg	0.143		1	A	1		0.347	0.080	0.090
Folate, total	mcg	47	4.966	23	A	1		114	26	30
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	47	4.966	23	A	1		114	26	30
Folate, DFE	mcg_DFE	47		0	NC	4		114	26	30
Choline, total	mg	251.1		0	AS	1		610.2	140.6	158.2
Betaine	mg	0.6	0.040	15	A	1		1.4	0.3	0.4
Vitamin B-12	mcg	1.29	0.131	23	A	1		3.12	0.72	0.81
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	140		0	AS	1		340	78	88
Retinol	mcg	139	9.245	8	A	1		337	78	87
Carotene, beta	mcg	10	2.767	5	A	1		25	6	6
Carotene, alpha	mcg	0	0.000	5	A	1		0	0	0
Cryptoxanthin, beta	mcg	9	2.236	5	A	1		22	5	6
Vitamin A, IU	IU	487		0	AS	1		1183	273	307
Lycopene	mcg	0	0.000	5	A	1		0	0	0
Lutein + zeaxanthin	mcg	331		0	NR	4		805	186	209
Vitamin E (alpha-tocopherol)	mg	0.97	0.058	6	A	1		2.35	0.54	0.61
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.02	0.004	8	A	1		0.04	0.01	0.01
Tocopherol, gamma	mg	0.50	0.031	8	A	1		1.21	0.28	0.31
Tocopherol, delta	mg	0.02	0.003	8	A	1		0.05	0.01	0.01
Vitamin D (D2 + D3)	mcg	1.2		8	AS	1		3.0	0.7	0.8
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.2	0.299	8	A	1		3.0	0.7	0.8
Vitamin D....IU	50	11.926	8	A	1		121	28	31
Vitamin K (phylloquinone)....mcg	0.3		2	A	1		0.7	0.2	0.2
Lipids:									
Fatty acids, total saturated....g	3.100		0		1		7.533	1.736	1.953
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.003		33		1		0.007	0.002	0.002
10:0....g	0.003		33		1		0.007	0.002	0.002
12:0....g	0.003		33		1		0.007	0.002	0.002
13:0....g									
14:0....g	0.034		33		1		0.083	0.019	0.021
15:0....g	0.004		1		1		0.010	0.002	0.003
16:0....g	2.226		33		1		5.409	1.247	1.402
17:0....g	0.017		1		1		0.041	0.010	0.011
18:0....g	0.784		33		1		1.905	0.439	0.494
20:0....g	0.010		1		1		0.024	0.006	0.006
22:0....g	0.012		1		1		0.029	0.007	0.008
24:0....g	0.003		1		1		0.007	0.002	0.002
Fatty acids, total monounsaturated....g	3.809		0		1		9.256	2.133	2.400
14:1....g	0.008		1		1		0.019	0.004	0.005
15:1....g									
16:1 undifferentiated....g	0.298		33		1		0.724	0.167	0.188
17:1....g									
18:1 undifferentiated....g	3.473		33		1		8.439	1.945	2.188
20:1....g	0.028		33		1		0.068	0.016	0.018
22:1 undifferentiated....g	0.003		33		1		0.007	0.002	0.002
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.364		0		1		3.315	0.764	0.859
18:2 undifferentiated....g	1.148		33		1		2.790	0.643	0.723
18:3 undifferentiated....g	0.033		33		1		0.080	0.018	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.142		33		1		0.345	0.080	0.089
20:5 n-3 (EPA)....g	0.004		33		1		0.010	0.002	0.003
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.037		33		1		0.090	0.021	0.023
Fatty acids, total trans....g									
Cholesterol....mg	423	6.646	23	A	1		1029	237	267
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.167		0	A	1		0.405	0.093	0.105
Threonine....g	0.556		0	A	1		1.350	0.311	0.350
Isoleucine....g	0.671		0	A	1		1.632	0.376	0.423
Leucine....g	1.086		0	A	1		2.640	0.608	0.684
Lysine....g	0.912		0	A	1		2.217	0.511	0.575
Methionine....g	0.380		0	A	1		0.922	0.213	0.239
Cystine....g	0.272		0	A	1		0.661	0.152	0.171
Phenylalanine....g	0.680		0	A	1		1.652	0.381	0.428
Tyrosine....g	0.499		0	A	1		1.213	0.279	0.314
Valine....g	0.858		0	A	1		2.085	0.481	0.541
Arginine....g	0.820		0	A	1		1.994	0.459	0.517
Histidine....g	0.309		0	A	1		0.751	0.173	0.195
Alanine....g	0.735		0	A	1		1.786	0.411	0.463
Aspartic acid....g	1.329		0	A	1		3.229	0.744	0.837
Glutamic acid....g	1.673		0	A	1		4.066	0.937	1.054
Glycine....g	0.432		0	A	1		1.049	0.242	0.272
Proline....g	0.512		0	A	1		1.244	0.287	0.323
Serine....g	0.971		0	A	1		2.360	0.544	0.612
Hydroxyproline....g									
Others:									

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup (4.86 large eggs)

Measure 2 = 56g: 1 extra large

Measure 3 = 63g: 1 jumbo

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01171
Egg, whole, raw, frozen

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.85		2	A	1				
Energy	kcal	148		0	NC	4				
Energy	kJ	619				4				
Protein (N x 6.25)	g	11.95		2	A	1				
Total lipid (fat)	g	10.20		2	A	1				
Ash	g	0.95		2	A	1				
Carbohydrate, by difference	g	1.05		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	59		2	A	1				
Iron, Fe	mg	1.85		2	A	1				
Magnesium, Mg	mg	11		2	A	1				
Phosphorus, P	mg	202		2	A	1				
Potassium, K	mg	130		2	A	1				
Sodium, Na	mg	133		2	A	1				
Zinc, Zn	mg	1.38		2	A	1				
Copper, Cu	mg	0.053		2	A	1				
Manganese, Mn	mg	0.034		2	A	1				
Selenium, Se	mcg	30.8	1.610	69	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.060		2	A	1				
Riboflavin	mg	0.460		2	A	1				
Niacin	mg	0.075		2	A	1				
Pantothenic acid	mg	1.480		2	A	1				
Vitamin B-6	mg	0.162		2	A	1				
Folate, total	mcg	73		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	73		2	A	1				
Folate, DFE	mcg_DFE	73		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.07		2	A	1				
Vitamin A, RAE	mcg_RAE	158		2	A	1				
Retinol	mcg	158		2	A	1				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	525		2	A	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.147		0		1				
4:0	g	0.000		0		1				
6:0	g	0.000		0		1				
8:0	g	0.000		0		1				

NDB No. 01171
Egg, whole, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1				
12:0 ... g	0.000		0		1				
13:0 ... g									
14:0 ... g	0.037		2	A	1				
15:0 ... g									
16:0 ... g	2.280		2	A	1				
17:0 ... g									
18:0 ... g	0.812		2	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.886		0		1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.258		2	A	1				
17:1 ... g									
18:1 undifferentiated ... g	3.581		2	A	1				
20:1 ... g	0.028		2	A	1				
22:1 undifferentiated ... g	0.000		0		1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.412		0		1				
18:2 undifferentiated ... g	1.098		2	A	1				
18:3 undifferentiated ... g	0.028		2	A	1				
18:4 ... g	0.009		2	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.143		2	A	1				
20:5 n-3 (EPA) ... g	0.088		2	A	1				
22:5 n-3 (DPA) ... g	0.000		0		1				
22:6 n-3 (DHA) ... g	0.046		2	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	432		2	A	1				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.145		0		1				
Threonine ... g	0.574		0		1				
Isoleucine ... g	0.652		0		1				
Leucine ... g	1.021		0		1				
Lysine ... g	0.858		0		1				
Methionine ... g	0.373		0		1				
Cystine ... g	0.277		0		1				
Phenylalanine ... g	0.635		0		1				
Tyrosine ... g	0.488		0		1				
Valine ... g	0.728		0		1				
Arginine ... g	0.717		0		1				
Histidine ... g	0.283		0		1				
Alanine ... g	0.665		0		1				
Aspartic acid ... g	1.201		0		1				
Glutamic acid ... g	1.562		0		1				
Glycine ... g	0.402		0		1				
Proline ... g	0.476		0		1				
Serine ... g	0.889		0		1				
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

NDB No. 01171
Egg, whole, raw, frozen

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01137
Egg, yolk, dried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.95		2	A	1		1.98	0.12	
Energy	kcal	666		0	NC	4		446	27	
Energy	kJ	2787		0		4		1867	111	
Protein (N x 6.25)	g	34.25		2	A	1		22.95	1.37	
Total lipid (fat)	g	55.80		2	A	1		37.39	2.23	
Ash	g	3.40		2	A	1		2.28	0.14	
Carbohydrate, by difference	g	3.60		0	NC	4		2.41	0.14	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	3.60		0	NR	4		2.41	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	284		2	A	1		190	11	
Iron, Fe	mg	5.42		2	A	1		3.63	0.22	
Magnesium, Mg	mg	13		2	A	1		9	1	
Phosphorus, P	mg	920		2	A	1		616	37	
Potassium, K	mg	244		2	A	1		163	10	
Sodium, Na	mg	135		2	A	1		90	5	
Zinc, Zn	mg	4.93		2	A	1		3.30	0.20	
Copper, Cu	mg	0.012		2	A	1		0.008	0.000	
Manganese, Mn	mg	0.119		2	A	1		0.080	0.005	
Selenium, Se	mcg	86.8		0	BFAN	4		58.2	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.290		2	A	1		0.194	0.012	
Riboflavin	mg	1.880		2	A	1		1.260	0.075	
Niacin	mg	0.095		2	A	1		0.064	0.004	
Pantothenic acid	mg	7.765		2	A	1		5.203	0.311	
Vitamin B-6	mg	0.660		2	A	1		0.442	0.026	
Folate, total	mcg	244		2	A	1		163	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	244		2	A	1		163	10	
Folate, DFE	mcg_DFE	244		0	NC	4		163	10	
Choline, total	mg	1388.3		0	BFSN	4		930.2	55.5	
Betaine	mg									
Vitamin B-12	mcg	5.33		2	A	1		3.57	0.21	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	417		0	NC	4		279	17	
Retinol	mcg	395		0	NC	4		265	16	
Carotene, beta	mcg	186		0	BFFN	4		124	7	
Carotene, alpha	mcg	79		0	BFFN	4		53	3	
Cryptoxanthin, beta	mcg	70		0	BFFN	4		47	3	
Vitamin A, IU	IU	1751		0	NC	4		1173	70	
Lycopene	mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin	mcg	2299		0	BFFN	4		1540	92	
Vitamin E (alpha-tocopherol)	mg	5.42		0	BFFN	4		3.63	0.22	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	7.0		0	AS	1		4.7	0.3	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	7.0		0	BFFN	4		4.7	0.3	
Vitamin D	IU	279		0	BFFN	4		187	11	
Vitamin K (phylloquinone)	mcg	1.5		0	BFFN	4		1.0	0.1	
Lipids:										
Fatty acids, total saturated	g	17.154		0	A	1		11.493	0.686	
4:0	g	0.000		0	A	1		0.000	0.000	

NDB No. 01137
Egg, yolk, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	A	1		0.000	0.000	
8:0....g	0.000		0	A	1		0.000	0.000	
10:0....g	0.000		0	A	1		0.000	0.000	
12:0....g	0.000		0	A	1		0.000	0.000	
13:0....g									
14:0....g	0.180		2	A	1		0.121	0.007	
15:0....g									
16:0....g	12.559		2	A	1		8.415	0.502	
17:0....g									
18:0....g	4.326		2	A	1		2.898	0.173	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.129		0	A	1		14.156	0.845	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.373		2	A	1		0.920	0.055	
17:1....g									
18:1 undifferentiated....g	19.536		2	A	1		13.089	0.781	
20:1....g	0.149		2	A	1		0.100	0.006	
22:1 undifferentiated....g	0.000		0	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.895		0	A	1		5.290	0.316	
18:2 undifferentiated....g	6.423		2	A	1		4.303	0.257	
18:3 undifferentiated....g	0.126		2	A	1		0.084	0.005	
18:4....g	0.068		2	A	1		0.046	0.003	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.837		2	A	1		0.561	0.033	
20:5 n-3 (EPA)....g	0.203		2	A	1		0.136	0.008	
22:5 n-3 (DPA)....g	0.000		0	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.239		2	A	1		0.160	0.010	
Fatty acids, total trans....g									
Cholesterol....mg	2335		2	A	1		1564	93	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.400		0	A	1		0.268	0.016	
Threonine....g	1.819		0	A	1		1.219	0.073	
Isoleucine....g	1.732		0	A	1		1.160	0.069	
Leucine....g	3.009		0	A	1		2.016	0.120	
Lysine....g	2.718		0	A	1		1.821	0.109	
Methionine....g	0.849		0	A	1		0.569	0.034	
Cystine....g	0.614		0	A	1		0.411	0.025	
Phenylalanine....g	1.463		0	A	1		0.980	0.059	
Tyrosine....g	1.523		0	A	1		1.020	0.061	
Valine....g	1.907		0	A	1		1.278	0.076	
Arginine....g	2.444		0	A	1		1.637	0.098	
Histidine....g	0.888		0	A	1		0.595	0.036	
Alanine....g	1.759		0	A	1		1.179	0.070	
Aspartic acid....g	3.348		0	A	1		2.243	0.134	
Glutamic acid....g	4.340		0	A	1		2.908	0.174	
Glycine....g	1.058		0	A	1		0.709	0.042	
Proline....g	1.430		0	A	1		0.958	0.057	
Serine....g	2.926		0	A	1		1.960	0.117	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01137
Egg, yolk, dried

Common Measures:

Measure 1 = 67g: 1 cup, sifted

Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01125
Egg, yolk, raw, fresh

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.31	0.204	12	A	1		127.10	8.89	
Energy	kcal	317		0	NC	4		769	54	
Energy	kJ	1325		0	NC	4		3220	225	
Protein	g	15.86	0.087	12	A	1		38.53	2.70	
Total lipid (fat)	g	26.54	0.240	12	A	1		64.50	4.51	
Ash	g	1.71	0.028	12	A	1		4.15	0.29	
Carbohydrate, by difference	g	3.59		0	NC	4		8.71	0.61	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.56		1	A	1		1.35	0.09	
Sucrose	g	0.07		1	A	1		0.18	0.01	
Glucose (dextrose)	g	0.18		1	A	1		0.45	0.03	
Fructose	g	0.07		1	A	1		0.18	0.01	
Lactose	g	0.07		1	A	1		0.18	0.01	
Maltose	g	0.07		1	A	1		0.18	0.01	
Galactose	g	0.07		1	A	1		0.18	0.01	
Starch	g									
Minerals:										
Calcium, Ca	mg	129	2.670	12	A	1		313	22	
Iron, Fe	mg	2.73	0.144	12	A	1		6.64	0.46	
Magnesium, Mg	mg	5	0.225	12	A	1		11	1	
Phosphorus, P	mg	390	9.897	12	A	1		948	66	
Potassium, K	mg	109	3.859	12	A	1		265	19	
Sodium, Na	mg	48	1.657	12	A	1		116	8	
Zinc, Zn	mg	2.30	0.085	12	A	1		5.59	0.39	
Copper, Cu	mg	0.077	0.006	12	A	1		0.186	0.013	
Manganese, Mn	mg	0.055	0.004	12	A	1		0.135	0.009	
Selenium, Se	mcg	56.0	8.030	4	A	1		136.0	9.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.176	0.021	4	A	1		0.427	0.030	
Riboflavin	mg	0.528	0.027	12	A	1		1.284	0.090	
Niacin	mg	0.024	0.002	4	A	1		0.059	0.004	
Pantothenic acid	mg	2.990		1	A	1		7.266	0.508	
Vitamin B-6	mg	0.350		1	A	1		0.850	0.059	
Folate, total	mcg	146	6.989	7		1		355	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	146	6.989	7		1		355	25	
Folate, DFE	mcg_DFE	146		0	NC	4		355	25	
Choline, total	mg	682.3	11.545	4	AS	1		1657.9	116.0	
Betaine	mg	0.9	0.100	4	A	1		2.2	0.2	
Vitamin B-12	mcg	1.95	0.316	12	A	1		4.75	0.33	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	381		0	NC	4		926	65	
Retinol	mcg	371		0	BFFN	4		900	63	
Carotene, beta	mcg	88	12.173	4	A	1		215	15	
Carotene, alpha	mcg	38	4.877	4	A	1		92	6	
Cryptoxanthin, beta	mcg	33	2.862	4	A	1		81	6	
Vitamin A, IU	IU	1442		0	NC	4		3503	245	
Lycopene	mcg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin	mcg	1094		0	NR	4		2658	186	
Vitamin E (alpha-tocopherol)	mg	2.58		0	BFFN	4		6.27	0.44	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.05		0	BFFN	4		0.12	0.01	
Tocopherol, gamma	mg	1.33		0	BFFN	4		3.24	0.23	
Tocopherol, delta	mg	0.06		0	BFFN	4		0.14	0.01	
Vitamin D (D2 + D3)	mcg	3.3		0	AS	1		8.1	0.6	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	3.3		0	BFFN	4		8.1	0.6	
Vitamin D.....IU	133		0	BFFN	4		323	23	
Vitamin K (phylloquinone).....mcg	0.7		1	A	1		1.7	0.1	
Lipids:									
Fatty acids, total saturated.....g	9.551		0	NC	4		23.209	1.624	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.009		33		1		0.022	0.002	
10:0.....g	0.009		33		1		0.022	0.002	
12:0.....g	0.009		33		1		0.022	0.002	
13:0.....g									
14:0.....g	0.104		33		1		0.253	0.018	
15:0.....g	0.013		1		1		0.032	0.002	
16:0.....g	6.860		33		1		16.670	1.166	
17:0.....g	0.051		1		1		0.124	0.009	
18:0.....g	2.417		33		1		5.873	0.411	
20:0.....g	0.032		1		1		0.078	0.005	
22:0.....g	0.038		1		1		0.092	0.006	
24:0.....g	0.009		1		1		0.022	0.002	
Fatty acids, total monounsaturated.....g	11.738		0	NC	4		28.523	1.995	
14:1.....g	0.024		1		1		0.058	0.004	
15:1.....g									
16:1 undifferentiated.....g	0.918		33		1		2.231	0.156	
17:1.....g									
18:1 undifferentiated.....g	10.701		33		1		26.003	1.819	
20:1.....g	0.086		33		1		0.209	0.015	
22:1 undifferentiated.....g	0.009		33		1		0.022	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.204		0	NC	4		10.216	0.715	
18:2 undifferentiated.....g	3.538		33		1		8.597	0.601	
18:3 undifferentiated.....g	0.103		33		1		0.250	0.018	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.438		33		1		1.064	0.074	
20:5 n-3 (EPA).....g	0.011		33		1		0.027	0.002	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.114		33		1		0.277	0.019	
Fatty acids, total trans.....g									
Cholesterol.....mg	1234	27.897	10	A	1		2999	210	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.177		0	A	1		0.430	0.030	
Threonine.....g	0.687		0	A	1		1.670	0.117	
Isoleucine.....g	0.866		0	A	1		2.104	0.147	
Leucine.....g	1.399		0	A	1		3.399	0.238	
Lysine.....g	1.217		0	A	1		2.957	0.207	
Methionine.....g	0.378		0	A	1		0.917	0.064	
Cystine.....g	0.264		0	A	1		0.642	0.045	
Phenylalanine.....g	0.681		0	A	1		1.654	0.116	
Tyrosine.....g	0.678		0	A	1		1.649	0.115	
Valine.....g	0.949		0	A	1		2.306	0.161	
Arginine.....g	1.099		0	A	1		2.670	0.187	
Histidine.....g	0.416		0	A	1		1.011	0.071	
Alanine.....g	0.836		0	A	1		2.031	0.142	
Aspartic acid.....g	1.550		0	A	1		3.766	0.263	
Glutamic acid.....g	1.970		0	A	1		4.788	0.335	
Glycine.....g	0.488		0	A	1		1.186	0.083	
Proline.....g	0.646		0	A	1		1.570	0.110	
Serine.....g	1.326		0	A	1		3.221	0.225	
Hydroxyproline.....g									
Others:									

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 17g: 1 large

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01126
Egg, yolk, raw, frozen

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.20		2	A	1		127.57		
Energy	kcal	303		0	NC	4		688		
Energy	kJ	1268		0		4		2878		
Protein (N x 6.25)	g	15.50		2	A	1		35.19		
Total lipid (fat)	g	25.60		2	A	1		58.11		
Ash	g	1.55		2	A	1		3.52		
Carbohydrate, by difference	g	1.15		0	NC	4		2.61		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.51		0	BFSN	4		1.16		
Starch	g									
Minerals:										
Calcium, Ca	mg	138		2	A	1		313		
Iron, Fe	mg	3.34		2	A	1		7.58		
Magnesium, Mg	mg	9		2	A	1		20		
Phosphorus, P	mg	417		2	A	1		947		
Potassium, K	mg	118		2	A	1		268		
Sodium, Na	mg	67		2	A	1		152		
Zinc, Zn	mg	2.88		2	A	1		6.54		
Copper, Cu	mg	0.024		2	A	1		0.054		
Manganese, Mn	mg	0.062		2	A	1		0.141		
Selenium, Se	mcg	41.8		0		1		94.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.155		2	A	1		0.352		
Riboflavin	mg	0.520		2	A	1		1.180		
Niacin	mg	0.045		2	A	1		0.102		
Pantothenic acid	mg	3.530		2	A	1		8.013		
Vitamin B-6	mg	0.345		2	A	1		0.783		
Folate, total	mcg	116		2	A	1		263		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	116		2	A	1		263		
Folate, DFE	mcg_DFE	116		0	NC	4		263		
Choline, total	mg	682.3		0	T	4		1548.8		
Betaine	mg									
Vitamin B-12	mcg	1.82		2	A	1		4.13		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	367		0	NC	4		834		
Retinol	mcg	357		0	BFFN	4		811		
Carotene, beta	mcg	85		0	BFFN	4		193		
Carotene, alpha	mcg	36		0	BFFN	4		83		
Cryptoxanthin, beta	mcg	32		0	BFFN	4		73		
Vitamin A, IU	IU	1390		0	NC	4		3156		
Lycopene	mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin	mcg	1055		0	BFFN	4		2394		
Vitamin E (alpha-tocopherol)	mg	2.49		0	BFFN	4		5.65		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	3.2		0	AS	1		7.3		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	3.2		0	BFFN	4		7.3		
Vitamin D	IU	128		0	BFFN	4		291		
Vitamin K (phylloquinone)	mcg	0.7		0	BFFN	4		1.5		
Lipids:										
Fatty acids, total saturated	g	7.820		0	A	1		17.751		
4:0	g	0.000		0		1		0.000		

NDB No. 01126
Egg, yolk, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0	A	1		0.000		
10:0....g	0.000		0	A	1		0.000		
12:0....g	0.000		0	A	1		0.000		
13:0....g									
14:0....g	0.085		2	A	1		0.193		
15:0....g	0.000		0	A	1		0.000		
16:0....g	5.678		2	A	1		12.889		
17:0....g	0.000		0	A	1		0.000		
18:0....g	2.017		2	A	1		4.579		
20:0....g	0.000		0	A	1		0.000		
22:0....g	0.000		0	A	1		0.000		
24:0....g	0.000		0	A	1		0.000		
Fatty acids, total monounsaturated....g	9.747		0	A	1		22.126		
14:1....g	0.000		0	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.641		2	A	1		1.455		
17:1....g									
18:1 undifferentiated....g	9.007		2	A	1		20.446		
20:1....g	0.063		2	A	1		0.143		
22:1 undifferentiated....g	0.000		0	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.628		0	A	1		8.236		
18:2 undifferentiated....g	2.944		2	A	1		6.683		
18:3 undifferentiated....g	0.063		2	A	1		0.143		
18:4....g	0.036		2	A	1		0.082		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.426		2	A	1		0.967		
20:5 n-3 (EPA)....g	0.034		2	A	1		0.077		
22:5 n-3 (DPA)....g	0.000		0	A	1		0.000		
22:6 n-3 (DHA)....g	0.125		2	A	1		0.284		
Fatty acids, total trans....g									
Cholesterol....mg	1075		2	A	1		2440		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.411		
Threonine....g	0.823		0	A	1		1.868		
Isoleucine....g	0.784		0	A	1		1.780		
Leucine....g	1.362		0	A	1		3.092		
Lysine....g	1.230		0	A	1		2.792		
Methionine....g	0.384		0	A	1		0.872		
Cystine....g	0.278		0	A	1		0.631		
Phenylalanine....g	0.662		0	A	1		1.503		
Tyrosine....g	0.689		0	A	1		1.564		
Valine....g	0.863		0	A	1		1.959		
Arginine....g	1.106		0	A	1		2.511		
Histidine....g	0.402		0	A	1		0.913		
Alanine....g	0.796		0	A	1		1.807		
Aspartic acid....g	1.515		0	A	1		3.439		
Glutamic acid....g	1.964		0	A	1		4.458		
Glycine....g	0.479		0	A	1		1.087		
Proline....g	0.647		0	A	1		1.469		
Serine....g	1.324		0	A	1		3.005		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01126
Egg, yolk, raw, frozen

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01160
Egg, yolk, raw, frozen, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.80		1	A	1		115.32		
Energy	kcal	274		0	NC	4		622		
Energy	kJ	1146				4		2602		
Protein (N x 6.25)	g	14.00		1	A	1		31.78		
Total lipid (fat)	g	23.00		1	A	1		52.21		
Ash	g	10.60		1	A	1		24.06		
Carbohydrate, by difference	g	1.60		0	NC	4		3.63		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	114		1	A	1		259		
Iron, Fe	mg	3.75		1	A	1		8.51		
Magnesium, Mg	mg	10		1	A	1		23		
Phosphorus, P	mg	431		1	A	1		978		
Potassium, K	mg	117		1	A	1		266		
Sodium, Na	mg	3780		1	A	1		8581		
Zinc, Zn	mg	2.84		1	A	1		6.45		
Copper, Cu	mg	0.109		1	A	1		0.247		
Manganese, Mn	mg	0.062		1	A	1		0.141		
Selenium, Se	mcg	37.7		0	RK	4		85.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.130		1	A	1		0.295		
Riboflavin	mg	0.430		1	A	1		0.976		
Niacin	mg	0.040		1	A	1		0.091		
Pantothenic acid	mg	3.230		1	A	1		7.332		
Vitamin B-6	mg	0.261		1	A	1		0.592		
Folate, total	mcg	107		1	A	1		243		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	107		1	A	1		243		
Folate, DFE	mcg_DFE	107		0	NC	4		243		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.52		1	A	1		5.72		
Vitamin A, RAE	mcg_RAE	357		1	A	1		811		
Retinol	mcg	357		1	A	1		811		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1190		1	A	1		2701		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.028		0	A	1		15.954		
4:0	g									
6:0	g									
8:0	g	0.000		0	A	1		0.000		

NDB No. 01160
Egg, yolk, raw, frozen, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		0	A	1		0.000		
12:0....g	0.000		0	A	1		0.000		
13:0....g									
14:0....g	0.073		1	A	1		0.166		
15:0....g									
16:0....g	5.098		1	A	1		11.572		
17:0....g									
18:0....g	1.821		1	A	1		4.134		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.849		0	A	1		20.087		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.574		1	A	1		1.303		
17:1....g									
18:1 undifferentiated....g	8.175		1	A	1		18.557		
20:1....g	0.064		1	A	1		0.145		
22:1 undifferentiated....g	0.000		0	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.150		0	A	1		7.151		
18:2 undifferentiated....g	2.513		1	A	1		5.705		
18:3 undifferentiated....g	0.064		1	A	1		0.145		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.355		1	A	1		0.806		
20:5 n-3 (EPA)....g	0.109		1	A	1		0.247		
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.109		1	A	1		0.247		
Fatty acids, total trans....g									
Cholesterol....mg	955		1	A	1		2168		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.164		0	A	1		0.372		
Threonine....g	0.744		0	A	1		1.689		
Isoleucine....g	0.708		0	A	1		1.607		
Leucine....g	1.230		0	A	1		2.792		
Lysine....g	1.111		0	A	1		2.522		
Methionine....g	0.347		0	A	1		0.788		
Cystine....g	0.251		0	A	1		0.570		
Phenylalanine....g	0.598		0	A	1		1.357		
Tyrosine....g	0.623		0	A	1		1.414		
Valine....g	0.780		0	A	1		1.771		
Arginine....g	0.999		0	A	1		2.268		
Histidine....g	0.363		0	A	1		0.824		
Alanine....g	0.719		0	A	1		1.632		
Aspartic acid....g	1.369		0	A	1		3.108		
Glutamic acid....g	1.774		0	A	1		4.027		
Glycine....g	0.432		0	A	1		0.981		
Proline....g	0.585		0	A	1		1.328		
Serine....g	1.196		0	A	1		2.715		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: .5 lb

NDB No. 01160
Egg, yolk, raw, frozen, salted

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01127
Egg, yolk, raw, frozen, sugared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.25		2	A	1		116.34		
Energy....kcal	307		0	NC	4		697		
Energy....kJ	1284				4		2916		
Protein (N x 6.25)....g	13.80		2	A	1		31.33		
Total lipid (fat)....g	22.75		2	A	1		51.64		
Ash....g	1.40		2	A	1		3.18		
Carbohydrate, by difference....g	10.80		0	NC	4		24.52		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	123		2	A	1		279		
Iron, Fe....mg	3.14		2	A	1		7.13		
Magnesium, Mg....mg	10		2	A	1		23		
Phosphorus, P....mg	384		2	A	1		872		
Potassium, K....mg	103		2	A	1		234		
Sodium, Na....mg	67		2	A	1		152		
Zinc, Zn....mg	2.81		2	A	1		6.38		
Copper, Cu....mg	0.012		2	A	1		0.027		
Manganese, Mn....mg	0.059		2	A	1		0.134		
Selenium, Se....mcg	37.7		0	RK	4		85.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.135		2	A	1		0.306		
Riboflavin....mg	0.530		2	A	1		1.203		
Niacin....mg	0.023		2	A	1		0.052		
Pantothenic acid....mg	3.200		2	A	1		7.264		
Vitamin B-6....mg	0.284		2	A	1		0.645		
Folate, total....mcg	139		2	A	1		316		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	139		2	A	1		316		
Folate, DFE....mcg_DFE	139		0	NC	4		316		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.77		2	A	1		4.02		
Vitamin A, RAE....mcg_RAE	395		2	A	1		896		
Retinol....mcg	395		2	A	1		896		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1315		2	A	1		2985		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.970		0	A	1		15.822		
4:0....g									
6:0....g									
8:0....g	0.000		0	A	1		0.000		

NDB No. 01127
Egg, yolk, raw, frozen, sugared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	A	1		0.000		
12:0 ... g	0.000		0	A	1		0.000		
13:0 ... g									
14:0 ... g	0.073		2	A	1		0.166		
15:0 ... g									
16:0 ... g	5.066		2	A	1		11.500		
17:0 ... g									
18:0 ... g	1.795		2	A	1		4.075		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.614		0	A	1		19.554		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.550		2	A	1		1.249		
17:1 ... g									
18:1 undifferentiated ... g	7.983		2	A	1		18.121		
20:1 ... g	0.055		2	A	1		0.125		
22:1 undifferentiated ... g	0.000		0	A	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.244		0	A	1		7.364		
18:2 undifferentiated ... g	2.599		2	A	1		5.900		
18:3 undifferentiated ... g	0.055		2	A	1		0.125		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.363		2	A	1		0.824		
20:5 n-3 (EPA) ... g	0.100		2	A	1		0.227		
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g	0.104		2	A	1		0.236		
Fatty acids, total trans ... g									
Cholesterol ... mg	959		2	A	1		2177		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.161		0	A	1		0.365		
Threonine ... g	0.733		0	A	1		1.664		
Isoleucine ... g	0.698		0	A	1		1.584		
Leucine ... g	1.212		0	A	1		2.751		
Lysine ... g	1.095		0	A	1		2.486		
Methionine ... g	0.342		0	A	1		0.776		
Cystine ... g	0.247		0	A	1		0.561		
Phenylalanine ... g	0.590		0	A	1		1.339		
Tyrosine ... g	0.614		0	A	1		1.394		
Valine ... g	0.768		0	A	1		1.743		
Arginine ... g	0.985		0	A	1		2.236		
Histidine ... g	0.358		0	A	1		0.813		
Alanine ... g	0.709		0	A	1		1.609		
Aspartic acid ... g	1.349		0	A	1		3.062		
Glutamic acid ... g	1.749		0	A	1		3.970		
Glycine ... g	0.426		0	A	1		0.967		
Proline ... g	0.576		0	A	1		1.308		
Serine ... g	1.179		0	A	1		2.676		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: .5 lb

NDB No. 01127
Egg, yolk, raw, frozen, sugared

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01057
Eggnog

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.54		0	RC	4		209.65	26.25	838.60
Energy	kcal	88		0	NC	4		223	28	891
Energy	kJ	367		0	NC	4		932	117	3727
Protein (N x 6.37)	g	4.55		0	RC	4		11.55	1.45	46.18
Total lipid (fat)	g	4.19		0	RC	4		10.66	1.33	42.62
Ash	g	0.67		0	RC	4		1.71	0.21	6.85
Carbohydrate, by difference	g	8.05		0	RC	4		20.44	2.56	81.75
Fiber, total dietary	g	0.0		0	RC	4		0.0	0.0	0.0
Sugars, total	g	8.41		0	RC	4		21.35	2.67	85.41
Sucrose	g	0.02		0	RC	4		0.05	0.01	0.18
Glucose (dextrose)	g	0.03		0	RC	4		0.09	0.01	0.35
Fructose	g	0.02		0	RC	4		0.05	0.01	0.18
Lactose	g	4.03		0	RC	4		10.23	1.28	40.92
Maltose	g	0.02		0	RC	4		0.05	0.01	0.18
Galactose	g	0.02		0	RC	4		0.05	0.01	0.18
Starch	g									
Minerals:										
Calcium, Ca	mg	130	4.803	7		1		330	41	1321
Iron, Fe	mg	0.20		3		1		0.51	0.06	2.03
Magnesium, Mg	mg	19		2		1		47	6	188
Phosphorus, P	mg	109	4.561	6		1		278	35	1112
Potassium, K	mg	165	9.997	6		1		420	53	1678
Sodium, Na	mg	54	2.014	6		1		138	17	553
Zinc, Zn	mg	0.46		0		1		1.17	0.15	4.67
Copper, Cu	mg	0.013		0		1		0.033	0.004	0.132
Manganese, Mn	mg	0.005		0		1		0.013	0.002	0.051
Selenium, Se	mcg	4.2		0	BFNN	4		10.7	1.3	42.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5	0.289	3		1		3.8	0.5	15.2
Thiamin	mg	0.034	0.002	6		1		0.086	0.011	0.345
Riboflavin	mg	0.190	0.007	7		1		0.483	0.060	1.930
Niacin	mg	0.105	0.005	4		1		0.267	0.033	1.067
Pantothenic acid	mg	0.417		0		1		1.059	0.133	4.237
Vitamin B-6	mg	0.050		0		1		0.127	0.016	0.508
Folate, total	mcg	1	0.153	3		1		2	0	9
Folic acid	mcg	0		0	RC	4		0	0	0
Folate, food	mcg	1	0.153	3		1		2	0	9
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	9
Choline, total	mg	52.2		0	RC	4		132.5	16.6	530.0
Betaine	mg	0.6		0	RC	4		1.5	0.2	5.9
Vitamin B-12	mcg	0.45		0		1		1.14	0.14	4.57
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	59		0	NC	4		150	19	600
Retinol	mcg	58		0	RC	4		148	19	594
Carotene, beta	mcg	7		0	RC	4		18	2	70
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	206		0	NC	4		524	66	2096
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.21		0	RC	4		0.54	0.07	2.17
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	RC	4		0.01	0.00	0.03
Tocopherol, gamma	mg	0.08		0	RC	4		0.21	0.03	0.86
Tocopherol, delta	mg	0.00		0	RC	4		0.01	0.00	0.03
Vitamin D (D2 + D3)	mcg	1.2		0	RC	4		3.1	0.4	12.3
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01057
Eggnog

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	1.2		0	RC	4		3.1	0.4	12.3
Vitamin D.....IU	49		0	RC	4		123	15	494
Vitamin K (phylloquinone).....mcg	0.3		0	RC	4		0.7	0.1	2.6
Lipids:									
Fatty acids, total saturated.....g	2.591		0		1		6.581	0.824	26.324
4:0.....g	0.129		0		1		0.327	0.041	1.309
6:0.....g	0.076		0		1		0.194	0.024	0.776
8:0.....g	0.044		0		1		0.113	0.014	0.450
10:0.....g	0.100		0		1		0.253	0.032	1.013
12:0.....g	0.112		0		1		0.284	0.036	1.138
13:0.....g									
14:0.....g	0.401		0		1		1.019	0.128	4.076
15:0.....g									
16:0.....g	1.131		0		1		2.873	0.360	11.494
17:0.....g									
18:0.....g	0.511		0		1		1.299	0.163	5.196
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.302		0		1		3.307	0.414	13.230
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.101		0		1		0.258	0.032	1.031
17:1.....g									
18:1 undifferentiated.....g	1.142		0		1		2.900	0.363	11.601
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.502	0.063	2.008
18:2 undifferentiated.....g	0.132		0		1		0.336	0.042	1.345
18:3 undifferentiated.....g	0.059		0		1		0.150	0.019	0.598
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.009	0.001	0.036
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		149	19	596
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0	RC	4		0.216	0.027	0.865
Threonine.....g	0.201		0	RC	4		0.511	0.064	2.045
Isoleucine.....g	0.237		0	RC	4		0.603	0.075	2.411
Leucine.....g	0.383		0	RC	4		0.972	0.122	3.888
Lysine.....g	0.257		0	RC	4		0.653	0.082	2.613
Methionine.....g	0.120		0	RC	4		0.304	0.038	1.217
Cystine.....g	0.057		0	RC	4		0.145	0.018	0.582
Phenylalanine.....g	0.225		0	RC	4		0.571	0.071	2.282
Tyrosine.....g	0.199		0	RC	4		0.505	0.063	2.020
Valine.....g	0.289		0	RC	4		0.733	0.092	2.933
Arginine.....g	0.191		0	RC	4		0.486	0.061	1.945
Histidine.....g	0.108		0	RC	4		0.275	0.034	1.101
Alanine.....g	0.199		0	RC	4		0.506	0.063	2.024
Aspartic acid.....g	0.400		0	RC	4		1.017	0.127	4.067
Glutamic acid.....g	0.775		0	RC	4		1.969	0.247	7.876
Glycine.....g	0.128		0	RC	4		0.326	0.041	1.303
Proline.....g	0.349		0	RC	4		0.885	0.111	3.542
Serine.....g	0.241		0	RC	4		0.612	0.077	2.447
Hydroxyproline.....g									
Others:									

NDB No. 01057
Eggnog

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 cup

Measure 2 = 31.8g: 1 fl oz

Measure 3 = 1016g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.9

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43285
Eggs, scrambled, frozen mixture

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.70		0		4				
Energy	kcal	133		0	NC	4				
Energy	kJ	556		0	NC	4				
Protein	g	13.10		1		1				
Total lipid (fat)	g	5.60		1		1				
Ash	g	1.10		0	NR	4				
Carbohydrate, by difference	g	7.50		0	NC	4				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	7.50		0	NR	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		4				
Iron, Fe	mg	0.23		0		4				
Magnesium, Mg	mg	10		0		4				
Phosphorus, P	mg	30		0		4				
Potassium, K	mg	147		0		4				
Sodium, Na	mg	162		0		4				
Zinc, Zn	mg	0.14		0		4				
Copper, Cu	mg	0.030		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	22.9		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4				
Thiamin	mg	0.010		0		4				
Riboflavin	mg	0.300		0		4				
Niacin	mg	0.090		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0		4				
Folate, total	mcg	17		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	17		0		4				
Folate, DFE	mcg_DFE	17		0	NC	4				
Choline, total	mg	192.6		0	BFSN	4				
Betaine	mg									
Vitamin B-12	mcg	0.17		0		4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	21		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	246		0	NR	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	410		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.84		0	NR	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.2		0	BFZN	4				
Vitamin D	IU	48		0	BFZN	4				
Vitamin K (phylloquinone)	mcg	1.8		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	1.052		0		4				
4:0	g	0.000		0		4				

NDB No. 43285
Eggs, scrambled, frozen mixture

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4				
8:0 ... g	0.000		0		4				
10:0 ... g	0.000		0		4				
12:0 ... g	0.000		0		4				
13:0 ... g									
14:0 ... g	0.009		0		4				
15:0 ... g									
16:0 ... g	0.717		0		4				
17:0 ... g									
18:0 ... g	0.318		0		4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.339		0		4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.057		0		4				
17:1 ... g									
18:1 undifferentiated ... g	2.272		0		4				
20:1 ... g	0.004		0		4				
22:1 undifferentiated ... g	0.000		0		4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.778		0		4				
18:2 undifferentiated ... g	1.635		0		4				
18:3 undifferentiated ... g	0.115		0		4				
18:4 ... g	0.000		0		4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.019		0		4				
20:5 n-3 (EPA) ... g	0.001		0		4				
22:5 n-3 (DPA) ... g	0.000		0		4				
22:6 n-3 (DHA) ... g	0.005		0		4				
Fatty acids, total trans ... g									
Cholesterol ... mg	65		1		1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43528
Ensure plus, liquid nutrition

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.84		1	MC	9		176.00	22.00	
Energy	kcal	141		0	NC	4		355	44	
Energy	kJ	589		0	NC	4		1485	186	
Protein	g	5.16		1	MC	9		13.00	1.63	
Total lipid (fat)	g	4.52		1	MC	9		11.40	1.43	
Ash	g	0.60		0	NR	4		1.50	0.19	
Carbohydrate, by difference	g	19.88		1	MC	9		50.10	6.26	
Fiber, total dietary	g	0.0		1	MC	9		0.0	0.0	
Sugars, total	g	19.88		0	NR	4		50.10	6.26	
Starch	g	0.00		1	MC	9		0.00	0.00	
Minerals:										
Calcium, Ca	mg	79		1	MC	9		200	25	
Iron, Fe	mg	1.79		1	MC	9		4.50	0.56	
Magnesium, Mg	mg	40		1	MC	9		100	13	
Phosphorus, P	mg	79		1	MC	9		200	25	
Potassium, K	mg	175		1	MC	9		440	55	
Sodium, Na	mg	95		1	MC	9		240	30	
Zinc, Zn	mg	1.51		1	MC	9		3.80	0.48	
Copper, Cu	mg	0.198		1	MC	9		0.500	0.062	
Manganese, Mn	mg	0.516		1	MC	9		1.300	0.163	
Selenium, Se	mcg	7.1		1	MC	9		18.0	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.9		1	MC	9		30.0	3.8	
Thiamin	mg	0.151		1	MC	9		0.380	0.048	
Riboflavin	mg	0.171		1	MC	9		0.430	0.054	
Niacin	mg	1.984		1	MC	9		5.000	0.625	
Pantothenic acid	mg	0.992		1	MC	9		2.500	0.313	
Vitamin B-6	mg	0.198		1	MC	9		0.500	0.062	
Folate, total	mcg	40		1	MC	9		100	13	
Folic acid	mcg	40		1	MC	9		100	13	
Folate, food	mcg	0		1	AS	1		0	0	
Folate, DFE	mcg_DFE	67		0	NC	4		170	21	
Choline, total	mg	32.4		0	LC	8		81.7	10.2	
Betaine	mg									
Vitamin B-12	mcg	0.60		1	MC	9		1.50	0.19	
Vitamin B-12, added	mcg	0.60		0	NR	4		1.50	0.19	
Vitamin A, RAE	mcg_RAE	149		0	NC	4		375	47	
Retinol	mcg	149		0	NR	4		375	47	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	497		0	NC	4		1252	156	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.34		0	NR	4		3.38	0.42	
Vitamin E, added	mg	1.34		0	NR	4		3.38	0.42	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.0		1	MC	9		2.5	0.3	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	40		1	MC	9		100	13	
Vitamin K (phylloquinone)	mcg	7.9		1	MC	9		20.0	2.5	
Lipids:										
Fatty acids, total saturated	g	0.673		0		4		1.696	0.212	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 43528
Ensure plus, liquid nutrition

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.578		0		4		1.457	0.182	
17:0....g									
18:0....g	0.095		0		4		0.239	0.030	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.283		0		4		3.233	0.404	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.283		0		4		3.233	0.404	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.111		0		4		7.840	0.980	
18:2 undifferentiated....g	3.074		0		4		7.746	0.968	
18:3 undifferentiated....g	0.037		0		4		0.093	0.012	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1	MC	9		4	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 31.5g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42117
Imitation cheese, american or cheddar, low cholesterol

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.00		0		4		42.94	6.84	
Energy....kcal	390		0		4		441	70	
Energy....kJ	1632		0		4		1844	294	
Protein....g	25.00		0		4		28.25	4.50	
Total lipid (fat)....g	32.00		0		4		36.16	5.76	
Ash....g	4.00		0	NR	4		4.52	0.72	
Carbohydrate, by difference....g	1.00		0		4		1.13	0.18	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	1.00		0	NR	4		1.13	0.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	705		0		4		797	127	
Iron, Fe....mg	0.70		0		4		0.79	0.13	
Magnesium, Mg....mg	30		0		4		34	5	
Phosphorus, P....mg	530		0		4		599	95	
Potassium, K....mg	55		0		4		62	10	
Sodium, Na....mg	670		0		4		757	121	
Zinc, Zn....mg	3.00		0		4		3.39	0.54	
Copper, Cu....mg	0.030		0		4		0.034	0.005	
Manganese, Mn....mg									
Selenium, Se....mcg	14.6		0	BFNN	4		16.5	2.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.030		0		4		0.034	0.005	
Riboflavin....mg	0.360		0		4		0.407	0.065	
Niacin....mg	0.080		0		4		0.090	0.014	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0		4		0.079	0.013	
Folate, total....mcg	18		0		4		20	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		4		20	3	
Folate, DFE....mcg_DFE	18		0	NC	4		20	3	
Choline, total....mg	0.1		0	BFFN	4		0.1	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.83		0		4		0.94	0.15	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	115		0	NC	4		130	21	
Retinol....mcg	113		0	NR	4		128	20	
Carotene, beta....mcg	28		0	NR	4		32	5	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	423		0	NC	4		478	76	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFFN	4		0.31	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	2.7		0	BFFN	4		3.0	0.5	
Lipids:									
Fatty acids, total saturated....g	5.815		0		4		6.571	1.047	
4:0....g	0.035		0		4		0.040	0.006	

NDB No. 42117
Imitation cheese, american or cheddar, low cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.018		0		4		0.020	0.003	
8:0 ... g	0.012		0		4		0.014	0.002	
10:0 ... g	0.025		0		4		0.028	0.005	
12:0 ... g	0.027		0		4		0.031	0.005	
13:0 ... g									
14:0 ... g	0.131		0		4		0.148	0.024	
15:0 ... g									
16:0 ... g	3.780		0		4		4.271	0.680	
17:0 ... g									
18:0 ... g	1.789		0		4		2.022	0.322	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	14.127		0		4		15.964	2.543	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.025		0		4		0.028	0.005	
17:1 ... g									
18:1 undifferentiated ... g	14.090		0		4		15.922	2.536	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.615		0		4		11.995	1.911	
18:2 undifferentiated ... g	10.439		0		4		11.796	1.879	
18:3 undifferentiated ... g	0.179		0		4		0.202	0.032	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	15		0		4		17	3	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01194
KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.70		0	MC	9		24.86		
Energy	kcal	91		0	MC	9		29		
Energy	kJ	381				9		122		
Protein	g	4.70		0	MC	9		1.50		
Total lipid (fat)	g	1.30		0	NR	4		0.42		
Ash	g	1.20		0	MC	9		0.38		
Carbohydrate, by difference	g	15.10		0	MC	9		4.83		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	7.20		0	MC	9		2.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0	MC	9		45		
Iron, Fe	mg	0.05		0	MC	9		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg	116		0	MC	9		37		
Potassium, K	mg	219		0	MC	9		70		
Sodium, Na	mg	72		0	MC	9		23		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	MC	9		0.4		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	679		0	MC	9		217		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.256		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	9		0	MC	9		3		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01194
KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Measure 1 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01193
KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.20		0	MC	9		23.62		
Energy	kcal	152		0	MC	9		47		
Energy	kJ	636				9		197		
Protein	g	4.50		0	MC	9		1.40		
Total lipid (fat)	g	12.00		0	NR	4		3.72		
Ash	g	0.80		0	MC	9		0.25		
Carbohydrate, by difference	g	6.50		0	MC	9		2.02		
Fiber, total dietary	g	0.1		0	MC	9		0.0		
Sugars, total	g	6.40		0	MC	9		1.98		
Starch	g									
Minerals:										
Calcium, Ca	mg	161		0	MC	9		50		
Iron, Fe	mg	0.06		0	MC	9		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg	110		0	MC	9		34		
Potassium, K	mg	210		0	MC	9		65		
Sodium, Na	mg	59		0	MC	9		18		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	MC	9		0.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	1053		0	MC	9		326		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.600		0	MC	9		2.356		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	50		0	MC	9		16		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01193
KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Measure 1 = 31g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01196
KRAFT BREYERS LIGHT N' LIVELY Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.30		0	MC	9		91.63		
Energy....kcal	108		0	MC	9		135		
Energy....kJ	452				9		565		
Protein....g	3.20		0	MC	9		4.00		
Total lipid (fat)....g	0.80		0	NR	4		1.00		
Ash....g	0.60		0	MC	9		0.75		
Carbohydrate, by difference....g	21.90		0	MC	9		27.38		
Fiber, total dietary....g	0.2		0	MC	9		0.3		
Sugars, total....g	19.60		0	MC	9		24.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	91		0	MC	9		114		
Iron, Fe....mg	0.11		0	MC	9		0.14		
Magnesium, Mg....mg									
Phosphorus, P....mg	67		0	MC	9		84		
Potassium, K....mg	151		0	MC	9		189		
Sodium, Na....mg	45		0	MC	9		56		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg	0.140		0	MC	9		0.175		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.46		0	MC	9		0.58		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	30		0	MC	9		38		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.500		0	MC	9		0.625		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	9		0	MC	9		11		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01196

KRAFT BREYERS LIGHT N' LIVELY Lowfat Strawberry Yogurt (1% Milkfat)

Measure 1 = 125g: 1 container (4.4 oz)

Calories Factors: Protein	**Fat**	**Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01198

KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.00		0	MC	9		195.22		
Energy....kcal	55		0	MC	9		125		
Energy....kJ	230				9		522		
Protein....g	3.40		0	MC	9		7.72		
Total lipid (fat)....g	0.20		0	NR	4		0.45		
Ash....g	0.60		0	MC	9		1.36		
Carbohydrate, by difference....g	9.90		0	MC	9		22.47		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	7.70		0	MC	9		17.48		
Starch....g									
Minerals:									
Calcium, Ca....mg	95		0	MC	9		216		
Iron, Fe....mg	0.11		0	MC	9		0.25		
Magnesium, Mg....mg									
Phosphorus, P....mg	68		0	MC	9		154		
Potassium, K....mg	146		0	MC	9		331		
Sodium, Na....mg	45		0	MC	9		102		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	MC	9		1.4		
Thiamin....mg									
Riboflavin....mg	0.140		0	MC	9		0.318		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.41		0	MC	9		0.93		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	4		0	MC	9		9		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.100		0	MC	9		0.227		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	5		0	MC	9		11		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01198

KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)

Measure 1 = 227g: 1 container (8 oz)

Calories Factors: Protein	**Fat**	**Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01195
KRAFT BREYERS Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.50		0	MC	9		173.66		
Energy	kcal	96		0	MC	9		218		
Energy	kJ	402				9		912		
Protein	g	3.80		0	MC	9		8.63		
Total lipid (fat)	g	0.80		0	NR	4		1.82		
Ash	g	0.70		0	MC	9		1.59		
Carbohydrate, by difference	g	18.20		0	MC	9		41.31		
Fiber, total dietary	g	0.2		0	MC	9		0.5		
Sugars, total	g	17.40		0	MC	9		39.50		
Starch	g									
Minerals:										
Calcium, Ca	mg	125		0	MC	9		284		
Iron, Fe	mg	0.10		0	MC	9		0.23		
Magnesium, Mg	mg									
Phosphorus, P	mg	89		0	MC	9		202		
Potassium, K	mg	192		0	MC	9		436		
Sodium, Na	mg	52		0	MC	9		118		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg	0.190		0	MC	9		0.431		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.53		0	MC	9		1.20		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	34		0	MC	9		77		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.500		0	MC	9		1.135		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	9		0	MC	9		20		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01195

KRAFT BREYERS Lowfat Strawberry Yogurt (1% Milkfat)

Measure 1 = 227g: 1 container (8 oz)

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01197
KRAFT BREYERS Smooth & Creamy Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.80		0	MC	9		169.80		
Energy....kcal	102		0	MC	9		232		
Energy....kJ	427				9		969		
Protein....g	3.80		0	MC	9		8.63		
Total lipid (fat)....g	0.90		0	NR	4		2.04		
Ash....g	0.70		0	MC	9		1.59		
Carbohydrate, by difference....g	19.90		0	MC	9		45.17		
Fiber, total dietary....g	0.3		0	MC	9		0.7		
Sugars, total....g	17.20		0	MC	9		39.04		
Starch....g									
Minerals:									
Calcium, Ca....mg	108		0	MC	9		245		
Iron, Fe....mg	0.13		0	MC	9		0.30		
Magnesium, Mg....mg									
Phosphorus, P....mg	78		0	MC	9		177		
Potassium, K....mg	177		0	MC	9		402		
Sodium, Na....mg	55		0	MC	9		125		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg	0.180		0	MC	9		0.409		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.52		0	MC	9		1.18		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	31		0	MC	9		70		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.500		0	MC	9		1.135		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	9		0	MC	9		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01197

KRAFT BREYERS Smooth & Creamy Lowfat Strawberry Yogurt (1% Milkfat)

Measure 1 = 227g: 1 container (8 oz)

Calories Factors: Protein	**Fat**	**Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01189
KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.50		0	MC	9		18.03		
Energy	kcal	215		0	MC	9		75		
Energy	kJ	900				9		315		
Protein	g	16.30		0	MC	9		5.71		
Total lipid (fat)	g	9.50		0	NR	4		3.33		
Ash	g	6.40		0	MC	9		2.24		
Carbohydrate, by difference	g	16.20		0	MC	9		5.67		
Fiber, total dietary	g	0.2		0	MC	9		0.1		
Sugars, total	g	8.20		0	MC	9		2.87		
Starch	g									
Minerals:										
Calcium, Ca	mg	418		0	MC	9		146		
Iron, Fe	mg	0.16		0	MC	9		0.06		
Magnesium, Mg	mg									
Phosphorus, P	mg	943		0	MC	9		330		
Potassium, K	mg	297		0	MC	9		104		
Sodium, Na	mg	1705		0	MC	9		597		
Zinc, Zn	mg	2.36		0	MC	9		0.83		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg	0.330		0	MC	9		0.116		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	628		0	MC	9		220		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.400		0	MC	9		2.240		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	35		0	MC	9		12		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01189

KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Measure 1 = 35g: 2 tbsp

Calories Factors: Protein	**Fat**	**Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01188
KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.50		0	MC	9		17.00		
Energy....kcal	276		0	MC	9		91		
Energy....kJ	1155				9		381		
Protein....g	12.00		0	MC	9		3.96		
Total lipid (fat)....g	21.00		0	NR	4		6.93		
Ash....g	5.80		0	MC	9		1.91		
Carbohydrate, by difference....g	9.20		0	MC	9		3.04		
Fiber, total dietary....g	0.3		0	MC	9		0.1		
Sugars, total....g	6.70		0	MC	9		2.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	359		0	MC	9		118		
Iron, Fe....mg	0.19		0	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg	806		0	MC	9		266		
Potassium, K....mg	240		0	MC	9		79		
Sodium, Na....mg	1638		0	MC	9		541		
Zinc, Zn....mg	1.64		0	MC	9		0.54		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg	0.240		0	MC	9		0.079		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	649		0	MC	9		214		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.100		0	MC	9		4.323		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	75		0	MC	9		25		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01188

KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Measure 1 = 33g: 2 tbsp

Calories Factors: Protein	**Fat**	**Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01190
KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.00		0	MC	9		12.18		
Energy....kcal	148		0	MC	9		31		
Energy....kJ	619				9		130		
Protein....g	22.70		0	MC	9		4.77		
Total lipid (fat)....g	1.00		0	NR	4		0.21		
Ash....g	6.10		0	MC	9		1.28		
Carbohydrate, by difference....g	11.70		0	MC	9		2.46		
Fiber, total dietary....g	0.2		0	MC	9		0.0		
Sugars, total....g	6.70		0	MC	9		1.41		
Starch....g									
Minerals:									
Calcium, Ca....mg	712		0	MC	9		150		
Iron, Fe....mg	0.05		0	MC	9		0.01		
Magnesium, Mg....mg									
Phosphorus, P....mg	923		0	MC	9		194		
Potassium, K....mg	236		0	MC	9		50		
Sodium, Na....mg	1298		0	MC	9		273		
Zinc, Zn....mg	2.50		0	MC	9		0.53		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg	0.280		0	MC	9		0.059		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2166		0	MC	9		455		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.700		0	MC	9		0.147		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		0	MC	9		3		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01190

KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Measure 1 = 21g: 1 slice

Calories Factors: Protein	**Fat**	**Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01192
KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.30		0	MC	9		14.36		
Energy....kcal	222		0	MC	9		62		
Energy....kJ	929				9		260		
Protein....g	19.60		0	MC	9		5.49		
Total lipid (fat)....g	10.60		0	NR	4		2.97		
Ash....g	6.60		0	MC	9		1.85		
Carbohydrate, by difference....g	11.80		0	MC	9		3.30		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	8.50		0	MC	9		2.38		
Starch....g									
Minerals:									
Calcium, Ca....mg	574		0	MC	9		161		
Iron, Fe....mg	0.14		0	MC	9		0.04		
Magnesium, Mg....mg									
Phosphorus, P....mg	1024		0	MC	9		287		
Potassium, K....mg	345		0	MC	9		97		
Sodium, Na....mg	1586		0	MC	9		444		
Zinc, Zn....mg	2.49		0	MC	9		0.70		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg	0.650		0	MC	9		0.182		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	982		0	MC	9		275		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.100		0	MC	9		1.988		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	42		0	MC	9		12		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01192

KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Measure 1 = 28g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01191
KRAFT VELVEETA Pasteurized Process Cheese Spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.80		0	MC	9		12.82		
Energy....kcal	303		0	MC	9		85		
Energy....kJ	1268				9		355		
Protein....g	16.30		0	MC	9		4.56		
Total lipid (fat)....g	22.00		0	NR	4		6.16		
Ash....g	6.00		0	MC	9		1.68		
Carbohydrate, by difference....g	9.80		0	MC	9		2.74		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	8.10		0	MC	9		2.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	466		0	MC	9		130		
Iron, Fe....mg	0.18		0	MC	9		0.05		
Magnesium, Mg....mg									
Phosphorus, P....mg	863		0	MC	9		242		
Potassium, K....mg	335		0	MC	9		94		
Sodium, Na....mg	1499		0	MC	9		420		
Zinc, Zn....mg	1.84		0	MC	9		0.52		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg	0.350		0	MC	9		0.098		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1107		0	MC	9		310		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	14.400		0	MC	9		4.032		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		0	MC	9		22		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01191

KRAFT VELVEETA Pasteurized Process Cheese Spread

Measure 1 = 28g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01110
Milk shakes, thick chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.20	0.950	7		1		20.50	216.60	
Energy....kcal	119		0	NC	4		34	356	
Energy....kJ	496		0		4		141	1489	
Protein (N x 6.38)....g	3.05	0.261	7		1		0.87	9.15	
Total lipid (fat)....g	2.70		1		1		0.77	8.10	
Ash....g	0.90	0.071	7		1		0.26	2.70	
Carbohydrate, by difference....g	21.15		0	NC	4		6.01	63.45	
Fiber, total dietary....g	0.3		0		4		0.1	0.9	
Sugars, total....g	20.85		0	NR	4		5.92	62.55	
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1		1		37	396	
Iron, Fe....mg	0.31		1		1		0.09	0.93	
Magnesium, Mg....mg	16		1		1		5	48	
Phosphorus, P....mg	126		1		1		36	378	
Potassium, K....mg	224		1		1		64	672	
Sodium, Na....mg	111		1		1		32	333	
Zinc, Zn....mg	0.48		1		1		0.14	1.44	
Copper, Cu....mg	0.065		0		1		0.018	0.195	
Manganese, Mn....mg	0.039		0		1		0.011	0.117	
Selenium, Se....mcg	1.9		0	BFPN	4		0.5	5.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		6		1		0.0	0.0	
Thiamin....mg	0.047	0.005	7		1		0.013	0.141	
Riboflavin....mg	0.222	0.005	7		1		0.063	0.666	
Niacin....mg	0.124	0.009	7		1		0.035	0.372	
Pantothenic acid....mg	0.363	0.014	6		1		0.103	1.089	
Vitamin B-6....mg	0.025	0.005	7		1		0.007	0.075	
Folate, total....mcg	5	0.761	7		1		1	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5	0.761	7		1		1	15	
Folate, DFE....mcg_DFE	5		0	NC	4		1	15	
Choline, total....mg	17.0		0	T	4		4.8	51.0	
Betaine....mg									
Vitamin B-12....mcg	0.32	0.051	7		1		0.09	0.95	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	18		0	NC	4		5	55	
Retinol....mcg	18		0	NC	4		5	54	
Carotene, beta....mcg	4		0	BFFN	4		1	12	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	67		0	NC	4		19	201	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFFN	4		0.01	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	AS	1		0.3	3.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.0		0	BFFN	4		0.3	3.0	
Vitamin D....IU	41		0	BFFN	4		12	122	
Vitamin K (phylloquinone)....mcg	0.2		0	BFFN	4		0.1	0.5	
Lipids:									
Fatty acids, total saturated....g	1.681		0		1		0.477	5.043	
4:0....g	0.088		0		1		0.025	0.264	

NDB No. 01110
Milk shakes, thick chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.052		0		1		0.015	0.156	
8:0....g	0.030		0		1		0.009	0.090	
10:0....g	0.068		0		1		0.019	0.204	
12:0....g	0.076		0		1		0.022	0.228	
13:0....g									
14:0....g	0.272		0		1		0.077	0.816	
15:0....g									
16:0....g	0.710		0		1		0.202	2.130	
17:0....g									
18:0....g	0.327		0		1		0.093	0.981	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.780		0		1		0.222	2.340	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.017	0.180	
17:1....g									
18:1 undifferentiated....g	0.679		0		1		0.193	2.037	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		1		0.028	0.300	
18:2 undifferentiated....g	0.061		0		1		0.017	0.183	
18:3 undifferentiated....g	0.039		0		1		0.011	0.117	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		0		1		3	32	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0		1		0.012	0.129	
Threonine....g	0.138		0		1		0.039	0.414	
Isoleucine....g	0.185		0		1		0.053	0.555	
Leucine....g	0.299		0		1		0.085	0.897	
Lysine....g	0.242		0		1		0.069	0.726	
Methionine....g	0.076		0		1		0.022	0.228	
Cystine....g	0.028		0		1		0.008	0.084	
Phenylalanine....g	0.147		0		1		0.042	0.441	
Tyrosine....g	0.147		0		1		0.042	0.441	
Valine....g	0.204		0		1		0.058	0.612	
Arginine....g	0.110		0		1		0.031	0.330	
Histidine....g	0.083		0		1		0.024	0.249	
Alanine....g	0.105		0		1		0.030	0.315	
Aspartic acid....g	0.231		0		1		0.066	0.693	
Glutamic acid....g	0.639		0		1		0.181	1.917	
Glycine....g	0.065		0		1		0.018	0.195	
Proline....g	0.295		0		1		0.084	0.885	
Serine....g	0.166		0		1		0.047	0.498	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	2		0	BFZN	4		1	6	
Theobromine....mg	23		0	BFZN	4		7	69	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01110
Milk shakes, thick chocolate

Common Measures:

Measure 1 = 28.4g: 1 fl oz

Measure 2 = 300g: 1 container (10.6 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01111
Milk shakes, thick vanilla

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.45	0.833	10		1		21.14	233.03	
Energy....kcal	112		0	NC	4		32	350	
Energy....kJ	468		0		4		133	1464	
Protein (N x 6.38)....g	3.86	0.098	10		1		1.10	12.08	
Total lipid (fat)....g	3.03	0.140	10		1		0.86	9.48	
Ash....g	0.91	0.022	10		1		0.26	2.85	
Carbohydrate, by difference....g	17.75		0	NC	4		5.04	55.56	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	17.75		0	NR	4		5.04	55.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	146	5.810	10		1		41	457	
Iron, Fe....mg	0.10	0.006	10		1		0.03	0.31	
Magnesium, Mg....mg	12	0.510	10		1		3	37	
Phosphorus, P....mg	115	4.081	10		1		33	361	
Potassium, K....mg	183	9.417	10		1		52	572	
Sodium, Na....mg	95	2.244	10		1		27	299	
Zinc, Zn....mg	0.39	0.045	10		1		0.11	1.22	
Copper, Cu....mg	0.051		0		1		0.014	0.160	
Manganese, Mn....mg	0.014		0		1		0.004	0.044	
Selenium, Se....mcg	2.3		0	BFPN	4		0.7	7.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.030		1		1		0.009	0.094	
Riboflavin....mg	0.195		1		1		0.055	0.610	
Niacin....mg	0.146		1		1		0.041	0.457	
Pantothenic acid....mg	0.368		0		4		0.105	1.152	
Vitamin B-6....mg	0.042		1		1		0.012	0.131	
Folate, total....mcg	7		1		1		2	21	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		1		1		2	21	
Folate, DFE....mcg_DFE	7		0	NC	4		2	21	
Choline, total....mg	14.3		0	T	4		4.1	44.7	
Betaine....mg									
Vitamin B-12....mcg	0.52		1		1		0.15	1.63	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	25		0	NC	4		7	80	
Retinol....mcg	25		0	NC	4		7	78	
Carotene, beta....mcg	5		0	BFFN	4		1	15	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	91		0	NC	4		26	286	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFFN	4		0.02	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	AS	1		0.3	3.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.2		0	BFFN	4		0.3	3.7	
Vitamin D....IU	48		0	BFFN	4		14	149	
Vitamin K (phylloquinone)....mcg	0.2		0	BFFN	4		0.1	0.7	
Lipids:									
Fatty acids, total saturated....g	1.886		0		1		0.536	5.903	
4:0....g	0.098		0		1		0.028	0.307	

NDB No. 01111
Milk shakes, thick vanilla

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.058		0		1		0.016	0.182	
8:0 g	0.034		0		1		0.010	0.106	
10:0 g	0.076		0		1		0.022	0.238	
12:0 g	0.085		0		1		0.024	0.266	
13:0 g									
14:0 g	0.305		0		1		0.087	0.955	
15:0 g									
16:0 g	0.797		0		1		0.226	2.495	
17:0 g									
18:0 g	0.367		0		1		0.104	1.149	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.875		0		1		0.249	2.739	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.068		0		1		0.019	0.213	
17:1 g									
18:1 undifferentiated g	0.762		0		1		0.216	2.385	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.113		0		1		0.032	0.354	
18:2 undifferentiated g	0.068		0		1		0.019	0.213	
18:3 undifferentiated g	0.044		0		1		0.012	0.138	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	12		0		1		3	37	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.054		0		1		0.015	0.169	
Threonine g	0.174		0		1		0.049	0.545	
Isoleucine g	0.234		0		1		0.066	0.732	
Leucine g	0.378		0		1		0.107	1.183	
Lysine g	0.306		0		1		0.087	0.958	
Methionine g	0.097		0		1		0.028	0.304	
Cystine g	0.036		0		1		0.010	0.113	
Phenylalanine g	0.186		0		1		0.053	0.582	
Tyrosine g	0.186		0		1		0.053	0.582	
Valine g	0.258		0		1		0.073	0.808	
Arginine g	0.140		0		1		0.040	0.438	
Histidine g	0.105		0		1		0.030	0.329	
Alanine g	0.133		0		1		0.038	0.416	
Aspartic acid g	0.293		0		1		0.083	0.917	
Glutamic acid g	0.808		0		1		0.229	2.529	
Glycine g	0.082		0		1		0.023	0.257	
Proline g	0.374		0		1		0.106	1.171	
Serine g	0.210		0		1		0.060	0.657	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01111
Milk shakes, thick vanilla

Common Measures:

Measure 1 = 28.4g: 1 fl oz

Measure 2 = 313g: 1 container (11 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.18		0		1		215.16	860.64	
Energy	kcal	61		0	NC	4		150	600	
Energy	kJ	257				4		627	2510	
Protein (N x 6.29)	g	1.75		0		1		4.27	17.08	
Total lipid (fat)	g	3.41		0		1		8.32	33.28	
Ash	g	0.50		0		1		1.22	4.88	
Carbohydrate, by difference	g	6.16		0	NC	4		15.03	60.12	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0		1		79	317	
Iron, Fe	mg	0.39		0		1		0.95	3.81	
Magnesium, Mg	mg	6		0		1		16	62	
Phosphorus, P	mg	74		0		1		181	724	
Potassium, K	mg	114		0		1		279	1116	
Sodium, Na	mg	78		0		1		191	764	
Zinc, Zn	mg	1.18		0		1		2.88	11.52	
Copper, Cu	mg	0.051		0		1		0.124	0.498	
Manganese, Mn	mg	0.097		0		1		0.237	0.947	
Selenium, Se	mcg	1.9		0	BFNN	4		4.6	18.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.012		0		1		0.029	0.117	
Riboflavin	mg	0.088		0		1		0.215	0.859	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg	0.000		0		1		0.000	0.000	
Vitamin B-6	mg	0.000		0		1		0.000	0.000	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.037		0		1		7.410	29.641	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.192		2		1		0.468	1.874	

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.176		2		1		0.429	1.718	
12:0 ... g	1.421		2		1		3.467	13.869	
13:0 ... g									
14:0 ... g	0.592		2		1		1.444	5.778	
15:0 ... g									
16:0 ... g	0.326		2		1		0.795	3.182	
17:0 ... g									
18:0 ... g	0.312		2		1		0.761	3.045	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.176		0		1		0.429	1.718	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		2		1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.176		2		1		0.429	1.718	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.008		0		1		0.020	0.078	
18:2 undifferentiated ... g	0.008		2		1		0.020	0.078	
18:3 undifferentiated ... g	0.000		2		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	2	
Phytosterols ... mg	3		0		4		7	29	
Amino Acids:									
Tryptophan ... g	0.024		0		1		0.059	0.234	
Threonine ... g	0.074		0		1		0.181	0.722	
Isoleucine ... g	0.107		0		1		0.261	1.044	
Leucine ... g	0.173		0		1		0.422	1.688	
Lysine ... g	0.141		0		1		0.344	1.376	
Methionine ... g	0.053		0		1		0.129	0.517	
Cystine ... g	0.008		0		1		0.020	0.078	
Phenylalanine ... g	0.094		0		1		0.229	0.917	
Tyrosine ... g	0.100		0		1		0.244	0.976	
Valine ... g	0.125		0		1		0.305	1.220	
Arginine ... g	0.069		0		1		0.168	0.673	
Histidine ... g	0.052		0		1		0.127	0.508	
Alanine ... g	0.055		0		1		0.134	0.537	
Aspartic acid ... g	0.124		0		1		0.303	1.210	
Glutamic acid ... g	0.398		0		1		0.971	3.884	
Glycine ... g	0.035		0		1		0.085	0.342	
Proline ... g	0.197		0		1		0.481	1.923	
Serine ... g	0.108		0		1		0.264	1.054	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01094
Milk, buttermilk, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.97	0.038	170		1		3.56	0.19	
Energy....kcal	387		0	NC	4		464	25	
Energy....kJ	1619		0	NC	4		1943	105	
Protein (N x 6.38)....g	34.30	0.333	3		1		41.16	2.23	
Total lipid (fat)....g	5.78	0.077	163		1		6.94	0.38	
Ash....g	7.95		2		1		9.54	0.52	
Carbohydrate, by difference....g	49.00		0	NC	4		58.80	3.19	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	49.00		0	NR	4		58.80	3.19	
Starch....g									
Minerals:									
Calcium, Ca....mg	1184		0		1		1421	77	
Iron, Fe....mg	0.30		0		1		0.36	0.02	
Magnesium, Mg....mg	110		0		1		131	7	
Phosphorus, P....mg	933		0		1		1119	61	
Potassium, K....mg	1592	5.486	340		1		1910	103	
Sodium, Na....mg	517		0		1		621	34	
Zinc, Zn....mg	4.02		0		1		4.82	0.26	
Copper, Cu....mg	0.111		0		1		0.133	0.007	
Manganese, Mn....mg	0.023		0		1		0.028	0.001	
Selenium, Se....mcg	20.3		0	BFNN	4		24.4	1.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.7		0		1		6.8	0.4	
Thiamin....mg	0.392		0		1		0.470	0.025	
Riboflavin....mg	1.579		0		1		1.895	0.103	
Niacin....mg	0.876		0		1		1.051	0.057	
Pantothenic acid....mg	3.170	0.128	3		1		3.804	0.206	
Vitamin B-6....mg	0.338		0		1		0.406	0.022	
Folate, total....mcg	47		0		1		57	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	47		0		1		57	3	
Folate, DFE....mcg_DFE	47		0	NC	4		57	3	
Choline, total....mg	118.7		0	BFSN	4		142.5	7.7	
Betaine....mg									
Vitamin B-12....mcg	3.82		0		1		4.59	0.25	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	49		0	NC	4		59	3	
Retinol....mcg	48		0	T	4		58	3	
Carotene, beta....mcg	9		0	BFFN	4		11	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	175		0	NC	4		210	11	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFFN	4		0.12	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.6	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFSN	4		0.6	0.0	
Vitamin D....IU	20		0	BFSN	4		24	1	
Vitamin K (phylloquinone)....mcg	0.4		0	BFFN	4		0.5	0.0	
Lipids:									
Fatty acids, total saturated....g	3.598		0		1		4.318	0.234	
4:0....g	0.187		0		1		0.224	0.012	

NDB No. 01094
Milk, buttermilk, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.111		0		1		0.133	0.007	
8:0 g	0.065		0		1		0.078	0.004	
10:0 g	0.145		0		1		0.174	0.009	
12:0 g	0.162		0		1		0.194	0.011	
13:0 g									
14:0 g	0.581		0		1		0.697	0.038	
15:0 g									
16:0 g	1.520		0		1		1.824	0.099	
17:0 g									
18:0 g	0.700		0		1		0.840	0.046	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.669		0		1		2.003	0.108	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.129		0		1		0.155	0.008	
17:1 g									
18:1 undifferentiated g	1.454		0		1		1.745	0.095	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.215		0		1		0.258	0.014	
18:2 undifferentiated g	0.131		0		1		0.157	0.009	
18:3 undifferentiated g	0.084		0		1		0.101	0.005	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	69		0		1		83	5	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.484		0		1		0.581	0.031	
Threonine g	1.548		0		1		1.858	0.101	
Isoleucine g	2.075		0		1		2.490	0.135	
Leucine g	3.360		0		1		4.032	0.218	
Lysine g	2.720		0		1		3.264	0.177	
Methionine g	0.860		0		1		1.032	0.056	
Cystine g	0.317		0		1		0.380	0.021	
Phenylalanine g	1.656		0		1		1.987	0.108	
Tyrosine g	1.656		0		1		1.987	0.108	
Valine g	2.296		0		1		2.755	0.149	
Arginine g	1.242		0		1		1.490	0.081	
Histidine g	0.930		0		1		1.116	0.060	
Alanine g	1.183		0		1		1.420	0.077	
Aspartic acid g	2.602		0		1		3.122	0.169	
Glutamic acid g	7.183		0		1		8.620	0.467	
Glycine g	0.726		0		1		0.871	0.047	
Proline g	3.322		0		1		3.986	0.216	
Serine g	1.866		0		1		2.239	0.121	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01094
Milk, buttermilk, dried

Common Measures:

Measure 1 = 120g: 1 cup

Measure 2 = 6.5g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.13	0.093	62		1		220.82	27.58	883.27
Energy	kcal	40		0	NC	4		99	12	396
Energy	kJ	169		0	NC	4		414	52	1657
Protein (N x 6.38)	g	3.31	0.024	65		1		8.11	1.01	32.44
Total lipid (fat)	g	0.88	0.174	19		1		2.16	0.27	8.62
Ash	g	0.89	0.045	8		1		2.18	0.27	8.72
Carbohydrate, by difference	g	4.79		0	NC	4		11.74	1.47	46.94
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	4.79		0	NR	4		11.74	1.47	46.94
Starch	g									
Minerals:										
Calcium, Ca	mg	116	2.751	12		1		285	36	1141
Iron, Fe	mg	0.05	0.011	6		1		0.12	0.02	0.49
Magnesium, Mg	mg	11	0.717	9		1		27	3	107
Phosphorus, P	mg	89	4.732	12		1		219	27	874
Potassium, K	mg	151	6.264	14		1		371	46	1483
Sodium, Na	mg	105	7.849	11		1		257	32	1028
Zinc, Zn	mg	0.42	0.061	5		1		1.03	0.13	4.12
Copper, Cu	mg	0.011		0		1		0.027	0.003	0.108
Manganese, Mn	mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se	mcg	2.0	0.563	12	A	1		4.9	0.6	19.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.4	0.3	9.6
Thiamin	mg	0.034		0		1		0.083	0.010	0.333
Riboflavin	mg	0.154	0.005	7		1		0.377	0.047	1.509
Niacin	mg	0.058	0.015	6		1		0.142	0.018	0.568
Pantothenic acid	mg	0.275	0.016	3		1		0.674	0.084	2.695
Vitamin B-6	mg	0.034	0.001	7		1		0.083	0.010	0.333
Folate, total	mcg	5		0		4		12	2	49
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		0		4		12	2	49
Folate, DFE	mcg_DFE	5		0	NC	4		12	2	49
Choline, total	mg	17.7		0	BFZN	4		43.3	5.4	173.0
Betaine	mg									
Vitamin B-12	mcg	0.22		2		1		0.54	0.07	2.15
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	14		0	NC	4		33	4	133
Retinol	mcg	13		0	BFZN	4		33	4	131
Carotene, beta	mcg	1		0	BFFN	4		3	0	14
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	47		0	NC	4		115	14	461
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.05		1	A	1		0.12	0.02	0.49
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.02		1	A	1		0.05	0.01	0.20
Tocopherol, gamma	mg	0.03		1	A	1		0.07	0.01	0.29
Tocopherol, delta	mg	0.02		1	A	1		0.05	0.01	0.20
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0	0.0	0.2
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFZN	4		0.0	0.0	0.2
Vitamin D	IU	1		0	BFZN	4		2	0	7
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.1	0.0	0.6
Lipids:										
Fatty acids, total saturated	g	0.548		0		1		1.343	0.168	5.370
4:0	g	0.029		0		1		0.071	0.009	0.284

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.017		0		1		0.042	0.005	0.167
8:0....g	0.010		0		1		0.025	0.003	0.098
10:0....g	0.022		0		1		0.054	0.007	0.216
12:0....g	0.025		0		1		0.061	0.008	0.245
13:0....g									
14:0....g	0.089		0		1		0.218	0.027	0.872
15:0....g									
16:0....g	0.231		0		1		0.566	0.071	2.264
17:0....g									
18:0....g	0.107		0		1		0.262	0.033	1.049
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.254		0		1		0.622	0.078	2.489
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.049	0.006	0.196
17:1....g									
18:1 undifferentiated....g	0.221		0		1		0.541	0.068	2.166
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0		1		0.081	0.010	0.323
18:2 undifferentiated....g	0.020		0		1		0.049	0.006	0.196
18:3 undifferentiated....g	0.013		0		1		0.032	0.004	0.127
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	4	0.935	4		1		9	1	34
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.036		0		1		0.088	0.011	0.353
Threonine....g	0.158		0		1		0.387	0.048	1.548
Isoleucine....g	0.204		0		1		0.500	0.062	1.999
Leucine....g	0.329		0		1		0.806	0.101	3.224
Lysine....g	0.277		0		1		0.679	0.085	2.715
Methionine....g	0.081		0		1		0.198	0.025	0.794
Cystine....g	0.031		0		1		0.076	0.009	0.304
Phenylalanine....g	0.174		0		1		0.426	0.053	1.705
Tyrosine....g	0.139		0		1		0.341	0.043	1.362
Valine....g	0.243		0		1		0.595	0.074	2.381
Arginine....g	0.126		0		1		0.309	0.039	1.235
Histidine....g	0.095		0		1		0.233	0.029	0.931
Alanine....g	0.119		0		1		0.292	0.036	1.166
Aspartic acid....g	0.264		0		1		0.647	0.081	2.587
Glutamic acid....g	0.643		0		1		1.575	0.197	6.301
Glycine....g	0.073		0		1		0.179	0.022	0.715
Proline....g	0.334		0		1		0.818	0.102	3.273
Serine....g	0.172		0		1		0.421	0.053	1.686
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01088
Milk, buttermilk, fluid, cultured, low fat

Common Measures:

Measure 1 = 245g: 1 cup
Measure 2 = 30.6g: 1 fl oz
Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42189
Milk, buttermilk, fluid, cultured, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.70		0		4		214.87	26.84	
Energy	kcal	56		0	NC	4		136	17	
Energy	kJ	233		0	NC	4		570	71	
Protein	g	4.10		0		8		10.05	1.25	
Total lipid (fat)	g	2.00		0		8		4.90	0.61	
Ash	g	0.90		0	NR	4		2.21	0.28	
Carbohydrate, by difference	g	5.30		0		8		12.99	1.62	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	5.30		0	NR	4		12.99	1.62	
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0		8		350	44	
Iron, Fe	mg	0.06		0		4		0.15	0.02	
Magnesium, Mg	mg	13		0		8		32	4	
Phosphorus, P	mg	82		0		8		201	25	
Potassium, K	mg	180		0		4		441	55	
Sodium, Na	mg	86		0		8		211	26	
Zinc, Zn	mg	0.24		0		8		0.59	0.07	
Copper, Cu	mg	0.008		0		4		0.020	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	2.3		0	BFNN	4		5.6	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		8		3.7	0.5	
Thiamin	mg	0.050		0		8		0.123	0.015	
Riboflavin	mg	0.210		0		8		0.515	0.064	
Niacin	mg	0.100		0		4		0.245	0.031	
Pantothenic acid	mg									
Vitamin B-6	mg	0.030		0		8		0.074	0.009	
Folate, total	mcg	6		0		4		15	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		15	2	
Folate, DFE	mcg_DFE	6		0	NC	4		15	2	
Choline, total	mg	16.0		0	T	4		39.2	4.9	
Betaine	mg									
Vitamin B-12	mcg	0.37		0		8		0.91	0.11	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	16		0	NC	4		40	5	
Retinol	mcg	16		0	BFFN	4		39	5	
Carotene, beta	mcg	3		0	BFFN	4		8	1	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	58		0	NC	4		143	18	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFFN	4		0.28	0.03	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.1	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.1	0.0	
Vitamin D	IU	1		0	BFFN	4		4	0	
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.3	0.0	
Lipids:										
Fatty acids, total saturated	g	1.242		0		4		3.043	0.380	
4:0	g	0.061		0		4		0.149	0.019	

NDB No. 42189
Milk, buttermilk, fluid, cultured, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.040		0		4		0.098	0.012	
8:0 ... g	0.020		0		4		0.049	0.006	
10:0 ... g	0.051		0		4		0.125	0.016	
12:0 ... g	0.061		0		4		0.149	0.019	
13:0 ... g									
14:0 ... g	0.202		0		4		0.495	0.062	
15:0 ... g									
16:0 ... g	0.525		0		4		1.286	0.161	
17:0 ... g									
18:0 ... g	0.242		0		4		0.593	0.074	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.576		0		4		1.411	0.176	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0		4		0.098	0.012	
17:1 ... g									
18:1 undifferentiated ... g	0.505		0		4		1.237	0.155	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.071		0		4		0.174	0.022	
18:2 undifferentiated ... g	0.040		0		4		0.098	0.012	
18:3 undifferentiated ... g	0.030		0		4		0.074	0.009	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		4		20	2	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01095
Milk, canned, condensed, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.16	0.060	21		1		83.11	10.38	
Energy....kcal	321		0	NC	4		982	123	
Energy....kJ	1342		0	NC	4		4107	513	
Protein (N x 6.38)....g	7.91	0.110	5		1		24.20	3.02	
Total lipid (fat)....g	8.70	0.025	23		1		26.62	3.32	
Ash....g	1.83		2		1		5.60	0.70	
Carbohydrate, by difference....g	54.40		0	NC	4		166.46	20.78	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	54.40		0	NR	4		166.46	20.78	
Starch....g									
Minerals:									
Calcium, Ca....mg	284	6.767	3		1		868	108	
Iron, Fe....mg	0.19		1		1		0.58	0.07	
Magnesium, Mg....mg	26		1		1		78	10	
Phosphorus, P....mg	253	17.271	3		1		775	97	
Potassium, K....mg	371	20.004	6		1		1136	142	
Sodium, Na....mg	127	4.716	6		1		389	49	
Zinc, Zn....mg	0.94		0		1		2.88	0.36	
Copper, Cu....mg	0.015		0		1		0.046	0.006	
Manganese, Mn....mg	0.006		0		1		0.018	0.002	
Selenium, Se....mcg	14.8		0	BFNN	4		45.3	5.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.6	0.560	10		1		8.0	1.0	
Thiamin....mg	0.090	0.003	12		1		0.275	0.034	
Riboflavin....mg	0.416	0.006	13		1		1.273	0.159	
Niacin....mg	0.210		2		1		0.643	0.080	
Pantothenic acid....mg	0.750		1		1		2.295	0.287	
Vitamin B-6....mg	0.051	0.005	5		1		0.156	0.019	
Folate, total....mcg	11		0		1		34	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		1		34	4	
Folate, DFE....mcg_DFE	11		0	NC	4		34	4	
Choline, total....mg	89.1		0	BFSN	4		272.7	34.0	
Betaine....mg									
Vitamin B-12....mcg	0.44	0.082	4		1		1.36	0.17	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	74		0	NC	4		227	28	
Retinol....mcg	73		0	T	4		223	28	
Carotene, beta....mcg	14		0	BFFN	4		43	5	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	267		0	NC	4		816	102	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFFN	4		0.48	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.1	
Vitamin D....IU	6		0	BFFN	4		20	2	
Vitamin K (phylloquinone)....mcg	0.6		0	BFFN	4		1.8	0.2	
Lipids:									
Fatty acids, total saturated....g	5.486		0		1		16.787	2.096	
4:0....g	0.282		1		1		0.863	0.108	

NDB No. 01095
Milk, canned, condensed, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.167		1		1		0.511	0.064	
8:0 g	0.097		1		1		0.297	0.037	
10:0 g	0.073		2		1		0.223	0.028	
12:0 g	0.180		2		1		0.551	0.069	
13:0 g									
14:0 g	0.783		2		1		2.396	0.299	
15:0 g									
16:0 g	2.396		2		1		7.332	0.915	
17:0 g									
18:0 g	1.209		2		1		3.700	0.462	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.427		0		1		7.427	0.927	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.137		2		1		0.419	0.052	
17:1 g									
18:1 undifferentiated g	2.188		2		1		6.695	0.836	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.337		0		1		1.031	0.129	
18:2 undifferentiated g	0.216		2		1		0.661	0.083	
18:3 undifferentiated g	0.121		1		1		0.370	0.046	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	34		0		1		104	13	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.112		0		1		0.343	0.043	
Threonine g	0.357		0		1		1.092	0.136	
Isoleucine g	0.479		0		1		1.466	0.183	
Leucine g	0.775		0		1		2.372	0.296	
Lysine g	0.627		0		1		1.919	0.240	
Methionine g	0.198		0		1		0.606	0.076	
Cystine g	0.073		0		1		0.223	0.028	
Phenylalanine g	0.382		0		1		1.169	0.146	
Tyrosine g	0.382		0		1		1.169	0.146	
Valine g	0.529		0		1		1.619	0.202	
Arginine g	0.286		0		1		0.875	0.109	
Histidine g	0.214		0		1		0.655	0.082	
Alanine g	0.273		0		1		0.835	0.104	
Aspartic acid g	0.600		0		1		1.836	0.229	
Glutamic acid g	1.656		0		1		5.067	0.633	
Glycine g	0.167		0		1		0.511	0.064	
Proline g	0.766		0		1		2.344	0.293	
Serine g	0.430		0		1		1.316	0.164	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01095
Milk, canned, condensed, sweetened

Common Measures:

Measure 1 = 306g: 1 cup

Measure 2 = 38.2g: 1 fl oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01097

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.40		2		1		203.26	25.33	101.63
Energy....kcal	78		0	NC	4		199	25	100
Energy....kJ	326		0	NC	4		835	104	417
Protein (N x 6.38)....g	7.55	0.096	10		1		19.33	2.41	9.66
Total lipid (fat)....g	0.20	0.018	10		1		0.51	0.06	0.26
Ash....g	1.50		1		1		3.84	0.48	1.92
Carbohydrate, by difference....g	11.35		0	NC	4		29.06	3.62	14.53
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	11.35		0	NR	4		29.06	3.62	14.53
Starch....g									
Minerals:									
Calcium, Ca....mg	290	14.084	10		1		741	92	371
Iron, Fe....mg	0.29	0.057	9		1		0.74	0.09	0.37
Magnesium, Mg....mg	27		1		1		69	9	35
Phosphorus, P....mg	195	9.946	9		1		499	62	249
Potassium, K....mg	332		2		1		849	106	424
Sodium, Na....mg	115		2		1		294	37	147
Zinc, Zn....mg	0.90		0		1		2.30	0.29	1.15
Copper, Cu....mg	0.016		0		1		0.041	0.005	0.020
Manganese, Mn....mg	0.006		0		1		0.015	0.002	0.008
Selenium, Se....mcg	2.5		0	BFNN	4		6.4	0.8	3.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.127	9		1		3.2	0.4	1.6
Thiamin....mg	0.045	0.004	10		1		0.115	0.014	0.058
Riboflavin....mg	0.309	0.015	10		1		0.791	0.099	0.396
Niacin....mg	0.174	0.008	10		1		0.445	0.056	0.223
Pantothenic acid....mg	0.738		2		1		1.889	0.235	0.945
Vitamin B-6....mg	0.055		1		1		0.141	0.018	0.070
Folate, total....mcg	9		1		1		22	3	11
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	9		1		1		22	3	11
Folate, DFE....mcg_DFE	9		0	NC	4		22	3	11
Choline, total....mg	25.2		0	BFSN	4		64.5	8.0	32.3
Betaine....mg									
Vitamin B-12....mcg	0.24		1		1		0.61	0.08	0.31
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	118		0	NC	4		302	38	151
Retinol....mcg	118		0	T	4		302	38	151
Carotene, beta....mcg	0		0	BFFN	4		1	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	394		0	NC	4		1008	126	504
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.01	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.0		0	AS	1		5.1	0.6	2.5
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.0		0	S	4		5.1	0.6	2.5
Vitamin D....IU	79		0	S	4		202	25	101
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.121		0		1		0.310	0.039	0.155
4:0....g	0.005		1		1		0.013	0.002	0.006

NDB No. 01097
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.004		1		1		0.010	0.001	0.005
8:0....g	0.001		2		1		0.003	0.000	0.001
10:0....g	0.003	0.001	11		1		0.008	0.001	0.004
12:0....g	0.004	0.001	12		1		0.010	0.001	0.005
13:0....g									
14:0....g	0.019	0.002	12		1		0.049	0.006	0.024
15:0....g									
16:0....g	0.054	0.005	12		1		0.138	0.017	0.069
17:0....g									
18:0....g	0.024	0.002	12		1		0.061	0.008	0.031
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.062		0		1		0.159	0.020	0.079
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004	0.001	12		1		0.010	0.001	0.005
17:1....g									
18:1 undifferentiated....g	0.056	0.005	12		1		0.143	0.018	0.072
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0		1		0.015	0.002	0.008
18:2 undifferentiated....g	0.004	0.001	12		1		0.010	0.001	0.005
18:3 undifferentiated....g	0.002		2		1		0.005	0.001	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		9	1	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0		1		0.274	0.034	0.137
Threonine....g	0.341		0		1		0.873	0.109	0.436
Isoleucine....g	0.457		0		1		1.170	0.146	0.585
Leucine....g	0.740		0		1		1.894	0.236	0.947
Lysine....g	0.599		0		1		1.533	0.191	0.767
Methionine....g	0.189		0		1		0.484	0.060	0.242
Cystine....g	0.070		0		1		0.179	0.022	0.090
Phenylalanine....g	0.364		0		1		0.932	0.116	0.466
Tyrosine....g	0.364		0		1		0.932	0.116	0.466
Valine....g	0.505		0		1		1.293	0.161	0.646
Arginine....g	0.273		0		1		0.699	0.087	0.349
Histidine....g	0.205		0		1		0.525	0.065	0.262
Alanine....g	0.260		0		1		0.666	0.083	0.333
Aspartic acid....g	0.573		0		1		1.467	0.183	0.733
Glutamic acid....g	1.581		0		1		4.047	0.504	2.024
Glycine....g	0.160		0		1		0.410	0.051	0.205
Proline....g	0.731		0		1		1.871	0.233	0.936
Serine....g	0.411		0		1		1.052	0.131	0.526
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01097

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 31.9g: 1 fl oz

Measure 3 = 128g: .5 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.04		0		1		23.32	93.29	
Energy....kcal	134		0	NC	4		42	169	
Energy....kJ	562		0	NC	4		177	708	
Protein (N x 6.38)....g	6.81		0		1		2.15	8.58	
Total lipid (fat)....g	7.56		0		1		2.38	9.53	
Ash....g	1.55		0		1		0.49	1.95	
Carbohydrate, by difference....g	10.04		0	NC	4		3.16	12.65	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	261		0		1		82	329	
Iron, Fe....mg	0.19		0		1		0.06	0.24	
Magnesium, Mg....mg	24	0.716	6		1		8	30	
Phosphorus, P....mg	203		0		1		64	255	
Potassium, K....mg	303		0		1		95	382	
Sodium, Na....mg	106		0		1		33	133	
Zinc, Zn....mg	0.77	0.027	26		1		0.24	0.97	
Copper, Cu....mg	0.016		0		1		0.005	0.020	
Manganese, Mn....mg	0.006		0		1		0.002	0.008	
Selenium, Se....mcg	2.3	0.280	13	A	1		0.7	2.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0		1		0.6	2.4	
Thiamin....mg	0.047		0		1		0.015	0.059	
Riboflavin....mg	0.316		0		1		0.100	0.398	
Niacin....mg	0.194		0		1		0.061	0.244	
Pantothenic acid....mg	0.638	0.032	5		1		0.201	0.804	
Vitamin B-6....mg	0.050	0.002	21		1		0.016	0.063	
Folate, total....mcg	8		1		1		2	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1		1		2	10	
Folate, DFE....mcg_DFE	8		0	NC	4		2	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.16	0.015	9		1		0.05	0.21	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	397		0		1		125	500	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.591		0		1		1.446	5.785	
4:0....g	0.195		1		1		0.061	0.246	
6:0....g	0.134		1		1		0.042	0.169	
8:0....g	0.054		2		1		0.017	0.068	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.110	0.017	11		1		0.035	0.139	
12:0 g	0.161	0.015	12		1		0.051	0.203	
13:0 g									
14:0 g	0.733	0.035	12		1		0.231	0.924	
15:0 g									
16:0 g	2.027	0.060	12		1		0.639	2.554	
17:0 g									
18:0 g	0.921	0.027	12		1		0.290	1.160	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.335		0		1		0.736	2.942	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.159	0.012	12		1		0.050	0.200	
17:1 g									
18:1 undifferentiated g	2.101		0		1		0.662	2.647	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.245		0		1		0.077	0.309	
18:2 undifferentiated g	0.167		0		1		0.053	0.210	
18:3 undifferentiated g	0.078		2		1		0.025	0.098	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	29		0		1		9	37	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		1		0.030	0.121	
Threonine g	0.307		0		1		0.097	0.387	
Isoleucine g	0.412		0		1		0.130	0.519	
Leucine g	0.667		0		1		0.210	0.840	
Lysine g	0.540		0		1		0.170	0.680	
Methionine g	0.171		0		1		0.054	0.215	
Cystine g	0.063		0		1		0.020	0.079	
Phenylalanine g	0.329		0		1		0.104	0.415	
Tyrosine g	0.329		0		1		0.104	0.415	
Valine g	0.456		0		1		0.144	0.575	
Arginine g	0.247		0		1		0.078	0.311	
Histidine g	0.185		0		1		0.058	0.233	
Alanine g	0.235		0		1		0.074	0.296	
Aspartic acid g	0.517		0		1		0.163	0.651	
Glutamic acid g	1.426		0		1		0.449	1.797	
Glycine g	0.144		0		1		0.045	0.181	
Proline g	0.660		0		1		0.208	0.832	
Serine g	0.370		0		1		0.117	0.466	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.5g: 1 fl oz

Measure 2 = 126g: .5 cup

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

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.04	0.085	15		1		186.58	23.32	273.21
Energy....kcal	134		0	NC	4		339	42	496
Energy....kJ	562		0	NC	4		1417	177	2075
Protein (N x 6.38)....g	6.81	0.033	55		1		17.16	2.15	25.13
Total lipid (fat)....g	7.56	0.005	15		1		19.05	2.38	27.90
Ash....g	1.55	0.023	5		1		3.91	0.49	5.72
Carbohydrate, by difference....g	10.04		0	NC	4		25.30	3.16	37.05
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	10.04		0	NR	4		25.30	3.16	37.05
Starch....g									
Minerals:									
Calcium, Ca....mg	261	8.978	39		1		657	82	962
Iron, Fe....mg	0.19	0.011	59		1		0.48	0.06	0.70
Magnesium, Mg....mg	24	0.716	6		1		61	8	89
Phosphorus, P....mg	203	8.254	37		1		510	64	747
Potassium, K....mg	303	8.691	10		1		764	95	1118
Sodium, Na....mg	106	3.361	10		1		267	33	390
Zinc, Zn....mg	0.77	0.027	26		1		1.94	0.24	2.84
Copper, Cu....mg	0.016		0		1		0.040	0.005	0.059
Manganese, Mn....mg	0.006		0		1		0.015	0.002	0.022
Selenium, Se....mcg	2.3	0.280	13	A	1		5.8	0.7	8.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.217	32		1		4.7	0.6	6.9
Thiamin....mg	0.047	0.002	42		1		0.118	0.015	0.173
Riboflavin....mg	0.316	0.006	41		1		0.796	0.100	1.166
Niacin....mg	0.194	0.010	36		1		0.489	0.061	0.716
Pantothenic acid....mg	0.638	0.032	5		1		1.608	0.201	2.354
Vitamin B-6....mg	0.050	0.002	21		1		0.126	0.016	0.185
Folate, total....mcg	8		1		1		20	2	29
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		1		1		20	2	29
Folate, DFE....mcg_DFE	8		0	NC	4		20	2	29
Choline, total....mg	31.8		0	BFSN	4		80.0	10.0	117.2
Betaine....mg									
Vitamin B-12....mcg	0.16	0.015	9		1		0.41	0.05	0.60
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	65		0	NC	4		164	20	240
Retinol....mcg	64		0	NC	4		161	20	236
Carotene, beta....mcg	12		0	BFFN	4		30	4	45
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	233		0	NC	4		588	74	862
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.14		0	BFFN	4		0.34	0.04	0.50
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.0		0	AS	1		5.0	0.6	7.3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.0		0	S	4		5.0	0.6	7.3
Vitamin D....IU	79		0	S	4		199	25	292
Vitamin K (phylloquinone)....mcg	0.5		0	BFFN	4		1.3	0.2	1.9
Lipids:									
Fatty acids, total saturated....g	4.591		0		1		11.569	1.446	16.941
4:0....g	0.195		1		1		0.491	0.061	0.720

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.134		1		1		0.338	0.042	0.494
8:0 g	0.054		2		1		0.136	0.017	0.199
10:0 g	0.110	0.017	11		1		0.277	0.035	0.406
12:0 g	0.161	0.015	12		1		0.406	0.051	0.594
13:0 g									
14:0 g	0.733	0.035	12		1		1.847	0.231	2.705
15:0 g									
16:0 g	2.027	0.060	12		1		5.108	0.639	7.480
17:0 g									
18:0 g	0.921	0.027	12		1		2.321	0.290	3.398
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.335		0		1		5.884	0.736	8.616
14:1 g									
15:1 g									
16:1 undifferentiated g	0.159	0.012	12		1		0.401	0.050	0.587
17:1 g									
18:1 undifferentiated g	2.101	0.049	12		1		5.295	0.662	7.753
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.245		0		1		0.617	0.077	0.904
18:2 undifferentiated g	0.167	0.017	12		1		0.421	0.053	0.616
18:3 undifferentiated g	0.078		2		1		0.197	0.025	0.288
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	29		0		1		74	9	108
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		1		0.242	0.030	0.354
Threonine g	0.307		0		1		0.774	0.097	1.133
Isoleucine g	0.412		0		1		1.038	0.130	1.520
Leucine g	0.667		0		1		1.681	0.210	2.461
Lysine g	0.540		0		1		1.361	0.170	1.993
Methionine g	0.171		0		1		0.431	0.054	0.631
Cystine g	0.063		0		1		0.159	0.020	0.232
Phenylalanine g	0.329		0		1		0.829	0.104	1.214
Tyrosine g	0.329		0		1		0.829	0.104	1.214
Valine g	0.456		0		1		1.149	0.144	1.683
Arginine g	0.247		0		1		0.622	0.078	0.911
Histidine g	0.185		0		1		0.466	0.058	0.683
Alanine g	0.235		0		1		0.592	0.074	0.867
Aspartic acid g	0.517		0		1		1.303	0.163	1.908
Glutamic acid g	1.426		0		1		3.594	0.449	5.262
Glycine g	0.144		0		1		0.363	0.045	0.531
Proline g	0.660		0		1		1.663	0.208	2.435
Serine g	0.370		0		1		0.932	0.117	1.365
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 31.5g: 1 fl oz

Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01214
Milk, canned, evaporated, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.04	0.085	15		1		186.58	23.32	273.21
Energy....kcal	135		0	NC	4		341	43	500
Energy....kJ	567		0	NC	4		1428	179	2091
Protein....g	6.81	0.033	55		1		17.16	2.15	25.13
Total lipid (fat)....g	7.56	0.005	15		1		19.05	2.38	27.90
Ash....g	1.55	0.023	5		1		3.91	0.49	5.72
Carbohydrate, by difference....g	10.04		0	NC	4		25.30	3.16	37.05
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	10.04		0	BFZN	4		25.30	3.16	37.05
Starch....g									
Minerals:									
Calcium, Ca....mg	261	8.978	39		1		657	82	962
Iron, Fe....mg	0.19	0.011	59		1		0.48	0.06	0.70
Magnesium, Mg....mg	24	0.716	6		1		61	8	89
Phosphorus, P....mg	203	8.254	37		1		510	64	747
Potassium, K....mg	303	8.691	10		1		764	95	1118
Sodium, Na....mg	106	3.361	10		1		267	33	390
Zinc, Zn....mg	0.77	0.027	26		1		1.94	0.24	2.84
Copper, Cu....mg	0.016		0		1		0.040	0.005	0.059
Manganese, Mn....mg	0.006		0		1		0.015	0.002	0.022
Selenium, Se....mcg	2.3	0.280	13	A	1		5.8	0.7	8.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.217	32		1		4.7	0.6	6.9
Thiamin....mg	0.047	0.002	42		1		0.118	0.015	0.173
Riboflavin....mg	0.316	0.006	41		1		0.796	0.100	1.166
Niacin....mg	0.194	0.010	36		1		0.489	0.061	0.716
Pantothenic acid....mg	0.638	0.032	5		1		1.608	0.201	2.354
Vitamin B-6....mg	0.050	0.002	21		1		0.126	0.016	0.185
Folate, total....mcg	8		1		1		20	2	29
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		1		1		20	2	29
Folate, DFE....mcg_DFE	8		0	NC	4		20	2	29
Choline, total....mg	31.3		0	BFSN	4		78.8	9.8	115.3
Betaine....mg									
Vitamin B-12....mcg	0.16	0.015	9		1		0.41	0.05	0.60
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	65		0	NC	4		165	21	241
Retinol....mcg	64		0	T	4		161	20	236
Carotene, beta....mcg	15		0	BFFN	4		39	5	57
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	239		0	NC	4		602	75	882
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFFN	4		0.42	0.05	0.61
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.3	0.0	0.5
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.3	0.0	0.5
Vitamin D....IU	6		0	BFFN	4		14	2	20
Vitamin K (phylloquinone)....mcg	0.6		0	BFFN	4		1.5	0.2	2.3
Lipids:									
Fatty acids, total saturated....g	4.591		0		1		11.569	1.446	16.941
4:0....g	0.195		1		1		0.491	0.061	0.720

NDB No. 01214
Milk, canned, evaporated, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.134		1		1		0.338	0.042	0.494
8:0 g	0.054		2		1		0.136	0.017	0.199
10:0 g	0.110	0.017	11		1		0.277	0.035	0.406
12:0 g	0.161	0.015	12		1		0.406	0.051	0.594
13:0 g									
14:0 g	0.733	0.035	12		1		1.847	0.231	2.705
15:0 g									
16:0 g	2.027	0.060	12		1		5.108	0.639	7.480
17:0 g									
18:0 g	0.921	0.027	12		1		2.321	0.290	3.398
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.335		0		1		5.884	0.736	8.616
14:1 g									
15:1 g									
16:1 undifferentiated g	0.159	0.012	12		1		0.401	0.050	0.587
17:1 g									
18:1 undifferentiated g	2.101	0.049	12		1		5.295	0.662	7.753
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.245		0		1		0.617	0.077	0.904
18:2 undifferentiated g	0.167	0.017	12		1		0.421	0.053	0.616
18:3 undifferentiated g	0.078		2		1		0.197	0.025	0.288
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	29		0		1		74	9	108
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		1		0.242	0.030	0.354
Threonine g	0.307		0		1		0.774	0.097	1.133
Isoleucine g	0.412		0		1		1.038	0.130	1.520
Leucine g	0.667		0		1		1.681	0.210	2.461
Lysine g	0.540		0		1		1.361	0.170	1.993
Methionine g	0.171		0		1		0.431	0.054	0.631
Cystine g	0.063		0		1		0.159	0.020	0.232
Phenylalanine g	0.329		0		1		0.829	0.104	1.214
Tyrosine g	0.329		0		1		0.829	0.104	1.214
Valine g	0.456		0		1		1.149	0.144	1.683
Arginine g	0.247		0		1		0.622	0.078	0.911
Histidine g	0.185		0		1		0.466	0.058	0.683
Alanine g	0.235		0		1		0.592	0.074	0.867
Aspartic acid g	0.517		0		1		1.303	0.163	1.908
Glutamic acid g	1.426		0		1		3.594	0.449	5.262
Glycine g	0.144		0		1		0.363	0.045	0.531
Proline g	0.660		0		1		1.663	0.208	2.435
Serine g	0.370		0		1		0.932	0.117	1.365
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01214

Milk, canned, evaporated, without added vitamin A and vitamin D

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 31.5g: 1 fl oz

Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.45		0	RPI	6		206.12	25.72	
Energy....kcal	77		0	RPI	6		194	24	
Energy....kJ	324		0	RPI	6		810	101	
Protein....g	3.52		0	RPI	6		8.79	1.10	
Total lipid (fat)....g	2.34		0	RPI	6		5.85	0.73	
Ash....g	0.65		0	RPA	1		1.64	0.20	
Carbohydrate, by difference....g	10.74		0	RPI	6		26.85	3.35	
Fiber, total dietary....g	1.0		0	RPI	6		2.5	0.3	
Sugars, total....g	9.67		0	RPI	6		24.17	3.02	
Sucrose....g	0.01		0	RPA	1		0.02	0.00	
Glucose (dextrose)....g	0.01		0	RPA	1		0.02	0.00	
Fructose....g	0.01		0	RPA	1		0.02	0.00	
Lactose....g	4.63		0	RPA	1		11.57	1.44	
Maltose....g	0.01		0	RPA	1		0.02	0.00	
Galactose....g	0.01		0	RPA	1		0.04	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	114		0	RPI	6		285	36	
Iron, Fe....mg	0.41		0	RPI	6		1.04	0.13	
Magnesium, Mg....mg	23		0	RPI	6		58	7	
Phosphorus, P....mg	105		0	RPI	6		262	33	
Potassium, K....mg	197		0	RPI	6		492	61	
Sodium, Na....mg	44		0	RPI	6		109	14	
Zinc, Zn....mg	0.63		0	RPI	6		1.57	0.20	
Copper, Cu....mg	0.103		0	RPI	6		0.256	0.032	
Manganese, Mn....mg	0.013		0	RPA	1		0.032	0.004	
Selenium, Se....mcg	2.7		0	RPI	6		6.7	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	RPI	6		0.4	0.1	
Thiamin....mg	0.039		0	RPI	6		0.096	0.012	
Riboflavin....mg	0.182		0	RPI	6		0.455	0.057	
Niacin....mg	0.133		0	RPI	6		0.334	0.042	
Pantothenic acid....mg	0.328		0	RPA	1		0.821	0.102	
Vitamin B-6....mg	0.040		0	RPI	6		0.101	0.013	
Folate, total....mcg	5		0	RPA	1		13	2	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	5		0	RPA	1		13	2	
Folate, DFE....mcg_DFE	5		0	NC	4		13	2	
Choline, total....mg	15.6		0	RPI	6		39.0	4.9	
Betaine....mg	0.9		0	RPA	1		2.2	0.3	
Vitamin B-12....mcg	0.49		0	RPI	6		1.23	0.15	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	51		0	NC	4		128	16	
Retinol....mcg	51		0	RPI	6		127	16	
Carotene, beta....mcg	4		0	RPI	6		9	1	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	175		0	NC	4		439	55	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	RPI	6		0.07	0.01	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, delta....mg	0.00		0	RPA	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	1.1		0	RPI	6		2.8	0.3	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.1		0	RPA	1		2.8	0.3	
Vitamin D....IU	45		0	RPI	6		112	14	
Vitamin K (phylloquinone)....mcg	0.2		0	RPA	1		0.4	0.1	
Lipids:									
Fatty acids, total saturated....g	1.432		0	RPI	6		3.580	0.447	
4:0....g	0.071		0	RPI	6		0.177	0.022	
6:0....g	0.037		0	RPI	6		0.093	0.012	
8:0....g	0.019		0	RPI	6		0.047	0.006	
10:0....g	0.045		0	RPI	6		0.113	0.014	
12:0....g	0.050		0	RPI	6		0.126	0.016	
13:0....g	0.002		0	RPA	1		0.005	0.001	
14:0....g	0.163		0	RPI	6		0.407	0.051	
15:0....g	0.018		0	RPA	1		0.046	0.006	
16:0....g	0.641		0	RPI	6		1.602	0.200	
17:0....g	0.010		0	RPA	1		0.026	0.003	
18:0....g	0.369		0	RPI	6		0.923	0.115	
20:0....g	0.004		0	RPA	1		0.009	0.001	
22:0....g	0.002		0	RPA	1		0.005	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	0.651		0	RPI	6		1.628	0.203	
14:1....g	0.013		0	RPA	1		0.033	0.004	
15:1....g	0.004		0	RPA	1		0.009	0.001	
16:1 undifferentiated....g	0.030		0	RPI	6		0.076	0.010	
17:1....g	0.005		0	RPA	1		0.011	0.001	
18:1 undifferentiated....g	0.597		0	RPI	6		1.492	0.186	
20:1....g	0.002		0	RPI	6		0.005	0.001	
22:1 undifferentiated....g	0.000		0	RPI	6		0.001	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.094		0	RPI	6		0.236	0.029	
18:2 undifferentiated....g	0.079		0	RPI	6		0.199	0.025	
18:3 undifferentiated....g	0.012		0	RPI	6		0.030	0.004	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		0	RPA	1		0.007	0.001	
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g	0.078		0	NR	4		0.196	0.024	
Fatty acids, total trans-monoenoic....g	0.072		0	NR	4		0.179	0.022	
Fatty acids, total trans-polyenoic....g	0.007		0	NR	4		0.016	0.002	
Cholesterol....mg	8		0	RPI	6		19	2	
Phytosterols....mg									
Stigmasterol....mg	0		0	RPA	1		0	0	
Campesterol....mg	0		0	RPA	1		0	0	
Beta-sitosterol....mg	0		0	RPA	1		0	0	
Amino Acids:									
Tryptophan....g	0.037		0	RPA	1		0.093	0.012	
Threonine....g	0.095		0	RPA	1		0.238	0.030	
Isoleucine....g	0.169		0	RPA	1		0.421	0.053	
Leucine....g	0.305		0	RPA	1		0.763	0.095	
Lysine....g	0.215		0	RPA	1		0.537	0.067	
Methionine....g	0.076		0	RPA	1		0.191	0.024	
Cystine....g	0.099		0	RPA	1		0.247	0.031	
Phenylalanine....g	0.150		0	RPA	1		0.374	0.047	
Tyrosine....g	0.141		0	RPA	1		0.353	0.044	
Valine....g	0.201		0	RPA	1		0.502	0.063	
Arginine....g	0.099		0	RPA	1		0.248	0.031	
Histidine....g	0.067		0	RPA	1		0.168	0.021	
Alanine....g	0.102		0	RPA	1		0.256	0.032	
Aspartic acid....g	0.276		0	RPA	1		0.691	0.086	
Glutamic acid....g	0.719		0	RPA	1		1.798	0.224	

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine....g	0.056		0	RPA	1		0.140	0.017	
Proline....g	0.340		0	RPA	1		0.850	0.106	
Serine....g	0.184		0	RPA	1		0.459	0.057	
Hydroxyproline....g	0.000		0	RPA	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	2		0	RPI	6		5	1	
Theobromine....mg	68		0	RPI	6		170	21	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01104
Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.34	0.436	4	A	1		205.84	823.37	
Energy....kcal	63		0	NC	4		158	630	
Energy....kJ	264		0		4		659	2637	
Protein (N x 6.38)....g	3.24		0		1		8.10	32.40	
Total lipid (fat)....g	1.00		0		1		2.50	10.00	
Ash....g	0.82		0		1		2.05	8.20	
Carbohydrate, by difference....g	10.44		0	NC	4		26.10	104.40	
Fiber, total dietary....g	0.5		0		4		1.3	5.0	
Sugars, total....g	9.94		0	NR	4		24.85	99.40	
Starch....g									
Minerals:									
Calcium, Ca....mg	116	2.594	4	A	1		291	1163	
Iron, Fe....mg	0.27	0.019	4	A	1		0.67	2.68	
Magnesium, Mg....mg	13		0		1		33	133	
Phosphorus, P....mg	103		0		1		257	1026	
Potassium, K....mg	170		0		1		426	1702	
Sodium, Na....mg	61		0		1		152	607	
Zinc, Zn....mg	0.41		0		1		1.03	4.10	
Copper, Cu....mg	0.065		0		1		0.163	0.650	
Manganese, Mn....mg	0.077		0		1		0.193	0.770	
Selenium, Se....mcg	1.9	0.335	12	A	1		4.8	19.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.3	9.3	
Thiamin....mg	0.038		0		1		0.095	0.380	
Riboflavin....mg	0.166		0		1		0.415	1.660	
Niacin....mg	0.127		0		1		0.318	1.270	
Pantothenic acid....mg	0.302		0		1		0.755	3.020	
Vitamin B-6....mg	0.041		0		1		0.103	0.410	
Folate, total....mcg	5		0		1		12	48	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		12	48	
Folate, DFE....mcg_DFE	5		0	NC	4		12	48	
Choline, total....mg	17.0		0	T	4		42.5	170.0	
Betaine....mg									
Vitamin B-12....mcg	0.32	0.011	4	A	1		0.81	3.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	58		0	NC	4		145	581	
Retinol....mcg	58		0	T	4		145	580	
Carotene, beta....mcg	2		0	BFFN	4		4	16	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	196		0	NC	4		490	1960	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.04	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		24	AS	1		2.7	10.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1	0.079	24	A	1		2.7	10.7	
Vitamin D....IU	43	3.148	24	A	1		107	427	
Vitamin K (phylloquinone)....mcg	0.1		0	BFFN	4		0.2	0.7	
Lipids:									
Fatty acids, total saturated....g	0.616		0		1		1.540	6.160	
4:0....g	0.024		0		1		0.060	0.240	

NDB No. 01104
Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.014		0		1		0.035	0.140	
8:0....g	0.008		0		1		0.020	0.080	
10:0....g	0.019		0		1		0.048	0.190	
12:0....g	0.021		0		1		0.053	0.210	
13:0....g									
14:0....g	0.075		0		1		0.188	0.750	
15:0....g									
16:0....g	0.261		0		1		0.653	2.610	
17:0....g									
18:0....g	0.176		0		1		0.440	1.760	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.300		0		1		0.750	3.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.045	0.180	
17:1....g									
18:1 undifferentiated....g	0.271		0		1		0.678	2.710	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.088	0.350	
18:2 undifferentiated....g	0.024		0		1		0.060	0.240	
18:3 undifferentiated....g	0.011		0		1		0.028	0.110	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		7	29	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.115	0.460	
Threonine....g	0.146		0		1		0.365	1.460	
Isoleucine....g	0.196		0		1		0.490	1.960	
Leucine....g	0.317		0		1		0.793	3.170	
Lysine....g	0.257		0		1		0.643	2.570	
Methionine....g	0.081		0		1		0.203	0.810	
Cystine....g	0.030		0		1		0.075	0.300	
Phenylalanine....g	0.156		0		1		0.390	1.560	
Tyrosine....g	0.156		0		1		0.390	1.560	
Valine....g	0.217		0		1		0.543	2.170	
Arginine....g	0.117		0		1		0.293	1.170	
Histidine....g	0.088		0		1		0.220	0.880	
Alanine....g	0.112		0		1		0.280	1.120	
Aspartic acid....g	0.246		0		1		0.615	2.460	
Glutamic acid....g	0.678		0		1		1.695	6.780	
Glycine....g	0.069		0		1		0.173	0.690	
Proline....g	0.314		0		1		0.785	3.140	
Serine....g	0.176		0		1		0.440	1.760	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	2		0	BFZN	4		5	20	
Theobromine....mg	23		0	BFZN	4		58	230	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01104

Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 1000g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.17		2	A	1		205.41	25.64	821.65
Energy	kcal	78		0	NC	4		194	24	776
Energy	kJ	325		0	NC	4		811	101	3246
Protein	g	2.99		2	A	1		7.49	0.93	29.94
Total lipid (fat)	g	1.90		2	A	1		4.75	0.59	19.00
Ash	g	0.81		2	A	1		2.04	0.25	8.15
Carbohydrate, by difference	g	12.13		0	NC	4		30.31	3.78	121.26
Fiber, total dietary	g	0.7		1	A	1		1.8	0.2	7.0
Sugars, total	g	9.55		0	NR	4		23.88	2.98	95.54
Sucrose	g	4.79		2	A	1		11.97	1.49	47.90
Glucose (dextrose)	g	0.53		2	A	1		1.32	0.17	5.30
Fructose	g	0.41		2	A	1		1.02	0.13	4.10
Lactose	g	3.83		2	A	1		9.56	1.19	38.25
Maltose	g	0.00		2	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	1.60		1	A	1		4.00	0.50	16.00
Minerals:										
Calcium, Ca	mg	194		1	A	1		485	61	1940
Iron, Fe	mg	0.24		0	O	4		0.60	0.07	2.40
Magnesium, Mg	mg	14		2	A	1		34	4	136
Phosphorus, P	mg	76		2	A	1		191	24	764
Potassium, K	mg	123		2	A	1		306	38	1225
Sodium, Na	mg	66		2	A	1		165	21	659
Zinc, Zn	mg	0.39		2	A	1		0.98	0.12	3.94
Copper, Cu	mg	0.075		2	A	1		0.186	0.023	0.745
Manganese, Mn	mg	0.062		2	A	1		0.154	0.019	0.617
Selenium, Se	mcg	3.4		2	A	1		8.6	1.1	34.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin	mg	0.045		2	A	1		0.112	0.014	0.447
Riboflavin	mg	0.565		2	A	1		1.412	0.176	5.650
Niacin	mg	0.164		2	A	1		0.410	0.051	1.639
Pantothenic acid	mg	0.539		2	A	1		1.349	0.168	5.395
Vitamin B-6	mg	0.024		2	A	1		0.061	0.008	0.245
Folate, total	mcg	2		2	A	1		5	1	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		2	A	1		5	1	20
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	20
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.33		2	A	1		0.82	0.10	3.29
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	64		0	AS	1		159	20	635
Retinol	mcg	63		1	A	1		156	20	626
Carotene, beta	mcg	11		2	A	1		28	3	112
Carotene, alpha	mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	227		0	AS	1		568	71	2273
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.04		2	A	1		0.10	0.01	0.40
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.02		2	A	1		0.05	0.01	0.20
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		2	A	1		0.4	0.0	1.5
Lipids:									
Fatty acids, total saturated.....g	1.177		0	NC	4		2.943	0.367	11.774
4:0.....g	0.056		0		1		0.140	0.017	0.560
6:0.....g	0.033		0		1		0.083	0.010	0.330
8:0.....g	0.020		2	A	1		0.050	0.006	0.199
10:0.....g	0.045		2	A	1		0.112	0.014	0.450
12:0.....g	0.045		2	A	1		0.112	0.014	0.450
13:0.....g									
14:0.....g	0.170		2	A	1		0.425	0.053	1.700
15:0.....g	0.015		2	A	1		0.037	0.005	0.149
16:0.....g	0.515		2	A	1		1.288	0.161	5.150
17:0.....g	0.009		2	A	1		0.022	0.003	0.087
18:0.....g	0.270		2	A	1		0.675	0.084	2.700
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.455		0	NC	4		1.137	0.142	4.549
14:1.....g	0.005		2	A	1		0.012	0.002	0.050
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.020		2	A	1		0.050	0.006	0.199
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.430		2	A	1		1.075	0.134	4.300
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0	NC	4		0.221	0.028	0.886
18:2 undifferentiated.....g	0.080		2	A	1		0.200	0.025	0.799
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		2	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.009		2	A	1		0.022	0.003	0.087
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2	A	1		20	2	79
Phytosterols.....mg									
Stigmasterol.....mg	0		2	A	1		0	0	0
Campesterol.....mg	0		2	A	1		0	0	0
Beta-sitosterol.....mg	0		2	A	1		0	0	0
Amino Acids:									
Tryptophan.....g	0.045		0	A	1		0.113	0.014	0.451
Threonine.....g	0.140		0	A	1		0.350	0.044	1.401
Isoleucine.....g	0.140		0	A	1		0.350	0.044	1.401
Leucine.....g	0.275		0	A	1		0.688	0.086	2.753
Lysine.....g	0.230		0	A	1		0.575	0.072	2.301
Methionine.....g	0.070		0	A	1		0.175	0.022	0.700
Cystine.....g	0.030		0	A	1		0.075	0.009	0.299
Phenylalanine.....g	0.140		0	A	1		0.350	0.044	1.401
Tyrosine.....g	0.120		0	A	1		0.300	0.037	1.200

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.180		0	A	1		0.450	0.056	1.801
Arginine....g	0.105		0	A	1		0.263	0.033	1.051
Histidine....g	0.080		0	A	1		0.200	0.025	0.800
Alanine....g	0.100		0	A	1		0.250	0.031	1.001
Aspartic acid....g	0.270		0	A	1		0.675	0.084	2.702
Glutamic acid....g	0.645		0	A	1		1.614	0.201	6.454
Glycine....g	0.060		0	A	1		0.150	0.019	0.599
Proline....g	0.275		0	A	1		0.688	0.086	2.753
Serine....g	0.170		0	A	1		0.425	0.053	1.701
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	1		1	A	1		2	0	7
Theobromine....mg	22		1	A	1		55	7	220

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.17		2	A	1		205.41	25.64	821.65
Energy	kcal	76		0	NC	4		191	24	764
Energy	kJ	320		0	NC	4		799	100	3197
Protein (N x 6.38)	g	2.99		2	A	1		7.49	0.93	29.94
Total lipid (fat)	g	1.90		2	A	1		4.75	0.59	19.00
Ash	g	0.81		2	A	1		2.04	0.25	8.15
Carbohydrate, by difference	g	12.13		0	NR	4		30.31	3.78	121.26
Fiber, total dietary	g	0.7		1	A	1		1.8	0.2	7.0
Sugars, total	g	9.55		0	NR	4		23.88	2.98	95.54
Sucrose	g	4.79		2	A	1		11.97	1.49	47.90
Glucose (dextrose)	g	0.53		2	A	1		1.32	0.17	5.30
Fructose	g	0.41		2	A	1		1.02	0.13	4.10
Lactose	g	3.83		2	A	1		9.56	1.19	38.25
Maltose	g	0.00		2	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	1.60		1	A	1		4.00	0.50	16.00
Minerals:										
Calcium, Ca	mg	109		1	A	1		273	34	1090
Iron, Fe	mg	0.24		0		1		0.60	0.07	2.40
Magnesium, Mg	mg	14		2	A	1		34	4	136
Phosphorus, P	mg	102		0		1		254	32	1017
Potassium, K	mg	169		0		1		422	53	1688
Sodium, Na	mg	66		2	A	1		165	21	659
Zinc, Zn	mg	0.39		2	A	1		0.98	0.12	3.94
Copper, Cu	mg	0.075		2	A	1		0.186	0.023	0.745
Manganese, Mn	mg	0.062		2	A	1		0.154	0.019	0.617
Selenium, Se	mcg	3.4		2	A	1		8.6	1.1	34.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin	mg	0.045		2	A	1		0.112	0.014	0.447
Riboflavin	mg	0.183		0	O	4		0.458	0.057	1.830
Niacin	mg	0.164		2	A	1		0.410	0.051	1.639
Pantothenic acid	mg	0.539		2	A	1		1.349	0.168	5.395
Vitamin B-6	mg	0.024		2	A	1		0.061	0.008	0.245
Folate, total	mcg	2		2	A	1		5	1	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		2	A	1		5	1	20
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	20
Choline, total	mg	17.1		0	AS	1		42.9	5.3	171.4
Betaine	mg	0.7		1	A	1		1.7	0.2	6.9
Vitamin B-12	mcg	0.33		2	A	1		0.82	0.10	3.29
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	64		0	AS	1		159	20	635
Retinol	mcg	63		1	A	1		156	20	626
Carotene, beta	mcg	11		2	A	1		28	3	112
Carotene, alpha	mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	227		0	AS	1		568	71	2273
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.04		2	A	1		0.10	0.01	0.40
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.02		2	A	1		0.05	0.01	0.20
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	1.2		0	AS	1		3.0	0.4	12.1
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.2		0	BFZN	4		3.0	0.4	12.1
Vitamin D....IU	49		0	BFZN	4		121	15	486
Vitamin K (phylloquinone)....mcg	0.2		2	A	1		0.4	0.0	1.5
Lipids:									
Fatty acids, total saturated....g	1.177		0	NC	4		2.943	0.367	11.774
4:0....g	0.056		0		1		0.140	0.017	0.560
6:0....g	0.033		0		1		0.083	0.010	0.330
8:0....g	0.020		2	A	1		0.050	0.006	0.199
10:0....g	0.045		2	A	1		0.112	0.014	0.450
12:0....g	0.045		2	A	1		0.112	0.014	0.450
13:0....g									
14:0....g	0.170		2	A	1		0.425	0.053	1.700
15:0....g	0.015		2	A	1		0.037	0.005	0.149
16:0....g	0.515		2	A	1		1.288	0.161	5.150
17:0....g	0.009		2	A	1		0.022	0.003	0.087
18:0....g	0.270		2	A	1		0.675	0.084	2.700
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.455		0	NC	4		1.137	0.142	4.549
14:1....g	0.005		2	A	1		0.012	0.002	0.050
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.020		2	A	1		0.050	0.006	0.199
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.430		2	A	1		1.075	0.134	4.300
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0	NC	4		0.221	0.028	0.886
18:2 undifferentiated....g	0.080		2	A	1		0.200	0.025	0.799
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.009		2	A	1		0.022	0.003	0.087
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	8		2	A	1		20	2	79
Phytosterols....mg									
Stigmasterol....mg	0		2	A	1		0	0	0
Campesterol....mg	0		2	A	1		0	0	0
Beta-sitosterol....mg	0		2	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.045		0	A	1		0.113	0.014	0.451
Threonine....g	0.140		0	A	1		0.350	0.044	1.401
Isoleucine....g	0.140		0	A	1		0.350	0.044	1.401
Leucine....g	0.275		0	A	1		0.688	0.086	2.753
Lysine....g	0.230		0	A	1		0.575	0.072	2.301
Methionine....g	0.070		0	A	1		0.175	0.022	0.700
Cystine....g	0.030		0	A	1		0.075	0.009	0.299
Phenylalanine....g	0.140		0	A	1		0.350	0.044	1.401
Tyrosine....g	0.120		0	A	1		0.300	0.037	1.200

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.180		0	A	1		0.450	0.056	1.801
Arginine....g	0.105		0	A	1		0.263	0.033	1.051
Histidine....g	0.080		0	A	1		0.200	0.025	0.800
Alanine....g	0.100		0	A	1		0.250	0.031	1.001
Aspartic acid....g	0.270		0	A	1		0.675	0.084	2.702
Glutamic acid....g	0.645		0	A	1		1.614	0.201	6.454
Glycine....g	0.060		0	A	1		0.150	0.019	0.599
Proline....g	0.275		0	A	1		0.688	0.086	2.753
Serine....g	0.170		0	A	1		0.425	0.053	1.701
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	1		1	A	1		2	0	7
Theobromine....mg	22		1	A	1		55	7	220

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.30	0.231	8		1		205.75	25.68	823.00
Energy....kcal	83		0	NC	4		208	26	834
Energy....kJ	349		0		4		872	109	3487
Protein (N x 6.38)....g	3.17	0.041	11		1		7.93	0.99	31.70
Total lipid (fat)....g	3.39	0.037	10		1		8.48	1.06	33.90
Ash....g	0.80		0		1		2.00	0.25	8.00
Carbohydrate, by difference....g	10.34		0	NC	4		25.85	3.23	103.40
Fiber, total dietary....g	0.8		0		1		2.0	0.2	8.0
Sugars, total....g	9.54		0	NR	4		23.85	2.98	95.40
Starch....g									
Minerals:									
Calcium, Ca....mg	112	3.987	8		1		280	35	1121
Iron, Fe....mg	0.24		0		1		0.60	0.07	2.40
Magnesium, Mg....mg	13	0.622	5		1		33	4	130
Phosphorus, P....mg	101	5.381	5		1		251	31	1005
Potassium, K....mg	167	7.479	5		1		417	52	1669
Sodium, Na....mg	60	5.193	5		1		149	19	596
Zinc, Zn....mg	0.41	0.022	5		1		1.03	0.13	4.10
Copper, Cu....mg	0.065		0		1		0.163	0.020	0.650
Manganese, Mn....mg	0.077		0		1		0.193	0.024	0.770
Selenium, Se....mcg	1.9		0	BFNN	4		4.8	0.6	19.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.3	0.3	9.1
Thiamin....mg	0.037		0		1		0.093	0.012	0.370
Riboflavin....mg	0.162		0		1		0.405	0.051	1.620
Niacin....mg	0.125		0		1		0.313	0.039	1.250
Pantothenic acid....mg	0.295		0		1		0.738	0.092	2.950
Vitamin B-6....mg	0.040		0		1		0.100	0.012	0.400
Folate, total....mcg	5		0		1		12	1	47
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5		0		1		12	1	47
Folate, DFE....mcg_DFE	5		0	NC	4		12	1	47
Choline, total....mg	17.0		0	T	4		42.5	5.3	170.0
Betaine....mg									
Vitamin B-12....mcg	0.33		0		1		0.84	0.10	3.34
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	27		0	NC	4		66	8	266
Retinol....mcg	26		0	T	4		65	8	260
Carotene, beta....mcg	7		0	BFZN	4		17	2	66
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	98		0	NC	4		244	30	977
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFZN	4		0.18	0.02	0.71
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		0	AS	1		3.2	0.4	12.8
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3		0	BFZN	4		3.2	0.4	12.8
Vitamin D....IU	51		0	BFZN	4		128	16	511
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.7	0.1	2.6
Lipids:									
Fatty acids, total saturated....g	2.104		0		1		5.260	0.656	21.040
4:0....g	0.101		0		1		0.253	0.032	1.010

NDB No. 01102
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.060		0		1		0.150	0.019	0.600
8:0....g	0.035		0		1		0.088	0.011	0.350
10:0....g	0.078		0		1		0.195	0.024	0.780
12:0....g	0.088		0		1		0.220	0.027	0.880
13:0....g									
14:0....g	0.315		0		1		0.788	0.098	3.150
15:0....g									
16:0....g	0.889		0		1		2.223	0.277	8.890
17:0....g									
18:0....g	0.466		0		1		1.165	0.145	4.660
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.990		0		1		2.475	0.309	9.900
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		0		1		0.178	0.022	0.710
17:1....g									
18:1 undifferentiated....g	0.872		0		1		2.180	0.272	8.720
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.124		0		1		0.310	0.039	1.240
18:2 undifferentiated....g	0.078		0		1		0.195	0.024	0.780
18:3 undifferentiated....g	0.046		0		1		0.115	0.014	0.460
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	12		0		1		31	4	122
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0		1		0.113	0.014	0.450
Threonine....g	0.143		0		1		0.358	0.045	1.430
Isoleucine....g	0.192		0		1		0.480	0.060	1.920
Leucine....g	0.311		0		1		0.778	0.097	3.110
Lysine....g	0.251		0		1		0.628	0.078	2.510
Methionine....g	0.079		0		1		0.198	0.025	0.790
Cystine....g	0.029		0		1		0.073	0.009	0.290
Phenylalanine....g	0.153		0		1		0.383	0.048	1.530
Tyrosine....g	0.153		0		1		0.383	0.048	1.530
Valine....g	0.212		0		1		0.530	0.066	2.120
Arginine....g	0.115		0		1		0.288	0.036	1.150
Histidine....g	0.086		0		1		0.215	0.027	0.860
Alanine....g	0.109		0		1		0.273	0.034	1.090
Aspartic acid....g	0.240		0		1		0.600	0.075	2.400
Glutamic acid....g	0.664		0		1		1.660	0.207	6.640
Glycine....g	0.067		0		1		0.168	0.021	0.670
Proline....g	0.307		0		1		0.768	0.096	3.070
Serine....g	0.172		0		1		0.430	0.054	1.720
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	2		0	RA	4		5	1	20
Theobromine....mg	23		0	RA	4		58	7	230

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.90		1		1		1.39	5.54	
Energy	kcal	354		0	NC	4		100	400	
Energy	kJ	1480				4		420	1673	
Protein (N x 6.38)	g	35.50		1		1		10.06	40.12	
Total lipid (fat)	g	0.20		1		1		0.06	0.23	
Ash	g	7.60		1		1		2.15	8.59	
Carbohydrate, by difference	g	51.80		0		4		14.69	58.53	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	280		1		1		79	316	
Iron, Fe	mg	0.32		0		4		0.09	0.36	
Magnesium, Mg	mg	60		1		1		17	68	
Phosphorus, P	mg	1011		1		1		287	1142	
Potassium, K	mg	680		1		1		193	768	
Sodium, Na	mg	2280		1		1		646	2576	
Zinc, Zn	mg	4.03		0		4		1.14	4.55	
Copper, Cu	mg	0.016		0		1		0.005	0.018	
Manganese, Mn	mg	0.008		0		1		0.002	0.009	
Selenium, Se	mcg	27.3	2.950	9	A	1		7.7	30.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.7		0		4		1.9	7.5	
Thiamin	mg	0.163		0		1		0.046	0.184	
Riboflavin	mg	1.642		0		1		0.466	1.855	
Niacin	mg	0.665		0		1		0.189	0.751	
Pantothenic acid	mg	3.312		0		1		0.939	3.743	
Vitamin B-6	mg	0.298		0		1		0.084	0.337	
Folate, total	mcg	50		0		4		14	56	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50		0		4		14	56	
Folate, DFE	mcg_DFE	50		0	NC	4		14	56	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.98		0		1		1.13	4.49	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0	2	
Retinol	mcg	1		0	NC	4		0	1	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	8		0		1		2	9	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.124		0		1		0.035	0.140	
4:0	g	0.006		0		1		0.002	0.007	
6:0	g	0.004		0		1		0.001	0.005	
8:0	g	0.002		0		1		0.001	0.002	

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.005		0		1		0.001	0.006	
12:0 ... g	0.006		0		1		0.002	0.007	
13:0 ... g									
14:0 ... g	0.020		0		1		0.006	0.023	
15:0 ... g									
16:0 ... g	0.053		0		1		0.015	0.060	
17:0 ... g									
18:0 ... g	0.024		0		1		0.007	0.027	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.058		0		1		0.016	0.066	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0		1		0.001	0.005	
17:1 ... g									
18:1 undifferentiated ... g	0.050		0		1		0.014	0.057	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.007		0		1		0.002	0.008	
18:2 undifferentiated ... g	0.005		0		1		0.001	0.006	
18:3 undifferentiated ... g	0.003		0		1		0.001	0.003	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		1	2	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.501		0		1		0.142	0.566	
Threonine ... g	1.603		0		1		0.454	1.811	
Isoleucine ... g	2.148		0		1		0.609	2.427	
Leucine ... g	3.478		0		1		0.986	3.930	
Lysine ... g	2.816		0		1		0.798	3.182	
Methionine ... g	0.890		0		1		0.252	1.006	
Cystine ... g	0.328		0		1		0.093	0.371	
Phenylalanine ... g	1.714		0		1		0.486	1.937	
Tyrosine ... g	1.714		0		1		0.486	1.937	
Valine ... g	2.376		0		1		0.674	2.685	
Arginine ... g	1.285		0		1		0.364	1.452	
Histidine ... g	0.963		0		1		0.273	1.088	
Alanine ... g	1.224		0		1		0.347	1.383	
Aspartic acid ... g	2.693		0		1		0.763	3.043	
Glutamic acid ... g	7.434		0		1		2.108	8.400	
Glycine ... g	0.751		0		1		0.213	0.849	
Proline ... g	3.439		0		1		0.975	3.886	
Serine ... g	1.931		0		1		0.547	2.182	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Measure 1 = 28.35g: 1 oz
Measure 2 = 113g: .25 lb

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01092
Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.96	0.044	216		1		2.69	3.60	0.91
Energy	kcal	358		0	NC	4		244	326	82
Energy	kJ	1499		0		4		1019	1364	345
Protein (N x 6.38)	g	35.10	0.139	89		1		23.87	31.94	8.07
Total lipid (fat)	g	0.72	0.018	164		1		0.49	0.66	0.17
Ash	g	8.03	0.073	14		1		5.46	7.31	1.85
Carbohydrate, by difference	g	52.19		0	NC	4		35.49	47.49	12.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	52.19		0	NR	4		35.49	47.49	12.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1231	25.365	16		1		837	1120	283
Iron, Fe	mg	0.31	0.038	13		1		0.21	0.28	0.07
Magnesium, Mg	mg	117	11.071	14		1		80	107	27
Phosphorus, P	mg	985	21.031	17		1		670	896	226
Potassium, K	mg	1705	51.818	11		1		1160	1552	392
Sodium, Na	mg	549	15.570	7		1		373	499	126
Zinc, Zn	mg	4.41	0.124	10		1		3.00	4.01	1.01
Copper, Cu	mg	0.041		0		1		0.028	0.037	0.009
Manganese, Mn	mg	0.020		0		1		0.014	0.018	0.005
Selenium, Se	mcg	27.3	2.953	9	A	1		18.6	24.8	6.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6	0.445	28		1		3.8	5.1	1.3
Thiamin	mg	0.413	0.006	31		1		0.281	0.376	0.095
Riboflavin	mg	1.744	0.040	31		1		1.186	1.587	0.401
Niacin	mg	0.891	0.042	29		1		0.606	0.811	0.205
Pantothenic acid	mg	3.235	0.068	34		1		2.200	2.944	0.744
Vitamin B-6	mg	0.345	0.007	31		1		0.235	0.314	0.079
Folate, total	mcg	50		0		1		34	45	11
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	50		0		1		34	45	11
Folate, DFE	mcg_DFE	50		0	NC	4		34	45	11
Choline, total	mg	167.8		0	BFSN	4		114.1	152.7	38.6
Betaine	mg									
Vitamin B-12	mcg	3.99	0.327	17		1		2.72	3.63	0.92
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	709		0	NC	4		482	645	163
Retinol	mcg	709		0	NC	4		482	645	163
Carotene, beta	mcg	1		0	BFFN	4		1	1	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	2365		0	NC	4		1608	2152	544
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFFN	4		0.01	0.01	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	11.0		0	NR	4		7.5	10.0	2.5
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	11.0		0	NR	4		7.5	10.0	2.5
Vitamin D	IU	440		0	T	4		299	400	101
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.467		0		1		0.318	0.425	0.107
4:0	g	0.026	0.005	4		1		0.018	0.024	0.006

NDB No. 01092
Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.006	0.001	4		1		0.004	0.005	0.001
8:0 g	0.007	0.001	5		1		0.005	0.006	0.002
10:0 g	0.017	0.003	5		1		0.012	0.015	0.004
12:0 g	0.013	0.005	5		1		0.009	0.012	0.003
13:0 g									
14:0 g	0.078	0.005	5		1		0.053	0.071	0.018
15:0 g									
16:0 g	0.220	0.010	5		1		0.150	0.200	0.051
17:0 g									
18:0 g	0.080	0.003	5		1		0.054	0.073	0.018
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.187		0		1		0.127	0.170	0.043
14:1 g									
15:1 g									
16:1 undifferentiated g	0.021	0.002	5		1		0.014	0.019	0.005
17:1 g									
18:1 undifferentiated g	0.156	0.004	5		1		0.106	0.142	0.036
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.028		0		1		0.019	0.025	0.006
18:2 undifferentiated g	0.018	0.004	5		1		0.012	0.016	0.004
18:3 undifferentiated g	0.011	0.003	5		1		0.007	0.010	0.003
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	18	1.853	8		1		12	17	4
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.495		0		1		0.337	0.450	0.114
Threonine g	1.584		0		1		1.077	1.441	0.364
Isoleucine g	2.124		0		1		1.444	1.933	0.489
Leucine g	3.438		0		1		2.338	3.129	0.791
Lysine g	2.784		0		1		1.893	2.533	0.640
Methionine g	0.880		0		1		0.598	0.801	0.202
Cystine g	0.325		0		1		0.221	0.296	0.075
Phenylalanine g	1.694		0		1		1.152	1.542	0.390
Tyrosine g	1.694		0		1		1.152	1.542	0.390
Valine g	2.349		0		1		1.597	2.138	0.540
Arginine g	1.271		0		1		0.864	1.157	0.292
Histidine g	0.952		0		1		0.647	0.866	0.219
Alanine g	1.210		0		1		0.823	1.101	0.278
Aspartic acid g	2.663		0		1		1.811	2.423	0.612
Glutamic acid g	7.350		0		1		4.998	6.689	1.691
Glycine g	0.743		0		1		0.505	0.676	0.171
Proline g	3.400		0		1		2.312	3.094	0.782
Serine g	1.909		0		1		1.298	1.737	0.439
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01092

Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Measure 3 = 23g: .333 cup (makes 1 cup reconstituted milk)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.96		0		1		2.69	3.60	
Energy	kcal	358		0		4		243	326	
Energy	kJ	1498		0		4		1019	1363	
Protein (N x 6.38)	g	35.10		0		1		23.87	31.94	
Total lipid (fat)	g	0.72		0		1		0.49	0.66	
Ash	g	8.03		0		1		5.46	7.31	
Carbohydrate, by difference	g	52.19		0		4		35.49	47.49	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	52.19		0	BFZN	4		35.49	47.49	
Starch	g									
Minerals:										
Calcium, Ca	mg	1231		0		1		837	1120	
Iron, Fe	mg	0.31		0		1		0.21	0.28	
Magnesium, Mg	mg	117	11.071	14		1		80	106	
Phosphorus, P	mg	985		0		1		670	896	
Potassium, K	mg	1705		0		1		1159	1552	
Sodium, Na	mg	549		0		1		373	500	
Zinc, Zn	mg	4.41	0.124	10		1		3.00	4.01	
Copper, Cu	mg	0.041		0		4		0.028	0.037	
Manganese, Mn	mg	0.020		0		4		0.014	0.018	
Selenium, Se	mcg	27.3	2.950	9	A	1		18.6	24.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6		0		1		3.8	5.1	
Thiamin	mg	0.413		0		1		0.281	0.376	
Riboflavin	mg	1.744		0		1		1.186	1.587	
Niacin	mg	0.891		0		1		0.606	0.811	
Pantothenic acid	mg	3.230	0.068	34		1		2.196	2.939	
Vitamin B-6	mg	0.345	0.007	31		1		0.235	0.314	
Folate, total	mcg	50		0		4		34	46	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50		0		4		34	46	
Folate, DFE	mcg_DFE	50		0	NC	4		34	46	
Choline, total	mg	167.8		0	BFZN	4		114.1	152.7	
Betaine	mg									
Vitamin B-12	mcg	3.99	0.327	17		1		2.72	3.63	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		3	4	
Retinol	mcg	4		0	T	4		3	4	
Carotene, beta	mcg	1		0	BFZN	4		1	1	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	15		0	NC	4		10	14	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFZN	4		0.01	0.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.470		0		1		0.320	0.428	
4:0	g	0.026	0.005	4		1		0.018	0.024	

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.006	0.001	4		1		0.004	0.005	
8:0....g	0.007	0.001	5		1		0.005	0.006	
10:0....g	0.017	0.003	5		1		0.012	0.015	
12:0....g	0.013	0.005	5		1		0.009	0.012	
13:0....g									
14:0....g	0.078	0.005	5		1		0.053	0.071	
15:0....g									
16:0....g	0.220	0.010	5		1		0.150	0.200	
17:0....g									
18:0....g	0.080	0.003	5		1		0.054	0.073	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.190		0		1		0.129	0.173	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021	0.002	5		1		0.014	0.019	
17:1....g									
18:1 undifferentiated....g	0.156	0.004	5		1		0.106	0.142	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.020	0.027	
18:2 undifferentiated....g	0.018	0.004	5		1		0.012	0.016	
18:3 undifferentiated....g	0.011	0.003	5		1		0.007	0.010	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	18		0		1		12	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.495		0		1		0.337	0.450	
Threonine....g	1.584		0		1		1.077	1.441	
Isoleucine....g	2.124		0		1		1.444	1.933	
Leucine....g	3.438		0		1		2.338	3.129	
Lysine....g	2.784		0		1		1.893	2.533	
Methionine....g	0.880		0		1		0.598	0.801	
Cystine....g	0.325		0		1		0.221	0.296	
Phenylalanine....g	1.694		0		1		1.152	1.542	
Tyrosine....g	1.694		0		1		1.152	1.542	
Valine....g	2.349		0		1		1.597	2.138	
Arginine....g	1.271		0		1		0.864	1.157	
Histidine....g	0.952		0		1		0.647	0.866	
Alanine....g	1.210		0		1		0.823	1.101	
Aspartic acid....g	2.663		0		1		1.811	2.423	
Glutamic acid....g	7.350		0		1		4.998	6.689	
Glycine....g	0.743		0		1		0.505	0.676	
Proline....g	3.400		0		1		2.312	3.094	
Serine....g	1.909		0		1		1.298	1.737	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01155

Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Common Measures:

Measure 1 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01154
Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.16		0		1		3.79	0.95	
Energy....kcal	362		0	NC	4		435	109	
Energy....kJ	1516		0		4		1819	455	
Protein (N x 6.38)....g	36.16		0		1		43.39	10.85	
Total lipid (fat)....g	0.77		0		1		0.92	0.23	
Ash....g	7.93		0		1		9.52	2.38	
Carbohydrate, by difference....g	51.98		0	NC	4		62.38	15.59	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	51.98		0	BFZN	4		62.38	15.59	
Starch....g									
Minerals:									
Calcium, Ca....mg	1257		0		1		1508	377	
Iron, Fe....mg	0.32		0		1		0.38	0.10	
Magnesium, Mg....mg	110	3.072	9		1		132	33	
Phosphorus, P....mg	968		0		1		1162	290	
Potassium, K....mg	1794		0		1		2153	538	
Sodium, Na....mg	535		0		1		642	161	
Zinc, Zn....mg	4.08	0.108	7		1		4.90	1.22	
Copper, Cu....mg	0.041		0		1		0.049	0.012	
Manganese, Mn....mg	0.020		0		1		0.024	0.006	
Selenium, Se....mcg	27.3	2.950	9	A	1		32.8	8.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.8		0		1		8.1	2.0	
Thiamin....mg	0.415		0		1		0.498	0.125	
Riboflavin....mg	1.550		0		1		1.860	0.465	
Niacin....mg	0.951		0		1		1.141	0.285	
Pantothenic acid....mg	3.568	0.075	16		1		4.282	1.070	
Vitamin B-6....mg	0.361	0.015	28		1		0.433	0.108	
Folate, total....mcg	50		0		1		60	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	50		0		1		60	15	
Folate, DFE....mcg_DFE	50		0	NC	4		60	15	
Choline, total....mg	169.2		0	BFZN	4		203.0	50.8	
Betaine....mg									
Vitamin B-12....mcg	4.03	0.348	15		1		4.84	1.21	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	653		0	NC	4		784	196	
Retinol....mcg	653		0	NC	4		784	196	
Carotene, beta....mcg	1		0	BFZN	4		1	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	2179		0	NC	4		2614	654	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	11.0		0	AS	1		13.2	3.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	11.0		0	BFZN	4		13.2	3.3	
Vitamin D....IU	440		0	BFZN	4		528	132	
Vitamin K (phylloquinone)....mcg	0.1		0	BFZN	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	0.499		0		1		0.599	0.150	
4:0....g	0.028	0.005	4		1		0.034	0.008	

NDB No. 01154
Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.006	0.001	4		1		0.007	0.002	
8:0 g	0.007	0.001	5		1		0.008	0.002	
10:0 g	0.018	0.003	5		1		0.022	0.005	
12:0 g	0.014	0.005	5		1		0.017	0.004	
13:0 g									
14:0 g	0.083	0.005	5		1		0.100	0.025	
15:0 g									
16:0 g	0.235	0.010	5		1		0.282	0.071	
17:0 g									
18:0 g	0.085	0.003	5		1		0.102	0.026	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.200		0		1		0.240	0.060	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.022	0.002	5		1		0.026	0.007	
17:1 g									
18:1 undifferentiated g	0.167		0		1		0.200	0.050	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.030		0		1		0.036	0.009	
18:2 undifferentiated g	0.019		0		1		0.023	0.006	
18:3 undifferentiated g	0.011	0.003	5		1		0.013	0.003	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	20		0		1		24	6	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.510		0		1		0.612	0.153	
Threonine g	1.632		0		1		1.958	0.490	
Isoleucine g	2.188		0		1		2.626	0.656	
Leucine g	3.542		0		1		4.250	1.063	
Lysine g	2.868		0		1		3.442	0.860	
Methionine g	0.907		0		1		1.088	0.272	
Cystine g	0.334		0		1		0.401	0.100	
Phenylalanine g	1.746		0		1		2.095	0.524	
Tyrosine g	1.746		0		1		2.095	0.524	
Valine g	2.420		0		1		2.904	0.726	
Arginine g	1.309		0		1		1.571	0.393	
Histidine g	0.981		0		1		1.177	0.294	
Alanine g	1.247		0		1		1.496	0.374	
Aspartic acid g	2.743		0		1		3.292	0.823	
Glutamic acid g	7.572		0		1		9.086	2.272	
Glycine g	0.765		0		1		0.918	0.230	
Proline g	3.503		0		1		4.204	1.051	
Serine g	1.967		0		1		2.360	0.590	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01154

Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 120g: 1 cup

Measure 2 = 30g: .25 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.16	0.021	382		1		3.79	0.95	
Energy	kcal	362		0	NC	4		435	109	
Energy	kJ	1516		0		4		1819	455	
Protein (N x 6.38)	g	36.16	0.081	183		1		43.39	10.85	
Total lipid (fat)	g	0.77	0.009	351		1		0.92	0.23	
Ash	g	7.93		104		1		9.52	2.38	
Carbohydrate, by difference	g	51.98		0	NC	4		62.38	15.59	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	51.98		0	NR	4		62.38	15.59	
Starch	g									
Minerals:										
Calcium, Ca	mg	1257	30.776	12		1		1508	377	
Iron, Fe	mg	0.32	0.058	6		1		0.38	0.10	
Magnesium, Mg	mg	110	3.072	9		1		132	33	
Phosphorus, P	mg	968	25.372	13		1		1162	290	
Potassium, K	mg	1794	3.503	2400		1		2153	538	
Sodium, Na	mg	535	17.449	6		1		642	161	
Zinc, Zn	mg	4.08	0.108	7		1		4.90	1.22	
Copper, Cu	mg	0.041		0		1		0.049	0.012	
Manganese, Mn	mg	0.020		0		1		0.024	0.006	
Selenium, Se	mcg	27.3	2.953	9	A	1		32.8	8.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.8	0.725	14		1		8.1	2.0	
Thiamin	mg	0.415	0.014	24		1		0.498	0.125	
Riboflavin	mg	1.550	0.043	24		1		1.860	0.465	
Niacin	mg	0.951	0.050	25		1		1.141	0.285	
Pantothenic acid	mg	3.568	0.075	16		1		4.282	1.070	
Vitamin B-6	mg	0.361	0.015	28		1		0.433	0.108	
Folate, total	mcg	50		0		1		60	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50		0		1		60	15	
Folate, DFE	mcg_DFE	50		0	NC	4		60	15	
Choline, total	mg	169.2		0	BFSN	4		203.0	50.8	
Betaine	mg									
Vitamin B-12	mcg	4.03	0.348	15		1		4.84	1.21	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		7	2	
Retinol	mcg	6		0	NC	4		7	2	
Carotene, beta	mcg	1		0	BFFN	4		1	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	22		0	NC	4		26	7	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.1	0.0	
Lipids:										
Fatty acids, total saturated	g	0.499		0		1		0.599	0.150	
4:0	g	0.028	0.005	4		1		0.034	0.008	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.006	0.001	4		1		0.007	0.002	
8:0....g	0.007	0.001	5		1		0.008	0.002	
10:0....g	0.018	0.003	5		1		0.022	0.005	
12:0....g	0.014	0.005	5		1		0.017	0.004	
13:0....g									
14:0....g	0.083	0.005	5		1		0.100	0.025	
15:0....g									
16:0....g	0.235	0.010	5		1		0.282	0.071	
17:0....g									
18:0....g	0.085	0.003	5		1		0.102	0.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.201		0		1		0.241	0.060	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022	0.002	5		1		0.026	0.007	
17:1....g									
18:1 undifferentiated....g	0.167	0.003	5		1		0.200	0.050	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.036	0.009	
18:2 undifferentiated....g	0.019	0.004	5		1		0.023	0.006	
18:3 undifferentiated....g	0.011	0.003	5		1		0.013	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	20		0		1		24	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.510		0		1		0.612	0.153	
Threonine....g	1.632		0		1		1.958	0.490	
Isoleucine....g	2.188		0		1		2.626	0.656	
Leucine....g	3.542		0		1		4.250	1.063	
Lysine....g	2.868		0		1		3.442	0.860	
Methionine....g	0.907		0		1		1.088	0.272	
Cystine....g	0.334		0		1		0.401	0.100	
Phenylalanine....g	1.746		0		1		2.095	0.524	
Tyrosine....g	1.746		0		1		2.095	0.524	
Valine....g	2.420		0		1		2.904	0.726	
Arginine....g	1.309		0		1		1.571	0.393	
Histidine....g	0.981		0		1		1.177	0.294	
Alanine....g	1.247		0		1		1.496	0.374	
Aspartic acid....g	2.743		0		1		3.292	0.823	
Glutamic acid....g	7.572		0		1		9.086	2.272	
Glycine....g	0.765		0		1		0.918	0.230	
Proline....g	3.503		0		1		4.204	1.051	
Serine....g	1.967		0		1		2.360	0.590	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01091

Milk, dry, nonfat, regular, without added vitamin A and vitamin D

Common Measures:

Measure 1 = 120g: 1 cup

Measure 2 = 30g: .25 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01090
Milk, dry, whole, with added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.47	0.130	25		1		3.16	0.79	
Energy	kcal	496		0	NC	4		635	159	
Energy	kJ	2075		0		4		2656	664	
Protein (N x 6.38)	g	26.32	0.175	22		1		33.69	8.42	
Total lipid (fat)	g	26.71	0.250	30		1		34.19	8.55	
Ash	g	6.08	0.092	20		1		7.78	1.95	
Carbohydrate, by difference	g	38.42		0	NC	4		49.18	12.29	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	38.42		0	NR	4		49.18	12.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	912	17.766	18		1		1168	292	
Iron, Fe	mg	0.47	0.065	12		1		0.60	0.15	
Magnesium, Mg	mg	85	1.465	15		1		108	27	
Phosphorus, P	mg	776	14.251	18		1		993	248	
Potassium, K	mg	1330	41.231	15		1		1702	426	
Sodium, Na	mg	371	15.131	7		1		475	119	
Zinc, Zn	mg	3.34		1		1		4.28	1.07	
Copper, Cu	mg	0.080		0		1		0.102	0.026	
Manganese, Mn	mg	0.040		0		1		0.051	0.013	
Selenium, Se	mcg	16.3		0	BFNN	4		20.9	5.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.6	0.454	11		1		11.1	2.8	
Thiamin	mg	0.283	0.016	18		1		0.362	0.091	
Riboflavin	mg	1.205	0.031	23		1		1.542	0.386	
Niacin	mg	0.646	0.024	22		1		0.827	0.207	
Pantothenic acid	mg	2.271	0.086	20		1		2.907	0.727	
Vitamin B-6	mg	0.302	0.028	41		1		0.387	0.097	
Folate, total	mcg	37		0		1		47	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	37		0		1		47	12	
Folate, DFE	mcg_DFE	37		0	NC	4		47	12	
Choline, total	mg	119.3		0	BFSN	4		152.8	38.2	
Betaine	mg									
Vitamin B-12	mcg	3.25	0.289	31		1		4.16	1.04	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	258		0	NC	4		330	82	
Retinol	mcg	253		0	NC	4		324	81	
Carotene, beta	mcg	55		0	BFFN	4		70	17	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	934		0	NC	4		1196	299	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.58		0	BFFN	4		0.74	0.19	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	10.5		0	AS	1		13.4	3.4	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	10.5		0	BFFN	4		13.4	3.4	
Vitamin D	IU	420		0	BFFN	4		537	134	
Vitamin K (phylloquinone)	mcg	2.2		0	BFFN	4		2.8	0.7	
Lipids:										
Fatty acids, total saturated	g	16.742		0		1		21.430	5.357	
4:0	g	0.866		1		1		1.108	0.277	

NDB No. 01090
Milk, dry, whole, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.240		2		1		0.307	0.077	
8:0 g	0.269		2		1		0.344	0.086	
10:0 g	0.596		2		1		0.763	0.191	
12:0 g	0.614		2		1		0.786	0.196	
13:0 g									
14:0 g	2.820		2		1		3.610	0.902	
15:0 g									
16:0 g	7.522		2		1		9.628	2.407	
17:0 g									
18:0 g	2.853		2		1		3.652	0.913	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.924		0		1		10.143	2.536	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.196		2		1		1.531	0.383	
17:1 g									
18:1 undifferentiated g	6.192		2		1		7.926	1.981	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.665		0		1		0.851	0.213	
18:2 undifferentiated g	0.460		2		1		0.589	0.147	
18:3 undifferentiated g	0.204		2		1		0.261	0.065	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	97		2		1		124	31	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.371		0		1		0.475	0.119	
Threonine g	1.188		0		1		1.521	0.380	
Isoleucine g	1.592		0		1		2.038	0.509	
Leucine g	2.578		0		1		3.300	0.825	
Lysine g	2.087		0		1		2.671	0.668	
Methionine g	0.660		0		1		0.845	0.211	
Cystine g	0.243		0		1		0.311	0.078	
Phenylalanine g	1.271		0		1		1.627	0.407	
Tyrosine g	1.271		0		1		1.627	0.407	
Valine g	1.762		0		1		2.255	0.564	
Arginine g	0.953		0		1		1.220	0.305	
Histidine g	0.714		0		1		0.914	0.228	
Alanine g	0.908		0		1		1.162	0.291	
Aspartic acid g	1.997		0		1		2.556	0.639	
Glutamic acid g	5.512		0		1		7.055	1.764	
Glycine g	0.557		0		1		0.713	0.178	
Proline g	2.549		0		1		3.263	0.816	
Serine g	1.432		0		1		1.833	0.458	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01090
Milk, dry, whole, with added vitamin D

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 32g: .25 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01212
Milk, dry, whole, without added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.47	0.130	25		1		3.16	0.79	
Energy ... kcal	496		0	NC	4		635	159	
Energy ... kJ	2075		0	NC	4		2656	664	
Protein (N x 6.38) ... g	26.32	0.175	22		1		33.69	8.42	
Total lipid (fat) ... g	26.71	0.250	30		1		34.19	8.55	
Ash ... g	6.08	0.092	20		1		7.78	1.95	
Carbohydrate, by difference ... g	38.42		0	NC	4		49.18	12.29	
Fiber, total dietary ... g	0.0		0		4		0.0	0.0	
Sugars, total ... g	38.42		0	NR	4		49.18	12.29	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	912	17.766	18		1		1168	292	
Iron, Fe ... mg	0.47	0.065	12		1		0.60	0.15	
Magnesium, Mg ... mg	85	1.465	15		1		108	27	
Phosphorus, P ... mg	776	14.251	18		1		993	248	
Potassium, K ... mg	1330	41.231	15		1		1702	426	
Sodium, Na ... mg	371	15.131	7		1		475	119	
Zinc, Zn ... mg	3.34		1		1		4.28	1.07	
Copper, Cu ... mg	0.080		0		1		0.102	0.026	
Manganese, Mn ... mg	0.040		0		1		0.051	0.013	
Selenium, Se ... mcg	16.3		0	BFNN	4		20.9	5.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	8.6	0.454	11		1		11.1	2.8	
Thiamin ... mg	0.283	0.016	18		1		0.362	0.091	
Riboflavin ... mg	1.205	0.031	23		1		1.542	0.386	
Niacin ... mg	0.646	0.024	22		1		0.827	0.207	
Pantothenic acid ... mg	2.271	0.086	20		1		2.907	0.727	
Vitamin B-6 ... mg	0.302	0.028	41		1		0.387	0.097	
Folate, total ... mcg	37		0		1		47	12	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	37		0		1		47	12	
Folate, DFE ... mcg_DFE	37		0	NC	4		47	12	
Choline, total ... mg	117.4		0	BFSN	4		150.3	37.6	
Betaine ... mg									
Vitamin B-12 ... mcg	3.25	0.289	31		1		4.16	1.04	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	258		0	NC	4		330	82	
Retinol ... mcg	253		0	NC	4		324	81	
Carotene, beta ... mcg	55		0	BFFN	4		70	17	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	934		0	NC	4		1196	299	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.58		0	BFFN	4		0.74	0.19	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.5		0	AS	1		0.6	0.2	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.5		0	BFFN	4		0.6	0.2	
Vitamin D ... IU	20		0	BFFN	4		25	6	
Vitamin K (phylloquinone) ... mcg	2.2		0	BFFN	4		2.8	0.7	
Lipids:									
Fatty acids, total saturated ... g	16.742		0		1		21.430	5.357	
4:0 ... g	0.866		1		1		1.108	0.277	

NDB No. 01212
Milk, dry, whole, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.240		2		1		0.307	0.077	
8:0 g	0.269		2		1		0.344	0.086	
10:0 g	0.596		2		1		0.763	0.191	
12:0 g	0.614		2		1		0.786	0.196	
13:0 g									
14:0 g	2.820		2		1		3.610	0.902	
15:0 g									
16:0 g	7.522		2		1		9.628	2.407	
17:0 g									
18:0 g	2.853		2		1		3.652	0.913	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.924		0		1		10.143	2.536	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.196		2		1		1.531	0.383	
17:1 g									
18:1 undifferentiated g	6.192		2		1		7.926	1.981	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.665		0		1		0.851	0.213	
18:2 undifferentiated g	0.460		2		1		0.589	0.147	
18:3 undifferentiated g	0.204		2		1		0.261	0.065	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	97		2		1		124	31	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.371		0		1		0.475	0.119	
Threonine g	1.188		0		1		1.521	0.380	
Isoleucine g	1.592		0		1		2.038	0.509	
Leucine g	2.578		0		1		3.300	0.825	
Lysine g	2.087		0		1		2.671	0.668	
Methionine g	0.660		0		1		0.845	0.211	
Cystine g	0.243		0		1		0.311	0.078	
Phenylalanine g	1.271		0		1		1.627	0.407	
Tyrosine g	1.271		0		1		1.627	0.407	
Valine g	1.762		0		1		2.255	0.564	
Arginine g	0.953		0		1		1.220	0.305	
Histidine g	0.714		0		1		0.914	0.228	
Alanine g	0.908		0		1		1.162	0.291	
Aspartic acid g	1.997		0		1		2.556	0.639	
Glutamic acid g	5.512		0		1		7.055	1.764	
Glycine g	0.557		0		1		0.713	0.178	
Proline g	2.549		0		1		3.263	0.816	
Serine g	1.432		0		1		1.833	0.458	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01212
Milk, dry, whole, without added vitamin D

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 32g: .25 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01059
Milk, filled, fluid, with blend of hydrogenated vegetable oils

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.67		0		1		213.91	855.66	
Energy	kcal	63		0	NC	4		154	616	
Energy	kJ	264				4		645	2579	
Protein (N x 6.38)	g	3.33		0		1		8.13	32.50	
Total lipid (fat)	g	3.46	0.078	9		1		8.44	33.77	
Ash	g	0.80		0		1		1.95	7.81	
Carbohydrate, by difference	g	4.74		0	NC	4		11.57	46.26	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	128		0		1		312	1247	
Iron, Fe	mg	0.05		0		1		0.12	0.49	
Magnesium, Mg	mg	13		0		1		32	130	
Phosphorus, P	mg	97		0		1		236	946	
Potassium, K	mg	139		0		1		339	1357	
Sodium, Na	mg	57		0		1		138	553	
Zinc, Zn	mg	0.36		0		1		0.88	3.51	
Copper, Cu	mg	0.010		0		1		0.024	0.098	
Manganese, Mn	mg	0.002		0		1		0.005	0.020	
Selenium, Se	mcg	2.0		0	BFNN	4		4.9	19.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.2	8.8	
Thiamin	mg	0.030		0		1		0.073	0.293	
Riboflavin	mg	0.123		0		1		0.300	1.200	
Niacin	mg	0.087		0		1		0.212	0.849	
Pantothenic acid	mg	0.301		0		1		0.734	2.938	
Vitamin B-6	mg	0.040		0		1		0.098	0.390	
Folate, total	mcg	5		0		1		12	47	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		12	47	
Folate, DFE	mcg_DFE	5		0	NC	4		12	47	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.34		0		1		0.83	3.34	
Vitamin A, RAE	mcg_RAE	2		0		1		5	21	
Retinol	mcg	2		0		1		5	21	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		1		17	68	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.768		0		1		1.874	7.496	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.003	0.001	9		1		0.007	0.029	

NDB No. 01059
Milk, filled, fluid, with blend of hydrogenated vegetable oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.004	0.001	9		1		0.010	0.039	
12:0 g	0.017	0.006	9		1		0.041	0.166	
13:0 g									
14:0 g	0.030	0.009	9		1		0.073	0.293	
15:0 g									
16:0 g	0.490	0.031	9		1		1.196	4.782	
17:0 g									
18:0 g	0.232	0.013	9		1		0.566	2.264	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.783		0		1		4.351	17.402	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001	0.001	9		1		0.002	0.010	
17:1 g									
18:1 undifferentiated g	1.785	0.051	9		1		4.355	17.422	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.750		0		1		1.830	7.320	
18:2 undifferentiated g	0.717	0.023	9		1		1.749	6.998	
18:3 undifferentiated g	0.027	0.006	9		1		0.066	0.264	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	2		0		1		4	18	
Phytosterols mg	6		0		4		15	59	
Amino Acids:									
Tryptophan g	0.047		0		1		0.115	0.459	
Threonine g	0.150		0		1		0.366	1.464	
Isoleucine g	0.201		0		1		0.490	1.962	
Leucine g	0.326		0		1		0.795	3.182	
Lysine g	0.264		0		1		0.644	2.577	
Methionine g	0.084		0		1		0.205	0.820	
Cystine g	0.031		0		1		0.076	0.303	
Phenylalanine g	0.161		0		1		0.393	1.571	
Tyrosine g	0.161		0		1		0.393	1.571	
Valine g	0.223		0		1		0.544	2.176	
Arginine g	0.121		0		1		0.295	1.181	
Histidine g	0.090		0		1		0.220	0.878	
Alanine g	0.115		0		1		0.281	1.122	
Aspartic acid g	0.253		0		1		0.617	2.469	
Glutamic acid g	0.697		0		1		1.701	6.803	
Glycine g	0.070		0		1		0.171	0.683	
Proline g	0.323		0		1		0.788	3.152	
Serine g	0.181		0		1		0.442	1.767	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

NDB No. 01059
Milk, filled, fluid, with blend of hydrogenated vegetable oils

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.73	0.099	60		1		214.06	26.76	856.24
Energy....kcal	63		0	NC	4		153	19	611
Energy....kJ	262		0		4		639	80	2557
Protein (N x 6.38)....g	3.33	0.082	18		1		8.13	1.02	32.50
Total lipid (fat)....g	3.40	0.024	56		1		8.30	1.04	33.18
Ash....g	0.80	0.031	4		1		1.95	0.24	7.81
Carbohydrate, by difference....g	4.74		0	NC	4		11.57	1.45	46.26
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.74		0	NR	4		11.57	1.45	46.26
Starch....g									
Minerals:									
Calcium, Ca....mg	128	5.984	7		1		312	39	1247
Iron, Fe....mg	0.05		1		1		0.12	0.02	0.49
Magnesium, Mg....mg	13		1		1		32	4	130
Phosphorus, P....mg	97	5.864	6		1		236	30	946
Potassium, K....mg	139		2		1		339	42	1357
Sodium, Na....mg	57	3.287	3		1		138	17	553
Zinc, Zn....mg	0.36		0		1		0.88	0.11	3.51
Copper, Cu....mg	0.010		0		1		0.024	0.003	0.098
Manganese, Mn....mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se....mcg	2.0		0	BFNN	4		4.9	0.6	19.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.2	0.3	8.8
Thiamin....mg	0.030		2		1		0.073	0.009	0.293
Riboflavin....mg	0.123	0.019	7		1		0.300	0.038	1.200
Niacin....mg	0.087	0.003	3		1		0.212	0.027	0.849
Pantothenic acid....mg	0.301		0		1		0.734	0.092	2.938
Vitamin B-6....mg	0.040		0		1		0.098	0.012	0.390
Folate, total....mcg	5		0		1		12	1	47
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5		0		1		12	1	47
Folate, DFE....mcg_DFE	5		0	NC	4		12	1	47
Choline, total....mg	15.0		0	BFNN	4		36.7	4.6	146.8
Betaine....mg									
Vitamin B-12....mcg	0.34		0		1		0.83	0.10	3.34
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	2		0	NC	4		5	1	20
Retinol....mcg	2		0	NC	4		5	1	20
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	7		0	NC	4		16	2	65
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFFN	4		0.32	0.04	1.26
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	0.8		0	BFFN	4		2.1	0.3	8.2
Lipids:									
Fatty acids, total saturated....g	3.101		0		1		7.566	0.946	30.266
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.173	0.010	29		1		0.422	0.053	1.688
10:0....g	0.130	0.008	29		1		0.317	0.040	1.269
12:0....g	2.047	0.074	29		1		4.995	0.624	19.979
13:0....g									
14:0....g	0.399	0.026	29		1		0.974	0.122	3.894
15:0....g									
16:0....g	0.191	0.018	29		1		0.466	0.058	1.864
17:0....g									
18:0....g	0.148	0.012	29		1		0.361	0.045	1.444
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.100		0		1		0.244	0.031	0.976
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.100	0.014	29		1		0.244	0.031	0.976
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.024	0.003	0.098
18:2 undifferentiated....g	0.008	0.003	29		1		0.020	0.002	0.078
18:3 undifferentiated....g	0.000	0.000	29		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		4	1	18
Phytosterols....mg	3		0		4		7	1	29
Amino Acids:									
Tryptophan....g	0.047		0		1		0.115	0.014	0.459
Threonine....g	0.150		0		1		0.366	0.046	1.464
Isoleucine....g	0.201		0		1		0.490	0.061	1.962
Leucine....g	0.326		0		1		0.795	0.099	3.182
Lysine....g	0.264		0		1		0.644	0.081	2.577
Methionine....g	0.084		0		1		0.205	0.026	0.820
Cystine....g	0.031		0		1		0.076	0.009	0.303
Phenylalanine....g	0.161		0		1		0.393	0.049	1.571
Tyrosine....g	0.161		0		1		0.393	0.049	1.571
Valine....g	0.223		0		1		0.544	0.068	2.176
Arginine....g	0.121		0		1		0.295	0.037	1.181
Histidine....g	0.090		0		1		0.220	0.027	0.878
Alanine....g	0.115		0		1		0.281	0.035	1.122
Aspartic acid....g	0.253		0		1		0.617	0.077	2.469
Glutamic acid....g	0.697		0		1		1.701	0.213	6.803
Glycine....g	0.070		0		1		0.171	0.021	0.683
Proline....g	0.323		0		1		0.788	0.099	3.152
Serine....g	0.181		0		1		0.442	0.055	1.767
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Common Measures:

Measure 1 = 244g: 1 cup
Measure 2 = 30.5g: 1 fl oz
Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01175
Milk, fluid, 1% fat, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.92	0.174	12	A	1				
Energy	kcal	42		0	NC	4				
Energy	kJ	177		0	NC	4				
Protein (N x 0)	g	3.37	0.061	12	A	1				
Total lipid (fat)	g	0.97	0.026	6	JO	11				
Ash	g	0.75	0.014	12	A	1				
Carbohydrate, by difference	g	4.99		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	5.20	0.104	12	A	1				
Sucrose	g	0.00	0.000	12	A	1				
Glucose (dextrose)	g	0.00	0.000	12	A	1				
Fructose	g	0.00	0.000	12	A	1				
Lactose	g	5.20	0.104	12	A	1				
Maltose	g	0.00	0.000	12	A	1				
Galactose	g	0.00	0.000	12	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	125	1.443	4	A	1				
Iron, Fe	mg	0.03	0.004	4	A	1				
Magnesium, Mg	mg	11	0.093	22	A	1				
Phosphorus, P	mg	95	0.368	21	A	1				
Potassium, K	mg	150	1.088	11	A	1				
Sodium, Na	mg	44	0.760	23	A	1				
Zinc, Zn	mg	0.42	0.003	11	A	1				
Copper, Cu	mg	0.010	0.001	12	A	1				
Manganese, Mn	mg	0.003	0.000	12	A	1				
Selenium, Se	mcg	3.3	0.301	12	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1				
Thiamin	mg	0.020	0.002	12	A	1				
Riboflavin	mg	0.185	0.005	12	A	1				
Niacin	mg	0.093	0.003	12	A	1				
Pantothenic acid	mg	0.361	0.014	4	A	1				
Vitamin B-6	mg	0.037	0.001	12	A	1				
Folate, total	mcg	5	0.083	12	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5	0.083	12	A	1				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg	17.7		0	AS	1				
Betaine	mg	0.6		1	A	1				
Vitamin B-12	mcg	0.47	0.019	4	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	14		0	NC	4				
Retinol	mcg	13		0	BFFN	4				
Carotene, beta	mcg	2		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	47		0	NC	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	0		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.01	0.002	12	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00	0.000	12	A	1				
Tocopherol, gamma	mg	0.00	0.000	12	A	1				
Tocopherol, delta	mg	0.00	0.000	12	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01175
Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.0		0	BFFN	4				
Vitamin D.....IU	1		0	BFFN	4				
Vitamin K (phylloquinone).....mcg	0.1	0.000	4	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.633		0	NC	4				
4:0.....g	0.024	0.002	4	A	1				
6:0.....g	0.018	0.002	4	A	1				
8:0.....g	0.013	0.000	4	A	1				
10:0.....g	0.027	0.001	4	A	1				
12:0.....g	0.029	0.001	4	A	1				
13:0.....g									
14:0.....g	0.091	0.002	4	A	1				
15:0.....g	0.010	0.000	4	A	1				
16:0.....g	0.287	0.001	4	A	1				
17:0.....g	0.006	0.000	4	A	1				
18:0.....g	0.126	0.004	4	A	1				
20:0.....g	0.002	0.000	4	A	1				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.277		0	NC	4				
14:1.....g	0.007	0.000	4	A	1				
15:1.....g	0.002	0.000	4	A	1				
16:1 undifferentiated.....g	0.017		0	AS	1				
16:1 c.....g	0.017	0.000	4	A	1				
16:1 t.....g									
17:1.....g	0.002	0.000	4	A	1				
18:1 undifferentiated.....g	0.250		0	AS	1				
18:1 c.....g	0.213	0.005	4	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.037	0.003	4	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0	NC	4				
18:2 undifferentiated.....g	0.030		0	AS	1				
18:2 n-6 c,c.....g	0.027	0.001	4	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.003	0.000	4	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.004		0	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.004	0.000	4	A	1				
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	5	0.109	4	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1				

NDB No. 01175
Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Campesterol....mg	0	0.000	4	A	1				
Beta-sitosterol....mg	0	0.000	4	A	1				
Amino Acids:									
Tryptophan....g	0.040		0	A	1				
Threonine....g	0.089		0	A	1				
Isoleucine....g	0.187		0	A	1				
Leucine....g	0.375		0	A	1				
Lysine....g	0.287		0	A	1				
Methionine....g	0.083		0	A	1				
Cystine....g	0.116		0	A	1				
Phenylalanine....g	0.167		0	A	1				
Tyrosine....g	0.142		0	A	1				
Valine....g	0.217		0	A	1				
Arginine....g	0.096		0	A	1				
Histidine....g	0.084		0	A	1				
Alanine....g	0.106		0	A	1				
Aspartic acid....g	0.311		0	A	1				
Glutamic acid....g	0.782		0	A	1				
Glycine....g	0.063		0	A	1				
Proline....g	0.359		0	A	1				
Serine....g	0.208		0	A	1				
Hydroxyproline....g	0.000	0.000	4	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42290
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.80		0		4		224.28	28.06	
Energy....kcal	35		0	NC	4		86	11	
Energy....kJ	145		0	NC	4		358	45	
Protein....g	3.40		0		4		8.40	1.05	
Total lipid (fat)....g	0.18		0		4		0.44	0.06	
Ash....g	0.77		0	NR	4		1.90	0.24	
Carbohydrate, by difference....g	4.85		0		4		11.98	1.50	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	4.85		0	NR	4		11.98	1.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	204		0		4		504	63	
Iron, Fe....mg	0.04		0		4		0.10	0.01	
Magnesium, Mg....mg	11		0		4		28	4	
Phosphorus, P....mg	101		0		4		249	31	
Potassium, K....mg	166		0		4		409	51	
Sodium, Na....mg	52		0		4		127	16	
Zinc, Zn....mg	0.40		0		4		0.99	0.12	
Copper, Cu....mg	0.011		0		4		0.027	0.003	
Manganese, Mn....mg									
Selenium, Se....mcg	2.1	0.190	25	A	1		5.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		2.4	0.3	
Thiamin....mg	0.036		0		4		0.089	0.011	
Riboflavin....mg	0.140		0		4		0.346	0.043	
Niacin....mg	0.088		0		4		0.217	0.027	
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.099	0.012	
Folate, total....mcg	5		0		4		13	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		13	2	
Folate, DFE....mcg_DFE	5		0	NC	4		13	2	
Choline, total....mg	16.0		0	T	4		39.5	4.9	
Betaine....mg									
Vitamin B-12....mcg	0.38		0		4		0.93	0.12	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	137		0	NC	4		339	42	
Retinol....mcg	137		0	BFFN	4		339	42	
Carotene, beta....mcg	0		0	BFFN	4		1	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	458		0	NC	4		1132	142	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFFN	4		0.03	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	AS	1		2.9	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.2		0	BFZN	4		2.9	0.4	
Vitamin D....IU	47		0	BFZN	4		115	14	
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.117		0		4		0.289	0.036	
4:0....g	0.009		0		1		0.022	0.003	

NDB No. 42290
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.001		0		1		0.002	0.000	
8:0 ... g	0.002		0		1		0.005	0.001	
10:0 ... g	0.004		0		1		0.010	0.001	
12:0 ... g	0.003		0		1		0.007	0.001	
13:0 ... g									
14:0 ... g	0.017		0		1		0.042	0.005	
15:0 ... g									
16:0 ... g	0.053		0		1		0.131	0.016	
17:0 ... g									
18:0 ... g	0.019		0		1		0.047	0.006	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.047		0		4		0.116	0.015	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.007		0		1		0.017	0.002	
17:1 ... g									
18:1 undifferentiated ... g	0.038		0		1		0.094	0.012	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.007		0		4		0.017	0.002	
18:2 undifferentiated ... g	0.005		0		1		0.012	0.002	
18:3 undifferentiated ... g	0.002		0		1		0.005	0.001	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		4		4	1	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01106
Milk, goat, fluid, with added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.03	0.146	196		1		212.35	26.54	849.41
Energy	kcal	69		0	NC	4		168	21	672
Energy	kJ	288		0	NC	4		703	88	2810
Protein (N x 6.38)	g	3.56	0.033	132		1		8.69	1.09	34.75
Total lipid (fat)	g	4.14	0.053	269		1		10.10	1.26	40.41
Ash	g	0.82	0.002	229		1		2.00	0.25	8.00
Carbohydrate, by difference	g	4.45		0	NC	4		10.86	1.36	43.43
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	4.45		0	NR	4		10.86	1.36	43.43
Starch	g									
Minerals:										
Calcium, Ca	mg	134	1.675	94		1		326	41	1303
Iron, Fe	mg	0.05	0.004	23		1		0.12	0.02	0.49
Magnesium, Mg	mg	14	1.224	63		1		34	4	136
Phosphorus, P	mg	111	2.054	60		1		270	34	1080
Potassium, K	mg	204	7.139	96		1		499	62	1995
Sodium, Na	mg	50	1.512	68		1		122	15	486
Zinc, Zn	mg	0.30		1		1		0.73	0.09	2.93
Copper, Cu	mg	0.046		0		1		0.112	0.014	0.449
Manganese, Mn	mg	0.018		0		1		0.044	0.005	0.176
Selenium, Se	mcg	1.4	0.410	5	A	1		3.4	0.4	13.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3	0.108	57		1		3.1	0.4	12.6
Thiamin	mg	0.048	0.005	22		1		0.117	0.015	0.468
Riboflavin	mg	0.138	0.008	61		1		0.337	0.042	1.347
Niacin	mg	0.277	0.012	21		1		0.676	0.084	2.704
Pantothenic acid	mg	0.310	0.023	23		1		0.756	0.095	3.026
Vitamin B-6	mg	0.046		3		1		0.112	0.014	0.449
Folate, total	mcg	1		18		1		1	0	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		18		1		1	0	6
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	6
Choline, total	mg	16.0		0	T	4		39.0	4.9	156.2
Betaine	mg									
Vitamin B-12	mcg	0.07	0.005	45		1		0.16	0.02	0.63
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	57		0	NC	4		138	17	552
Retinol	mcg	56		0	T	4		137	17	547
Carotene, beta	mcg	7		0	BFFN	4		16	2	65
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	198		0	NC	4		482	60	1930
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07		0	BFFN	4		0.18	0.02	0.72
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.3		0	AS	1		3.1	0.4	12.5
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.3		0	BFZN	4		3.1	0.4	12.5
Vitamin D	IU	51		0	BFZN	4		125	16	498
Vitamin K (phylloquinone)	mcg	0.3		0	BFFN	4		0.7	0.1	2.8
Lipids:										
Fatty acids, total saturated	g	2.667		0		1		6.507	0.813	26.030
4:0	g	0.128	0.010	14		1		0.312	0.039	1.249

NDB No. 01106
Milk, goat, fluid, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.094	0.007	14		1		0.229	0.029	0.917
8:0 g	0.096	0.009	15		1		0.234	0.029	0.937
10:0 g	0.260	0.031	15		1		0.634	0.079	2.538
12:0 g	0.124	0.012	15		1		0.303	0.038	1.210
13:0 g									
14:0 g	0.325	0.020	17		1		0.793	0.099	3.172
15:0 g									
16:0 g	0.911	0.043	17		1		2.223	0.278	8.891
17:0 g									
18:0 g	0.441	0.037	17		1		1.076	0.135	4.304
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.109		0		1		2.706	0.338	10.824
14:1 g									
15:1 g									
16:1 undifferentiated g	0.082	0.014	7		1		0.200	0.025	0.800
17:1 g									
18:1 undifferentiated g	0.977	0.047	17		1		2.384	0.298	9.536
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.149		0		1		0.364	0.045	1.454
18:2 undifferentiated g	0.109	0.008	13		1		0.266	0.033	1.064
18:3 undifferentiated g	0.040	0.008	10		1		0.098	0.012	0.390
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	11	0.801	36		1		28	3	111
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.044		0		1		0.107	0.013	0.429
Threonine g	0.163		0		1		0.398	0.050	1.591
Isoleucine g	0.207		0		1		0.505	0.063	2.020
Leucine g	0.314		0		1		0.766	0.096	3.065
Lysine g	0.290		0		1		0.708	0.088	2.830
Methionine g	0.080		0		1		0.195	0.024	0.781
Cystine g	0.046		0		1		0.112	0.014	0.449
Phenylalanine g	0.155		0		1		0.378	0.047	1.513
Tyrosine g	0.179		0		1		0.437	0.055	1.747
Valine g	0.240		0		1		0.586	0.073	2.342
Arginine g	0.119		0		1		0.290	0.036	1.161
Histidine g	0.089		0		1		0.217	0.027	0.869
Alanine g	0.118		0		1		0.288	0.036	1.152
Aspartic acid g	0.210		0		1		0.512	0.064	2.050
Glutamic acid g	0.626		0		1		1.527	0.191	6.110
Glycine g	0.050		0		1		0.122	0.015	0.488
Proline g	0.368		0		1		0.898	0.112	3.592
Serine g	0.181		0		1		0.442	0.055	1.767
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01106
Milk, goat, fluid, with added vitamin D

Common Measures:

Measure 1 = 244g: 1 cup
Measure 2 = 30.5g: 1 fl oz
Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01107
Milk, human, mature, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.50	0.043	616		1		215.25	26.95	
Energy....kcal	70		0	NC	4		171	21	
Energy....kJ	291		0	NC	4		716	90	
Protein (N x 6.38)....g	1.03	0.018	591		1		2.53	0.32	
Total lipid (fat)....g	4.38	0.048	415		1		10.77	1.35	
Ash....g	0.20	0.001	396		1		0.49	0.06	
Carbohydrate, by difference....g	6.89		0	NC	4		16.95	2.12	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.89		0	NR	4		16.95	2.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	0.248	755		1		79	10	
Iron, Fe....mg	0.03	0.002	277		1		0.07	0.01	
Magnesium, Mg....mg	3	0.039	303		1		8	1	
Phosphorus, P....mg	14	0.095	632		1		34	4	
Potassium, K....mg	51	0.610	172		1		126	16	
Sodium, Na....mg	17	0.252	342		1		42	5	
Zinc, Zn....mg	0.17	0.006	281		1		0.42	0.05	
Copper, Cu....mg	0.052		0		1		0.128	0.016	
Manganese, Mn....mg	0.026		0		1		0.064	0.008	
Selenium, Se....mcg	1.8	0.017	101	A	1		4.4	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0	0.118	233		1		12.3	1.5	
Thiamin....mg	0.014	0.000	279		1		0.034	0.004	
Riboflavin....mg	0.036	0.001	275		1		0.089	0.011	
Niacin....mg	0.177	0.003	271		1		0.435	0.055	
Pantothenic acid....mg	0.223	0.003	416		1		0.549	0.069	
Vitamin B-6....mg	0.011	0.001	88		1		0.027	0.003	
Folate, total....mcg	5	0.346	7		1		13	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5	0.346	7		1		13	2	
Folate, DFE....mcg_DFE	5		0	NC	4		13	2	
Choline, total....mg	16.0		0	T	4		39.4	4.9	
Betaine....mg									
Vitamin B-12....mcg	0.05		32		1		0.11	0.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	61		0	NC	4		149	19	
Retinol....mcg	60		0	T	4		148	18	
Carotene, beta....mcg	7		0	BFFN	4		17	2	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	212		0	NC	4		521	65	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFFN	4		0.19	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.2	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.2	0.0	
Vitamin D....IU	3		0	BFFN	4		8	1	
Vitamin K (phylloquinone)....mcg	0.3		0	BFFN	4		0.7	0.1	
Lipids:									
Fatty acids, total saturated....g	2.009		0		1		4.942	0.619	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01107
Milk, human, mature, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.063	0.006	16		1		0.155	0.019	
12:0....g	0.256	0.023	18		1		0.630	0.079	
13:0....g									
14:0....g	0.321	0.019	20		1		0.790	0.099	
15:0....g									
16:0....g	0.919	0.023	20		1		2.261	0.283	
17:0....g									
18:0....g	0.293	0.018	20		1		0.721	0.090	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.658		0		1		4.079	0.511	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.129	0.012	17		1		0.317	0.040	
17:1....g									
18:1 undifferentiated....g	1.475	0.037	20		1		3.629	0.454	
20:1....g	0.040	0.003	12		1		0.098	0.012	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.497		0		1		1.223	0.153	
18:2 undifferentiated....g	0.374	0.030	20		1		0.920	0.115	
18:3 undifferentiated....g	0.052	0.013	15		1		0.128	0.016	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026	0.004	14		1		0.064	0.008	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	14	0.366	54		1		34	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.042	0.005	
Threonine....g	0.046		0		1		0.113	0.014	
Isoleucine....g	0.056		0		1		0.138	0.017	
Leucine....g	0.095		0		1		0.234	0.029	
Lysine....g	0.068		0		1		0.167	0.021	
Methionine....g	0.021		0		1		0.052	0.006	
Cystine....g	0.019		0		1		0.047	0.006	
Phenylalanine....g	0.046		0		1		0.113	0.014	
Tyrosine....g	0.053		0		1		0.130	0.016	
Valine....g	0.063		0		1		0.155	0.019	
Arginine....g	0.043		0		1		0.106	0.013	
Histidine....g	0.023		0		1		0.057	0.007	
Alanine....g	0.036		0		1		0.089	0.011	
Aspartic acid....g	0.082		0		1		0.202	0.025	
Glutamic acid....g	0.168		0		1		0.413	0.052	
Glycine....g	0.026		0		1		0.064	0.008	
Proline....g	0.082		0		1		0.202	0.025	
Serine....g	0.043		0		1		0.106	0.013	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01107
Milk, human, mature, fluid

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 30.8g: 1 fl oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43543
Milk, imitation, non-soy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.00		0		4		219.60	27.45	
Energy....kcal	46		0	NC	4		111	14	
Energy....kJ	191		0	NC	4		466	58	
Protein....g	1.60		0		8		3.90	0.49	
Total lipid (fat)....g	2.00		0		8		4.88	0.61	
Ash....g	1.10		0	NR	4		2.68	0.34	
Carbohydrate, by difference....g	5.30		0		8		12.93	1.62	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	5.30		0	NR	4		12.93	1.62	
Starch....g									
Minerals:									
Calcium, Ca....mg	82		0		8		200	25	
Iron, Fe....mg	0.10		0		4		0.24	0.03	
Magnesium, Mg....mg	1		0		4		2	0	
Phosphorus, P....mg	100		0		4		244	31	
Potassium, K....mg	150		0		4		366	46	
Sodium, Na....mg	55		0		8		134	17	
Zinc, Zn....mg	0.10		0		4		0.24	0.03	
Copper, Cu....mg	0.020		0		4		0.049	0.006	
Manganese, Mn....mg									
Selenium, Se....mcg	1.8		0	BFNN	4		4.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.100		0		4		0.244	0.031	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	61		0	NC	4		149	19	
Retinol....mcg	61		0	NR	4		149	19	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	203		0	NC	4		496	62	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		2.6	0.3	
Vitamin D2 (ergocalciferol)....mcg	1.1		0	S	4		2.6	0.3	
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	42		0	S	4		102	13	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.254		0		4		0.620	0.077	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43543
Milk, imitation, non-soy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.218		0		4		0.532	0.066	
17:0 ... g									
18:0 ... g	0.036		0		4		0.088	0.011	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.484		0		4		1.181	0.148	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.484		0		4		1.181	0.148	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.174		0		4		2.865	0.358	
18:2 undifferentiated ... g	1.160		0		4		2.830	0.354	
18:3 undifferentiated ... g	0.014		0		4		0.034	0.004	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		8		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01108
Milk, indian buffalo, fluid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.39	0.546	8		1		203.47	813.89	
Energy	kcal	97		0	NC	4		236	943	
Energy	kJ	404				4		986	3946	
Protein (N x 6.38)	g	3.75	0.057	96		1		9.15	36.60	
Total lipid (fat)	g	6.89	0.130	113		1		16.81	67.25	
Ash	g	0.79	0.010	97		1		1.93	7.71	
Carbohydrate, by difference	g	5.18		0	NC	4		12.64	50.56	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	169	1.899	164		1		412	1649	
Iron, Fe	mg	0.12	0.016	10		1		0.29	1.17	
Magnesium, Mg	mg	31	1.417	110		1		76	304	
Phosphorus, P	mg	117	1.580	113		1		286	1146	
Potassium, K	mg	178	3.024	101		1		434	1734	
Sodium, Na	mg	52	1.603	101		1		127	509	
Zinc, Zn	mg	0.22		1		1		0.54	2.15	
Copper, Cu	mg	0.046		0		1		0.112	0.449	
Manganese, Mn	mg	0.018		0		1		0.044	0.176	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.627	3		1		5.5	22.0	
Thiamin	mg	0.052	0.005	14		1		0.127	0.508	
Riboflavin	mg	0.135	0.007	26		1		0.329	1.318	
Niacin	mg	0.091	0.006	4		1		0.222	0.888	
Pantothenic acid	mg	0.192	0.032	12		1		0.468	1.874	
Vitamin B-6	mg	0.023		2		1		0.056	0.224	
Folate, total	mcg	6		1		1		14	55	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1		1		14	55	
Folate, DFE	mcg_DFE	6		0	NC	4		14	55	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.36	0.032	4		1		0.89	3.54	
Vitamin A, RAE	mcg_RAE	53	2.830	32		1		130	522	
Retinol	mcg	53	2.830	32		1		130	522	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	178	9.423	32		1		434	1737	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.597		0		1		11.217	44.867	
4:0	g	0.276	0.013	23		1		0.673	2.694	
6:0	g	0.153	0.008	23		1		0.373	1.493	
8:0	g	0.071	0.004	24		1		0.173	0.693	

NDB No. 01108
Milk, indian buffalo, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.141	0.007	24		1		0.344	1.376	
12:0 g	0.167	0.008	24		1		0.407	1.630	
13:0 g									
14:0 g	0.703	0.022	24		1		1.715	6.861	
15:0 g									
16:0 g	1.999	0.057	24		1		4.878	19.510	
17:0 g									
18:0 g	0.682	0.031	24		1		1.664	6.656	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.787		0		1		4.360	17.441	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.142	0.009	24		1		0.346	1.386	
17:1 g									
18:1 undifferentiated g	1.566	0.053	24		1		3.821	15.284	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.146		0		1		0.356	1.425	
18:2 undifferentiated g	0.070	0.007	23		1		0.171	0.683	
18:3 undifferentiated g	0.076	0.008	23		1		0.185	0.742	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	19	0.204	25		1		46	185	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.053		0		1		0.129	0.517	
Threonine g	0.182		0		1		0.444	1.776	
Isoleucine g	0.203		0		1		0.495	1.981	
Leucine g	0.366		0		1		0.893	3.572	
Lysine g	0.280		0		1		0.683	2.733	
Methionine g	0.097		0		1		0.237	0.947	
Cystine g	0.048		0		1		0.117	0.468	
Phenylalanine g	0.162		0		1		0.395	1.581	
Tyrosine g	0.183		0		1		0.447	1.786	
Valine g	0.219		0		1		0.534	2.137	
Arginine g	0.114		0		1		0.278	1.113	
Histidine g	0.078		0		1		0.190	0.761	
Alanine g	0.132		0		1		0.322	1.288	
Aspartic acid g	0.309		0		1		0.754	3.016	
Glutamic acid g	0.477		0		1		1.164	4.656	
Glycine g	0.080		0		4		0.195	0.781	
Proline g	0.364		0		4		0.888	3.553	
Serine g	0.227		0		1		0.554	2.216	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

NDB No. 01108
Milk, indian buffalo, fluid

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01089
Milk, low sodium, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.20		7		1		215.21	26.90	860.83
Energy....kcal	61		0	NC	4		149	19	594
Energy....kJ	255		0		4		622	78	2487
Protein (N x 6.38)....g	3.10		8		1		7.56	0.95	30.26
Total lipid (fat)....g	3.46		7		1		8.44	1.06	33.77
Ash....g	0.78		7		1		1.90	0.24	7.61
Carbohydrate, by difference....g	4.46		0	NC	4		10.88	1.36	43.53
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.46		0	NR	4		10.88	1.36	43.53
Starch....g									
Minerals:									
Calcium, Ca....mg	101		11		1		246	31	984
Iron, Fe....mg	0.05		0		4		0.12	0.02	0.49
Magnesium, Mg....mg	5		1		1		12	2	49
Phosphorus, P....mg	86		9		1		209	26	834
Potassium, K....mg	253		11		1		617	77	2467
Sodium, Na....mg	3		10		1		6	1	24
Zinc, Zn....mg	0.38		0		4		0.93	0.12	3.71
Copper, Cu....mg	0.010		0		1		0.024	0.003	0.098
Manganese, Mn....mg	0.004		0		1		0.010	0.001	0.039
Selenium, Se....mcg	2.0	0.120	37	A	1		4.9	0.6	19.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		4		2.3	0.3	9.2
Thiamin....mg	0.020		8		1		0.049	0.006	0.195
Riboflavin....mg	0.105		8		1		0.256	0.032	1.025
Niacin....mg	0.043		7		1		0.105	0.013	0.420
Pantothenic acid....mg	0.304		0		1		0.742	0.093	2.967
Vitamin B-6....mg	0.034		7		1		0.083	0.010	0.332
Folate, total....mcg	5		0		4		12	2	49
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5		0		4		12	2	49
Folate, DFE....mcg_DFE	5		0	NC	4		12	2	49
Choline, total....mg	16.0		0	T	4		39.0	4.9	156.2
Betaine....mg									
Vitamin B-12....mcg	0.36		7		1		0.88	0.11	3.50
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	29		0	NC	4		70	9	279
Retinol....mcg	28		0	T	4		68	9	273
Carotene, beta....mcg	7		0	BFFN	4		17	2	69
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	105		0	NC	4		256	32	1026
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFFN	4		0.18	0.02	0.74
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		0	AS	1		3.1	0.4	12.5
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3		0	BFZN	4		3.1	0.4	12.5
Vitamin D....IU	51		0	BFZN	4		125	16	498
Vitamin K (phylloquinone)....mcg	0.3		0	BFFN	4		0.7	0.1	2.7
Lipids:									
Fatty acids, total saturated....g	2.154		0		1		5.256	0.657	21.023
4:0....g	0.112		52		1		0.273	0.034	1.093

NDB No. 01089
Milk, low sodium, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.066		68		1		0.161	0.020	0.644
8:0 g	0.039		89		1		0.095	0.012	0.381
10:0 g	0.087		89		1		0.212	0.027	0.849
12:0 g	0.097		89		1		0.237	0.030	0.947
13:0 g									
14:0 g	0.348		88		1		0.849	0.106	3.396
15:0 g									
16:0 g	0.910		88		1		2.220	0.278	8.882
17:0 g									
18:0 g	0.419		88		1		1.022	0.128	4.089
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.999		0		1		2.438	0.305	9.750
14:1 g									
15:1 g									
16:1 undifferentiated g	0.077		71		1		0.188	0.023	0.752
17:1 g									
18:1 undifferentiated g	0.870		78		1		2.123	0.265	8.491
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.128		0		1		0.312	0.039	1.249
18:2 undifferentiated g	0.078		74		1		0.190	0.024	0.761
18:3 undifferentiated g	0.050		65		1		0.122	0.015	0.488
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	14		0		1		33	4	133
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.044		0		1		0.107	0.013	0.429
Threonine g	0.140		0		1		0.342	0.043	1.366
Isoleucine g	0.188		0		1		0.459	0.057	1.835
Leucine g	0.304		0		1		0.742	0.093	2.967
Lysine g	0.246		0		1		0.600	0.075	2.401
Methionine g	0.078		0		1		0.190	0.024	0.761
Cystine g	0.029		0		1		0.071	0.009	0.283
Phenylalanine g	0.150		0		1		0.366	0.046	1.464
Tyrosine g	0.150		0		1		0.366	0.046	1.464
Valine g	0.207		0		1		0.505	0.063	2.020
Arginine g	0.112		0		1		0.273	0.034	1.093
Histidine g	0.084		0		1		0.205	0.026	0.820
Alanine g	0.107		0		1		0.261	0.033	1.044
Aspartic acid g	0.235		0		1		0.573	0.072	2.294
Glutamic acid g	0.649		0		1		1.584	0.198	6.334
Glycine g	0.066		0		1		0.161	0.020	0.644
Proline g	0.300		0		1		0.732	0.092	2.928
Serine g	0.169		0		1		0.412	0.052	1.649
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01089
Milk, low sodium, fluid

Common Measures:

Measure 1 = 244g: 1 cup
Measure 2 = 30.5g: 1 fl oz
Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.74	0.028	28		1		218.30	873.20	
Energy....kcal	48		0	NC	4		119	477	
Energy....kJ	203		0		4		498	1994	
Protein (N x 6.38)....g	3.93	0.028	25		1		9.67	38.67	
Total lipid (fat)....g	1.17	0.024	30		1		2.88	11.51	
Ash....g	0.86		0		1		2.12	8.46	
Carbohydrate, by difference....g	5.52		0	NC	4		13.58	54.32	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	142		0		1		349	1397	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	16		0		1		39	157	
Phosphorus, P....mg	111		0		1		273	1093	
Potassium, K....mg	180		0		1		444	1774	
Sodium, Na....mg	58		0		1		143	574	
Zinc, Zn....mg	0.45		0		1		1.11	4.43	
Copper, Cu....mg	0.010		0		1		0.025	0.098	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....mcg	2.5		0	BFNN	4		6.2	24.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		2.8	11.3	
Thiamin....mg	0.045		0		1		0.111	0.443	
Riboflavin....mg	0.192		0		1		0.472	1.889	
Niacin....mg	0.100		0		1		0.246	0.984	
Pantothenic acid....mg	0.373		0		1		0.918	3.670	
Vitamin B-6....mg	0.050		0		1		0.123	0.492	
Folate, total....mcg	6		0		1		15	58	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		15	58	
Folate, DFE....mcg_DFE	6		0	NC	4		15	58	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.43		0		1		1.05	4.18	
Vitamin A, RAE....mcg_RAE	61		0		1		150	600	
Retinol....mcg	61		0		1		150	600	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	203		0		1		499	1998	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	NR	4		2.5	9.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.728		0		1		1.791	7.164	
4:0....g	0.038	0.001	52		1		0.093	0.374	
6:0....g	0.022	0.001	68		1		0.054	0.216	
8:0....g	0.013	0.000	89		1		0.032	0.128	

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.029	0.001	89		1		0.071	0.285	
12:0 ... g	0.033	0.001	89		1		0.081	0.325	
13:0 ... g									
14:0 ... g	0.118	0.003	88		1		0.290	1.161	
15:0 ... g									
16:0 ... g	0.308	0.007	88		1		0.758	3.031	
17:0 ... g									
18:0 ... g	0.142	0.003	88		1		0.349	1.397	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.338		0		1		0.831	3.326	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.026	0.001	71		1		0.064	0.256	
17:1 ... g									
18:1 undifferentiated ... g	0.294	0.007	78		1		0.723	2.893	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.043		0		1		0.106	0.423	
18:2 undifferentiated ... g	0.026	0.001	74		1		0.064	0.256	
18:3 undifferentiated ... g	0.017	0.001	65		1		0.042	0.167	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		2		1		10	39	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.055		0		1		0.135	0.541	
Threonine ... g	0.177		0		1		0.435	1.742	
Isoleucine ... g	0.238		0		1		0.585	2.342	
Leucine ... g	0.385		0		1		0.947	3.788	
Lysine ... g	0.312		0		1		0.768	3.070	
Methionine ... g	0.099		0		1		0.244	0.974	
Cystine ... g	0.036		0		1		0.089	0.354	
Phenylalanine ... g	0.190		0		1		0.467	1.870	
Tyrosine ... g	0.190		0		1		0.467	1.870	
Valine ... g	0.263		0		1		0.647	2.588	
Arginine ... g	0.142		0		1		0.349	1.397	
Histidine ... g	0.107		0		1		0.263	1.053	
Alanine ... g	0.136		0		1		0.335	1.338	
Aspartic acid ... g	0.298		0		1		0.733	2.932	
Glutamic acid ... g	0.823		0		1		2.025	8.098	
Glycine ... g	0.083		0		1		0.204	0.817	
Proline ... g	0.381		0		1		0.937	3.749	
Serine ... g	0.214		0		1		0.526	2.106	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01083

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.81		0		1		220.03	880.14	
Energy....kcal	43		0	NC	4		104	418	
Energy....kJ	178		0		4		437	1748	
Protein (N x 6.38)....g	3.48		0		1		8.53	34.10	
Total lipid (fat)....g	0.97	0.020	391		1		2.38	9.51	
Ash....g	0.77		0		1		1.89	7.55	
Carbohydrate, by difference....g	4.97		0	NC	4		12.18	48.71	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	128		0		1		313	1251	
Iron, Fe....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg....mg	14		0		1		35	141	
Phosphorus, P....mg	100		0		1		245	979	
Potassium, K....mg	162		0		1		397	1589	
Sodium, Na....mg	52		0		1		128	514	
Zinc, Zn....mg	0.40		0		1		0.98	3.92	
Copper, Cu....mg	0.010		0		1		0.025	0.098	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....mcg	2.3		0	BFNN	4		5.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	9.8	
Thiamin....mg	0.040		0		1		0.098	0.392	
Riboflavin....mg	0.173		0		1		0.424	1.695	
Niacin....mg	0.090		0		1		0.221	0.882	
Pantothenic acid....mg	0.336		0		1		0.823	3.293	
Vitamin B-6....mg	0.045		0		1		0.110	0.441	
Folate, total....mcg	5		0		1		13	52	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		13	52	
Folate, DFE....mcg_DFE	5		0	NC	4		13	52	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.38		0		1		0.94	3.74	
Vitamin A, RAE....mcg_RAE	59		0	NC	4		143	573	
Retinol....mcg	58		0	NC	4		142	568	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	204		0		1		500	1999	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	NR	4		2.5	9.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	S	4		98	392	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.604		0		1		1.480	5.919	
4:0....g	0.031	0.001	52		1		0.076	0.304	
6:0....g	0.019	0.001	68		1		0.047	0.186	
8:0....g	0.011	0.000	89		1		0.027	0.108	

NDB No. 01083

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.024	0.001	89		1		0.059	0.235	
12:0 g	0.027	0.001	89		1		0.066	0.265	
13:0 g									
14:0 g	0.098	0.002	88		1		0.240	0.960	
15:0 g									
16:0 g	0.255	0.006	88		1		0.625	2.499	
17:0 g									
18:0 g	0.118	0.003	88		1		0.289	1.156	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.280		0		1		0.686	2.744	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.022	0.001	71		1		0.054	0.216	
17:1 g									
18:1 undifferentiated g	0.244	0.006	78		1		0.598	2.391	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.036		0		1		0.088	0.353	
18:2 undifferentiated g	0.022	0.001	74		1		0.054	0.216	
18:3 undifferentiated g	0.014	0.001	65		1		0.034	0.137	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	4		0		1		10	39	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.049		0		1		0.120	0.480	
Threonine g	0.157		0		1		0.385	1.539	
Isoleucine g	0.211		0		1		0.517	2.068	
Leucine g	0.341		0		1		0.835	3.342	
Lysine g	0.276		0		1		0.676	2.705	
Methionine g	0.087		0		1		0.213	0.853	
Cystine g	0.032		0		1		0.078	0.314	
Phenylalanine g	0.168		0		1		0.412	1.646	
Tyrosine g	0.168		0		1		0.412	1.646	
Valine g	0.233		0		1		0.571	2.283	
Arginine g	0.126		0		1		0.309	1.235	
Histidine g	0.094		0		1		0.230	0.921	
Alanine g	0.120		0		1		0.294	1.176	
Aspartic acid g	0.264		0		1		0.647	2.587	
Glutamic acid g	0.729		0		1		1.786	7.144	
Glycine g	0.074		0		1		0.181	0.725	
Proline g	0.337		0		1		0.826	3.303	
Serine g	0.189		0		1		0.463	1.852	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01083

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.92	0.174	12	A	1		219.40	27.43	877.62
Energy....kcal	42		0	NC	4		103	13	412
Energy....kJ	177		0	NC	4		431	54	1724
Protein (N x 6.38)....g	3.37	0.061	12	A	1		8.21	1.03	32.86
Total lipid (fat)....g	0.97	0.026	6	JO	11		2.37	0.30	9.47
Ash....g	0.75	0.014	12	A	1		1.83	0.23	7.32
Carbohydrate, by difference....g	4.99		0	NC	4		12.18	1.52	48.74
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	125	1.443	4	A	1		304	38	1215
Iron, Fe....mg	0.03	0.004	4	A	1		0.07	0.01	0.28
Magnesium, Mg....mg	11	0.093	22	A	1		26	3	106
Phosphorus, P....mg	95	0.368	21	A	1		233	29	930
Potassium, K....mg	150	1.088	11	A	1		365	46	1461
Sodium, Na....mg	44	0.760	23	A	1		107	13	429
Zinc, Zn....mg	0.42	0.003	11	A	1		1.03	0.13	4.12
Copper, Cu....mg	0.010	0.001	12	A	1		0.023	0.003	0.094
Manganese, Mn....mg	0.003	0.000	12	A	1		0.006	0.001	0.025
Selenium, Se....mcg	3.3	0.301	12	A	1		8.1	1.0	32.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin....mg	0.020	0.002	12	A	1		0.049	0.006	0.198
Riboflavin....mg	0.185	0.005	12	A	1		0.451	0.056	1.805
Niacin....mg	0.093	0.003	12	A	1		0.226	0.028	0.904
Pantothenic acid....mg	0.361	0.014	4	A	1		0.880	0.110	3.518
Vitamin B-6....mg	0.037	0.001	12	A	1		0.090	0.011	0.360
Folate, total....mcg	5	0.083	12	A	1		12	1	48
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5	0.083	12	A	1		12	1	48
Folate, DFE....mcg_DFE	5		0	NC	4		12	1	48
Choline, total....mg	17.7		0	AS	1		43.1	5.4	172.3
Betaine....mg	0.6		1	A	1		1.5	0.2	6.0
Vitamin B-12....mcg	0.47	0.019	4	A	1		1.14	0.14	4.56
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	58		0	NC	4		142	18	567
Retinol....mcg	58		0	T	4		142	18	566
Carotene, beta....mcg	2		0	BFFN	4		4	0	15
Carotene, alpha....mcg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0	0	0
Vitamin A, IU....IU	196		0	NC	4		478	60	1912
Lycopene....mcg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01	0.002	12	A	1		0.03	0.00	0.11
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg	1.2		24	AS	1		2.9	0.4	11.7
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01082

Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.2	0.068	24	A	1		2.9	0.4	11.7
Vitamin D....IU	48	2.706	24	A	1		117	15	467
Vitamin K (phylloquinone)....mcg	0.1	0.000	4	A	1		0.2	0.0	1.0
Lipids:									
Fatty acids, total saturated....g	0.633		0	NC	4		1.543	0.193	6.173
4:0....g	0.024	0.002	4	A	1		0.058	0.007	0.233
6:0....g	0.018	0.002	4	A	1		0.043	0.005	0.173
8:0....g	0.013	0.000	4	A	1		0.031	0.004	0.123
10:0....g	0.027	0.001	4	A	1		0.067	0.008	0.266
12:0....g	0.029	0.001	4	A	1		0.072	0.009	0.288
13:0....g									
14:0....g	0.091	0.002	4	A	1		0.222	0.028	0.889
15:0....g	0.010	0.000	4	A	1		0.024	0.003	0.096
16:0....g	0.287	0.001	4	A	1		0.700	0.088	2.801
17:0....g	0.006	0.000	4	A	1		0.014	0.002	0.055
18:0....g	0.126	0.004	4	A	1		0.308	0.038	1.230
20:0....g	0.002	0.000	4	A	1		0.005	0.001	0.019
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.277		0	NC	4		0.676	0.085	2.706
14:1....g	0.007	0.000	4	A	1		0.017	0.002	0.066
15:1....g	0.002	0.000	4	A	1		0.005	0.001	0.020
16:1 undifferentiated....g	0.017		0	AS	1		0.040	0.005	0.162
16:1 c....g	0.017	0.000	4	A	1		0.040	0.005	0.162
16:1 t....g									
17:1....g	0.002	0.000	4	A	1		0.005	0.001	0.020
18:1 undifferentiated....g	0.250		0	AS	1		0.610	0.076	2.438
18:1 c....g	0.213	0.005	4	A	1		0.519	0.065	2.076
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.037	0.003	4	A	1		0.090	0.011	0.362
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0	NC	4		0.085	0.011	0.339
18:2 undifferentiated....g	0.030		0	AS	1		0.074	0.009	0.295
18:2 n-6 c,c....g	0.027	0.001	4	A	1		0.066	0.008	0.266
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.003	0.000	4	A	1		0.007	0.001	0.030
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		0	AS	1		0.011	0.001	0.043
18:3 n-3 c,c,c (ALA)....g	0.004	0.000	4	A	1		0.011	0.001	0.043
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	5	0.109	4	A	1		12	1	46
Phytosterols....mg									
Stigmasterol....mg	0	0.000	4	A	1		0	0	0

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol....mg	0	0.000	4	A	1		0	0	0
Beta-sitosterol....mg	0	0.000	4	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.099	0.012	0.394
Threonine....g	0.089		0	A	1		0.216	0.027	0.865
Isoleucine....g	0.187		0	A	1		0.457	0.057	1.827
Leucine....g	0.375		0	A	1		0.915	0.114	3.660
Lysine....g	0.287		0	A	1		0.699	0.087	2.796
Methionine....g	0.083		0	A	1		0.204	0.025	0.814
Cystine....g	0.116		0	A	1		0.284	0.035	1.135
Phenylalanine....g	0.167		0	A	1		0.407	0.051	1.629
Tyrosine....g	0.142		0	A	1		0.346	0.043	1.385
Valine....g	0.217		0	A	1		0.531	0.066	2.123
Arginine....g	0.096		0	A	1		0.235	0.029	0.939
Histidine....g	0.084		0	A	1		0.204	0.025	0.815
Alanine....g	0.106		0	A	1		0.260	0.032	1.038
Aspartic acid....g	0.311		0	A	1		0.759	0.095	3.038
Glutamic acid....g	0.782		0	A	1		1.908	0.239	7.633
Glycine....g	0.063		0	A	1		0.154	0.019	0.616
Proline....g	0.359		0	A	1		0.877	0.110	3.506
Serine....g	0.208		0	A	1		0.506	0.063	2.025
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.36		0		1		219.83	879.30	
Energy....kcal	41		0	NC	4		100	400	
Energy....kJ	170		0		4		418	1673	
Protein (N x 6.38)....g	3.96	0.029	5		1		9.74	38.97	
Total lipid (fat)....g	0.25	0.011	296		1		0.62	2.46	
Ash....g	0.87		0		1		2.14	8.56	
Carbohydrate, by difference....g	5.56		0	NC	4		13.68	54.71	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0		1		352	1407	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	16		0		1		40	158	
Phosphorus, P....mg	112		0		1		275	1101	
Potassium, K....mg	182		0		1		446	1786	
Sodium, Na....mg	59		0		1		144	578	
Zinc, Zn....mg	0.45		0		1		1.11	4.43	
Copper, Cu....mg	0.011		0		1		0.027	0.108	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....mcg	2.4		0	BFNN	4		5.9	23.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.8	11.0	
Thiamin....mg	0.045		0		1		0.111	0.443	
Riboflavin....mg	0.194		0		1		0.477	1.909	
Niacin....mg	0.101		0		1		0.248	0.994	
Pantothenic acid....mg	0.376		0		1		0.925	3.700	
Vitamin B-6....mg	0.050		0		1		0.123	0.492	
Folate, total....mcg	6		0		1		15	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		15	59	
Folate, DFE....mcg_DFE	6		0	NC	4		15	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.43		0		1		1.05	4.20	
Vitamin A, RAE....mcg_RAE	61		0		1		150	600	
Retinol....mcg	61		0		1		150	600	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	203		0		1		499	1998	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	NR	4		2.5	9.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.162		0		1		0.399	1.594	
4:0....g	0.013	0.001	8		1		0.032	0.128	
6:0....g	0.002	0.000	12		1		0.005	0.020	
8:0....g	0.003	0.000	12		1		0.007	0.030	

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.005	0.001	12		1		0.012	0.049	
12:0 g	0.003	0.000	12		1		0.007	0.030	
13:0 g									
14:0 g	0.024	0.001	12		1		0.059	0.236	
15:0 g									
16:0 g	0.073	0.004	12		1		0.180	0.718	
17:0 g									
18:0 g	0.026	0.001	12		1		0.064	0.256	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.065		0		1		0.160	0.640	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009	0.001	12		1		0.022	0.089	
17:1 g									
18:1 undifferentiated g	0.053	0.003	12		1		0.130	0.522	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.009		0		1		0.022	0.089	
18:2 undifferentiated g	0.006	0.000	12		1		0.015	0.059	
18:3 undifferentiated g	0.003	0.000	11		1		0.007	0.030	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	2		0		1		5	20	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.056		0		1		0.138	0.551	
Threonine g	0.179		0		1		0.440	1.761	
Isoleucine g	0.240		0		1		0.590	2.362	
Leucine g	0.388		0		1		0.954	3.818	
Lysine g	0.314		0		1		0.772	3.090	
Methionine g	0.099		0		1		0.244	0.974	
Cystine g	0.037		0		1		0.091	0.364	
Phenylalanine g	0.191		0		1		0.470	1.879	
Tyrosine g	0.191		0		1		0.470	1.879	
Valine g	0.265		0		1		0.652	2.608	
Arginine g	0.143		0		1		0.352	1.407	
Histidine g	0.107		0		1		0.263	1.053	
Alanine g	0.137		0		1		0.337	1.348	
Aspartic acid g	0.300		0		1		0.738	2.952	
Glutamic acid g	0.829		0		1		2.039	8.157	
Glycine g	0.084		0		1		0.207	0.827	
Proline g	0.384		0		1		0.945	3.779	
Serine g	0.215		0		1		0.529	2.116	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.38		0		1		221.43	27.66	885.72
Energy....kcal	37		0	NC	4		90	11	361
Energy....kJ	154		0		4		378	47	1512
Protein (N x 6.38)....g	3.57	0.030	56		1		8.75	1.09	34.99
Total lipid (fat)....g	0.25	0.011	296		1		0.61	0.08	2.45
Ash....g	0.78		0		1		1.91	0.24	7.64
Carbohydrate, by difference....g	5.02		0	NC	4		12.30	1.54	49.20
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.02		0	T	4		12.30	1.54	49.20
Starch....g									
Minerals:									
Calcium, Ca....mg	129		0		1		316	40	1265
Iron, Fe....mg	0.05		0		1		0.12	0.02	0.49
Magnesium, Mg....mg	15		0		1		36	4	142
Phosphorus, P....mg	104		0		1		255	32	1019
Potassium, K....mg	171		0		1		418	52	1673
Sodium, Na....mg	53		0		1		130	16	519
Zinc, Zn....mg	0.41		0		1		1.00	0.13	4.02
Copper, Cu....mg	0.011		0		1		0.027	0.003	0.108
Manganese, Mn....mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se....mcg	2.2		0	BFNN	4		5.4	0.7	21.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	0.3	9.9
Thiamin....mg	0.041		0		1		0.100	0.013	0.402
Riboflavin....mg	0.175		0		1		0.429	0.054	1.715
Niacin....mg	0.091		0		1		0.223	0.028	0.892
Pantothenic acid....mg	0.339		0		1		0.831	0.104	3.322
Vitamin B-6....mg	0.046		0		1		0.113	0.014	0.451
Folate, total....mcg	5		0		1		13	2	53
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5		0		1		13	2	53
Folate, DFE....mcg_DFE	5		0	NC	4		13	2	53
Choline, total....mg	16.0		0	T	4		39.2	4.9	156.8
Betaine....mg									
Vitamin B-12....mcg	0.39		0		1		0.95	0.12	3.78
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	64		0	NC	4		157	20	628
Retinol....mcg	64		0	BFSN	4		157	20	628
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	214		0	NC	4		523	65	2093
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFSN	4		0.01	0.00	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	AS	1		3.0	0.4	12.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.2		0	BFSN	4		3.0	0.4	12.0
Vitamin D....IU	49		0	BFSN	4		120	15	481
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.162		0		1		0.397	0.050	1.588
4:0....g	0.013	0.001	8		1		0.032	0.004	0.127

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.002	0.000	12		1		0.005	0.001	0.020
8:0 g	0.003	0.000	12		1		0.007	0.001	0.029
10:0 g	0.005	0.001	12		1		0.012	0.002	0.049
12:0 g	0.003	0.000	12		1		0.007	0.001	0.029
13:0 g									
14:0 g	0.024	0.001	12		1		0.059	0.007	0.235
15:0 g									
16:0 g	0.073	0.004	12		1		0.179	0.022	0.715
17:0 g									
18:0 g	0.026	0.001	12		1		0.064	0.008	0.255
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.065		0		1		0.159	0.020	0.637
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009	0.001	12		1		0.022	0.003	0.088
17:1 g									
18:1 undifferentiated g	0.053	0.003	12		1		0.130	0.016	0.519
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.009		0		1		0.022	0.003	0.088
18:2 undifferentiated g	0.006	0.000	12		1		0.015	0.002	0.059
18:3 undifferentiated g	0.003	0.000	11		1		0.007	0.001	0.029
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	2		0		1		5	1	20
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.050		0		1		0.123	0.015	0.490
Threonine g	0.161		0		1		0.394	0.049	1.578
Isoleucine g	0.216		0		1		0.529	0.066	2.117
Leucine g	0.350		0		1		0.858	0.107	3.430
Lysine g	0.283		0		1		0.693	0.087	2.773
Methionine g	0.090		0		1		0.221	0.028	0.882
Cystine g	0.033		0		1		0.081	0.010	0.323
Phenylalanine g	0.172		0		1		0.421	0.053	1.686
Tyrosine g	0.172		0		1		0.421	0.053	1.686
Valine g	0.239		0		1		0.586	0.073	2.342
Arginine g	0.129		0		1		0.316	0.039	1.264
Histidine g	0.097		0		1		0.238	0.030	0.951
Alanine g	0.123		0		1		0.301	0.038	1.205
Aspartic acid g	0.271		0		1		0.664	0.083	2.656
Glutamic acid g	0.748		0		1		1.833	0.229	7.330
Glycine g	0.076		0		1		0.186	0.023	0.745
Proline g	0.346		0		1		0.848	0.106	3.391
Serine g	0.194		0		1		0.475	0.059	1.901
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.84	0.032	12	A	1		222.56	27.80	890.22
Energy....kcal	34		0	NC	4		84	10	336
Energy....kJ	143		0	NC	4		351	44	1406
Protein (N x 6.38)....g	3.37	0.032	12	A	1		8.26	1.03	33.03
Total lipid (fat)....g	0.08	0.009	12	A	1		0.20	0.02	0.78
Ash....g	0.75	0.006	12	A	1		1.85	0.23	7.38
Carbohydrate, by difference....g	4.96		0	NC	4		12.14	1.52	48.58
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.09	0.048	12	A	1		12.48	1.56	49.93
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose....g	5.09	0.048	12	A	1		12.48	1.56	49.93
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	122	0.946	4	A	1		300	37	1198
Iron, Fe....mg	0.03	0.003	4	A	1		0.06	0.01	0.25
Magnesium, Mg....mg	11	0.071	41	A	1		27	3	106
Phosphorus, P....mg	101	0.424	39	A	1		247	31	989
Potassium, K....mg	156	0.764	26	A	1		382	48	1527
Sodium, Na....mg	42	0.421	40	A	1		103	13	411
Zinc, Zn....mg	0.42	0.003	27	A	1		1.03	0.13	4.12
Copper, Cu....mg	0.013	0.000	24	A	1		0.032	0.004	0.127
Manganese, Mn....mg	0.003	0.000	12	A	1		0.006	0.001	0.026
Selenium, Se....mcg	3.1	0.260	11	A	1		7.6	1.0	30.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin....mg	0.045	0.004	12	A	1		0.110	0.014	0.439
Riboflavin....mg	0.182	0.004	12	A	1		0.445	0.056	1.780
Niacin....mg	0.094	0.004	12	A	1		0.231	0.029	0.925
Pantothenic acid....mg	0.357	0.005	4	A	1		0.876	0.109	3.503
Vitamin B-6....mg	0.037	0.001	12	A	1		0.092	0.011	0.366
Folate, total....mcg	5	0.000	10	A	1		12	2	49
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5	0.000	10	A	1		12	2	49
Folate, DFE....mcg_DFE	5		0	NC	4		12	2	49
Choline, total....mg	15.6		0	AS	1		38.3	4.8	153.3
Betaine....mg	1.9		1	A	1		4.7	0.6	18.8
Vitamin B-12....mcg	0.50	0.069	4	A	1		1.23	0.15	4.92
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	61		0	NC	4		149	19	598
Retinol....mcg	61		0	T	4		149	19	598
Carotene, beta....mcg	0		0	BFFN	4		0	0	1
Carotene, alpha....mcg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0	0	0
Vitamin A, IU....IU	204		0	NC	4		499	62	1995
Lycopene....mcg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01	0.002	12	A	1		0.01	0.00	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg	1.2		24	AS	1		2.9	0.4	11.4
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.2	0.061	24	A	1		2.9	0.4	11.4
Vitamin D....IU	47	2.431	24	A	1		114	14	458
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.056		0		1		0.136	0.017	0.544
4:0....g	0.004	0.001	8		1		0.010	0.001	0.042
6:0....g	0.000	0.000	12		1		0.001	0.000	0.005
8:0....g	0.001	0.000	12		1		0.002	0.000	0.009
10:0....g	0.002	0.000	12		1		0.005	0.001	0.019
12:0....g	0.001	0.000	12		1		0.003	0.000	0.014
13:0....g									
14:0....g	0.008	0.001	12		1		0.020	0.002	0.079
15:0....g									
16:0....g	0.025	0.002	12		1		0.062	0.008	0.247
17:0....g									
18:0....g	0.009	0.001	12		1		0.022	0.003	0.088
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.055	0.007	0.219
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003	0.001	12		1		0.008	0.001	0.033
17:1....g									
18:1 undifferentiated....g	0.018	0.002	12		1		0.044	0.006	0.177
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0		1		0.008	0.001	0.033
18:2 undifferentiated....g	0.002	0.000	12		1		0.006	0.001	0.023
18:3 undifferentiated....g	0.001	0.000	11		1		0.002	0.000	0.009
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2	0.070	4		1		4	1	18
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.098	0.012	0.391
Threonine....g	0.082		0	A	1		0.201	0.025	0.806
Isoleucine....g	0.150		0	A	1		0.368	0.046	1.471
Leucine....g	0.327		0	A	1		0.802	0.100	3.209
Lysine....g	0.252		0	A	1		0.618	0.077	2.473
Methionine....g	0.062		0	A	1		0.153	0.019	0.612
Cystine....g	0.123		0	A	1		0.301	0.038	1.202
Phenylalanine....g	0.145		0	A	1		0.355	0.044	1.421
Tyrosine....g	0.148		0	A	1		0.362	0.045	1.447
Valine....g	0.180		0	A	1		0.441	0.055	1.764
Arginine....g	0.072		0	A	1		0.178	0.022	0.710
Histidine....g	0.075		0	A	1		0.184	0.023	0.734
Alanine....g	0.100		0	A	1		0.245	0.031	0.979
Aspartic acid....g	0.243		0	A	1		0.594	0.074	2.378
Glutamic acid....g	0.673		0	A	1		1.648	0.206	6.591
Glycine....g	0.050		0	A	1		0.123	0.015	0.490
Proline....g	0.343		0	A	1		0.840	0.105	3.358
Serine....g	0.168		0	A	1		0.411	0.051	1.642
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01151
Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.84	0.032	12	A	1		222.56	890.22	
Energy....kcal	34		0	NC	4		83	333	
Energy....kJ	142		0	NC	4		349	1395	
Protein....g	3.37	0.032	12	A	1		8.26	33.03	
Total lipid (fat)....g	0.08	0.009	12	A	1		0.20	0.78	
Ash....g	0.75	0.006	12	A	1		1.85	7.38	
Carbohydrate, by difference....g	4.96		0	NC	4		12.14	48.58	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	5.09	0.048	12	A	1		12.48	49.93	
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	12	A	1		0.00	0.00	
Fructose....g	0.00	0.000	12	A	1		0.00	0.00	
Lactose....g	5.09	0.048	12	A	1		12.48	49.93	
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	122	0.946	4	A	1		300	1198	
Iron, Fe....mg	0.03	0.003	4	A	1		0.06	0.25	
Magnesium, Mg....mg	11	0.071	41	A	1		27	106	
Phosphorus, P....mg	101	0.424	39	A	1		247	989	
Potassium, K....mg	156	0.764	26	A	1		382	1527	
Sodium, Na....mg	42	0.421	40	A	1		103	411	
Zinc, Zn....mg	0.42	0.003	27	A	1		1.03	4.12	
Copper, Cu....mg	0.013	0.000	24	A	1		0.032	0.127	
Manganese, Mn....mg	0.003	0.000	12	A	1		0.006	0.025	
Selenium, Se....mcg	3.1	0.260	11	A	1		7.6	30.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.045	0.004	12	A	1		0.110	0.439	
Riboflavin....mg	0.182	0.004	12	A	1		0.445	1.780	
Niacin....mg	0.094	0.004	12	A	1		0.231	0.925	
Pantothenic acid....mg	0.357	0.005	4	A	1		0.876	3.503	
Vitamin B-6....mg	0.037	0.001	12	A	1		0.092	0.366	
Folate, total....mcg	5	0.000	10	A	1		12	49	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5	0.000	10	A	1		12	49	
Folate, DFE....mcg_DFE	5		0	NC	4		12	49	
Choline, total....mg	15.6		0	AS	1		38.3	153.3	
Betaine....mg	1.9		1	A	1		4.7	18.8	
Vitamin B-12....mcg	0.50	0.069	4	A	1		1.23	4.92	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		4	16	
Retinol....mcg	1		0	BFFN	4		3	11	
Carotene, beta....mcg	7		0	BFZN	4		16	65	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	15		0	NC	4		36	145	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01	0.002	12	A	1		0.01	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01151
Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D.....IU	0		0	BFFN	4		0	1	
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.051		0	NC	4		0.124	0.496	
4:0.....g	0.004		0		1		0.010	0.041	
6:0.....g	0.000		0		1		0.001	0.005	
8:0.....g	0.001		0		1		0.002	0.009	
10:0.....g	0.002		0		1		0.005	0.018	
12:0.....g	0.001		0		1		0.003	0.014	
13:0.....g									
14:0.....g	0.008		0		1		0.020	0.078	
15:0.....g									
16:0.....g	0.025		0		1		0.061	0.243	
17:0.....g									
18:0.....g	0.009		0		1		0.022	0.087	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	NC	4		0.052	0.207	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.008	0.032	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.044	0.174	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0	NC	4		0.008	0.032	
18:2 undifferentiated.....g	0.002		0		1		0.006	0.023	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		5	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.098	0.391	
Threonine.....g	0.082		0	A	1		0.201	0.806	
Isoleucine.....g	0.150		0	A	1		0.368	1.471	
Leucine.....g	0.327		0	A	1		0.802	3.209	
Lysine.....g	0.252		0	A	1		0.618	2.473	
Methionine.....g	0.062		0	A	1		0.153	0.612	
Cystine.....g	0.123		0	A	1		0.301	1.202	
Phenylalanine.....g	0.145		0	A	1		0.355	1.421	
Tyrosine.....g	0.148		0	A	1		0.362	1.447	
Valine.....g	0.180		0	A	1		0.441	1.764	
Arginine.....g	0.072		0	A	1		0.178	0.710	
Histidine.....g	0.075		0	A	1		0.184	0.734	
Alanine.....g	0.100		0	A	1		0.245	0.979	
Aspartic acid.....g	0.243		0	A	1		0.594	2.378	
Glutamic acid.....g	0.673		0	A	1		1.648	6.591	
Glycine.....g	0.050		0	A	1		0.123	0.490	
Proline.....g	0.343		0	A	1		0.840	3.358	
Serine.....g	0.168		0	A	1		0.411	1.642	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Others:									

NDB No. 01151

Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.69		0		1		213.96	855.85	
Energy	kcal	64		0	NC	4		157	626	
Energy	kJ	268				4		655	2621	
Protein (N x 6.38)	g	3.28		0		1		8.00	32.01	
Total lipid (fat)	g	3.66		0		1		8.93	35.72	
Ash	g	0.72		0		1		1.76	7.03	
Carbohydrate, by difference	g	4.65		0	NC	4		11.35	45.38	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	119		0		1		290	1161	
Iron, Fe	mg	0.05		0		1		0.12	0.49	
Magnesium, Mg	mg	13		0		1		33	131	
Phosphorus, P	mg	93		0		1		227	909	
Potassium, K	mg	151		0		1		368	1474	
Sodium, Na	mg	49		0		1		119	476	
Zinc, Zn	mg	0.38		0		1		0.93	3.71	
Copper, Cu	mg	0.010		0		1		0.024	0.098	
Manganese, Mn	mg	0.004		0		1		0.010	0.039	
Selenium, Se	mcg	2.0		0	BFNN	4		4.9	19.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		3.6	14.3	
Thiamin	mg	0.038		0		1		0.093	0.371	
Riboflavin	mg	0.161		0		1		0.393	1.571	
Niacin	mg	0.084		0		1		0.205	0.820	
Pantothenic acid	mg	0.313		0		1		0.764	3.055	
Vitamin B-6	mg	0.042		0		1		0.102	0.410	
Folate, total	mcg	5		0		1		12	49	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		12	49	
Folate, DFE	mcg_DFE	5		0	NC	4		12	49	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.36		0		1		0.87	3.47	
Vitamin A, RAE	mcg_RAE	33		0	NC	4		79	317	
Retinol	mcg	31		0	NC	4		76	303	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	138		0		1		337	1347	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.278		0		1		5.558	22.233	
4:0	g	0.119		52		1		0.290	1.161	
6:0	g	0.070		68		1		0.171	0.683	
8:0	g	0.041		89		1		0.100	0.400	

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.092		89		1		0.224	0.898	
12:0 ... g	0.103		89		1		0.251	1.005	
13:0 ... g									
14:0 ... g	0.368		88		1		0.898	3.592	
15:0 ... g									
16:0 ... g	0.963		88		1		2.350	9.399	
17:0 ... g									
18:0 ... g	0.444		88		1		1.083	4.333	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.057		0		1		2.579	10.316	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.082		71		1		0.200	0.800	
17:1 ... g									
18:1 undifferentiated ... g	0.921		78		1		2.247	8.989	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.136		0		1		0.332	1.327	
18:2 undifferentiated ... g	0.083		74		1		0.203	0.810	
18:3 undifferentiated ... g	0.053		65		1		0.129	0.517	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	14		0		1		35	140	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.046		0		1		0.112	0.449	
Threonine ... g	0.148		0		1		0.361	1.444	
Isoleucine ... g	0.198		0		1		0.483	1.932	
Leucine ... g	0.321		0		1		0.783	3.133	
Lysine ... g	0.260		0		1		0.634	2.538	
Methionine ... g	0.082		0		1		0.200	0.800	
Cystine ... g	0.030		0		1		0.073	0.293	
Phenylalanine ... g	0.158		0		1		0.386	1.542	
Tyrosine ... g	0.158		0		1		0.386	1.542	
Valine ... g	0.220		0		1		0.537	2.147	
Arginine ... g	0.119		0		1		0.290	1.161	
Histidine ... g	0.089		0		1		0.217	0.869	
Alanine ... g	0.113		0		1		0.276	1.103	
Aspartic acid ... g	0.249		0		1		0.608	2.430	
Glutamic acid ... g	0.687		0		1		1.676	6.705	
Glycine ... g	0.069		0		1		0.168	0.673	
Proline ... g	0.318		0		1		0.776	3.104	
Serine ... g	0.178		0		1		0.434	1.737	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.71	0.021	119		1		215.77	863.07	
Energy....kcal	56		0	NC	4		137	546	
Energy....kJ	232		0		4		571	2286	
Protein (N x 6.38)....g	3.95	0.009	104		1		9.72	38.87	
Total lipid (fat)....g	1.98	0.010	114		1		4.87	19.48	
Ash....g	0.87		0		1		2.14	8.56	
Carbohydrate, by difference....g	5.49		0	NC	4		13.51	54.02	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	5.26		0	BFZN	4		12.94	51.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0		1		352	1408	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	16		0		1		40	158	
Phosphorus, P....mg	112		0		1		276	1102	
Potassium, K....mg	182		0		1		447	1788	
Sodium, Na....mg	59		0		1		145	579	
Zinc, Zn....mg	0.45		0		1		1.11	4.43	
Copper, Cu....mg	0.008		0		1		0.020	0.079	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....mcg	2.6		0	BFNN	4		6.4	25.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.8	11.0	
Thiamin....mg	0.045		0		1		0.111	0.443	
Riboflavin....mg	0.194		0		1		0.477	1.909	
Niacin....mg	0.101		0		1		0.248	0.994	
Pantothenic acid....mg	0.376		0		1		0.925	3.700	
Vitamin B-6....mg	0.051		0		1		0.125	0.502	
Folate, total....mcg	6		0		1		15	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		15	59	
Folate, DFE....mcg_DFE	6		0	NC	4		15	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.43		0		1		1.05	4.21	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	3	
Retinol....mcg									
Carotene, beta....mcg	3		0	BFFN	4		8	31	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	5		0	NC	4		13	52	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFFN	4		0.09	0.35	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	NR	4		2.5	9.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone)....mcg	0.1		0	BFFN	4		0.3	1.3	
Lipids:									
Fatty acids, total saturated....g	1.232		0		1		3.031	12.123	
4:0....g	0.064	0.001	52		1		0.157	0.630	
6:0....g	0.038	0.001	68		1		0.093	0.374	
8:0....g	0.022	0.001	89		1		0.054	0.216	

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050	0.001	89		1		0.123	0.492	
12:0 ... g	0.056	0.001	89		1		0.138	0.551	
13:0 ... g									
14:0 ... g	0.199	0.003	88		1		0.490	1.958	
15:0 ... g									
16:0 ... g	0.521	0.007	88		1		1.282	5.127	
17:0 ... g									
18:0 ... g	0.240	0.003	88		1		0.590	2.362	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.572		0		1		1.407	5.628	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.044	0.002	71		1		0.108	0.433	
17:1 ... g									
18:1 undifferentiated ... g	0.498	0.007	78		1		1.225	4.900	
20:1 ... g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.074		0		1		0.182	0.728	
18:2 undifferentiated ... g	0.045	0.002	74		1		0.111	0.443	
18:3 undifferentiated ... g	0.029	0.002	65		1		0.071	0.285	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		19	76	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.056		0		1		0.138	0.551	
Threonine ... g	0.178		0		1		0.438	1.752	
Isoleucine ... g	0.239		0		1		0.588	2.352	
Leucine ... g	0.387		0		1		0.952	3.808	
Lysine ... g	0.313		0		1		0.770	3.080	
Methionine ... g	0.099		0		1		0.244	0.974	
Cystine ... g	0.037		0		1		0.091	0.364	
Phenylalanine ... g	0.191		0		1		0.470	1.879	
Tyrosine ... g	0.191		0		1		0.470	1.879	
Valine ... g	0.264		0		1		0.649	2.598	
Arginine ... g	0.143		0		1		0.352	1.407	
Histidine ... g	0.107		0		1		0.263	1.053	
Alanine ... g	0.136		0		1		0.335	1.338	
Aspartic acid ... g	0.300		0		1		0.738	2.952	
Glutamic acid ... g	0.827		0		1		2.034	8.138	
Glycine ... g	0.084		0		1		0.207	0.827	
Proline ... g	0.383		0		1		0.942	3.769	
Serine ... g	0.215		0		1		0.529	2.116	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.86		0		1		217.71	870.83	
Energy....kcal	51		0	NC	4		125	500	
Energy....kJ	213		0		4		522	2090	
Protein (N x 6.38)....g	3.48	0.024	59		1		8.53	34.10	
Total lipid (fat)....g	1.92	0.010	559		1		4.70	18.82	
Ash....g	0.77		0		1		1.89	7.55	
Carbohydrate, by difference....g	4.97		0	NC	4		12.18	48.71	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	128		0		1		313	1251	
Iron, Fe....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg....mg	14		0		1		35	141	
Phosphorus, P....mg	100		0		1		245	979	
Potassium, K....mg	162		0		1		397	1589	
Sodium, Na....mg	52		0		1		128	514	
Zinc, Zn....mg	0.40		0		1		0.98	3.92	
Copper, Cu....mg	0.008		0		1		0.020	0.078	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....mcg	2.3		0	BFNN	4		5.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	9.8	
Thiamin....mg	0.040		0		1		0.098	0.392	
Riboflavin....mg	0.173		0		1		0.424	1.695	
Niacin....mg	0.090		0		1		0.221	0.882	
Pantothenic acid....mg	0.336		0		1		0.823	3.293	
Vitamin B-6....mg	0.045		0		1		0.110	0.441	
Folate, total....mcg	5		0		1		13	52	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		13	52	
Folate, DFE....mcg_DFE	5		0	NC	4		13	52	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.38		0		1		0.94	3.74	
Vitamin A, RAE....mcg_RAE	56		0	NC	4		137	549	
Retinol....mcg	55		0	NC	4		135	539	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	204		0		1		500	1999	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	NR	4		2.5	9.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	S	4		98	392	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.195		0		1		2.928	11.711	
4:0....g	0.062	0.001	52		1		0.152	0.608	
6:0....g	0.037	0.001	68		1		0.091	0.363	
8:0....g	0.021	0.001	89		1		0.051	0.206	

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.048	0.001	89		1		0.118	0.470	
12:0 ... g	0.054	0.001	89		1		0.132	0.529	
13:0 ... g									
14:0 ... g	0.193	0.003	88		1		0.473	1.891	
15:0 ... g									
16:0 ... g	0.505	0.007	88		1		1.237	4.949	
17:0 ... g									
18:0 ... g	0.233	0.003	88		1		0.571	2.283	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.555		0		1		1.360	5.439	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.043	0.001	71		1		0.105	0.421	
17:1 ... g									
18:1 undifferentiated ... g	0.483	0.007	78		1		1.183	4.733	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.071		0		1		0.174	0.696	
18:2 undifferentiated ... g	0.043	0.002	74		1		0.105	0.421	
18:3 undifferentiated ... g	0.028	0.002	65		1		0.069	0.274	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		18	74	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.049		0		1		0.120	0.480	
Threonine ... g	0.157		0		1		0.385	1.539	
Isoleucine ... g	0.211		0		1		0.517	2.068	
Leucine ... g	0.341		0		1		0.835	3.342	
Lysine ... g	0.276		0		1		0.676	2.705	
Methionine ... g	0.087		0		1		0.213	0.853	
Cystine ... g	0.032		0		1		0.078	0.314	
Phenylalanine ... g	0.168		0		1		0.412	1.646	
Tyrosine ... g	0.168		0		1		0.412	1.646	
Valine ... g	0.233		0		1		0.571	2.283	
Arginine ... g	0.126		0		1		0.309	1.235	
Histidine ... g	0.094		0		1		0.230	0.921	
Alanine ... g	0.120		0		1		0.294	1.176	
Aspartic acid ... g	0.264		0		1		0.647	2.587	
Glutamic acid ... g	0.729		0		1		1.786	7.144	
Glycine ... g	0.074		0		1		0.181	0.725	
Proline ... g	0.337		0		1		0.826	3.303	
Serine ... g	0.189		0		1		0.463	1.852	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.71		0		1		214.89	859.56	
Energy	kcal	56		0	NC	4		136	544	
Energy	kJ	232		0		4		569	2276	
Protein (N x 6.38)	g	3.95		0		1		9.68	38.71	
Total lipid (fat)	g	1.98		0		1		4.85	19.40	
Ash	g	0.87		0		1		2.13	8.53	
Carbohydrate, by difference	g	5.49		0	NC	4		13.45	53.80	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0		1		351	1402	
Iron, Fe	mg	0.06		0		1		0.15	0.59	
Magnesium, Mg	mg	15		0		1		36	142	
Phosphorus, P	mg	112		0		1		274	1098	
Potassium, K	mg	182		0		1		445	1781	
Sodium, Na	mg	59		0		1		144	576	
Zinc, Zn	mg	0.41		0		1		1.00	4.02	
Copper, Cu	mg	0.011		0		1		0.027	0.108	
Manganese, Mn	mg	0.002		0		1		0.005	0.020	
Selenium, Se	mcg	2.6		0	BFNN	4		6.4	25.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		1		2.7	11.0	
Thiamin	mg	0.045		0		1		0.110	0.441	
Riboflavin	mg	0.194		0		1		0.475	1.901	
Niacin	mg	0.101		0		1		0.247	0.990	
Pantothenic acid	mg	0.339		0		1		0.831	3.322	
Vitamin B-6	mg	0.046		0		1		0.113	0.451	
Folate, total	mcg	5		0		1		13	53	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		13	53	
Folate, DFE	mcg_DFE	5		0	NC	4		13	53	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.39		0		1		0.95	3.78	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		42	167	
Retinol	mcg	16		0	NC	4		39	157	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	75		0		1		184	735	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.232		0		1		3.018	12.074	
4:0	g	0.013	0.001	8		1		0.032	0.127	
6:0	g	0.002	0.000	12		1		0.005	0.020	
8:0	g	0.003	0.000	12		1		0.007	0.029	

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.005	0.001	12		1		0.012	0.049	
12:0 ... g	0.003	0.000	12		1		0.007	0.029	
13:0 ... g									
14:0 ... g	0.024	0.001	12		1		0.059	0.235	
15:0 ... g									
16:0 ... g	0.073	0.004	12		1		0.179	0.715	
17:0 ... g									
18:0 ... g	0.026	0.001	12		1		0.064	0.255	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.065		0		1		0.159	0.637	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.009	0.001	12		1		0.022	0.088	
17:1 ... g									
18:1 undifferentiated ... g	0.498		0		1		1.220	4.880	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.009		0		1		0.022	0.088	
18:2 undifferentiated ... g	0.045		0		1		0.110	0.441	
18:3 undifferentiated ... g	0.003	0.000	11		1		0.007	0.029	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		19	75	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.050		0		1		0.123	0.490	
Threonine ... g	0.161		0		1		0.394	1.578	
Isoleucine ... g	0.216		0		1		0.529	2.117	
Leucine ... g	0.350		0		1		0.858	3.430	
Lysine ... g	0.283		0		1		0.693	2.773	
Methionine ... g	0.090		0		1		0.221	0.882	
Cystine ... g	0.033		0		1		0.081	0.323	
Phenylalanine ... g	0.172		0		1		0.421	1.686	
Tyrosine ... g	0.172		0		1		0.421	1.686	
Valine ... g	0.239		0		1		0.586	2.342	
Arginine ... g	0.129		0		1		0.316	1.264	
Histidine ... g	0.097		0		1		0.238	0.951	
Alanine ... g	0.123		0		1		0.301	1.205	
Aspartic acid ... g	0.271		0		1		0.664	2.656	
Glutamic acid ... g	0.748		0		1		1.833	7.330	
Glycine ... g	0.076		0		1		0.186	0.745	
Proline ... g	0.346		0		1		0.848	3.391	
Serine ... g	0.194		0		1		0.475	1.901	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.21	0.193	17	A	1		217.66	27.21	870.65
Energy	kcal	50		0	NC	4		123	15	490
Energy	kJ	210		0	NC	4		513	64	2051
Protein	g	3.30	0.033	13	A	1		8.06	1.01	32.25
Total lipid (fat)	g	1.98	0.008	14	JO	11		4.82	0.60	19.30
Ash	g	0.71	0.035	13	A	1		1.73	0.22	6.92
Carbohydrate, by difference	g	4.80		0	NC	4		11.72	1.47	46.88
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	5.06	0.061	13	A	1		12.35	1.54	49.40
Sucrose	g	0.01	0.000	13	A	1		0.02	0.00	0.08
Glucose (dextrose)	g	0.01	0.000	13	A	1		0.02	0.00	0.08
Fructose	g	0.01	0.000	13	A	1		0.02	0.00	0.08
Lactose	g	5.01	0.062	13	A	1		12.23	1.53	48.94
Maltose	g	0.01	0.000	13	A	1		0.02	0.00	0.08
Galactose	g	0.02	0.008	13	A	1		0.04	0.00	0.16
Starch	g									
Minerals:										
Calcium, Ca	mg	120	0.707	4	A	1		293	37	1171
Iron, Fe	mg	0.02	0.002	4	A	1		0.06	0.01	0.24
Magnesium, Mg	mg	11	0.098	31	A	1		28	3	110
Phosphorus, P	mg	92	0.526	28	A	1		223	28	894
Potassium, K	mg	140	2.114	31	A	1		341	43	1363
Sodium, Na	mg	47	0.832	31	A	1		114	14	454
Zinc, Zn	mg	0.48	0.015	29	A	1		1.18	0.15	4.73
Copper, Cu	mg	0.006	0.000	30	A	1		0.014	0.002	0.054
Manganese, Mn	mg	0.014	0.000	30	A	1		0.034	0.004	0.136
Selenium, Se	mcg	2.5	0.174	30	A	1		6.1	0.8	24.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.000	5	A	1		0.5	0.1	1.8
Thiamin	mg	0.039	0.005	13	A	1		0.096	0.012	0.385
Riboflavin	mg	0.185	0.003	13	A	1		0.452	0.056	1.808
Niacin	mg	0.092	0.002	12	A	1		0.224	0.028	0.897
Pantothenic acid	mg	0.356	0.019	5	A	1		0.868	0.108	3.470
Vitamin B-6	mg	0.038	0.001	13	A	1		0.093	0.012	0.374
Folate, total	mcg	5	0.149	12	A	1		11	1	45
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5	0.149	12	A	1		11	1	45
Folate, DFE	mcg_DFE	5		0	NC	4		11	1	45
Choline, total	mg	16.4		0	AS	1		40.0	5.0	160.1
Betaine	mg	0.9		2	A	1		2.3	0.3	9.2
Vitamin B-12	mcg	0.53	0.033	4	A	1		1.31	0.16	5.22
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	55		0	NC	4		135	17	540
Retinol	mcg	55		0	T	4		134	17	537
Carotene, beta	mcg	4		0	BFFN	4		10	1	39
Carotene, alpha	mcg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFFN	4		0	0	0
Vitamin A, IU	IU	190		0	NC	4		464	58	1855
Lycopene	mcg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	0.003	12	A	1		0.08	0.01	0.30
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	1.2		24	AS	1		3.0	0.4	11.8
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.2	0.065	24	A	1		3.0	0.4	11.8
Vitamin D....IU	49	2.615	24	A	1		118	15	474
Vitamin K (phylloquinone)....mcg	0.2	0.048	4	A	1		0.4	0.1	1.7
Lipids:									
Fatty acids, total saturated....g	1.257		0	NC	4		3.068	0.384	12.272
4:0....g	0.077	0.001	5	A	1		0.187	0.023	0.748
6:0....g	0.040	0.002	4	A	1		0.098	0.012	0.392
8:0....g	0.020	0.001	5	A	1		0.050	0.006	0.199
10:0....g	0.049	0.002	5	A	1		0.120	0.015	0.480
12:0....g	0.055	0.002	5	A	1		0.133	0.017	0.533
13:0....g	0.002		1	A	1		0.005	0.001	0.020
14:0....g	0.175	0.003	5	A	1		0.428	0.054	1.712
15:0....g	0.020	0.000	5	A	1		0.049	0.006	0.194
16:0....g	0.558	0.009	5	A	1		1.362	0.170	5.448
17:0....g	0.011	0.000	5	A	1		0.027	0.003	0.110
18:0....g	0.243	0.004	5	A	1		0.593	0.074	2.370
20:0....g	0.004	0.000	4	A	1		0.010	0.001	0.039
22:0....g	0.002		1	A	1		0.005	0.001	0.020
24:0....g									
Fatty acids, total monounsaturated....g	1.066		0	NC	4		2.601	0.325	10.405
14:1....g	0.015	0.001	5	A	1		0.035	0.004	0.142
15:1....g	0.004	0.000	5	A	1		0.010	0.001	0.040
16:1 undifferentiated....g	0.033		1	A	1		0.081	0.010	0.322
16:1 c....g	0.027	0.001	4	A	1		0.065	0.008	0.259
16:1 t....g									
17:1....g	0.005	0.000	5	A	1		0.012	0.001	0.048
18:1 undifferentiated....g	0.473		1	A	1		1.154	0.144	4.616
18:1 c....g	0.430	0.005	4	A	1		1.048	0.131	4.194
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.078	0.005	4	A	1		0.190	0.024	0.760
18:1-11t (18:1t n-7)....g									
20:1....g	0.002	0.000	5	A	1		0.005	0.001	0.020
22:1 undifferentiated....g	0.000	0.000	5	A	1		0.001	0.000	0.004
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.154		0	NC	4		0.376	0.047	1.504
18:2 undifferentiated....g	0.068		1	A	1		0.166	0.021	0.664
18:2 n-6 c,c....g	0.055	0.003	4	A	1		0.133	0.017	0.533
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.007	0.000	4	A	1		0.017	0.002	0.070
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		1	A	1		0.032	0.004	0.127
18:3 n-3 c,c,c (ALA)....g	0.008	0.000	4	A	1		0.020	0.003	0.081
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		1	A	1		0.007	0.001	0.029
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	8	0.090	5	A	1		20	2	80
Phytosterols....mg									
Stigmasterol....mg	0	0.000	4	A	1				0

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Stigmasterol....mg	0	0.000		A	1		0	0	
Campesterol....mg	0	0.000	4	A	1		0	0	0
Beta-sitosterol....mg	0	0.000	4	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.098	0.012	0.394
Threonine....g	0.103		0	A	1		0.252	0.031	1.008
Isoleucine....g	0.183		0	A	1		0.446	0.056	1.782
Leucine....g	0.331		0	A	1		0.807	0.101	3.229
Lysine....g	0.233		0	A	1		0.568	0.071	2.272
Methionine....g	0.083		0	A	1		0.202	0.025	0.808
Cystine....g	0.107		0	A	1		0.261	0.033	1.046
Phenylalanine....g	0.162		0	A	1		0.396	0.049	1.582
Tyrosine....g	0.153		0	A	1		0.373	0.047	1.491
Valine....g	0.218		0	A	1		0.531	0.066	2.125
Arginine....g	0.107		0	A	1		0.262	0.033	1.049
Histidine....g	0.073		0	A	1		0.177	0.022	0.709
Alanine....g	0.111		0	A	1		0.270	0.034	1.082
Aspartic acid....g	0.299		0	A	1		0.731	0.091	2.923
Glutamic acid....g	0.779		0	A	1		1.901	0.238	7.606
Glycine....g	0.061		0	A	1		0.148	0.018	0.591
Proline....g	0.368		0	A	1		0.898	0.112	3.593
Serine....g	0.199		0	A	1		0.485	0.061	1.942
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01174
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.21	0.193	17	A	1				
Energy	kcal	50		0	NC	4				
Energy	kJ	210		0	NC	4				
Protein (N x 0)	g	3.30	0.033	13	A	1				
Total lipid (fat)	g	1.98	0.008	14	JO	11				
Ash	g	0.71	0.035	13	A	1				
Carbohydrate, by difference	g	4.80		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	5.06	0.061	13	A	1				
Sucrose	g	0.01	0.000	13	A	1				
Glucose (dextrose)	g	0.01	0.000	13	A	1				
Fructose	g	0.01	0.000	13	A	1				
Lactose	g	5.01	0.062	13	A	1				
Maltose	g	0.01	0.000	13	A	1				
Galactose	g	0.02	0.008	13	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	120	0.707	4	A	1				
Iron, Fe	mg	0.02	0.002	4	A	1				
Magnesium, Mg	mg	11	0.098	31	A	1				
Phosphorus, P	mg	92	0.526	28	A	1				
Potassium, K	mg	140	2.114	31	A	1				
Sodium, Na	mg	47	0.832	31	A	1				
Zinc, Zn	mg	0.48	0.015	29	A	1				
Copper, Cu	mg	0.006	0.000	30	A	1				
Manganese, Mn	mg	0.014	0.000	30	A	1				
Selenium, Se	mcg	2.5	0.174	30	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.000	5	A	1				
Thiamin	mg	0.039	0.005	13	A	1				
Riboflavin	mg	0.185	0.003	13	A	1				
Niacin	mg	0.092	0.002	12	A	1				
Pantothenic acid	mg	0.356	0.019	5	A	1				
Vitamin B-6	mg	0.038	0.001	13	A	1				
Folate, total	mcg	5	0.149	12	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5	0.149	12	A	1				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg	16.4		0	AS	1				
Betaine	mg	0.9		2	A	1				
Vitamin B-12	mcg	0.53	0.033	4	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	28		0	NC	4				
Retinol	mcg	27		0	BFFN	4				
Carotene, beta	mcg	7		0	BFZN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	102		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.03	0.003	12	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00	0.000	12	A	1				
Tocopherol, gamma	mg	0.00	0.000	12	A	1				
Tocopherol, delta	mg	0.00	0.000	12	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01174

Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.0		0	BFFN	4				
Vitamin D.....IU	1		0	BFFN	4				
Vitamin K (phylloquinone).....mcg	0.2	0.048	4	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.257		0	NC	4				
4:0.....g	0.077	0.001	5	A	1				
6:0.....g	0.040	0.002	4	A	1				
8:0.....g	0.020	0.001	5	A	1				
10:0.....g	0.049	0.002	5	A	1				
12:0.....g	0.055	0.002	5	A	1				
13:0.....g	0.002		1	A	1				
14:0.....g	0.175	0.003	5	A	1				
15:0.....g	0.020	0.000	5	A	1				
16:0.....g	0.558	0.009	5	A	1				
17:0.....g	0.011	0.000	5	A	1				
18:0.....g	0.243	0.004	5	A	1				
20:0.....g	0.004	0.000	4	A	1				
22:0.....g	0.002		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	1.066		0	NC	4				
14:1.....g	0.014	0.001	5	A	1				
15:1.....g	0.004	0.000	5	A	1				
16:1 undifferentiated.....g	0.033		1	A	1				
16:1 c.....g	0.027	0.001	4	A	1				
16:1 t.....g									
17:1.....g	0.005	0.000	5	A	1				
18:1 undifferentiated.....g	0.473		1	A	1				
18:1 c.....g	0.430	0.005	4	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.078	0.005	4	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.002	0.000	5	A	1				
22:1 undifferentiated.....g	0.000	0.000	5	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154		0	NC	4				
18:2 undifferentiated.....g	0.068		1	A	1				
18:2 n-6 c,c.....g	0.055	0.003	4	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.007	0.000	4	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		1	A	1				
18:3 n-3 c,c,c (ALA).....g	0.008	0.000	4	A	1				
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.003		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	8	0.090	5	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1				

NDB No. 01174
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Stigmasterol....mg	0	0.000		A	1				
Campesterol....mg	0	0.000	4	A	1				
Beta-sitosterol....mg	0	0.000	4	A	1				
Amino Acids:									
Tryptophan....g	0.040		0	A	1				
Threonine....g	0.103		0	A	1				
Isoleucine....g	0.183		0	A	1				
Leucine....g	0.331		0	A	1				
Lysine....g	0.233		0	A	1				
Methionine....g	0.083		0	A	1				
Cystine....g	0.107		0	A	1				
Phenylalanine....g	0.162		0	A	1				
Tyrosine....g	0.153		0	A	1				
Valine....g	0.218		0	A	1				
Arginine....g	0.107		0	A	1				
Histidine....g	0.073		0	A	1				
Alanine....g	0.111		0	A	1				
Aspartic acid....g	0.299		0	A	1				
Glutamic acid....g	0.779		0	A	1				
Glycine....g	0.061		0	A	1				
Proline....g	0.368		0	A	1				
Serine....g	0.199		0	A	1				
Hydroxyproline....g	0.000	0.000	4	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01109
Milk, sheep, fluid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.70		31		1		197.72	790.86	
Energy	kcal	108		0	NC	4		264	1057	
Energy	kJ	451				4		1105	4420	
Protein (N x 6.38)	g	5.98		112		1		14.65	58.60	
Total lipid (fat)	g	7.00		104		1		17.15	68.60	
Ash	g	0.96		74		1		2.35	9.41	
Carbohydrate, by difference	g	5.36		0	NC	4		13.13	52.53	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	193		92		1		474	1895	
Iron, Fe	mg	0.10		1		1		0.25	0.98	
Magnesium, Mg	mg	18		62		1		45	180	
Phosphorus, P	mg	158		92		1		387	1548	
Potassium, K	mg	137		74		1		334	1338	
Sodium, Na	mg	44		74		1		108	432	
Zinc, Zn	mg	0.54		0		4		1.32	5.29	
Copper, Cu	mg	0.046		0		1		0.113	0.451	
Manganese, Mn	mg	0.018		0		1		0.044	0.176	
Selenium, Se	mcg	1.7		0	BFZN	4		4.2	16.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		7		1		10.2	40.8	
Thiamin	mg	0.065		9		1		0.159	0.637	
Riboflavin	mg	0.355		11		1		0.870	3.479	
Niacin	mg	0.417		7		1		1.022	4.087	
Pantothenic acid	mg	0.407		5		1		0.997	3.989	
Vitamin B-6	mg	0.060		0		4		0.147	0.588	
Folate, total	mcg	7		0		4		17	69	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		17	69	
Folate, DFE	mcg_DFE	7		0	NC	4		17	69	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.71		14		1		1.74	6.97	
Vitamin A, RAE	mcg_RAE	44	0.000	11		1		108	433	
Retinol	mcg	44	0.000	11		1		108	433	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	147		11		1		360	1441	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.603		0		1		11.277	45.109	
4:0	g	0.204		13		1		0.500	1.999	
6:0	g	0.145		13		1		0.355	1.421	
8:0	g	0.138		13		1		0.338	1.352	

NDB No. 01109
Milk, sheep, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.400		14		1		0.980	3.920	
12:0 g	0.239		14		1		0.586	2.342	
13:0 g									
14:0 g	0.660		14		1		1.617	6.468	
15:0 g									
16:0 g	1.622		14		1		3.974	15.896	
17:0 g									
18:0 g	0.899		14		1		2.203	8.810	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.724		0		1		4.224	16.895	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.128		12		1		0.314	1.254	
17:1 g									
18:1 undifferentiated g	1.558		14		1		3.817	15.268	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.308		0		1		0.755	3.018	
18:2 undifferentiated g	0.181		14		1		0.443	1.774	
18:3 undifferentiated g	0.127		12		1		0.311	1.245	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	27		0		4		66	265	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.084		0		1		0.206	0.823	
Threonine g	0.268		0		1		0.657	2.626	
Isoleucine g	0.338		0		1		0.828	3.312	
Leucine g	0.587		0		1		1.438	5.753	
Lysine g	0.513		0		1		1.257	5.027	
Methionine g	0.155		0		1		0.380	1.519	
Cystine g	0.035		0		1		0.086	0.343	
Phenylalanine g	0.284		0		1		0.696	2.783	
Tyrosine g	0.281		0		1		0.688	2.754	
Valine g	0.448		0		1		1.098	4.390	
Arginine g	0.198		0		1		0.485	1.940	
Histidine g	0.167		0		1		0.409	1.637	
Alanine g	0.269		0		1		0.659	2.636	
Aspartic acid g	0.328		0		1		0.804	3.214	
Glutamic acid g	1.019		0		1		2.497	9.986	
Glycine g	0.041		0		1		0.100	0.402	
Proline g	0.580		0		4		1.421	5.684	
Serine g	0.492		0		1		1.205	4.822	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

NDB No. 01109
Milk, sheep, fluid

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01077
Milk, whole, 3.25% milkfat, with added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.13	0.050	28	A	1		215.03	13.22	26.88
Energy	kcal	61		0	NC	4		149	9	19
Energy	kJ	255		0	NC	4		623	38	78
Protein	g	3.15	0.029	27	A	1		7.70	0.47	0.96
Total lipid (fat)	g	3.25		0	S	4		7.93	0.49	0.99
Ash	g	0.67	0.004	24	A	1		1.64	0.10	0.21
Carbohydrate, by difference	g	4.80		0	NC	4		11.71	0.72	1.46
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	5.26	0.050	12	A	1		12.83	0.79	1.60
Sucrose	g	0.00	0.000	24	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00	0.000	24	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	24	A	1		0.00	0.00	0.00
Lactose	g	5.05	0.052	24	A	1		12.33	0.76	1.54
Maltose	g	0.00	0.000	24	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	113	1.760	16	A	1		275	17	34
Iron, Fe	mg	0.03	0.002	46	A	1		0.08	0.00	0.01
Magnesium, Mg	mg	10	0.116	42	A	1		25	2	3
Phosphorus, P	mg	84	1.087	42	A	1		205	13	26
Potassium, K	mg	132	1.985	41	A	1		323	20	40
Sodium, Na	mg	43	0.548	42	A	1		104	6	13
Zinc, Zn	mg	0.37	0.007	42	A	1		0.91	0.06	0.11
Copper, Cu	mg	0.025	0.001	42	A	1		0.061	0.004	0.008
Manganese, Mn	mg	0.004	0.000	41	A	1		0.011	0.001	0.001
Selenium, Se	mcg	3.7	0.185	29	A	1		9.0	0.6	1.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	7	A	1		0.0	0.0	0.0
Thiamin	mg	0.046	0.001	24	A	1		0.112	0.007	0.014
Riboflavin	mg	0.169	0.001	23	A	1		0.411	0.025	0.051
Niacin	mg	0.089	0.003	24	A	1		0.216	0.013	0.027
Pantothenic acid	mg	0.373	0.003	8	A	1		0.910	0.056	0.114
Vitamin B-6	mg	0.036	0.000	24	A	1		0.087	0.005	0.011
Folate, total	mcg	5	0.534	8		1		12	1	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5	0.534	8		1		12	1	2
Folate, DFE	mcg_DFE	5		0	NC	4		12	1	2
Choline, total	mg	14.3		0	AS	1		34.9	2.1	4.4
Betaine	mg	0.6		1	A	1		1.5	0.1	0.2
Vitamin B-12	mcg	0.45	0.021	14	A	1		1.09	0.07	0.14
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	46		0	AS	1		112	7	14
Retinol	mcg	45	1.926	4	A	1		110	7	14
Carotene, beta	mcg	7	0.618	10	A	1		16	1	2
Carotene, alpha	mcg	0	0.000	10	A	1		0	0	0
Cryptoxanthin, beta	mcg	0	0.000	10	A	1		0	0	0
Vitamin A, IU	IU	162		0	AS	1		395	24	49
Lycopene	mcg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin	mcg	0	0.000	6	A	1		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	0.003	24	A	1		0.17	0.01	0.02
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	0.001	24	A	1		0.01	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	1.3		24	AS	1		3.1	0.2	0.4
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 01077
Milk, whole, 3.25% milkfat, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.3	0.082	24	A	1		3.1	0.2	0.4
Vitamin D....IU	51	3.297	24	A	1		125	8	16
Vitamin K (phylloquinone)....mcg	0.3	0.007	8	A	1		0.6	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	1.865		0	NC	4		4.551	0.280	0.569
4:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
6:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
8:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
10:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
12:0....g	0.077	0.002	12	A	1		0.187	0.011	0.023
13:0....g	0.000		1	A	1		0.000	0.000	0.000
14:0....g	0.297	0.011	12	A	1		0.724	0.045	0.091
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.829	0.029	12	A	1		2.022	0.124	0.253
17:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:0....g	0.365	0.015	12	A	1		0.890	0.055	0.111
20:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.812		0	NC	4		1.982	0.122	0.248
14:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.812	0.032	12	A	1		1.982	0.122	0.248
20:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	NC	4		0.475	0.029	0.059
18:2 undifferentiated....g	0.120	0.005	12	A	1		0.293	0.018	0.037
18:3 undifferentiated....g	0.075	0.000	12	A	1		0.182	0.011	0.023
18:4....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	10	0.549	12	A	1		25	2	3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0	A	1		0.179	0.011	0.022
Threonine....g	0.140		0	A	1		0.341	0.021	0.043
Isoleucine....g	0.161		0	A	1		0.394	0.024	0.049
Leucine....g	0.260		0	A	1		0.634	0.039	0.079
Lysine....g	0.137		0	A	1		0.335	0.021	0.042
Methionine....g	0.073		0	A	1		0.179	0.011	0.022
Cystine....g	0.016		0	A	1		0.040	0.002	0.005
Phenylalanine....g	0.144		0	A	1		0.351	0.022	0.044
Tyrosine....g	0.148		0	A	1		0.362	0.022	0.045
Valine....g	0.188		0	A	1		0.459	0.028	0.057
Arginine....g	0.073		0	A	1		0.179	0.011	0.022
Histidine....g	0.073		0	A	1		0.179	0.011	0.022
Alanine....g	0.101		0	A	1		0.245	0.015	0.031
Aspartic acid....g	0.232		0	A	1		0.567	0.035	0.071
Glutamic acid....g	0.634		0	A	1		1.547	0.095	0.193
Glycine....g	0.073		0	A	1		0.179	0.011	0.022
Proline....g	0.334		0	A	1		0.816	0.050	0.102
Serine....g	0.104		0	A	1		0.255	0.016	0.032
Hydroxyproline....g									
Others:									

NDB No. 01077
Milk, whole, 3.25% milkfat, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01211
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.13	0.050	28	A	1		215.03	13.22	26.88
Energy....kcal	61		0	NC	4		149	9	19
Energy....kJ	256		0	NC	4		624	38	78
Protein....g	3.15	0.029	27	A	1		7.70	0.47	0.96
Total lipid (fat)....g	3.27	0.024	27	A	1		7.98	0.49	1.00
Ash....g	0.67	0.004	24	A	1		1.64	0.10	0.21
Carbohydrate, by difference....g	4.78		0	NC	4		11.66	0.72	1.46
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.26	0.050	12	A	1		12.83	0.79	1.60
Sucrose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Lactose....g	5.05	0.052	24	A	1		12.33	0.76	1.54
Maltose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	113	1.760	16	A	1		275	17	34
Iron, Fe....mg	0.03	0.002	46	A	1		0.08	0.00	0.01
Magnesium, Mg....mg	10	0.116	42	A	1		25	2	3
Phosphorus, P....mg	84	1.087	42	A	1		205	13	26
Potassium, K....mg	132	1.985	41	A	1		323	20	40
Sodium, Na....mg	43	0.548	42	A	1		104	6	13
Zinc, Zn....mg	0.37	0.007	42	A	1		0.91	0.06	0.11
Copper, Cu....mg	0.025	0.001	42	A	1		0.061	0.004	0.008
Manganese, Mn....mg	0.004	0.000	41	A	1		0.011	0.001	0.001
Selenium, Se....mcg	3.7	0.185	29	A	1		9.0	0.6	1.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	7	A	1		0.0	0.0	0.0
Thiamin....mg	0.046	0.001	24	A	1		0.112	0.007	0.014
Riboflavin....mg	0.169	0.001	23	A	1		0.411	0.025	0.051
Niacin....mg	0.089	0.003	24	A	1		0.216	0.013	0.027
Pantothenic acid....mg	0.373	0.003	8	A	1		0.910	0.056	0.114
Vitamin B-6....mg	0.036	0.000	24	A	1		0.087	0.005	0.011
Folate, total....mcg	5	0.534	8		1		12	1	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5	0.534	8		1		12	1	2
Folate, DFE....mcg_DFE	5		0	NC	4		12	1	2
Choline, total....mg	14.3		0	AS	1		34.9	2.1	4.4
Betaine....mg	0.6		1	A	1		1.5	0.1	0.2
Vitamin B-12....mcg	0.45	0.021	14	A	1		1.09	0.07	0.14
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	46		0	AS	1		112	7	14
Retinol....mcg	45	1.926	4	A	1		110	7	14
Carotene, beta....mcg	7	0.618	10	A	1		16	1	2
Carotene, alpha....mcg	0	0.000	10	A	1		0	0	0
Cryptoxanthin, beta....mcg	0	0.000	10	A	1		0	0	0
Vitamin A, IU....IU	162		0	AS	1		395	24	49
Lycopene....mcg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....mcg	0	0.000	6	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07	0.003	24	A	1		0.17	0.01	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.001	24	A	1		0.01	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.1	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 01211
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.1		0	T	4		0.1	0.0	0.0
Vitamin D....IU	2		0	T	4		6	0	1
Vitamin K (phylloquinone)....mcg	0.3	0.007	8	A	1		0.6	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	1.865		0	NC	4		4.551	0.280	0.569
4:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
6:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
8:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
10:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
12:0....g	0.077	0.002	12	A	1		0.187	0.011	0.023
13:0....g	0.000		1	A	1		0.000	0.000	0.000
14:0....g	0.297	0.011	12	A	1		0.724	0.045	0.091
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.829	0.029	12	A	1		2.022	0.124	0.253
17:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:0....g	0.365	0.015	12	A	1		0.890	0.055	0.111
20:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.812		0	NC	4		1.982	0.122	0.248
14:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.812	0.032	12	A	1		1.982	0.122	0.248
20:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	NC	4		0.475	0.029	0.059
18:2 undifferentiated....g	0.120	0.005	12	A	1		0.293	0.018	0.037
18:3 undifferentiated....g	0.075	0.000	12	A	1		0.182	0.011	0.023
18:4....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	10	0.549	12	A	1		25	2	3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0	A	1		0.179	0.011	0.022
Threonine....g	0.140		0	A	1		0.341	0.021	0.043
Isoleucine....g	0.161		0	A	1		0.394	0.024	0.049
Leucine....g	0.260		0	A	1		0.634	0.039	0.079
Lysine....g	0.137		0	A	1		0.335	0.021	0.042
Methionine....g	0.073		0	A	1		0.179	0.011	0.022
Cystine....g	0.016		0	A	1		0.040	0.002	0.005
Phenylalanine....g	0.144		0	A	1		0.351	0.022	0.044
Tyrosine....g	0.148		0	A	1		0.362	0.022	0.045
Valine....g	0.188		0	A	1		0.459	0.028	0.057
Arginine....g	0.073		0	A	1		0.179	0.011	0.022
Histidine....g	0.073		0	A	1		0.179	0.011	0.022
Alanine....g	0.101		0	A	1		0.245	0.015	0.031
Aspartic acid....g	0.232		0	A	1		0.567	0.035	0.071
Glutamic acid....g	0.634		0	A	1		1.547	0.095	0.193
Glycine....g	0.073		0	A	1		0.179	0.011	0.022
Proline....g	0.334		0	A	1		0.816	0.050	0.102
Serine....g	0.104		0	A	1		0.255	0.016	0.032
Hydroxyproline....g									
Others:									

NDB No. 01211
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01185
Parmesan cheese topping, fat free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.60		0		4				
Energy	kcal	370		0	NC	4				
Energy	kJ	1548		0		4				
Protein	g	40.00		0	LC	8				
Total lipid (fat)	g	5.00		0	LC	8				
Ash	g	6.40		0	BFZN	4				
Carbohydrate, by difference	g	40.00		0	LC	8				
Fiber, total dietary	g	0.0		0	LC	8				
Sugars, total	g	1.50		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	800		0	LC	8				
Iron, Fe	mg	5.00		0	LC	8				
Magnesium, Mg	mg	40		0	BFZN	4				
Phosphorus, P	mg	700		0	BFZN	4				
Potassium, K	mg	600		0	LC	8				
Sodium, Na	mg	1150		0	LC	8				
Zinc, Zn	mg	3.00		0	BFZN	4				
Copper, Cu	mg	0.020		0	BFZN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	43.3		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8				
Thiamin	mg	0.050		0	BFZN	4				
Riboflavin	mg	0.050		0	BFZN	4				
Niacin	mg	0.200		0	BFZN	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		0	BFZN	4				
Folate, total	mcg	25		0	BFZN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	25		0	BFZN	4				
Folate, DFE	mcg_DFE	25		0	NC	4				
Choline, total	mg	15.4		0	CAZN	4				
Betaine	mg									
Vitamin B-12	mcg	1.10		0	BFZN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	40		0	NC	4				
Retinol	mcg	39		0	BFFN	4				
Carotene, beta	mcg	13		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	151		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.4		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	3.110		0	BFZN	4				
4:0	g	0.162		0	BFZN	4				

NDB No. 01185
Parmesan cheese topping, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.096		0	BFZN	4				
8:0 ... g	0.056		0	BFZN	4				
10:0 ... g	0.126		0	BFZN	4				
12:0 ... g	0.140		0	BFZN	4				
13:0 ... g									
14:0 ... g	0.502		0	BFZN	4				
15:0 ... g									
16:0 ... g	1.303		0	BFZN	4				
17:0 ... g									
18:0 ... g	0.606		0	BFZN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.446		0	BFZN	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.112		0	BFZN	4				
17:1 ... g									
18:1 undifferentiated ... g	1.256		0	BFZN	4				
20:1 ... g	0.076		0	BFZN	4				
22:1 undifferentiated ... g	0.000		0	BFZN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.186		0	BFZN	4				
18:2 undifferentiated ... g	0.113		0	BFZN	4				
18:3 undifferentiated ... g	0.073		0	BFZN	4				
18:4 ... g	0.000		0	BFZN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	20		0	LC	8				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01224

Protein supplement, milk based, Muscle Milk Light, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.00		0	NR	4				
Energy	kcal	396		0	NC	4				
Energy	kJ	1657		0	NC	4				
Protein (N x 6.38)	g	50.00		1	LC	8				
Total lipid (fat)	g	12.00		1	LC	8				
Ash	g	4.00		0	NR	4				
Carbohydrate, by difference	g	22.00		0	NR	4				
Fiber, total dietary	g	2.0		1	LC	8				
Sugars, total	g	4.00		1	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	1200		1	LC	8				
Iron, Fe	mg	12.00		1	LC	8				
Magnesium, Mg	mg	280		1	LC	8				
Phosphorus, P	mg	700		1	LC	8				
Potassium, K	mg	840		1	LC	8				
Sodium, Na	mg	250		1	LC	8				
Zinc, Zn	mg	10.00		1	LC	8				
Copper, Cu	mg	1.400		1	LC	8				
Manganese, Mn	mg									
Selenium, Se	mcg	33.8		0	BFPN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	42.0		1	LC	8				
Thiamin	mg	1.000		1	LC	8				
Riboflavin	mg	1.200		1	LC	8				
Niacin	mg	14.000		1	LC	8				
Pantothenic acid	mg	8.000		1	LC	8				
Vitamin B-6	mg	1.400		1	LC	8				
Folate, total	mcg	280		1	LC	8				
Folic acid	mcg	280		1	LC	8				
Folate, food	mcg	0		0	AS	1				
Folate, DFE	mcg_DFE	476		0	NC	4				
Choline, total	mg	81.6		0	BFZN	4				
Betaine	mg									
Vitamin B-12	mcg	4.20		1	LC	8				
Vitamin B-12, added	mcg	4.20		0	NR	4				
Vitamin A, RAE	mcg_RAE	1050		0	NC	4				
Retinol	mcg	1050		0	NR	4				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	3500		1	LC	8				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	9.45		1	LC	8				
Vitamin E, added	mg	9.45		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	7.0		1	LC	8				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	7.0		1	LC	8				
Vitamin D	IU	280		1	LC	8				
Vitamin K (phylloquinone)	mcg	0.5		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	1.087		0	NC	4				
4:0	g	0.000		0		4				

NDB No. 01224
Protein supplement, milk based, Muscle Milk Light, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.000		0		4				
13:0....g									
14:0....g	0.000		0		4				
15:0....g									
16:0....g	0.435		0		4				
17:0....g									
18:0....g	0.653		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.474		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4				
17:1....g									
18:1 undifferentiated....g	8.148		0		4				
20:1....g	0.217		0		4				
22:1 undifferentiated....g	0.109		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.239		0	NC	4				
18:2 undifferentiated....g	1.196		0		4				
18:3 undifferentiated....g	0.043		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	10		1	LC	8				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01223
Protein supplement, milk based, Muscle Milk, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.00		0		8		1.65		
Energy	kcal	411		0	NC	4		45		
Energy	kJ	1720		0	NC	4		189		
Protein (N x 6.38)	g	45.71		1	LC	8		5.03		
Total lipid (fat)	g	17.14		1	LC	8		1.89		
Ash	g	3.65		0	NR	4		0.40		
Carbohydrate, by difference	g	18.50		0		8		2.04		
Fiber, total dietary	g	7.1		1	LC	8		0.8		
Sugars, total	g	5.71		1	LC	8		0.63		
Starch	g									
Minerals:										
Calcium, Ca	mg	500		1	LC	8		55		
Iron, Fe	mg	8.57		1	LC	8		0.94		
Magnesium, Mg	mg	200		1	LC	8		22		
Phosphorus, P	mg	643		1	LC	8		71		
Potassium, K	mg	1129		1	LC	8		124		
Sodium, Na	mg	329		1	LC	8		36		
Zinc, Zn	mg	7.14		1	LC	8		0.79		
Copper, Cu	mg	1.000		1	LC	8		0.110		
Manganese, Mn	mg									
Selenium, Se	mcg	33.8		0	BFPN	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	30.0		1	LC	8		3.3		
Thiamin	mg	0.714		1	LC	8		0.079		
Riboflavin	mg	0.857		1	LC	8		0.094		
Niacin	mg	10.000		1	LC	8		1.100		
Pantothenic acid	mg	5.714		1	LC	8		0.629		
Vitamin B-6	mg	1.000		1	LC	8		0.110		
Folate, total	mcg	200		0	NR	4		22		
Folic acid	mcg	200		1	LC	8		22		
Folate, food	mcg	0		0	NR	4		0		
Folate, DFE	mcg_DFE	340		0	NC	4		37		
Choline, total	mg	81.6		0	BFZN	4		9.0		
Betaine	mg									
Vitamin B-12	mcg	3.00		1	LC	8		0.33		
Vitamin B-12, added	mcg	3.00		0	NR	4		0.33		
Vitamin A, RAE	mcg_RAE	750		0	NC	4		83		
Retinol	mcg	750		0	NR	4		83		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	2500		1	LC	8		275		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	7.07		1	LC	8		0.78		
Vitamin E, added	mg	7.07		0	NR	4		0.78		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	5.0		1	LC	8		0.6		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	5.0		1	LC	8		0.6		
Vitamin D	IU	200		1	LC	8		22		
Vitamin K (phylloquinone)	mcg	0.5		0	BFZN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	1.553		0	NC	4		0.171		
4:0	g	0.000		0		4		0.000		

NDB No. 01223
Protein supplement, milk based, Muscle Milk, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.621		0		4		0.068		
17:0....g									
18:0....g	0.932		0		4		0.103		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.105		0	NC	4		1.332		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	11.640		0		4		1.280		
20:1....g	0.309		0		4		0.034		
22:1 undifferentiated....g	0.156		0		4		0.017		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.770		0	NC	4		0.195		
18:2 undifferentiated....g	1.709		0		4		0.188		
18:3 undifferentiated....g	0.061		0		4		0.007		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	21		1	LC	8		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01200
Reddi Wip Fat Free Whipped Topping

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.44		0	O	4				
Energy	kcal	149		1	A	1				
Energy	kJ	623		0	A	1				
Protein (N x 6.38)	g	3.00		1	A	1				
Total lipid (fat)	g	5.00		1	A	1				
Ash	g	0.56		0	O	4				
Carbohydrate, by difference	g	25.00		1	A	1				
Fiber, total dietary	g	0.4		1	A	1				
Sugars, total	g	16.00		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	108		1	A	1				
Iron, Fe	mg	0.03		0	BFAN	4				
Magnesium, Mg	mg	8		0	BFAN	4				
Phosphorus, P	mg	68		0	BFAN	4				
Potassium, K	mg	108		0	BFAN	4				
Sodium, Na	mg	72		1	A	1				
Zinc, Zn	mg	0.31		0	BFAN	4				
Copper, Cu	mg	0.019		0	BFAN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	3.0		0	BFAN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFNN	4				
Thiamin	mg	0.148		0	BFNN	4				
Riboflavin	mg	0.619		0	BFNN	4				
Niacin	mg	0.364		0	BFNN	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.123		0	BFNN	4				
Folate, total	mcg	17		0	NR	4				
Folic acid	mcg	0		0	BFNN	4				
Folate, food	mcg	17		0	BFNN	4				
Folate, DFE	mcg_DFE	17		0	NC	4				
Choline, total	mg	0.0		0	Z	7				
Betaine	mg									
Vitamin B-12	mcg	1.48		0	BFNN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	49		0	NC	4				
Retinol	mcg	48		0	BNA	4				
Carotene, beta	mcg	9		0	BNA	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	175		1	A	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.3		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	2.869		0	NC	4				
4:0	g	0.115		0	BFFN	4				

NDB No. 01200
Reddi Wip Fat Free Whipped Topping

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.115		0	BFFN	4				
8:0....g	0.115		0	BFFN	4				
10:0....g	0.115		0	BFFN	4				
12:0....g	0.118		0	BFFN	4				
13:0....g									
14:0....g	0.457		0	BFFN	4				
15:0....g									
16:0....g	1.275		0	BFFN	4				
17:0....g									
18:0....g	0.561		0	BFFN	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.250		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4				
17:1....g									
18:1 undifferentiated....g	1.250		0	BFFN	4				
20:1....g	0.000		0	BFFN	4				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.299		0	NC	4				
18:2 undifferentiated....g	0.185		0	BFFN	4				
18:3 undifferentiated....g	0.115		0	BFFN	4				
18:4....g	0.000		0	BFFN	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4				
20:5 n-3 (EPA)....g	0.000		0	BFFN	4				
22:5 n-3 (DPA)....g	0.000		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g									
Cholesterol....mg	16		1	A	1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01180
Sour cream, fat free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.60		0		4				
Energy	kcal	74		0		4				
Energy	kJ	310		0		4				
Protein	g	3.10		0		8				
Total lipid (fat)	g	0.00		0		8				
Ash	g	0.70		0		4				
Carbohydrate, by difference	g	15.60		0		8				
Fiber, total dietary	g	0.0		0		8				
Sugars, total	g	0.39		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	125		0		8				
Iron, Fe	mg	0.00		0		8				
Magnesium, Mg	mg	10		0		4				
Phosphorus, P	mg	95		0		4				
Potassium, K	mg	129		0		4				
Sodium, Na	mg	141		0		8				
Zinc, Zn	mg	0.50		0		4				
Copper, Cu	mg	0.016		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	5.3		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		8				
Thiamin	mg	0.040		0		4				
Riboflavin	mg	0.150		0		4				
Niacin	mg	0.070		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4				
Folate, total	mcg	11		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	11		0		4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Choline, total	mg	19.2		0	BFZN	4				
Betaine	mg									
Vitamin B-12	mcg	0.30		0		4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	73		0	NC	4				
Retinol	mcg	72		0	NC	4				
Carotene, beta	mcg	9		0	NR	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	255		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.000		0		7				
4:0	g	0.000		0		7				

NDB No. 01180
Sour cream, fat free

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g	0.000		0		7				
8:0	g	0.000		0		7				
10:0	g	0.000		0		7				
12:0	g	0.000		0		7				
13:0	g									
14:0	g	0.000		0		7				
15:0	g									
16:0	g	0.000		0		7				
17:0	g									
18:0	g	0.000		0		7				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		7				
17:1	g									
18:1 undifferentiated	g	0.000		0		7				
20:1	g	0.000		0		7				
22:1 undifferentiated	g	0.000		0		7				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000		0		7				
18:2 undifferentiated	g	0.000		0		7				
18:3 undifferentiated	g	0.000		0		7				
18:4	g	0.000		0		7				
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		7				
20:5 n-3 (EPA)	g	0.000		0		7				
22:5 n-3 (DPA)	g	0.000		0		7				
22:6 n-3 (DHA)	g	0.000		0		7				
Fatty acids, total trans	g									
Cholesterol	mg	9		0		8				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7				
Caffeine	mg	0		0	Z	7				
Theobromine	mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01074
Sour cream, imitation, cultured

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.15		2		1		163.65	20.17	
Energy....kcal	208		0	NC	4		479	59	
Energy....kJ	872		0		4		2006	247	
Protein (N x 6.29)....g	2.40	0.721	3		1		5.52	0.68	
Total lipid (fat)....g	19.52	0.418	9		1		44.90	5.53	
Ash....g	0.30		1		1		0.69	0.09	
Carbohydrate, by difference....g	6.63		0	NC	4		15.25	1.88	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.63		0	NR	4		15.25	1.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2		1		6	1	
Iron, Fe....mg	0.39		0		4		0.90	0.11	
Magnesium, Mg....mg	6		0		4		15	2	
Phosphorus, P....mg	45		2		1		102	13	
Potassium, K....mg	161		2		1		369	46	
Sodium, Na....mg	102	28.006	3		1		235	29	
Zinc, Zn....mg	1.18		0		4		2.71	0.33	
Copper, Cu....mg	0.058		0		1		0.133	0.016	
Manganese, Mn....mg	0.110		0		1		0.253	0.031	
Selenium, Se....mcg	2.5		0	BFNN	4		5.8	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	BFFN	4		0.1	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.74		0	BFFN	4		1.71	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	4.8		0	BFFN	4		11.1	1.4	
Lipids:									
Fatty acids, total saturated....g	17.791		0		1		40.919	5.044	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01074
Sour cream, imitation, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	1.028		2		1		2.364	0.291	
10:0 g	1.006		2		1		2.314	0.285	
12:0 g	8.138		2		1		18.717	2.307	
13:0 g									
14:0 g	3.364		2		1		7.737	0.954	
15:0 g									
16:0 g	1.981		2		1		4.556	0.562	
17:0 g									
18:0 g	2.244		2		1		5.161	0.636	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.588		0		1		1.352	0.167	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.589		2		1		1.355	0.167	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.056		0		1		0.129	0.016	
18:2 undifferentiated g	0.056		2		1		0.129	0.016	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg	18		0		4		41	5	
Amino Acids:									
Tryptophan g	0.033		0		4		0.076	0.009	
Threonine g	0.101		0		4		0.232	0.029	
Isoleucine g	0.147		0		4		0.338	0.042	
Leucine g	0.237		0		4		0.545	0.067	
Lysine g	0.193		0		4		0.444	0.055	
Methionine g	0.073		0		4		0.168	0.021	
Cystine g	0.010		0		4		0.023	0.003	
Phenylalanine g	0.129		0		4		0.297	0.037	
Tyrosine g	0.137		0		4		0.315	0.039	
Valine g	0.172		0		4		0.396	0.049	
Arginine g	0.095		0		4		0.219	0.027	
Histidine g	0.071		0		4		0.163	0.020	
Alanine g	0.075		0		4		0.173	0.021	
Aspartic acid g	0.170		0		4		0.391	0.048	
Glutamic acid g	0.545		0		4		1.254	0.155	
Glycine g	0.048		0		4		0.110	0.014	
Proline g	0.271		0		4		0.623	0.077	
Serine g	0.148		0		4		0.340	0.042	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01074
Sour cream, imitation, cultured

Common Measures:

Measure 1 = 230g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01179
Sour cream, light

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.10		0		4				
Energy	kcal	138		0	NC	4				
Energy	kJ	577		0	NC	4				
Protein	g	3.50		0		8				
Total lipid (fat)	g	10.60		0		8				
Ash	g	0.70		0		4				
Carbohydrate, by difference	g	7.10		0		8				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	0.22		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0		8				
Iron, Fe	mg	0.07		0		4				
Magnesium, Mg	mg	10		0		4				
Phosphorus, P	mg	71		0		8				
Potassium, K	mg	212		0		8				
Sodium, Na	mg	71		0		8				
Zinc, Zn	mg	0.50		0		4				
Copper, Cu	mg	0.016		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	3.1		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		4				
Thiamin	mg	0.040		0		4				
Riboflavin	mg	0.120		0		8				
Niacin	mg	0.070		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4				
Folate, total	mcg	11		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	11		0		4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Choline, total	mg	19.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	0.42		0		8				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	90		0	NC	4				
Retinol	mcg	88		0	BFFN	4				
Carotene, beta	mcg	21		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	328		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.30		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4				
Vitamin D	IU	8		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.5		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	6.600		0		4				
4:0	g	0.340		0		4				

NDB No. 01179
Sour cream, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.200		0		4				
8:0 ... g	0.110		0		4				
10:0 ... g	0.260		0		4				
12:0 ... g	0.300		0		4				
13:0 ... g									
14:0 ... g	1.060		0		4				
15:0 ... g									
16:0 ... g	2.780		0		4				
17:0 ... g									
18:0 ... g	1.280		0		4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.100		0		4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.240		0		4				
17:1 ... g									
18:1 undifferentiated ... g	2.660		0		4				
20:1 ... g	0.000		0		4				
22:1 undifferentiated ... g	0.000		0		4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.400		0		4				
18:2 undifferentiated ... g	0.240		0		4				
18:3 undifferentiated ... g	0.160		0		4				
18:4 ... g	0.000		0		4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4				
20:5 n-3 (EPA) ... g	0.000		0		4				
22:5 n-3 (DPA) ... g	0.000		0		4				
22:6 n-3 (DHA) ... g	0.000		0		4				
Fatty acids, total trans ... g									
Cholesterol ... mg	35		0		8				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01178
Sour cream, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.00		0		4				
Energy	kcal	181		0		4				
Energy	kJ	757		0		4				
Protein	g	7.00		0		8				
Total lipid (fat)	g	14.10		0		8				
Ash	g	0.90		0		4				
Carbohydrate, by difference	g	7.00		0		8				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	0.30		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0		8				
Iron, Fe	mg	0.06		0		4				
Magnesium, Mg	mg	11		0		4				
Phosphorus, P	mg	85		0		4				
Potassium, K	mg	211		0		8				
Sodium, Na	mg	70		0		8				
Zinc, Zn	mg	0.27		0		4				
Copper, Cu	mg	0.010		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	4.1		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		4				
Thiamin	mg	0.040		0		4				
Riboflavin	mg	0.240		0		8				
Niacin	mg	0.070		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4				
Folate, total	mcg	11		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	11		0		4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Choline, total	mg	19.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	0.30		0		4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	119		0	NC	4				
Retinol	mcg	117		0	BFFN	4				
Carotene, beta	mcg	27		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	436		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.40		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.3		0	BFFN	4				
Vitamin D	IU	10		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.7		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	8.700		0		4				
4:0	g	0.460		0		4				

NDB No. 01178
Sour cream, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.270		0		4				
8:0....g	0.150		0		4				
10:0....g	0.360		0		4				
12:0....g	0.400		0		4				
13:0....g									
14:0....g	1.410		0		4				
15:0....g									
16:0....g	3.690		0		4				
17:0....g									
18:0....g	1.700		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.100		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		0		4				
17:1....g									
18:1 undifferentiated....g	3.530		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.500		0		4				
18:2 undifferentiated....g	0.310		0		4				
18:3 undifferentiated....g	0.200		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	35		0		8				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01058
Sour dressing, non-butterfat, cultured, filled cream-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.79		0		1		175.76	8.97	
Energy....kcal	178		0	NC	4		417	21	
Energy....kJ	743		0	NC	4		1747	89	
Protein (N x 6.38)....g	3.25		0		1		7.64	0.39	
Total lipid (fat)....g	16.57		0		1		38.94	1.99	
Ash....g	0.71		0		1		1.67	0.09	
Carbohydrate, by difference....g	4.68		0	NC	4		11.00	0.56	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	4.68		0	NR	4		11.00	0.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	113		0		1		266	14	
Iron, Fe....mg	0.03		0		1		0.07	0.00	
Magnesium, Mg....mg	10		0		1		23	1	
Phosphorus, P....mg	87		0		1		205	10	
Potassium, K....mg	162		0		1		380	19	
Sodium, Na....mg	48		0		1		113	6	
Zinc, Zn....mg	0.37		0		1		0.87	0.04	
Copper, Cu....mg	0.010		0		1		0.024	0.001	
Manganese, Mn....mg	0.002		0		1		0.005	0.000	
Selenium, Se....mcg	2.3		0	BFNN	4		5.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.2	0.1	
Thiamin....mg	0.038		0		1		0.089	0.005	
Riboflavin....mg	0.163		0		1		0.383	0.020	
Niacin....mg	0.074		0		1		0.174	0.009	
Pantothenic acid....mg	0.398		0		1		0.935	0.048	
Vitamin B-6....mg	0.017		0		1		0.040	0.002	
Folate, total....mcg	12		0		1		28	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		1		28	1	
Folate, DFE....mcg_DFE	12		0	NC	4		28	1	
Choline, total....mg	14.9		0	BFNN	4		35.0	1.8	
Betaine....mg									
Vitamin B-12....mcg	0.33		0		1		0.77	0.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		7	0	
Retinol....mcg	3		0	NC	4		7	0	
Carotene, beta....mcg	0		0	BFFN	4		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	10		0	NC	4		24	1	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.34		0	BFFN	4		3.15	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	4.1		0	BFFN	4		9.6	0.5	
Lipids:									
Fatty acids, total saturated....g	13.272		0		1		31.189	1.593	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 01058
Sour dressing, non-butterfat, cultured, filled cream-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.319		2		1		0.750	0.038	
10:0 ....g	0.824		2		1		1.936	0.099	
12:0 ....g	2.256		2		1		5.302	0.271	
13:0 ....g									
14:0 ....g	2.793		2		1		6.564	0.335	
15:0 ....g									
16:0 ....g	2.819		2		1		6.625	0.338	
17:0 ....g									
18:0 ....g	4.310		2		1		10.129	0.517	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	1.958		0		1		4.601	0.235	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.087		2		1		0.204	0.010	
17:1 ....g									
18:1 undifferentiated ....g	1.873		2		1		4.402	0.225	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.468		0		1		1.100	0.056	
18:2 undifferentiated ....g	0.468		2		1		1.100	0.056	
18:3 undifferentiated ....g	0.000		2		1		0.000	0.000	
18:4 ....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	5		0		1		13	1	
Phytosterols ....mg	15		0		4		35	2	
Amino Acids:									
Tryptophan ....g	0.045		0		4		0.106	0.005	
Threonine ....g	0.147		0		4		0.345	0.018	
Isoleucine ....g	0.197		0		4		0.463	0.024	
Leucine ....g	0.318		0		4		0.747	0.038	
Lysine ....g	0.258		0		4		0.606	0.031	
Methionine ....g	0.082		0		4		0.193	0.010	
Cystine ....g	0.030		0		4		0.071	0.004	
Phenylalanine ....g	0.157		0		4		0.369	0.019	
Tyrosine ....g	0.157		0		4		0.369	0.019	
Valine ....g	0.217		0		4		0.510	0.026	
Arginine ....g	0.118		0		4		0.277	0.014	
Histidine ....g	0.088		0		4		0.207	0.011	
Alanine ....g	0.112		0		4		0.263	0.013	
Aspartic acid ....g	0.247		0		4		0.580	0.030	
Glutamic acid ....g	0.681		0		4		1.600	0.082	
Glycine ....g	0.069		0		4		0.162	0.008	
Proline ....g	0.315		0		4		0.740	0.038	
Serine ....g	0.177		0		4		0.416	0.021	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 12.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01182
USDA Commodity, cheese, cheddar, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.20		1	A	1				
Energy	kcal	282		0	NC	4				
Energy	kJ	1180		0		4				
Protein	g	27.20		1	A	1				
Total lipid (fat)	g	18.30		1	A	1				
Ash	g	4.30		1	A	1				
Carbohydrate, by difference	g	2.00		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.58		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	905		1	A	1				
Iron, Fe	mg	0.13		1	A	1				
Magnesium, Mg	mg	35		1	A	1				
Phosphorus, P	mg	583		1	A	1				
Potassium, K	mg	93		1	A	1				
Sodium, Na	mg	725		1	A	1				
Zinc, Zn	mg	4.30		1	A	1				
Copper, Cu	mg	0.021		0	BFZN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	15.5		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.030		1	A	1				
Riboflavin	mg	0.300		1	A	1				
Niacin	mg	0.060		1	A	1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.084		1	A	1				
Folate, total	mcg	20		0	BFNN	4				
Folic acid	mcg	0		0	BFNN	4				
Folate, food	mcg	20		0	BFNN	4				
Folate, DFE	mcg_DFE	20		0	NC	4				
Choline, total	mg	15.4		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	1.66		1	A	1				
Vitamin B-12, added	mcg	0.00		0	BFNN	4				
Vitamin A, RAE	mcg_RAE	150		0	NC	4				
Retinol	mcg	142		0	BFFN	4				
Carotene, beta	mcg	95		0	BFNN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	633		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.16		0	BFFN	4				
Vitamin E, added	mg	0.00		0	BFNN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.3		0	BFFN	4				
Vitamin D	IU	13		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	1.5		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	11.580		1	A	1				
4:0	g	0.720		1	A	1				

NDB No. 01182
USDA Commodity, cheese, cheddar, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.420		1	A	1				
8:0....g	0.240		1	A	1				
10:0....g	0.520		1	A	1				
12:0....g	0.560		1	A	1				
13:0....g									
14:0....g	1.880		1	A	1				
15:0....g									
16:0....g	5.020		1	A	1				
17:0....g									
18:0....g	2.240		1	A	1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.020		1	A	1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		1	A	1				
17:1....g									
18:1 undifferentiated....g	4.470		1	A	1				
20:1....g	0.040		1	A	1				
22:1 undifferentiated....g	0.000		1	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		1	A	1				
18:2 undifferentiated....g	0.570		1	A	1				
18:3 undifferentiated....g	0.130		1	A	1				
18:4....g	0.000		1	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
22:5 n-3 (DPA)....g	0.000		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	56		1	A	1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01113
Whey, acid, dried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.51	0.174	52		1		2.00	0.10	
Energy	kcal	339		0	NC	4		193	10	
Energy	kJ	1419		0		4		809	41	
Protein (N x 6.38)	g	11.73	0.182	57		1		6.69	0.34	
Total lipid (fat)	g	0.54	0.031	49		1		0.31	0.02	
Ash	g	10.77	0.223	48		1		6.14	0.31	
Carbohydrate, by difference	g	73.45		0	NC	4		41.87	2.13	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	73.45		0	NR	4		41.87	2.13	
Starch	g									
Minerals:										
Calcium, Ca	mg	2054	105.458	23		1		1171	60	
Iron, Fe	mg	1.24	0.179	19		1		0.71	0.04	
Magnesium, Mg	mg	199	9.641	19		1		113	6	
Phosphorus, P	mg	1349	82.507	20		1		769	39	
Potassium, K	mg	2289	97.644	20		1		1304	66	
Sodium, Na	mg	968	85.329	18		1		552	28	
Zinc, Zn	mg	6.31	0.549	19		1		3.60	0.18	
Copper, Cu	mg	0.050		0		1		0.029	0.001	
Manganese, Mn	mg	0.015		0		1		0.009	0.000	
Selenium, Se	mcg	27.3		0	BFNN	4		15.6	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.332	13		1		0.5	0.0	
Thiamin	mg	0.622	0.072	13		1		0.355	0.018	
Riboflavin	mg	2.060	0.130	13		1		1.174	0.060	
Niacin	mg	1.160	0.195	10		1		0.661	0.034	
Pantothenic acid	mg	5.632		0		1		3.210	0.163	
Vitamin B-6	mg	0.620	0.051	10		1		0.353	0.018	
Folate, total	mcg	33	4.603	10		1		19	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33	4.603	10		1		19	1	
Folate, DFE	mcg_DFE	33		0	NC	4		19	1	
Choline, total	mg	225.0		0	BFSN	4		128.3	6.5	
Betaine	mg									
Vitamin B-12	mcg	2.50	0.175	10		1		1.43	0.07	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		10	0	
Retinol	mcg	17		0	NC	4		10	0	
Carotene, beta	mcg	1		0	BFFN	4		1	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	59		0	NC	4		34	2	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.342		0		1		0.195	0.010	
4:0	g	0.023		2		1		0.013	0.001	

NDB No. 01113
Whey, acid, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.008		2		1		0.005	0.000	
8:0....g	0.005	0.001	4		1		0.003	0.000	
10:0....g	0.010	0.002	4		1		0.006	0.000	
12:0....g	0.006	0.002	4		1		0.003	0.000	
13:0....g									
14:0....g	0.046	0.005	4		1		0.026	0.001	
15:0....g									
16:0....g	0.150	0.013	4		1		0.086	0.004	
17:0....g									
18:0....g	0.060	0.004	4		1		0.034	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.149		0		1		0.085	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026	0.007	4		1		0.015	0.001	
17:1....g									
18:1 undifferentiated....g	0.114	0.009	4		1		0.065	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0		1		0.012	0.001	
18:2 undifferentiated....g	0.018	0.003	4		1		0.010	0.001	
18:3 undifferentiated....g	0.003		2		1		0.002	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	3		0		4		2	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0		1		0.137	0.007	
Threonine....g	0.590		0		1		0.336	0.017	
Isoleucine....g	0.581		0		1		0.331	0.017	
Leucine....g	1.116		0		1		0.636	0.032	
Lysine....g	1.008		0		1		0.575	0.029	
Methionine....g	0.221		0		1		0.126	0.006	
Cystine....g	0.211		0		1		0.120	0.006	
Phenylalanine....g	0.386		0		1		0.220	0.011	
Tyrosine....g	0.300		0		1		0.171	0.009	
Valine....g	0.579		0		1		0.330	0.017	
Arginine....g	0.327		0		1		0.186	0.009	
Histidine....g	0.230		0		1		0.131	0.007	
Alanine....g	0.506		0		1		0.288	0.015	
Aspartic acid....g	1.149		0		1		0.655	0.033	
Glutamic acid....g	2.096		0		1		1.195	0.061	
Glycine....g	0.211		0		1		0.120	0.006	
Proline....g	0.699		0		1		0.398	0.020	
Serine....g	0.541		0		1		0.308	0.016	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01113
Whey, acid, dried

Common Measures:

Measure 1 = 57g: 1 cup

Measure 2 = 2.9g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01112
Whey, acid, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.42	0.098	10		1		229.81	919.25	
Energy....kcal	24		0	NC	4		59	235	
Energy....kJ	100		0		4		245	982	
Protein (N x 6.38)....g	0.76	0.028	21		1		1.87	7.48	
Total lipid (fat)....g	0.09	0.024	6		1		0.22	0.89	
Ash....g	0.61	0.038	9		1		1.50	6.00	
Carbohydrate, by difference....g	5.12		0	NC	4		12.60	50.38	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	5.12		0	NR	4		12.60	50.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	103	3.539	15		1		253	1011	
Iron, Fe....mg	0.08		0		1		0.20	0.79	
Magnesium, Mg....mg	10	0.452	15		1		24	96	
Phosphorus, P....mg	78	3.746	14		1		191	764	
Potassium, K....mg	143	5.269	5		1		352	1408	
Sodium, Na....mg	48	3.250	5		1		118	473	
Zinc, Zn....mg	0.43		0		1		1.06	4.23	
Copper, Cu....mg	0.003		0		1		0.007	0.030	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....mcg	1.8		0	BFNN	4		4.4	17.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.1	0.6	
Thiamin....mg	0.042		0		1		0.103	0.413	
Riboflavin....mg	0.140		0		1		0.344	1.378	
Niacin....mg	0.079		0		1		0.194	0.777	
Pantothenic acid....mg	0.381		0		1		0.937	3.749	
Vitamin B-6....mg	0.042		0		1		0.103	0.413	
Folate, total....mcg	2		0		1		5	22	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		1		5	22	
Folate, DFE....mcg_DFE	2		0	NC	4		5	22	
Choline, total....mg	16.0		0	BFZN	4		39.4	157.4	
Betaine....mg									
Vitamin B-12....mcg	0.18	0.017	14		1		0.44	1.76	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		5	20	
Retinol....mcg	2		0	NC	4		5	20	
Carotene, beta....mcg	0		0	BFFN	4		1	2	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0	NC	4		17	69	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.00	0.01	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated....g	0.057		0		1		0.140	0.561	
4:0....g	0.004		2		1		0.010	0.039	
6:0....g	0.001		2		1		0.002	0.010	
8:0....g	0.001	0.000	4		1		0.002	0.010	

NDB No. 01112
Whey, acid, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002	0.001	4		1		0.005	0.020	
12:0 g	0.001	0.000	4		1		0.002	0.010	
13:0 g									
14:0 g	0.008	0.002	4		1		0.020	0.079	
15:0 g									
16:0 g	0.025	0.007	4		1		0.062	0.246	
17:0 g									
18:0 g	0.010	0.003	4		1		0.025	0.098	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.025		0		1		0.062	0.246	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004	0.002	4		1		0.010	0.039	
17:1 g									
18:1 undifferentiated g	0.019	0.005	4		1		0.047	0.187	
20:1 g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.004		0		1		0.010	0.039	
18:2 undifferentiated g	0.003	0.001	4		1		0.007	0.030	
18:3 undifferentiated g	0.000		2		1		0.000	0.000	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	1		0		4		1	5	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.016		0		1		0.039	0.157	
Threonine g	0.038		0		1		0.093	0.374	
Isoleucine g	0.038		0		1		0.093	0.374	
Leucine g	0.072		0		1		0.177	0.708	
Lysine g	0.065		0		1		0.160	0.640	
Methionine g	0.014		0		1		0.034	0.138	
Cystine g	0.014		0		1		0.034	0.138	
Phenylalanine g	0.025		0		1		0.062	0.246	
Tyrosine g	0.019		0		1		0.047	0.187	
Valine g	0.038		0		1		0.093	0.374	
Arginine g	0.021		0		1		0.052	0.207	
Histidine g	0.015		0		1		0.037	0.148	
Alanine g	0.033		0		1		0.081	0.325	
Aspartic acid g	0.074		0		1		0.182	0.728	
Glutamic acid g	0.136		0		1		0.335	1.338	
Glycine g	0.014		0		1		0.034	0.138	
Proline g	0.045		0		1		0.111	0.443	
Serine g	0.035		0		1		0.086	0.344	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01112
Whey, acid, fluid

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01115
Whey, sweet, dried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.19	0.089	151		1		4.63	0.24	
Energy	kcal	353		0	NC	4		512	26	
Energy	kJ	1476		0		4		2140	111	
Protein (N x 6.38)	g	12.93	0.087	165		1		18.75	0.97	
Total lipid (fat)	g	1.07	0.033	148		1		1.55	0.08	
Ash	g	8.35	0.061	147		1		12.11	0.63	
Carbohydrate, by difference	g	74.46		0	NC	4		107.97	5.58	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	74.46		0	NR	4		107.97	5.58	
Starch	g									
Minerals:										
Calcium, Ca	mg	796	31.447	66		1		1154	60	
Iron, Fe	mg	0.88	0.033	41		1		1.28	0.07	
Magnesium, Mg	mg	176	5.179	41		1		255	13	
Phosphorus, P	mg	932	39.872	65		1		1351	70	
Potassium, K	mg	2080	50.040	60		1		3016	156	
Sodium, Na	mg	1079	67.132	62		1		1565	81	
Zinc, Zn	mg	1.97	0.156	43		1		2.86	0.15	
Copper, Cu	mg	0.070		0		1		0.102	0.005	
Manganese, Mn	mg	0.009		0		1		0.013	0.001	
Selenium, Se	mcg	27.2		0	BFNN	4		39.4	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5	0.335	41		1		2.2	0.1	
Thiamin	mg	0.519	0.014	44		1		0.753	0.039	
Riboflavin	mg	2.208	0.061	44		1		3.202	0.166	
Niacin	mg	1.258	0.051	43		1		1.824	0.094	
Pantothenic acid	mg	5.620		0		1		8.149	0.422	
Vitamin B-6	mg	0.584	0.016	41		1		0.847	0.044	
Folate, total	mcg	12	0.944	40		1		17	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12	0.944	40		1		17	1	
Folate, DFE	mcg_DFE	12		0	NC	4		17	1	
Choline, total	mg	225.0		0	BFSN	4		326.3	16.9	
Betaine	mg									
Vitamin B-12	mcg	2.37	0.097	48		1		3.44	0.18	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		12	1	
Retinol	mcg	8		0	NC	4		12	1	
Carotene, beta	mcg	2		0	BFFN	4		2	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	30		0	NC	4		43	2	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFFN	4		0.03	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.1	0.0	
Lipids:										
Fatty acids, total saturated	g	0.684		0		1		0.992	0.051	
4:0	g	0.059	0.006	4		1		0.086	0.004	

NDB No. 01115
Whey, sweet, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.009	0.001	4		1		0.013	0.001	
8:0 g	0.010	0.001	4		1		0.015	0.001	
10:0 g	0.018	0.001	4		1		0.026	0.001	
12:0 g	0.012	0.001	4		1		0.017	0.001	
13:0 g									
14:0 g	0.104	0.005	4		1		0.151	0.008	
15:0 g									
16:0 g	0.326	0.016	4		1		0.473	0.024	
17:0 g									
18:0 g	0.097	0.006	4		1		0.141	0.007	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.297		0		1		0.431	0.022	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.033	0.003	4		1		0.048	0.002	
17:1 g									
18:1 undifferentiated g	0.251	0.010	4		1		0.364	0.019	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.034		0		1		0.049	0.003	
18:2 undifferentiated g	0.025	0.003	4		1		0.036	0.002	
18:3 undifferentiated g	0.009	0.002	4		1		0.013	0.001	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	6		0		1		9	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.205		0		1		0.297	0.015	
Threonine g	0.817		0		1		1.185	0.061	
Isoleucine g	0.719		0		1		1.043	0.054	
Leucine g	1.186		0		1		1.720	0.089	
Lysine g	1.030		0		1		1.494	0.077	
Methionine g	0.241		0		1		0.349	0.018	
Cystine g	0.253		0		1		0.367	0.019	
Phenylalanine g	0.407		0		1		0.590	0.031	
Tyrosine g	0.363		0		1		0.526	0.027	
Valine g	0.697		0		1		1.011	0.052	
Arginine g	0.375		0		1		0.544	0.028	
Histidine g	0.237		0		1		0.344	0.018	
Alanine g	0.598		0		1		0.867	0.045	
Aspartic acid g	1.269		0		1		1.840	0.095	
Glutamic acid g	2.248		0		1		3.260	0.169	
Glycine g	0.280		0		1		0.406	0.021	
Proline g	0.786		0		1		1.140	0.059	
Serine g	0.622		0		1		0.902	0.047	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01115
Whey, sweet, dried

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 7.5g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01114
Whey, sweet, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.12	0.028	32		1		229.08	916.30	
Energy....kcal	27		0	NC	4		66	263	
Energy....kJ	112		0		4		275	1099	
Protein (N x 6.38)....g	0.85	0.017	16		1		2.09	8.36	
Total lipid (fat)....g	0.36	0.013	31		1		0.89	3.54	
Ash....g	0.53	0.017	7		1		1.30	5.22	
Carbohydrate, by difference....g	5.14		0	NC	4		12.64	50.58	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	5.14		0	NR	4		12.64	50.58	
Starch....g									
Minerals:									
Calcium, Ca....mg	47	1.851	37		1		115	461	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	8	0.286	7		1		20	81	
Phosphorus, P....mg	46	0.845	37		1		112	449	
Potassium, K....mg	161	3.987	11		1		396	1584	
Sodium, Na....mg	54	4.221	9		1		132	526	
Zinc, Zn....mg	0.13		0		1		0.32	1.28	
Copper, Cu....mg	0.004		0		1		0.010	0.039	
Manganese, Mn....mg	0.001		0		1		0.002	0.010	
Selenium, Se....mcg	1.9		0	BFNN	4		4.7	18.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.2	1.0	
Thiamin....mg	0.036	0.002	19		1		0.089	0.354	
Riboflavin....mg	0.158	0.004	26		1		0.389	1.555	
Niacin....mg	0.074	0.009	13		1		0.182	0.728	
Pantothenic acid....mg	0.383	0.008	8		1		0.942	3.769	
Vitamin B-6....mg	0.031	0.006	13		1		0.076	0.305	
Folate, total....mcg	1		0		1		2	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		2	8	
Folate, DFE....mcg_DFE	1		0	NC	4		2	8	
Choline, total....mg	16.0		0	BFZN	4		39.4	157.4	
Betaine....mg									
Vitamin B-12....mcg	0.28	0.030	17		1		0.68	2.73	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		8	30	
Retinol....mcg	3		0	NC	4		7	30	
Carotene, beta....mcg	1		0	BFFN	4		2	9	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	12		0	NC	4		28	114	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.01	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4		0.1	0.3	
Lipids:									
Fatty acids, total saturated....g	0.230		0		1		0.566	2.263	
4:0....g	0.020	0.002	4		1		0.049	0.197	

NDB No. 01114
Whey, sweet, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.003	0.000	4		1		0.007	0.030	
8:0....g	0.003	0.000	4		1		0.007	0.030	
10:0....g	0.006	0.001	4		1		0.015	0.059	
12:0....g	0.004	0.000	4		1		0.010	0.039	
13:0....g									
14:0....g	0.035	0.002	4		1		0.086	0.344	
15:0....g									
16:0....g	0.110	0.006	4		1		0.271	1.082	
17:0....g									
18:0....g	0.033	0.002	4		1		0.081	0.325	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.100		0		1		0.246	0.984	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011	0.001	4		1		0.027	0.108	
17:1....g									
18:1 undifferentiated....g	0.084	0.004	4		1		0.207	0.827	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0		1		0.027	0.108	
18:2 undifferentiated....g	0.008	0.001	4		1		0.020	0.079	
18:3 undifferentiated....g	0.003	0.001	4		1		0.007	0.030	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		5	20	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.032	0.128	
Threonine....g	0.054		0		1		0.133	0.531	
Isoleucine....g	0.047		0		1		0.116	0.462	
Leucine....g	0.078		0		1		0.192	0.768	
Lysine....g	0.068		0		1		0.167	0.669	
Methionine....g	0.016		0		1		0.039	0.157	
Cystine....g	0.017		0		1		0.042	0.167	
Phenylalanine....g	0.027		0		1		0.066	0.266	
Tyrosine....g	0.024		0		1		0.059	0.236	
Valine....g	0.046		0		1		0.113	0.453	
Arginine....g	0.025		0		1		0.062	0.246	
Histidine....g	0.016		0		1		0.039	0.157	
Alanine....g	0.039		0		1		0.096	0.384	
Aspartic acid....g	0.083		0		1		0.204	0.817	
Glutamic acid....g	0.148		0		1		0.364	1.456	
Glycine....g	0.018		0		1		0.044	0.177	
Proline....g	0.052		0		1		0.128	0.512	
Serine....g	0.041		0		1		0.101	0.403	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01114
Whey, sweet, fluid

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43268
Whipped cream substitute, dietetic, made from powdered mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.30		0		4		65.84		
Energy	kcal	100		0	NC	4		80		
Energy	kJ	418		0	NC	4		335		
Protein	g	0.90		0		4		0.72		
Total lipid (fat)	g	6.00		0		4		4.80		
Ash	g	0.20		0	NR	4		0.16		
Carbohydrate, by difference	g	10.60		0		4		8.48		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	10.60		0	NR	4		8.48		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		4		2		
Iron, Fe	mg	0.01		0		4		0.01		
Magnesium, Mg	mg	1		0		4		1		
Phosphorus, P	mg	30		0		4		24		
Potassium, K	mg	26		0		1		21		
Sodium, Na	mg	106		0		1		85		
Zinc, Zn	mg	0.01		0		4		0.01		
Copper, Cu	mg	0.022		0		1		0.018		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFPN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.000		0		7		0.000		
Riboflavin	mg	0.000		0		7		0.000		
Niacin	mg	0.000		0		7		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		7		0.000		
Folate, total	mcg	0		0		7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.0		0	BFNN	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.05		0	NR	4		0.04		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	3.186		0		4		2.549		
4:0	g	0.001		0		4		0.001		

NDB No. 43268
Whipped cream substitute, dietetic, made from powdered mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.129		0		4		0.103		
10:0 ... g	0.129		0		4		0.103		
12:0 ... g	1.071		0		4		0.857		
13:0 ... g									
14:0 ... g	0.435		0		4		0.348		
15:0 ... g									
16:0 ... g	0.618		0		4		0.494		
17:0 ... g									
18:0 ... g	0.806		0		4		0.645		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.357		0		4		1.086		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.012		0		4		0.010		
17:1 ... g									
18:1 undifferentiated ... g	1.342		0		4		1.074		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.158		0		4		0.926		
18:2 undifferentiated ... g	1.077		0		4		0.862		
18:3 undifferentiated ... g	0.078		0		4		0.062		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42135
Whipped topping, frozen, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.70		0		4		44.78		
Energy	kcal	224		0	NC	4		168		
Energy	kJ	938		0	NC	4		704		
Protein	g	3.00		0		1		2.25		
Total lipid (fat)	g	13.10		0		1		9.83		
Ash	g	0.60		0	NR	4		0.45		
Carbohydrate, by difference	g	23.60		0	NC	4		17.70		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	23.60		0	NR	4		17.70		
Starch	g									
Minerals:										
Calcium, Ca	mg	71		0		1		53		
Iron, Fe	mg	0.10		0		1		0.08		
Magnesium, Mg	mg	7		0		1		5		
Phosphorus, P	mg	74		0		1		56		
Potassium, K	mg	101		0		1		76		
Sodium, Na	mg	72		0		1		54		
Zinc, Zn	mg	0.10		0		4		0.08		
Copper, Cu	mg	0.010		0		1		0.008		
Manganese, Mn	mg									
Selenium, Se	mcg	2.4		0	BFNN	4		1.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.020		0		1		0.015		
Riboflavin	mg	0.090		0		1		0.068		
Niacin	mg	0.100		0		1		0.075		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		1		0.015		
Folate, total	mcg	3		0		1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		0		1		2		
Folate, DFE	mcg_DFE	3		0	NC	4		2		
Choline, total	mg	0.0		0	BFSN	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.20		0		1		0.15		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		3		
Retinol	mcg	0		0	BFFN	4		0		
Carotene, beta	mcg	45		0	BFFN	4		33		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	74		0	NC	4		56		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.50		0	BFFN	4		0.37		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	3.2		0	BFFN	4		2.4		
Lipids:										
Fatty acids, total saturated	g	11.273		0		1		8.455		
4:0	g	0.000		0		4		0.000		

NDB No. 42135
Whipped topping, frozen, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.331		0		4		0.248		
10:0 ... g	0.466		0		4		0.350		
12:0 ... g	4.575		0		4		3.431		
13:0 ... g									
14:0 ... g	1.946		0		4		1.460		
15:0 ... g									
16:0 ... g	1.599		0		4		1.199		
17:0 ... g									
18:0 ... g	2.371		0		4		1.778		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.838		0		1		0.629		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.124		0		4		0.093		
17:1 ... g									
18:1 undifferentiated ... g	0.714		0		4		0.536		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.269		0		1		0.202		
18:2 undifferentiated ... g	0.155		0		4		0.116		
18:3 undifferentiated ... g	0.114		0		4		0.086		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		2		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01187
Yogurt, chocolate, nonfat milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.57		0	NC	4				
Energy	kcal	112		0	MC	9				
Energy	kJ	469		0		9				
Protein	g	3.53		0	MC	9				
Total lipid (fat)	g	0.00		0	MC	9				
Ash	g	1.37		0	RA	4				
Carbohydrate, by difference	g	23.53		0	MC	9				
Fiber, total dietary	g	1.2		0	MC	9				
Sugars, total	g	14.97		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	88		0	MC	9				
Iron, Fe	mg	0.42		0	MC	9				
Magnesium, Mg	mg	40		0	RA	4				
Phosphorus, P	mg	166		0	RA	4				
Potassium, K	mg	339		0	RA	4				
Sodium, Na	mg	135		0	MC	9				
Zinc, Zn	mg	1.13		0	RA	4				
Copper, Cu	mg	0.209		0	RA	4				
Manganese, Mn	mg									
Selenium, Se	mcg	7.0		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.047		0	RA	4				
Riboflavin	mg	0.215		0	RA	4				
Niacin	mg	0.223		0	RA	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.047		0	RA	4				
Folate, total	mcg	12		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	12		0	RA	4				
Folate, DFE	mcg_DFE	12		0	NC	4				
Choline, total	mg	15.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	0.50		0	RA	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFFN	4				
Carotene, beta	mcg	0		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	MC	9				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9				
4:0	g	0.000		0	RA	4				

NDB No. 01187
Yogurt, chocolate, nonfat milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	RA	4				
8:0 ... g	0.000		0	RA	4				
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.000		0	RA	4				
13:0 ... g									
14:0 ... g	0.000		0	RA	4				
15:0 ... g									
16:0 ... g	0.000		0	RA	4				
17:0 ... g									
18:0 ... g	0.000		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	RA	4				
20:1 ... g	0.000		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	RA	4				
18:2 undifferentiated ... g	0.000		0	RA	4				
18:3 undifferentiated ... g	0.000		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	2		0	BFZN	4				
Theobromine ... mg	23		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01222

Yogurt, chocolate, nonfat milk, fortified with vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.57		0	NC	4				
Energy	kcal	112		0	MC	9				
Energy	kJ	469		0		9				
Protein	g	3.53		0	MC	9				
Total lipid (fat)	g	0.00		0	MC	9				
Ash	g	1.37		0	RA	4				
Carbohydrate, by difference	g	23.53		0	MC	9				
Fiber, total dietary	g	1.2		0	MC	9				
Sugars, total	g	14.97		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	88		0	MC	9				
Iron, Fe	mg	0.42		0	MC	9				
Magnesium, Mg	mg	40		0	RA	4				
Phosphorus, P	mg	166		0	RA	4				
Potassium, K	mg	339		0	RA	4				
Sodium, Na	mg	135		0	MC	9				
Zinc, Zn	mg	1.13		0	RA	4				
Copper, Cu	mg	0.209		0	RA	4				
Manganese, Mn	mg									
Selenium, Se	mcg	7.0		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.047		0	RA	4				
Riboflavin	mg	0.215		0	RA	4				
Niacin	mg	0.223		0	RA	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.047		0	RA	4				
Folate, total	mcg	12		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	12		0	RA	4				
Folate, DFE	mcg_DFE	12		0	NC	4				
Choline, total	mg	15.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	0.50		0	RA	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFFN	4				
Carotene, beta	mcg	0		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	MC	9				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.2		0	S	4				
Vitamin D	IU	47		0	NR	4				
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9				
4:0	g	0.000		0	RA	4				

NDB No. 01222
Yogurt, chocolate, nonfat milk, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	RA	4				
8:0 ... g	0.000		0	RA	4				
10:0 ... g	0.000		0	RA	4				
12:0 ... g	0.000		0	RA	4				
13:0 ... g									
14:0 ... g	0.000		0	RA	4				
15:0 ... g									
16:0 ... g	0.000		0	RA	4				
17:0 ... g									
18:0 ... g	0.000		0	RA	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	RA	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RA	4				
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	RA	4				
20:1 ... g	0.000		0	RA	4				
22:1 undifferentiated ... g	0.000		0	RA	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	RA	4				
18:2 undifferentiated ... g	0.000		0	RA	4				
18:3 undifferentiated ... g	0.000		0	RA	4				
18:4 ... g	0.000		0	RA	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RA	4				
20:5 n-3 (EPA) ... g	0.000		0	RA	4				
22:5 n-3 (DPA) ... g	0.000		0	RA	4				
22:6 n-3 (DHA) ... g	0.000		0	RA	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	RA	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	2		0	BFZN	4				
Theobromine ... mg	23		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43261
Yogurt, fruit variety, nonfat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.40		0		4		184.73	94.25	128.18
Energy	kcal	95		0	NC	4		234	119	162
Energy	kJ	399		0	NC	4		978	499	679
Protein	g	4.40		0		4		10.78	5.50	7.48
Total lipid (fat)	g	0.20		0		4		0.49	0.25	0.34
Ash	g	1.00		0	NR	4		2.45	1.25	1.70
Carbohydrate, by difference	g	19.00		0		4		46.55	23.75	32.30
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	19.00		0	NR	4		46.55	23.75	32.30
Starch	g									
Minerals:										
Calcium, Ca	mg	152		0		4		372	190	258
Iron, Fe	mg	0.07		0		4		0.17	0.09	0.12
Magnesium, Mg	mg	15		0		4		37	19	26
Phosphorus, P	mg	119		0		4		292	149	202
Potassium, K	mg	194		0		4		475	243	330
Sodium, Na	mg	58		0		4		142	73	99
Zinc, Zn	mg	0.74		0		4		1.81	0.93	1.26
Copper, Cu	mg	0.011		0		4		0.027	0.014	0.019
Manganese, Mn	mg	0.035		0	RA	4		0.085	0.043	0.059
Selenium, Se	mcg	6.0		0	BFNN	4		14.7	7.5	10.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		1.7	0.9	1.2
Thiamin	mg	0.040		0		4		0.098	0.050	0.068
Riboflavin	mg	0.180		0		4		0.441	0.225	0.306
Niacin	mg	0.100		0		4		0.245	0.125	0.170
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.098	0.050	0.068
Folate, total	mcg	9		0		4		22	11	15
Folic acid	mcg	0		0	RA	4		0	0	0
Folate, food	mcg	9		0		4		22	11	15
Folate, DFE	mcg_DFE	9		0	NC	4		22	11	15
Choline, total	mg	16.4		0	AS	1		40.1	20.4	27.8
Betaine	mg	0.7		1	A	1		1.7	0.9	1.2
Vitamin B-12	mcg	0.47		0		4		1.15	0.59	0.80
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5	2	3
Retinol	mcg	2		0	RA	4		4	2	3
Carotene, beta	mcg	4		0	RA	4		9	4	6
Carotene, alpha	mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	RA	4		0	0	0
Vitamin A, IU	IU	12		0	NC	4		28	14	20
Lycopene	mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin	mcg	8		0	RA	4		20	10	14
Vitamin E (alpha-tocopherol)	mg	0.06		0	RA	4		0.15	0.07	0.10
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	1.1		0	RA	4		2.8	1.4	1.9
Lipids:										
Fatty acids, total saturated	g	0.119		0		4		0.292	0.149	0.202
4:0	g	0.009		0		4		0.022	0.011	0.015

NDB No. 43261
Yogurt, fruit variety, nonfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.001		0		4		0.002	0.001	0.002
8:0 g	0.002		0		4		0.005	0.003	0.003
10:0 g	0.004		0		4		0.010	0.005	0.007
12:0 g	0.003		0		4		0.007	0.004	0.005
13:0 g									
14:0 g	0.017		0		4		0.042	0.021	0.029
15:0 g									
16:0 g	0.055		0		4		0.135	0.069	0.094
17:0 g									
18:0 g	0.019		0		4		0.047	0.024	0.032
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.050		0		4		0.123	0.063	0.085
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0		4		0.017	0.009	0.012
17:1 g									
18:1 undifferentiated g	0.041		0		4		0.100	0.051	0.070
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.016		0		4		0.039	0.020	0.027
18:2 undifferentiated g	0.010		0		4		0.025	0.013	0.017
18:3 undifferentiated g	0.006		0		4		0.015	0.008	0.010
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	2		0		4		5	3	3
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.028		0	RA	4		0.068	0.035	0.047
Threonine g	0.202		0	RA	4		0.496	0.253	0.344
Isoleucine g	0.269		0	RA	4		0.659	0.336	0.457
Leucine g	0.496		0	RA	4		1.216	0.620	0.844
Lysine g	0.439		0	RA	4		1.075	0.548	0.746
Methionine g	0.145		0	RA	4		0.356	0.181	0.247
Cystine g	0.045		0	RA	4		0.111	0.057	0.077
Phenylalanine g	0.270		0	RA	4		0.660	0.337	0.458
Tyrosine g	0.247		0	RA	4		0.605	0.309	0.420
Valine g	0.407		0	RA	4		0.997	0.509	0.692
Arginine g	0.151		0	RA	4		0.370	0.189	0.257
Histidine g	0.122		0	RA	4		0.299	0.153	0.208
Alanine g	0.212		0	RA	4		0.521	0.266	0.361
Aspartic acid g	0.394		0	RA	4		0.964	0.492	0.669
Glutamic acid g	0.966		0	RA	4		2.366	1.207	1.642
Glycine g	0.121		0	RA	4		0.297	0.152	0.206
Proline g	0.581		0	RA	4		1.423	0.726	0.987
Serine g	0.305		0	RA	4		0.747	0.381	0.518
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 43261

Yogurt, fruit variety, nonfat

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 170g: 1 container (6 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01218
Yogurt, fruit variety, nonfat, fortified with vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.40		0		4		184.73	94.25	128.18
Energy	kcal	95		0	NC	4		234	119	162
Energy	kJ	399		0	NC	4		978	499	679
Protein	g	4.40		0		4		10.78	5.50	7.48
Total lipid (fat)	g	0.20		0		4		0.49	0.25	0.34
Ash	g	1.00		0	NR	4		2.45	1.25	1.70
Carbohydrate, by difference	g	19.00		0		4		46.55	23.75	32.30
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	19.00		0	NR	4		46.55	23.75	32.30
Starch	g									
Minerals:										
Calcium, Ca	mg	152		0		4		372	190	258
Iron, Fe	mg	0.07		0		4		0.17	0.09	0.12
Magnesium, Mg	mg	15		0		4		37	19	26
Phosphorus, P	mg	119		0		4		292	149	202
Potassium, K	mg	194		0		4		475	243	330
Sodium, Na	mg	58		0		4		142	73	99
Zinc, Zn	mg	0.74		0		4		1.81	0.93	1.26
Copper, Cu	mg	0.011		0		4		0.027	0.014	0.019
Manganese, Mn	mg	0.035		0	RA	4		0.085	0.043	0.059
Selenium, Se	mcg	6.0		0	BFNN	4		14.7	7.5	10.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		1.7	0.9	1.2
Thiamin	mg	0.040		0		4		0.098	0.050	0.068
Riboflavin	mg	0.180		0		4		0.441	0.225	0.306
Niacin	mg	0.100		0		4		0.245	0.125	0.170
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.098	0.050	0.068
Folate, total	mcg	9		0		4		22	11	15
Folic acid	mcg	0		0	RA	4		0	0	0
Folate, food	mcg	9		0		4		22	11	15
Folate, DFE	mcg_DFE	9		0	NC	4		22	11	15
Choline, total	mg	16.4		0	AS	1		40.1	20.4	27.8
Betaine	mg	0.7		1	A	1		1.7	0.9	1.2
Vitamin B-12	mcg	0.47		0		4		1.15	0.59	0.80
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5	2	3
Retinol	mcg	2		0	RA	4		4	2	3
Carotene, beta	mcg	4		0	RA	4		9	4	6
Carotene, alpha	mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	RA	4		0	0	0
Vitamin A, IU	IU	12		0	NC	4		28	14	20
Lycopene	mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin	mcg	8		0	RA	4		20	10	14
Vitamin E (alpha-tocopherol)	mg	0.06		0	RA	4		0.15	0.07	0.10
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.3		45	AS	1		3.2	1.6	2.2
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.3	0.016	45	A	1		3.2	1.6	2.2
Vitamin D	IU	52	0.622	45	A	1		129	66	89
Vitamin K (phylloquinone)	mcg	1.1		0	RA	4		2.8	1.4	1.9
Lipids:										
Fatty acids, total saturated	g	0.119		0		4		0.292	0.149	0.202
4:0	g	0.009		0		4		0.022	0.011	0.015

NDB No. 01218
Yogurt, fruit variety, nonfat, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.001		0		4		0.002	0.001	0.002
8:0 g	0.002		0		4		0.005	0.003	0.003
10:0 g	0.004		0		4		0.010	0.005	0.007
12:0 g	0.003		0		4		0.007	0.004	0.005
13:0 g									
14:0 g	0.017		0		4		0.042	0.021	0.029
15:0 g									
16:0 g	0.055		0		4		0.135	0.069	0.094
17:0 g									
18:0 g	0.019		0		4		0.047	0.024	0.032
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.050		0		4		0.123	0.063	0.085
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		0		4		0.017	0.009	0.012
17:1 g									
18:1 undifferentiated g	0.041		0		4		0.100	0.051	0.070
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.016		0		4		0.039	0.020	0.027
18:2 undifferentiated g	0.010		0		4		0.025	0.013	0.017
18:3 undifferentiated g	0.006		0		4		0.015	0.008	0.010
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	2		0		4		5	3	3
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.028		0	RA	4		0.068	0.035	0.047
Threonine g	0.202		0	RA	4		0.496	0.253	0.344
Isoleucine g	0.269		0	RA	4		0.659	0.336	0.457
Leucine g	0.496		0	RA	4		1.216	0.620	0.844
Lysine g	0.439		0	RA	4		1.075	0.548	0.746
Methionine g	0.145		0	RA	4		0.356	0.181	0.247
Cystine g	0.045		0	RA	4		0.111	0.057	0.077
Phenylalanine g	0.270		0	RA	4		0.660	0.337	0.458
Tyrosine g	0.247		0	RA	4		0.605	0.309	0.420
Valine g	0.407		0	RA	4		0.997	0.509	0.692
Arginine g	0.151		0	RA	4		0.370	0.189	0.257
Histidine g	0.122		0	RA	4		0.299	0.153	0.208
Alanine g	0.212		0	RA	4		0.521	0.266	0.361
Aspartic acid g	0.394		0	RA	4		0.964	0.492	0.669
Glutamic acid g	0.966		0	RA	4		2.366	1.207	1.642
Glycine g	0.121		0	RA	4		0.297	0.152	0.206
Proline g	0.581		0	RA	4		1.423	0.726	0.987
Serine g	0.305		0	RA	4		0.747	0.381	0.518
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01218

Yogurt, fruit variety, nonfat, fortified with vitamin D

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 170g: 1 container (6 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.48	0.610	26		1		182.48	126.62	169.07
Energy	kcal	102		0	NC	4		250	173	231
Energy	kJ	426		0	NC	4		1044	725	968
Protein (N x 6.38)	g	4.37	0.026	26		1		10.71	7.43	9.92
Total lipid (fat)	g	1.08	0.052	26		1		2.65	1.84	2.45
Ash	g	1.02	0.027	12		1		2.50	1.73	2.32
Carbohydrate, by difference	g	19.05		0	NC	4		46.67	32.39	43.24
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	19.05		0	NR	4		46.67	32.39	43.24
Starch	g									
Minerals:										
Calcium, Ca	mg	152		0		1		372	258	345
Iron, Fe	mg	0.07		0		1		0.17	0.12	0.16
Magnesium, Mg	mg	15		0		1		36	25	33
Phosphorus, P	mg	119		0		1		293	203	271
Potassium, K	mg	195		0		1		477	331	442
Sodium, Na	mg	58		0		1		143	99	133
Zinc, Zn	mg	0.74		0		1		1.81	1.26	1.68
Copper, Cu	mg	0.080		0		1		0.196	0.136	0.182
Manganese, Mn	mg	0.065		0		1		0.159	0.111	0.148
Selenium, Se	mcg	3.1		0	BFNN	4		7.6	5.3	7.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.6	1.1	1.5
Thiamin	mg	0.037		0		1		0.091	0.063	0.084
Riboflavin	mg	0.178		0		1		0.436	0.303	0.404
Niacin	mg	0.095		0		1		0.233	0.162	0.216
Pantothenic acid	mg	0.489		0		1		1.198	0.831	1.110
Vitamin B-6	mg	0.040		0		1		0.098	0.068	0.091
Folate, total	mcg	9		0		1		23	16	21
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0		1		23	16	21
Folate, DFE	mcg_DFE	9		0	NC	4		23	16	21
Choline, total	mg	14.0		0	AS	1		34.4	23.9	31.9
Betaine	mg	0.8		2	A	1		2.0	1.4	1.9
Vitamin B-12	mcg	0.47		0		1		1.14	0.79	1.06
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	10		0	NC	4		25	17	23
Retinol	mcg	10		0	T	4		25	17	23
Carotene, beta	mcg	2		0	BFFN	4		4	3	4
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	36		0	NC	4		89	62	82
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFFN	4		0.05	0.03	0.04
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D	IU	1		0	BFFN	4		2	1	2
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.2	0.1	0.2
Lipids:										
Fatty acids, total saturated	g	0.697		0		1		1.708	1.185	1.582
4:0	g	0.032	0.002	3		1		0.078	0.054	0.073

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.022	0.001	3		1		0.054	0.037	0.050
8:0 ....g	0.014	0.001	3		1		0.034	0.024	0.032
10:0 ....g	0.031	0.002	3		1		0.076	0.053	0.070
12:0 ....g	0.037	0.002	3		1		0.091	0.063	0.084
13:0 ....g									
14:0 ....g	0.114	0.006	3		1		0.279	0.194	0.259
15:0 ....g									
16:0 ....g	0.294	0.014	3		1		0.720	0.500	0.667
17:0 ....g									
18:0 ....g	0.105	0.005	3		1		0.257	0.179	0.238
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.297		0		1		0.728	0.505	0.674
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.024	0.001	3		1		0.059	0.041	0.054
17:1 ....g									
18:1 undifferentiated ....g	0.247	0.012	3		1		0.605	0.420	0.561
20:1 ....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.031		0		1		0.076	0.053	0.070
18:2 undifferentiated ....g	0.022	0.001	3		1		0.054	0.037	0.050
18:3 undifferentiated ....g	0.009	0.001	3		1		0.022	0.015	0.020
18:4 ....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ....g									
Cholesterol ....mg	4		0		1		10	7	10
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.025		0		1		0.061	0.043	0.057
Threonine ....g	0.179		0		1		0.439	0.304	0.406
Isoleucine ....g	0.238		0		1		0.583	0.405	0.540
Leucine ....g	0.440		0		1		1.078	0.748	0.999
Lysine ....g	0.392		0		1		0.960	0.666	0.890
Methionine ....g	0.129		0		1		0.316	0.219	0.293
Cystine ....g	0.040		0		4		0.098	0.068	0.091
Phenylalanine ....g	0.238		0		1		0.583	0.405	0.540
Tyrosine ....g	0.221		0		1		0.541	0.376	0.502
Valine ....g	0.362		0		1		0.887	0.615	0.822
Arginine ....g	0.132		0		1		0.323	0.224	0.300
Histidine ....g	0.108		0		1		0.265	0.184	0.245
Alanine ....g	0.187		0		1		0.458	0.318	0.424
Aspartic acid ....g	0.347		0		1		0.850	0.590	0.788
Glutamic acid ....g	0.856		0		1		2.097	1.455	1.943
Glycine ....g	0.105		0		1		0.257	0.179	0.238
Proline ....g	0.518		0		1		1.269	0.881	1.176
Serine ....g	0.271		0		1		0.664	0.461	0.615
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine ....mg	0		0	Z	7		0	0	0
Theobromine ....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01121

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 170g: 1 container (6 oz)

Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.48	0.610	26		1		182.48	126.62	169.07
Energy	kcal	102		0	NC	4		250	173	231
Energy	kJ	426		0	NC	4		1044	725	968
Protein (N x 6.38)	g	4.37	0.026	26		1		10.71	7.43	9.92
Total lipid (fat)	g	1.08	0.052	26		1		2.65	1.84	2.45
Ash	g	1.02	0.027	12		1		2.50	1.73	2.32
Carbohydrate, by difference	g	19.05		0	NC	4		46.67	32.39	43.24
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	19.05		0	NR	4		46.67	32.39	43.24
Starch	g									
Minerals:										
Calcium, Ca	mg	152		0		1		372	258	345
Iron, Fe	mg	0.07		0		1		0.17	0.12	0.16
Magnesium, Mg	mg	15		0		1		36	25	33
Phosphorus, P	mg	119		0		1		293	203	271
Potassium, K	mg	195		0		1		477	331	442
Sodium, Na	mg	58		0		1		143	99	133
Zinc, Zn	mg	0.74		0		1		1.81	1.26	1.68
Copper, Cu	mg	0.080		0		1		0.196	0.136	0.182
Manganese, Mn	mg	0.065		0		1		0.159	0.111	0.148
Selenium, Se	mcg	3.1		0	BFNN	4		7.6	5.3	7.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.6	1.1	1.5
Thiamin	mg	0.037		0		1		0.091	0.063	0.084
Riboflavin	mg	0.178		0		1		0.436	0.303	0.404
Niacin	mg	0.095		0		1		0.233	0.162	0.216
Pantothenic acid	mg	0.489		0		1		1.198	0.831	1.110
Vitamin B-6	mg	0.040		0		1		0.098	0.068	0.091
Folate, total	mcg	9		0		1		23	16	21
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0		1		23	16	21
Folate, DFE	mcg_DFE	9		0	NC	4		23	16	21
Choline, total	mg	14.0		0	AS	1		34.4	23.9	31.9
Betaine	mg	0.8		2	A	1		2.0	1.4	1.9
Vitamin B-12	mcg	0.47		0		1		1.14	0.79	1.06
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	10		0	NC	4		25	17	23
Retinol	mcg	10		0	T	4		25	17	23
Carotene, beta	mcg	2		0	BFFN	4		4	3	4
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	36		0	NC	4		89	62	82
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFFN	4		0.05	0.03	0.04
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.3		45	AS	1		3.2	2.2	3.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.3	0.016	45	A	1		3.2	2.2	3.0
Vitamin D	IU	52	0.622	45	A	1		129	89	119
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.2	0.1	0.2
Lipids:										
Fatty acids, total saturated	g	0.697		0		1		1.708	1.185	1.582
4:0	g	0.032	0.002	3		1		0.078	0.054	0.073

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.022	0.001	3		1		0.054	0.037	0.050
8:0 g	0.014	0.001	3		1		0.034	0.024	0.032
10:0 g	0.031	0.002	3		1		0.076	0.053	0.070
12:0 g	0.037	0.002	3		1		0.091	0.063	0.084
13:0 g									
14:0 g	0.114	0.006	3		1		0.279	0.194	0.259
15:0 g									
16:0 g	0.294	0.014	3		1		0.720	0.500	0.667
17:0 g									
18:0 g	0.105	0.005	3		1		0.257	0.179	0.238
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.297		0		1		0.728	0.505	0.674
14:1 g									
15:1 g									
16:1 undifferentiated g	0.024	0.001	3		1		0.059	0.041	0.054
17:1 g									
18:1 undifferentiated g	0.247	0.012	3		1		0.605	0.420	0.561
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.031		0		1		0.076	0.053	0.070
18:2 undifferentiated g	0.022	0.001	3		1		0.054	0.037	0.050
18:3 undifferentiated g	0.009	0.001	3		1		0.022	0.015	0.020
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	4		0		1		10	7	10
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.025		0		1		0.061	0.043	0.057
Threonine g	0.179		0		1		0.439	0.304	0.406
Isoleucine g	0.238		0		1		0.583	0.405	0.540
Leucine g	0.440		0		1		1.078	0.748	0.999
Lysine g	0.392		0		1		0.960	0.666	0.890
Methionine g	0.129		0		1		0.316	0.219	0.293
Cystine g	0.040		0		4		0.098	0.068	0.091
Phenylalanine g	0.238		0		1		0.583	0.405	0.540
Tyrosine g	0.221		0		1		0.541	0.376	0.502
Valine g	0.362		0		1		0.887	0.615	0.822
Arginine g	0.132		0		1		0.323	0.224	0.300
Histidine g	0.108		0		1		0.265	0.184	0.245
Alanine g	0.187		0		1		0.458	0.318	0.424
Aspartic acid g	0.347		0		1		0.850	0.590	0.788
Glutamic acid g	0.856		0		1		2.097	1.455	1.943
Glycine g	0.105		0		1		0.257	0.179	0.238
Proline g	0.518		0		1		1.269	0.881	1.176
Serine g	0.271		0		1		0.664	0.461	0.615
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 170g: 1 container (6 oz)

Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.10	0.514	20		1		168.21	83.73	
Energy	kcal	105		0	NC	4		239	119	
Energy	kJ	440		0	NC	4		998	497	
Protein (N x 6.38)	g	4.86	0.052	20		1		11.03	5.49	
Total lipid (fat)	g	1.41	0.106	17		1		3.20	1.59	
Ash	g	1.03	0.034	12		1		2.34	1.16	
Carbohydrate, by difference	g	18.60		0	NC	4		42.22	21.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	169		0		1		383	191	
Iron, Fe	mg	0.07		0		1		0.16	0.08	
Magnesium, Mg	mg	16		0		1		37	18	
Phosphorus, P	mg	133		0		1		301	150	
Potassium, K	mg	216		0		1		491	244	
Sodium, Na	mg	65		0		1		147	73	
Zinc, Zn	mg	0.82		0		1		1.86	0.93	
Copper, Cu	mg	0.080		0		1		0.182	0.090	
Manganese, Mn	mg	0.065		0		1		0.148	0.073	
Selenium, Se	mcg	3.1		0	BFNN	4		7.0	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.7	0.8	
Thiamin	mg	0.041		0		1		0.093	0.046	
Riboflavin	mg	0.198		0		1		0.449	0.224	
Niacin	mg	0.105		0		1		0.238	0.119	
Pantothenic acid	mg	0.544		0		1		1.235	0.615	
Vitamin B-6	mg	0.045		0		1		0.102	0.051	
Folate, total	mcg	10		0		1		24	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		24	12	
Folate, DFE	mcg_DFE	10		0	NC	4		24	12	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.52		0		1		1.18	0.59	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	60		0		1		136	68	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.909		0		1		2.063	1.027	
4:0	g	0.042	0.003	3		1		0.095	0.047	
6:0	g	0.029	0.002	3		1		0.066	0.033	
8:0	g	0.018	0.001	3		1		0.041	0.020	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.040	0.003	3		1		0.091	0.045	
12:0 ... g	0.048	0.004	3		1		0.109	0.054	
13:0 ... g									
14:0 ... g	0.149	0.011	3		1		0.338	0.168	
15:0 ... g									
16:0 ... g	0.384	0.029	3		1		0.872	0.434	
17:0 ... g									
18:0 ... g	0.137	0.010	3		1		0.311	0.155	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.387		0		1		0.878	0.437	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.031	0.002	3		1		0.070	0.035	
17:1 ... g									
18:1 undifferentiated ... g	0.322	0.024	3		1		0.731	0.364	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.040		0		1		0.091	0.045	
18:2 undifferentiated ... g	0.028	0.002	3		1		0.064	0.032	
18:3 undifferentiated ... g	0.012	0.001	3		1		0.027	0.014	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		12	6	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.027		0		1		0.061	0.031	
Threonine ... g	0.200		0		1		0.454	0.226	
Isoleucine ... g	0.265		0		1		0.602	0.299	
Leucine ... g	0.490		0		1		1.112	0.554	
Lysine ... g	0.436		0		1		0.990	0.493	
Methionine ... g	0.143		0		1		0.325	0.162	
Cystine ... g	0.044		0		4		0.100	0.050	
Phenylalanine ... g	0.265		0		1		0.602	0.299	
Tyrosine ... g	0.245		0		1		0.556	0.277	
Valine ... g	0.402		0		1		0.913	0.454	
Arginine ... g	0.146		0		1		0.331	0.165	
Histidine ... g	0.120		0		1		0.272	0.136	
Alanine ... g	0.208		0		1		0.472	0.235	
Aspartic acid ... g	0.385		0		1		0.874	0.435	
Glutamic acid ... g	0.951		0		1		2.159	1.075	
Glycine ... g	0.117		0		1		0.266	0.132	
Proline ... g	0.576		0		1		1.308	0.651	
Serine ... g	0.301		0		1		0.683	0.340	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 container (8 oz)

Measure 2 = 113g: .5 container (4 oz)

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

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.30	0.595	17		1		184.49	94.13	106.93
Energy	kcal	99		0	NC	4		243	124	141
Energy	kJ	415		0	NC	4		1017	519	590
Protein (N x 6.38)	g	3.98	0.030	19		1		9.75	4.98	5.65
Total lipid (fat)	g	1.15	0.086	17		1		2.82	1.44	1.63
Ash	g	0.93	0.049	9		1		2.28	1.16	1.32
Carbohydrate, by difference	g	18.64		0	NC	4		45.67	23.30	26.47
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	18.64		0	NR	4		45.67	23.30	26.47
Starch	g									
Minerals:										
Calcium, Ca	mg	138		0		1		339	173	196
Iron, Fe	mg	0.06		0		1		0.15	0.08	0.09
Magnesium, Mg	mg	13		0		1		33	17	19
Phosphorus, P	mg	109		0		1		266	136	154
Potassium, K	mg	177		0		1		434	221	251
Sodium, Na	mg	53		0		1		130	67	76
Zinc, Zn	mg	0.67		0		1		1.64	0.84	0.95
Copper, Cu	mg	0.079		0		1		0.194	0.099	0.112
Manganese, Mn	mg	0.064		0		1		0.157	0.080	0.091
Selenium, Se	mcg	2.8		0	BFNN	4		6.9	3.5	4.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.5	0.8	0.9
Thiamin	mg	0.034		0		1		0.083	0.043	0.048
Riboflavin	mg	0.162		0		1		0.397	0.203	0.230
Niacin	mg	0.086		0		1		0.211	0.108	0.122
Pantothenic acid	mg	0.446		0		1		1.093	0.558	0.633
Vitamin B-6	mg	0.037		0		1		0.091	0.046	0.053
Folate, total	mcg	9		0		1		21	11	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0		1		21	11	12
Folate, DFE	mcg_DFE	9		0	NC	4		21	11	12
Choline, total	mg	15.2		0	T	4		37.2	19.0	21.6
Betaine	mg									
Vitamin B-12	mcg	0.43		0		1		1.04	0.53	0.60
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	11		0	NC	4		27	14	16
Retinol	mcg	11		0	T	4		27	14	16
Carotene, beta	mcg	2		0	BFFN	4		5	2	3
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	40		0	NC	4		97	50	56
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFFN	4		0.05	0.03	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.1	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.1	0.0	0.0
Vitamin D	IU	1		0	BFFN	4		2	1	1
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.2	0.1	0.1
Lipids:										
Fatty acids, total saturated	g	0.742		0		1		1.818	0.928	1.054
4:0	g	0.034	0.003	3		1		0.083	0.043	0.048

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.023	0.002	3		1		0.056	0.029	0.033
8:0 ....g	0.015	0.001	3		1		0.037	0.019	0.021
10:0 ....g	0.033	0.003	3		1		0.081	0.041	0.047
12:0 ....g	0.039	0.003	3		1		0.096	0.049	0.055
13:0 ....g									
14:0 ....g	0.121	0.009	3		1		0.296	0.151	0.172
15:0 ....g									
16:0 ....g	0.313	0.024	3		1		0.767	0.391	0.444
17:0 ....g									
18:0 ....g	0.112	0.008	3		1		0.274	0.140	0.159
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.316		0		1		0.774	0.395	0.449
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.025	0.002	3		1		0.061	0.031	0.036
17:1 ....g									
18:1 undifferentiated ....g	0.263	0.020	3		1		0.644	0.329	0.373
20:1 ....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.033		0		1		0.081	0.041	0.047
18:2 undifferentiated ....g	0.023	0.002	3		1		0.056	0.029	0.033
18:3 undifferentiated ....g	0.010	0.001	3		1		0.025	0.013	0.014
18:4 ....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ....g									
Cholesterol ....mg	5		0		1		11	6	6
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.022		0		1		0.054	0.028	0.031
Threonine ....g	0.163		0		1		0.399	0.204	0.231
Isoleucine ....g	0.217		0		1		0.532	0.271	0.308
Leucine ....g	0.401		0		1		0.982	0.501	0.569
Lysine ....g	0.357		0		1		0.875	0.446	0.507
Methionine ....g	0.117		0		1		0.287	0.146	0.166
Cystine ....g	0.036		0		4		0.088	0.045	0.051
Phenylalanine ....g	0.217		0		1		0.532	0.271	0.308
Tyrosine ....g	0.201		0		1		0.492	0.251	0.285
Valine ....g	0.329		0		1		0.806	0.411	0.467
Arginine ....g	0.120		0		1		0.294	0.150	0.170
Histidine ....g	0.099		0		1		0.243	0.124	0.141
Alanine ....g	0.170		0		1		0.417	0.213	0.241
Aspartic acid ....g	0.316		0		1		0.774	0.395	0.449
Glutamic acid ....g	0.779		0		1		1.909	0.974	1.106
Glycine ....g	0.096		0		1		0.235	0.120	0.136
Proline ....g	0.472		0		1		1.156	0.590	0.670
Serine ....g	0.246		0		1		0.603	0.308	0.349
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine ....mg	0		0	Z	7		0	0	0
Theobromine ....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01120

Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 142g: 1 container (5 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01216

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.30	0.595	17		1		184.49	94.13	106.93
Energy....kcal	99		0	NC	4		243	124	141
Energy....kJ	415		0	NC	4		1017	519	590
Protein (N x 6.38)....g	3.98	0.030	19		1		9.75	4.98	5.65
Total lipid (fat)....g	1.15	0.086	17		1		2.82	1.44	1.63
Ash....g	0.93	0.049	9		1		2.28	1.16	1.32
Carbohydrate, by difference....g	18.64		0	NC	4		45.67	23.30	26.47
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	18.64		0	NR	4		45.67	23.30	26.47
Starch....g									
Minerals:									
Calcium, Ca....mg	138		0		1		339	173	196
Iron, Fe....mg	0.06		0		1		0.15	0.08	0.09
Magnesium, Mg....mg	13		0		1		33	17	19
Phosphorus, P....mg	109		0		1		266	136	154
Potassium, K....mg	177		0		1		434	221	251
Sodium, Na....mg	53		0		1		130	67	76
Zinc, Zn....mg	0.67		0		1		1.64	0.84	0.95
Copper, Cu....mg	0.079		0		1		0.194	0.099	0.112
Manganese, Mn....mg	0.064		0		1		0.157	0.080	0.091
Selenium, Se....mcg	2.8		0	BFNN	4		6.9	3.5	4.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		1.5	0.8	0.9
Thiamin....mg	0.034		0		1		0.083	0.043	0.048
Riboflavin....mg	0.162		0		1		0.397	0.203	0.230
Niacin....mg	0.086		0		1		0.211	0.108	0.122
Pantothenic acid....mg	0.446		0		1		1.093	0.558	0.633
Vitamin B-6....mg	0.037		0		1		0.091	0.046	0.053
Folate, total....mcg	9		0		1		21	11	12
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	9		0		1		21	11	12
Folate, DFE....mcg_DFE	9		0	NC	4		21	11	12
Choline, total....mg	15.2		0	T	4		37.2	19.0	21.6
Betaine....mg									
Vitamin B-12....mcg	0.43		0		1		1.04	0.53	0.60
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	11		0	NC	4		27	14	16
Retinol....mcg	11		0	T	4		27	14	16
Carotene, beta....mcg	2		0	BFFN	4		5	2	3
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	40		0	NC	4		97	50	56
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.05	0.03	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		45	AS	1		3.2	1.6	1.9
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3	0.016	45	A	1		3.2	1.6	1.9
Vitamin D....IU	52	0.622	45	A	1		129	66	75
Vitamin K (phylloquinone)....mcg	0.1		0	BFFN	4		0.2	0.1	0.1
Lipids:									
Fatty acids, total saturated....g	0.742		0		1		1.818	0.928	1.054
4:0....g	0.034	0.003	3		1		0.083	0.043	0.048

NDB No. 01216

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.023	0.002	3		1		0.056	0.029	0.033
8:0 g	0.015	0.001	3		1		0.037	0.019	0.021
10:0 g	0.033	0.003	3		1		0.081	0.041	0.047
12:0 g	0.039	0.003	3		1		0.096	0.049	0.055
13:0 g									
14:0 g	0.121	0.009	3		1		0.296	0.151	0.172
15:0 g									
16:0 g	0.313	0.024	3		1		0.767	0.391	0.444
17:0 g									
18:0 g	0.112	0.008	3		1		0.274	0.140	0.159
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.316		0		1		0.774	0.395	0.449
14:1 g									
15:1 g									
16:1 undifferentiated g	0.025	0.002	3		1		0.061	0.031	0.036
17:1 g									
18:1 undifferentiated g	0.263	0.020	3		1		0.644	0.329	0.373
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.033		0		1		0.081	0.041	0.047
18:2 undifferentiated g	0.023	0.002	3		1		0.056	0.029	0.033
18:3 undifferentiated g	0.010	0.001	3		1		0.025	0.013	0.014
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	5		0		1		11	6	6
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.022		0		1		0.054	0.028	0.031
Threonine g	0.163		0		1		0.399	0.204	0.231
Isoleucine g	0.217		0		1		0.532	0.271	0.308
Leucine g	0.401		0		1		0.982	0.501	0.569
Lysine g	0.357		0		1		0.875	0.446	0.507
Methionine g	0.117		0		1		0.287	0.146	0.166
Cystine g	0.036		0		4		0.088	0.045	0.051
Phenylalanine g	0.217		0		1		0.532	0.271	0.308
Tyrosine g	0.201		0		1		0.492	0.251	0.285
Valine g	0.329		0		1		0.806	0.411	0.467
Arginine g	0.120		0		1		0.294	0.150	0.170
Histidine g	0.099		0		1		0.243	0.124	0.141
Alanine g	0.170		0		1		0.417	0.213	0.241
Aspartic acid g	0.316		0		1		0.774	0.395	0.449
Glutamic acid g	0.779		0		1		1.909	0.974	1.106
Glycine g	0.096		0		1		0.235	0.120	0.136
Proline g	0.472		0		1		1.156	0.590	0.670
Serine g	0.246		0		1		0.603	0.308	0.349
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01216

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 142g: 1 container (5 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01203
Yogurt, fruit, lowfat, with low calorie sweetener

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.10	0.514	20		1		168.21	181.55	125.97
Energy	kcal	105		0	NC	4		239	258	179
Energy	kJ	440		0	NC	4		998	1078	748
Protein (N x 6.38)	g	4.86	0.052	20		1		11.03	11.91	8.26
Total lipid (fat)	g	1.41	0.106	17		1		3.20	3.45	2.40
Ash	g	1.03	0.034	12		1		2.34	2.52	1.75
Carbohydrate, by difference	g	18.60		0	NC	4		42.22	45.57	31.62
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	2.90		0	O	4		6.58	7.11	4.93
Starch	g									
Minerals:										
Calcium, Ca	mg	152		0		4		345	372	258
Iron, Fe	mg	0.07		0		1		0.16	0.17	0.12
Magnesium, Mg	mg	16		0		1		37	40	28
Phosphorus, P	mg	133		0		1		301	325	226
Potassium, K	mg	194		0		4		440	475	330
Sodium, Na	mg	58		0		4		132	142	99
Zinc, Zn	mg	0.82		0		1		1.86	2.01	1.39
Copper, Cu	mg	0.080		0		1		0.182	0.196	0.136
Manganese, Mn	mg	0.065		0		1		0.148	0.159	0.111
Selenium, Se	mcg	3.1		0	BFNN	4		7.0	7.6	5.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.7	1.8	1.3
Thiamin	mg	0.041		0		1		0.093	0.100	0.070
Riboflavin	mg	0.180		0		4		0.409	0.441	0.306
Niacin	mg	0.105		0		1		0.238	0.257	0.179
Pantothenic acid	mg	0.544		0		1		1.235	1.333	0.925
Vitamin B-6	mg	0.045		0		1		0.102	0.110	0.077
Folate, total	mcg	10		0		1		24	25	18
Folic acid	mcg	0		0	BFNN	4		0	0	0
Folate, food	mcg	10		0	NR	4		23	25	17
Folate, DFE	mcg_DFE	10		0	NC	4		23	25	17
Choline, total	mg	15.2		0	T	4		34.5	37.2	25.8
Betaine	mg									
Vitamin B-12	mcg	0.52		0		1		1.18	1.27	0.88
Vitamin B-12, added	mcg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	131		0	NC	4		298	322	223
Retinol	mcg	131		0	T	4		297	321	223
Carotene, beta	mcg	4		0	BFNN	4		8	9	6
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	443		0	NC	4		1005	1084	752
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.06		0	BFNN	4		0.14	0.15	0.10
Vitamin E, added	mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.1	0.1	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.1	0.1	0.0
Vitamin D	IU	1		0	BFFN	4		2	3	2
Vitamin K (phylloquinone)	mcg	1.2		0	BFNN	4		2.6	2.8	2.0
Lipids:										
Fatty acids, total saturated	g	0.909		0		1		2.063	2.227	1.545
4:0	g	0.042	0.003	3		1		0.095	0.103	0.071

NDB No. 01203
Yogurt, fruit, low fat, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.029	0.002	3		1		0.066	0.071	0.049
8:0 g	0.018	0.001	3		1		0.041	0.044	0.031
10:0 g	0.040	0.003	3		1		0.091	0.098	0.068
12:0 g	0.048	0.004	3		1		0.109	0.118	0.082
13:0 g									
14:0 g	0.149	0.011	3		1		0.338	0.365	0.253
15:0 g									
16:0 g	0.384	0.029	3		1		0.872	0.941	0.653
17:0 g									
18:0 g	0.137	0.010	3		1		0.311	0.336	0.233
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.387		0		1		0.878	0.948	0.658
14:1 g									
15:1 g									
16:1 undifferentiated g	0.031	0.002	3		1		0.070	0.076	0.053
17:1 g									
18:1 undifferentiated g	0.322	0.024	3		1		0.731	0.789	0.547
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.040		0		1		0.091	0.098	0.068
18:2 undifferentiated g	0.028	0.002	3		1		0.064	0.069	0.048
18:3 undifferentiated g	0.012	0.001	3		1		0.027	0.029	0.020
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	6		0		1		12	13	9
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.027		0		1		0.061	0.066	0.046
Threonine g	0.200		0		1		0.454	0.490	0.340
Isoleucine g	0.265		0		1		0.602	0.649	0.451
Leucine g	0.490		0		1		1.112	1.201	0.833
Lysine g	0.436		0		1		0.990	1.068	0.741
Methionine g	0.143		0		1		0.325	0.350	0.243
Cystine g	0.044		0		4		0.100	0.108	0.075
Phenylalanine g	0.265		0		1		0.602	0.649	0.451
Tyrosine g	0.245		0		1		0.556	0.600	0.417
Valine g	0.402		0		1		0.913	0.985	0.683
Arginine g	0.146		0		1		0.331	0.358	0.248
Histidine g	0.120		0		1		0.272	0.294	0.204
Alanine g	0.208		0		1		0.472	0.510	0.354
Aspartic acid g	0.385		0		1		0.874	0.943	0.655
Glutamic acid g	0.951		0		1		2.159	2.330	1.617
Glycine g	0.117		0		1		0.266	0.287	0.199
Proline g	0.576		0		1		1.308	1.411	0.979
Serine g	0.301		0		1		0.683	0.737	0.512
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01203

Yogurt, fruit, low fat, with low calorie sweetener

Common Measures:

Measure 1 = 227g: 1 8 oz container (8 oz)

Measure 2 = 245g: 1 cup (8 fl oz)

Measure 3 = 170g: 1 6 oz container (6 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01219

Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.10	0.514	20		1		168.21	181.55	125.97
Energy....kcal	105		0	NC	4		239	258	179
Energy....kJ	440		0	NC	4		998	1078	748
Protein (N x 6.38)....g	4.86	0.052	20		1		11.03	11.91	8.26
Total lipid (fat)....g	1.41	0.106	17		1		3.20	3.45	2.40
Ash....g	1.03	0.034	12		1		2.34	2.52	1.75
Carbohydrate, by difference....g	18.60		0	NC	4		42.22	45.57	31.62
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	2.90		0	O	4		6.58	7.11	4.93
Starch....g									
Minerals:									
Calcium, Ca....mg	152		0		4		345	372	258
Iron, Fe....mg	0.07		0		1		0.16	0.17	0.12
Magnesium, Mg....mg	16		0		1		37	40	28
Phosphorus, P....mg	133		0		1		301	325	226
Potassium, K....mg	194		0		4		440	475	330
Sodium, Na....mg	58		0		4		132	142	99
Zinc, Zn....mg	0.82		0		1		1.86	2.01	1.39
Copper, Cu....mg	0.080		0		1		0.182	0.196	0.136
Manganese, Mn....mg	0.065		0		1		0.148	0.159	0.111
Selenium, Se....mcg	3.1		0	BFNN	4		7.0	7.6	5.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.7	1.8	1.3
Thiamin....mg	0.041		0		1		0.093	0.100	0.070
Riboflavin....mg	0.180		0		4		0.409	0.441	0.306
Niacin....mg	0.105		0		1		0.238	0.257	0.179
Pantothenic acid....mg	0.544		0		1		1.235	1.333	0.925
Vitamin B-6....mg	0.045		0		1		0.102	0.110	0.077
Folate, total....mcg	10		0		1		24	25	18
Folic acid....mcg	0		0	BFNN	4		0	0	0
Folate, food....mcg	10		0	NR	4		23	25	17
Folate, DFE....mcg_DFE	10		0	NC	4		23	25	17
Choline, total....mg	15.2		0	T	4		34.5	37.2	25.8
Betaine....mg									
Vitamin B-12....mcg	0.52		0		1		1.18	1.27	0.88
Vitamin B-12, added....mcg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	131		0	NC	4		298	322	223
Retinol....mcg	131		0	T	4		297	321	223
Carotene, beta....mcg	4		0	BFNN	4		8	9	6
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	443		0	NC	4		1005	1084	752
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFNN	4		0.14	0.15	0.10
Vitamin E, added....mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		45	AS	1		3.0	3.2	2.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3	0.016	45	A	1		3.0	3.2	2.2
Vitamin D....IU	52	0.622	45	A	1		119	129	89
Vitamin K (phylloquinone)....mcg	1.2		0	BFNN	4		2.6	2.8	2.0
Lipids:									
Fatty acids, total saturated....g	0.909		0		1		2.063	2.227	1.545
4:0....g	0.042	0.003	3		1		0.095	0.103	0.071

NDB No. 01219

Yogurt, fruit, low fat, with low calorie sweetener, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.029	0.002	3		1		0.066	0.071	0.049
8:0 ....g	0.018	0.001	3		1		0.041	0.044	0.031
10:0 ....g	0.040	0.003	3		1		0.091	0.098	0.068
12:0 ....g	0.048	0.004	3		1		0.109	0.118	0.082
13:0 ....g									
14:0 ....g	0.149	0.011	3		1		0.338	0.365	0.253
15:0 ....g									
16:0 ....g	0.384	0.029	3		1		0.872	0.941	0.653
17:0 ....g									
18:0 ....g	0.137	0.010	3		1		0.311	0.336	0.233
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.387		0		1		0.878	0.948	0.658
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.031	0.002	3		1		0.070	0.076	0.053
17:1 ....g									
18:1 undifferentiated ....g	0.322	0.024	3		1		0.731	0.789	0.547
20:1 ....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ....g	0.000		0		4		0.000	0.000	0.000
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.040		0		1		0.091	0.098	0.068
18:2 undifferentiated ....g	0.028	0.002	3		1		0.064	0.069	0.048
18:3 undifferentiated ....g	0.012	0.001	3		1		0.027	0.029	0.020
18:4 ....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) ....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) ....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) ....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ....g									
Cholesterol ....mg	6		0		1		12	13	9
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.027		0		1		0.061	0.066	0.046
Threonine ....g	0.200		0		1		0.454	0.490	0.340
Isoleucine ....g	0.265		0		1		0.602	0.649	0.451
Leucine ....g	0.490		0		1		1.112	1.201	0.833
Lysine ....g	0.436		0		1		0.990	1.068	0.741
Methionine ....g	0.143		0		1		0.325	0.350	0.243
Cystine ....g	0.044		0		4		0.100	0.108	0.075
Phenylalanine ....g	0.265		0		1		0.602	0.649	0.451
Tyrosine ....g	0.245		0		1		0.556	0.600	0.417
Valine ....g	0.402		0		1		0.913	0.985	0.683
Arginine ....g	0.146		0		1		0.331	0.358	0.248
Histidine ....g	0.120		0		1		0.272	0.294	0.204
Alanine ....g	0.208		0		1		0.472	0.510	0.354
Aspartic acid ....g	0.385		0		1		0.874	0.943	0.655
Glutamic acid ....g	0.951		0		1		2.159	2.330	1.617
Glycine ....g	0.117		0		1		0.266	0.287	0.199
Proline ....g	0.576		0		1		1.308	1.411	0.979
Serine ....g	0.301		0		1		0.683	0.737	0.512
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine ....mg	0		0	Z	7		0	0	0
Theobromine ....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01219

Yogurt, fruit, low fat, with low calorie sweetener, fortified with vitamin D

Common Measures:

Measure 1 = 227g: 1 8 oz container (8 oz)

Measure 2 = 245g: 1 cup (8 fl oz)

Measure 3 = 170g: 1 6 oz container (6 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.07	0.304	28		1		208.42	193.11	96.13
Energy	kcal	63		0	NC	4		155	144	72
Energy	kJ	265		0	NC	4		649	601	299
Protein (N x 6.38)	g	5.25	0.104	30		1		12.86	11.92	5.93
Total lipid (fat)	g	1.55	0.072	38		1		3.80	3.52	1.75
Ash	g	1.09	0.034	16		1		2.67	2.47	1.23
Carbohydrate, by difference	g	7.04		0	NC	4		17.25	15.98	7.96
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	7.04		0	NR	4		17.25	15.98	7.96
Starch	g									
Minerals:										
Calcium, Ca	mg	183	5.716	14		1		447	415	206
Iron, Fe	mg	0.08	0.008	4		1		0.20	0.18	0.09
Magnesium, Mg	mg	17	1.036	4		1		43	40	20
Phosphorus, P	mg	144	5.951	16		1		352	326	162
Potassium, K	mg	234		7		1		573	531	264
Sodium, Na	mg	70		9		1		172	159	79
Zinc, Zn	mg	0.89	0.102	12		1		2.18	2.02	1.01
Copper, Cu	mg	0.013		0		1		0.032	0.030	0.015
Manganese, Mn	mg	0.004		0		1		0.010	0.009	0.005
Selenium, Se	mcg	3.3	0.332	17	A	1		8.1	7.5	3.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.199	8		1		2.0	1.8	0.9
Thiamin	mg	0.044	0.002	26		1		0.108	0.100	0.050
Riboflavin	mg	0.214	0.009	11		1		0.524	0.486	0.242
Niacin	mg	0.114		2		1		0.279	0.259	0.129
Pantothenic acid	mg	0.591	0.052	9		1		1.448	1.342	0.668
Vitamin B-6	mg	0.049	0.008	10		1		0.120	0.111	0.055
Folate, total	mcg	11	1.300	4		1		27	25	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	11	1.300	4		1		27	25	13
Folate, DFE	mcg_DFE	11		0	NC	4		27	25	13
Choline, total	mg	15.2		0	AS	1		37.3	34.5	17.2
Betaine	mg	0.9		2	A	1		2.1	1.9	1.0
Vitamin B-12	mcg	0.56	0.054	8		1		1.38	1.28	0.64
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	14		0	NC	4		35	32	16
Retinol	mcg	14		0	T	4		34	32	16
Carotene, beta	mcg	2		0	BFFN	4		6	6	3
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	51		0	NC	4		124	115	57
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.03		0	BFFN	4		0.07	0.06	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.1	0.1	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.1	0.1	0.0
Vitamin D	IU	1		0	BFFN	4		3	3	1
Vitamin K (phylloquinone)	mcg	0.2	0.120	9	A	1		0.5	0.5	0.2
Lipids:										
Fatty acids, total saturated	g	1.000		0		1		2.450	2.270	1.130
4:0	g	0.046	0.002	3		1		0.113	0.104	0.052

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.032	0.002	3		1		0.078	0.073	0.036
8:0 ... g	0.020	0.001	3		1		0.049	0.045	0.023
10:0 ... g	0.044	0.002	3		1		0.108	0.100	0.050
12:0 ... g	0.053	0.003	3		1		0.130	0.120	0.060
13:0 ... g									
14:0 ... g	0.163	0.008	3		1		0.399	0.370	0.184
15:0 ... g									
16:0 ... g	0.422	0.020	3		1		1.034	0.958	0.477
17:0 ... g									
18:0 ... g	0.151	0.007	3		1		0.370	0.343	0.171
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.426		0		1		1.044	0.967	0.481
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.034	0.002	3		1		0.083	0.077	0.038
17:1 ... g									
18:1 undifferentiated ... g	0.354	0.017	3		1		0.867	0.804	0.400
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.044		0		1		0.108	0.100	0.050
18:2 undifferentiated ... g	0.031	0.001	3		1		0.076	0.070	0.035
18:3 undifferentiated ... g	0.013	0.001	3		1		0.032	0.030	0.015
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	6	0.589	5		1		15	14	7
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.030		0		1		0.074	0.068	0.034
Threonine ... g	0.216		0		1		0.529	0.490	0.244
Isoleucine ... g	0.286		0		1		0.701	0.649	0.323
Leucine ... g	0.529		0		1		1.296	1.201	0.598
Lysine ... g	0.471		0		1		1.154	1.069	0.532
Methionine ... g	0.155		0		1		0.380	0.352	0.175
Cystine ... g	0.048		0		4		0.118	0.109	0.054
Phenylalanine ... g	0.286		0		1		0.701	0.649	0.323
Tyrosine ... g	0.265		0		1		0.649	0.602	0.299
Valine ... g	0.434		0		1		1.063	0.985	0.490
Arginine ... g	0.158		0		1		0.387	0.359	0.179
Histidine ... g	0.130		0		1		0.319	0.295	0.147
Alanine ... g	0.225		0		1		0.551	0.511	0.254
Aspartic acid ... g	0.416		0		1		1.019	0.944	0.470
Glutamic acid ... g	1.028		0		1		2.519	2.334	1.162
Glycine ... g	0.127		0		1		0.311	0.288	0.144
Proline ... g	0.622		0		1		1.524	1.412	0.703
Serine ... g	0.325		0		1		0.796	0.738	0.367
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01117

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.23		0		1		208.81	193.47	96.31
Energy....kcal	56		0	NC	4		137	127	63
Energy....kJ	233		0	NC	4		572	530	264
Protein (N x 6.38)....g	5.73		0		1		14.04	13.01	6.47
Total lipid (fat)....g	0.18		0		1		0.44	0.41	0.20
Ash....g	1.18		0		1		2.89	2.68	1.33
Carbohydrate, by difference....g	7.68		0	NC	4		18.82	17.43	8.68
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	7.68		0	NR	4		18.82	17.43	8.68
Starch....g									
Minerals:									
Calcium, Ca....mg	199		0		1		488	452	225
Iron, Fe....mg	0.09		0		1		0.22	0.20	0.10
Magnesium, Mg....mg	19		0		1		47	43	22
Phosphorus, P....mg	157		0		1		383	355	177
Potassium, K....mg	255		0		1		625	579	288
Sodium, Na....mg	77		0		1		187	174	86
Zinc, Zn....mg	0.97		0		1		2.38	2.20	1.10
Copper, Cu....mg	0.015		0		1		0.037	0.034	0.017
Manganese, Mn....mg	0.005		0		1		0.012	0.011	0.006
Selenium, Se....mcg	3.6		0	BFNN	4		8.8	8.2	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.1	2.0	1.0
Thiamin....mg	0.048		0		1		0.118	0.109	0.054
Riboflavin....mg	0.234		0		1		0.573	0.531	0.264
Niacin....mg	0.124		0		1		0.304	0.281	0.140
Pantothenic acid....mg	0.641		0		1		1.570	1.455	0.724
Vitamin B-6....mg	0.053		0		1		0.130	0.120	0.060
Folate, total....mcg	12		0		1		30	28	14
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	12		0		1		30	28	14
Folate, DFE....mcg_DFE	12		0	NC	4		30	28	14
Choline, total....mg	15.2		0	T	4		37.2	34.5	17.2
Betaine....mg									
Vitamin B-12....mcg	0.61		0		1		1.50	1.39	0.69
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	2		0	NC	4		5	5	2
Retinol....mcg	2		0	T	4		5	5	2
Carotene, beta....mcg	0		0	BFFN	4		1	1	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	7		0	NC	4		18	16	8
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.01	0.01	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	0.2	0.120	9	A	1		0.5	0.5	0.2
Lipids:									
Fatty acids, total saturated....g	0.116		0		1		0.284	0.263	0.131
4:0....g	0.005		3		1		0.012	0.011	0.006

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.004		3		1		0.010	0.009	0.005
8:0....g	0.002		3		1		0.005	0.005	0.002
10:0....g	0.005		3		1		0.012	0.011	0.006
12:0....g	0.006		3		1		0.015	0.014	0.007
13:0....g									
14:0....g	0.019		3		1		0.047	0.043	0.021
15:0....g									
16:0....g	0.049		3		1		0.120	0.111	0.055
17:0....g									
18:0....g	0.018		3		1		0.044	0.041	0.020
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0		1		0.120	0.111	0.055
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		3		1		0.010	0.009	0.005
17:1....g									
18:1 undifferentiated....g	0.041		3		1		0.100	0.093	0.046
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.005		0		1		0.012	0.011	0.006
18:2 undifferentiated....g	0.004		3		1		0.010	0.009	0.005
18:3 undifferentiated....g	0.001		3		1		0.002	0.002	0.001
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		4	4	2
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.078	0.073	0.036
Threonine....g	0.235		0		1		0.576	0.533	0.266
Isoleucine....g	0.313		0		1		0.767	0.711	0.354
Leucine....g	0.577		0		1		1.414	1.310	0.652
Lysine....g	0.514		0		1		1.259	1.167	0.581
Methionine....g	0.169		0		1		0.414	0.384	0.191
Cystine....g	0.052		0		4		0.127	0.118	0.059
Phenylalanine....g	0.313		0		1		0.767	0.711	0.354
Tyrosine....g	0.289		0		1		0.708	0.656	0.327
Valine....g	0.474		0		1		1.161	1.076	0.536
Arginine....g	0.172		0		1		0.421	0.390	0.194
Histidine....g	0.142		0		1		0.348	0.322	0.160
Alanine....g	0.245		0		1		0.600	0.556	0.277
Aspartic acid....g	0.454		0		1		1.112	1.031	0.513
Glutamic acid....g	1.122		0		1		2.749	2.547	1.268
Glycine....g	0.138		0		1		0.338	0.313	0.156
Proline....g	0.679		0		1		1.664	1.541	0.767
Serine....g	0.355		0		1		0.870	0.806	0.401
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01118

Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.90		0		1		215.36	199.53	99.33
Energy....kcal	61		0	NC	4		150	139	69
Energy....kJ	257		0	NC	4		630	583	290
Protein (N x 6.38)....g	3.47		0		1		8.50	7.88	3.92
Total lipid (fat)....g	3.25		0		1		7.96	7.38	3.67
Ash....g	0.72		0		1		1.76	1.63	0.81
Carbohydrate, by difference....g	4.66		0	NC	4		11.42	10.58	5.27
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.66		0	NR	4		11.42	10.58	5.27
Starch....g									
Minerals:									
Calcium, Ca....mg	121		0		1		296	274	136
Iron, Fe....mg	0.05		0		1		0.12	0.11	0.06
Magnesium, Mg....mg	12		0		1		28	26	13
Phosphorus, P....mg	95		0		1		233	215	107
Potassium, K....mg	155		0		1		379	351	175
Sodium, Na....mg	46		0		1		114	105	52
Zinc, Zn....mg	0.59		0		1		1.45	1.34	0.67
Copper, Cu....mg	0.009		0		1		0.022	0.020	0.010
Manganese, Mn....mg	0.004		0		1		0.010	0.009	0.005
Selenium, Se....mcg	2.2		0	BFNN	4		5.4	5.0	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		1.3	1.2	0.6
Thiamin....mg	0.029		0		1		0.071	0.066	0.033
Riboflavin....mg	0.142		0		1		0.348	0.322	0.160
Niacin....mg	0.075		0		1		0.184	0.170	0.085
Pantothenic acid....mg	0.389		0		1		0.953	0.883	0.440
Vitamin B-6....mg	0.032		0		1		0.078	0.073	0.036
Folate, total....mcg	7		0		1		18	17	8
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	7		0		1		18	17	8
Folate, DFE....mcg_DFE	7		0	NC	4		18	17	8
Choline, total....mg	15.2		0	T	4		37.2	34.5	17.2
Betaine....mg									
Vitamin B-12....mcg	0.37		0		1		0.91	0.84	0.42
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	27		0	NC	4		67	62	31
Retinol....mcg	27		0	T	4		66	61	31
Carotene, beta....mcg	5		0	BFFN	4		13	12	6
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	99		0	NC	4		242	224	111
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFFN	4		0.14	0.13	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.1	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1	0.1	0.1
Vitamin D....IU	2		0	BFFN	4		6	5	3
Vitamin K (phylloquinone)....mcg	0.2		0	BFFN	4		0.6	0.5	0.3
Lipids:									
Fatty acids, total saturated....g	2.096		0		1		5.135	4.758	2.368
4:0....g	0.096		3		1		0.235	0.218	0.108

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.066		3		1		0.162	0.150	0.075
8:0 g	0.042		3		1		0.103	0.095	0.047
10:0 g	0.093		3		1		0.228	0.211	0.105
12:0 g	0.111		3		1		0.272	0.252	0.125
13:0 g									
14:0 g	0.343		3		1		0.840	0.779	0.388
15:0 g									
16:0 g	0.886		3		1		2.171	2.011	1.001
17:0 g									
18:0 g	0.317		3		1		0.777	0.720	0.358
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.893		0		1		2.188	2.027	1.009
14:1 g									
15:1 g									
16:1 undifferentiated g	0.071		3		1		0.174	0.161	0.080
17:1 g									
18:1 undifferentiated g	0.743		3		1		1.820	1.687	0.840
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.092		0		1		0.225	0.209	0.104
18:2 undifferentiated g	0.065		3		1		0.159	0.148	0.073
18:3 undifferentiated g	0.027		3		1		0.066	0.061	0.031
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	13		0		1		31	29	14
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.020		0		1		0.049	0.045	0.023
Threonine g	0.142		0		1		0.348	0.322	0.160
Isoleucine g	0.189		0		1		0.463	0.429	0.214
Leucine g	0.350		0		1		0.858	0.795	0.396
Lysine g	0.311		0		1		0.762	0.706	0.351
Methionine g	0.102		0		1		0.250	0.232	0.115
Cystine g	0.032		0		4		0.078	0.073	0.036
Phenylalanine g	0.189		0		1		0.463	0.429	0.214
Tyrosine g	0.175		0		1		0.429	0.397	0.198
Valine g	0.287		0		1		0.703	0.651	0.324
Arginine g	0.104		0		1		0.255	0.236	0.118
Histidine g	0.086		0		1		0.211	0.195	0.097
Alanine g	0.148		0		1		0.363	0.336	0.167
Aspartic acid g	0.275		0		1		0.674	0.624	0.311
Glutamic acid g	0.679		0		1		1.664	1.541	0.767
Glycine g	0.084		0		1		0.206	0.191	0.095
Proline g	0.411		0		1		1.007	0.933	0.464
Serine g	0.215		0		1		0.527	0.488	0.243
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01116

Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01184

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.43		0		4				
Energy	kcal	43		0	LC	8				
Energy	kJ	180		0		8				
Protein	g	3.86		0	LC	8				
Total lipid (fat)	g	0.18		0	BFZN	4				
Ash	g	1.00		0	BFZN	4				
Carbohydrate, by difference	g	7.50		0	LC	8				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	7.50		0	NR	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	LC	8				
Iron, Fe	mg	0.12		0	LC	8				
Magnesium, Mg	mg	13		0	BFZN	4				
Phosphorus, P	mg	109		0	BFZN	4				
Potassium, K	mg	177		0	BFZN	4				
Sodium, Na	mg	59		0	LC	8				
Zinc, Zn	mg	0.67		0	BFZN	4				
Copper, Cu	mg	0.079		0	BFZN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	3.1		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	LC	8				
Thiamin	mg	0.034		0	BFZN	4				
Riboflavin	mg	0.162		0	BFZN	4				
Niacin	mg	0.086		0	BFZN	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.037		0	BFZN	4				
Folate, total	mcg	8		0	BFZN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFZN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Choline, total	mg	15.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	0.43		0	BFZN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	2		0	NC	4				
Retinol	mcg	2		0	BFFN	4				
Carotene, beta	mcg	0		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	6		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.116		0	BFZN	4				
4:0	g	0.005		0	BFZN	4				

NDB No. 01184

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.005		0	BFZN	4				
8:0 ... g	0.002		0	BFZN	4				
10:0 ... g	0.005		0	BFZN	4				
12:0 ... g	0.006		0	BFZN	4				
13:0 ... g									
14:0 ... g	0.019		0	BFZN	4				
15:0 ... g									
16:0 ... g	0.049		0	BFZN	4				
17:0 ... g									
18:0 ... g	0.018		0	BFZN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.049		0	BFZN	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	BFZN	4				
17:1 ... g									
18:1 undifferentiated ... g	0.041		0	BFZN	4				
20:1 ... g	0.000		0	BFZN	4				
22:1 undifferentiated ... g	0.000		0	BFZN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.005		0	BFZN	4				
18:2 undifferentiated ... g	0.004		0	BFZN	4				
18:3 undifferentiated ... g	0.001		0	BFZN	4				
18:4 ... g	0.000		0	BFZN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	LC	8				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01221

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.43		0		4				
Energy	kcal	43		0	LC	8				
Energy	kJ	180		0		8				
Protein	g	3.86		0	LC	8				
Total lipid (fat)	g	0.18		0	BFZN	4				
Ash	g	1.00		0	BFZN	4				
Carbohydrate, by difference	g	7.50		0	LC	8				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	7.50		0	NR	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	LC	8				
Iron, Fe	mg	0.12		0	LC	8				
Magnesium, Mg	mg	13		0	BFZN	4				
Phosphorus, P	mg	109		0	BFZN	4				
Potassium, K	mg	177		0	BFZN	4				
Sodium, Na	mg	59		0	LC	8				
Zinc, Zn	mg	0.67		0	BFZN	4				
Copper, Cu	mg	0.079		0	BFZN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	3.1		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	LC	8				
Thiamin	mg	0.034		0	BFZN	4				
Riboflavin	mg	0.162		0	BFZN	4				
Niacin	mg	0.086		0	BFZN	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.037		0	BFZN	4				
Folate, total	mcg	8		0	BFZN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFZN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Choline, total	mg	15.2		0	T	4				
Betaine	mg									
Vitamin B-12	mcg	0.43		0	BFZN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	2		0	NC	4				
Retinol	mcg	2		0	BFFN	4				
Carotene, beta	mcg	0		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	6		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.2		0	S	4				
Vitamin D	IU	47		0	NR	4				
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.116		0	BFZN	4				
4:0	g	0.005		0	BFZN	4				

NDB No. 01221

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g	0.005		0	BFZN	4				
8:0	g	0.002		0	BFZN	4				
10:0	g	0.005		0	BFZN	4				
12:0	g	0.006		0	BFZN	4				
13:0	g									
14:0	g	0.019		0	BFZN	4				
15:0	g									
16:0	g	0.049		0	BFZN	4				
17:0	g									
18:0	g	0.018		0	BFZN	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.049		0	BFZN	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0	BFZN	4				
17:1	g									
18:1 undifferentiated	g	0.041		0	BFZN	4				
20:1	g	0.000		0	BFZN	4				
22:1 undifferentiated	g	0.000		0	BFZN	4				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.005		0	BFZN	4				
18:2 undifferentiated	g	0.004		0	BFZN	4				
18:3 undifferentiated	g	0.001		0	BFZN	4				
18:4	g	0.000		0	BFZN	4				
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFZN	4				
20:5 n-3 (EPA)	g	0.000		0	BFZN	4				
22:5 n-3 (DPA)	g	0.000		0	BFZN	4				
22:6 n-3 (DHA)	g	0.000		0	BFZN	4				
Fatty acids, total trans	g									
Cholesterol	mg	2		0	LC	8				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine	mg	0		0	Z	7				
Theobromine	mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.00		0		1		193.55	179.33	89.27
Energy	kcal	85		0	NC	4		209	194	97
Energy	kJ	358		0	NC	4		876	812	404
Protein (N x 6.38)	g	4.93		3		1		12.08	11.19	5.57
Total lipid (fat)	g	1.25		3		1		3.06	2.84	1.41
Ash	g	1.02		0		1		2.50	2.32	1.15
Carbohydrate, by difference	g	13.80		0		4		33.81	31.33	15.59
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	13.80		0	NR	4		33.81	31.33	15.59
Starch	g									
Minerals:										
Calcium, Ca	mg	171		0		1		420	389	194
Iron, Fe	mg	0.07		0		1		0.17	0.16	0.08
Magnesium, Mg	mg	16		0		1		40	37	19
Phosphorus, P	mg	135		0		1		330	306	152
Potassium, K	mg	219		0		1		537	498	248
Sodium, Na	mg	66		0		1		161	149	74
Zinc, Zn	mg	0.83		0		1		2.03	1.88	0.94
Copper, Cu	mg	0.013		0		1		0.032	0.030	0.015
Manganese, Mn	mg	0.004		0		1		0.010	0.009	0.005
Selenium, Se	mcg	4.9		0	BFNN	4		12.0	11.1	5.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.8	1.7	0.8
Thiamin	mg	0.042		0		1		0.103	0.095	0.047
Riboflavin	mg	0.201		0		1		0.492	0.456	0.227
Niacin	mg	0.107		0		1		0.262	0.243	0.121
Pantothenic acid	mg	0.552		0		1		1.352	1.253	0.624
Vitamin B-6	mg	0.045		0		1		0.110	0.102	0.051
Folate, total	mcg	11		0		1		26	24	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	11		0		1		26	24	12
Folate, DFE	mcg_DFE	11		0	NC	4		26	24	12
Choline, total	mg	15.2		0	T	4		37.2	34.5	17.2
Betaine	mg									
Vitamin B-12	mcg	0.53		0		1		1.29	1.20	0.60
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	12		0	NC	4		30	28	14
Retinol	mcg	12		0	T	4		29	27	14
Carotene, beta	mcg	2		0	BFFN	4		5	5	2
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	43		0	NC	4		106	98	49
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFFN	4		0.05	0.05	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.1	0.1	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.1	0.1	0.0
Vitamin D	IU	1		0	BFFN	4		2	2	1
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.2	0.2	0.1
Lipids:										
Fatty acids, total saturated	g	0.806		0		1		1.975	1.830	0.911
4:0	g	0.037		3		1		0.091	0.084	0.042

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.025		3		1		0.061	0.057	0.028
8:0 ....g	0.016		3		1		0.039	0.036	0.018
10:0 ....g	0.036		3		1		0.088	0.082	0.041
12:0 ....g	0.043		3		1		0.105	0.098	0.049
13:0 ....g									
14:0 ....g	0.132		3		1		0.323	0.300	0.149
15:0 ....g									
16:0 ....g	0.341		3		1		0.835	0.774	0.385
17:0 ....g									
18:0 ....g	0.122		3		1		0.299	0.277	0.138
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.343		0		1		0.840	0.779	0.388
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.027		3		1		0.066	0.061	0.031
17:1 ....g									
18:1 undifferentiated ....g	0.286		3		1		0.701	0.649	0.323
20:1 ....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.036		0		1		0.088	0.082	0.041
18:2 undifferentiated ....g	0.025		3		1		0.061	0.057	0.028
18:3 undifferentiated ....g	0.010		3		1		0.025	0.023	0.011
18:4 ....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ....g									
Cholesterol ....mg	5		0		1		12	11	6
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.028		0		1		0.069	0.064	0.032
Threonine ....g	0.202		0		1		0.495	0.459	0.228
Isoleucine ....g	0.269		0		1		0.659	0.611	0.304
Leucine ....g	0.497		0		1		1.218	1.128	0.562
Lysine ....g	0.442		0		1		1.083	1.003	0.499
Methionine ....g	0.145		0		1		0.355	0.329	0.164
Cystine ....g	0.045		0		4		0.110	0.102	0.051
Phenylalanine ....g	0.269		0		1		0.659	0.611	0.304
Tyrosine ....g	0.249		0		1		0.610	0.565	0.281
Valine ....g	0.408		0		1		1.000	0.926	0.461
Arginine ....g	0.148		0		1		0.363	0.336	0.167
Histidine ....g	0.122		0		1		0.299	0.277	0.138
Alanine ....g	0.211		0		1		0.517	0.479	0.238
Aspartic acid ....g	0.391		0		1		0.958	0.888	0.442
Glutamic acid ....g	0.965		0		1		2.364	2.191	1.090
Glycine ....g	0.119		0		1		0.292	0.270	0.134
Proline ....g	0.584		0		1		1.431	1.326	0.660
Serine ....g	0.305		0		1		0.747	0.692	0.345
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine ....mg	0		0	Z	7		0	0	0
Theobromine ....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01119

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 01220

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.00		0		1		193.55	179.33	89.27
Energy	kcal	85		0	NC	4		209	194	97
Energy	kJ	358		0	NC	4		876	812	404
Protein (N x 6.38)	g	4.93		3		1		12.08	11.19	5.57
Total lipid (fat)	g	1.25		3		1		3.06	2.84	1.41
Ash	g	1.02		0		1		2.50	2.32	1.15
Carbohydrate, by difference	g	13.80		0		4		33.81	31.33	15.59
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	13.80		0	NR	4		33.81	31.33	15.59
Starch	g									
Minerals:										
Calcium, Ca	mg	171		0		1		420	389	194
Iron, Fe	mg	0.07		0		1		0.17	0.16	0.08
Magnesium, Mg	mg	16		0		1		40	37	19
Phosphorus, P	mg	135		0		1		330	306	152
Potassium, K	mg	219		0		1		537	498	248
Sodium, Na	mg	66		0		1		161	149	74
Zinc, Zn	mg	0.83		0		1		2.03	1.88	0.94
Copper, Cu	mg	0.013		0		1		0.032	0.030	0.015
Manganese, Mn	mg	0.004		0		1		0.010	0.009	0.005
Selenium, Se	mcg	4.9		0	BFNN	4		12.0	11.1	5.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.8	1.7	0.8
Thiamin	mg	0.042		0		1		0.103	0.095	0.047
Riboflavin	mg	0.201		0		1		0.492	0.456	0.227
Niacin	mg	0.107		0		1		0.262	0.243	0.121
Pantothenic acid	mg	0.552		0		1		1.352	1.253	0.624
Vitamin B-6	mg	0.045		0		1		0.110	0.102	0.051
Folate, total	mcg	11		0		1		26	24	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	11		0		1		26	24	12
Folate, DFE	mcg_DFE	11		0	NC	4		26	24	12
Choline, total	mg	15.2		0	T	4		37.2	34.5	17.2
Betaine	mg									
Vitamin B-12	mcg	0.53		0		1		1.29	1.20	0.60
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	12		0	NC	4		30	28	14
Retinol	mcg	12		0	T	4		29	27	14
Carotene, beta	mcg	2		0	BFFN	4		5	5	2
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	43		0	NC	4		106	98	49
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFFN	4		0.05	0.05	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		0	AS	1		2.9	2.7	1.3
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.2		0	S	4		2.9	2.7	1.3
Vitamin D	IU	47		0	NR	4		115	107	53
Vitamin K (phylloquinone)	mcg	0.1		0	BFFN	4		0.2	0.2	0.1
Lipids:										
Fatty acids, total saturated	g	0.806		0		1		1.975	1.830	0.911
4:0	g	0.037		3		1		0.091	0.084	0.042

NDB No. 01220

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.025		3		1		0.061	0.057	0.028
8:0 g	0.016		3		1		0.039	0.036	0.018
10:0 g	0.036		3		1		0.088	0.082	0.041
12:0 g	0.043		3		1		0.105	0.098	0.049
13:0 g									
14:0 g	0.132		3		1		0.323	0.300	0.149
15:0 g									
16:0 g	0.341		3		1		0.835	0.774	0.385
17:0 g									
18:0 g	0.122		3		1		0.299	0.277	0.138
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.343		0		1		0.840	0.779	0.388
14:1 g									
15:1 g									
16:1 undifferentiated g	0.027		3		1		0.066	0.061	0.031
17:1 g									
18:1 undifferentiated g	0.286		3		1		0.701	0.649	0.323
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.036		0		1		0.088	0.082	0.041
18:2 undifferentiated g	0.025		3		1		0.061	0.057	0.028
18:3 undifferentiated g	0.010		3		1		0.025	0.023	0.011
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	5		0		1		12	11	6
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.028		0		1		0.069	0.064	0.032
Threonine g	0.202		0		1		0.495	0.459	0.228
Isoleucine g	0.269		0		1		0.659	0.611	0.304
Leucine g	0.497		0		1		1.218	1.128	0.562
Lysine g	0.442		0		1		1.083	1.003	0.499
Methionine g	0.145		0		1		0.355	0.329	0.164
Cystine g	0.045		0		4		0.110	0.102	0.051
Phenylalanine g	0.269		0		1		0.659	0.611	0.304
Tyrosine g	0.249		0		1		0.610	0.565	0.281
Valine g	0.408		0		1		1.000	0.926	0.461
Arginine g	0.148		0		1		0.363	0.336	0.167
Histidine g	0.122		0		1		0.299	0.277	0.138
Alanine g	0.211		0		1		0.517	0.479	0.238
Aspartic acid g	0.391		0		1		0.958	0.888	0.442
Glutamic acid g	0.965		0		1		2.364	2.191	1.090
Glycine g	0.119		0		1		0.292	0.270	0.134
Proline g	0.584		0		1		1.431	1.326	0.660
Serine g	0.305		0		1		0.747	0.692	0.345
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01220

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Common Measures:

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Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)